

The Pledge

For Care Leavers 18 years – 25years

These are your rights!

Developed with young people from CHICC





This is our promise to you

It is for all young people aged 18 – 25 years who have left the care of Hertfordshire County Council.



We want the same for you as we want for our own young people – the best. You also have a part to play.

As you grow older your responsibilities will grow too.



The things in this pledge should happen for you. If they don't, you can use this book to find out why.

Turn to the back to find out how.

This is what care leavers in Hertfordshire say is important to them



Be Healthy

We will support you to be physically and emotionally healthy



Be Safe

We will support you to settle in your accommodation and be safe



We will make sure you have a Personal Advisor who will do their best to spend time with you and be there for you on the bad days as well as the good



Be Ambitious

We will support you with education, training and employment options to help you achieve the best you can



Be Resilient

We will help you feel self-confident and able to deal with life's challenges.



Be Independent

We will help you move into adulthood



Be Happy

We will encourage you to take part in the things that you enjoy



We will listen to what you think about how to make being in care better for lots of young people



We will tell you how you can get involved with CHICC (Children in Care Council)



What is CHICC ?

CHICC is run by young people in care, for young people in care.

What does it do?

It is to make sure you can have your say and help make services better for others.

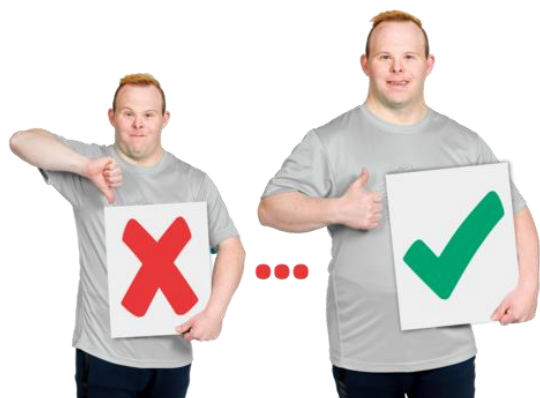




CHICC also runs lots of events and activities throughout the year you can get involved in



Call the Participation team on **07812323854** to find out more about being a volunteer with us



We will do our best to make sure the things in the pledge happen for you, but if you think some things are not, there are things you can do



Speak to your Personal Adviser
They know you well and are usually the best people to help put things right. They should give you their number on a contact card



Contact NYAS, (National Youth Advocacy Service) advocacy service
(Contact details at the back)

They can help sort out problems with you. They are not part of Hertfordshire County Council, they are an independent agency who can help you be heard.



You can also complain to Children's Services about your care if you want to.

Phone:

Complaints Team 01992 588542

Or email:

cs.complaints@hertfordshire.gov.uk

We can help you do this if you would like us to

POhWER

Advocacy Service for people who experience disability, vulnerability, distress and social exclusion

0300 4562370

www.pohwer.net

pohwer@pohwer.net

Hertfordshire County Council Participation Team

The Participation team run CHICC - Children in Care Council

07812323854

CHICC@hertfordshire.gov.uk

www.hertfordshire.gov.uk (search CHICC)

Children's Commissioner

Promotes and protects the rights of children and stands up for their views and interests, using unique statutory powers

020 7783 8330

www.childrenscommissioner.gov.uk

Help at Hand

Independent advice and representation for young people in care and care leavers

0800 528 0731

help.team@childrenscommissioner.gov.uk

CRAE

Children's Rights Alliance for England

Protects the human rights of children by lobbying government and others who hold power

020 3774 2279

www.crae.org.uk[info@crae.org.uk](mailto:ukinfo@crae.org.uk)

Become

Become are a charity for children in care and young care leavers

0800 623 2033

www.becomecharity.org.uk

advice@becomecharity.org.uk