

# **ALL ABOUT ME**



### **USEFUL** numbers



What are you good at?

А

Office Number...... 01685 725000

Advocacy ...... 0808 808 1001

Emergency Duty Team...... 01443 743665

Complaints Officer...... 01685 727034

Children's Commissioner's Office .......... 0179 276 5600



Have you been, or are you interested in attending any clubs, groups or activities?



Do you have a Lifestory Book or information and photographs of people you know?



| USEFUL INFORMATION  | 3 |
|---|---|
| THIS MIGHT HELP YOU:  |   |
|   |   |
| What is an IRO? This is a person who manages your review.   |   |
| What is a PEP? Personal Education Plan. It is drawn up with the   |   |
| school to make sure you get the most from your education.   |   |
| What is a Care Plan? A long term plan about your future.  |   |
| What is a A & P Record? Action & Progress Record. It is a record of what you are good at and what you need help with.           |   |
| What is a Health Assessment? It's a description of your health, including a plan of what must be done to help you be as healthy |   |
| as possible.  | 7 |
| What is a Review Meeting? An opportunity to look at your care plan, to see what is going well and what might need to change.    | 1 |
| plan, to see what is going well and what might need to change.  | 2 |
| What is Contact? This is when you get to see family and other people who are important to you.                                  | 3 |
|   | 4 |
| What is an Advocate? This is a person who does not work for the council, who can speak for you.                                 | 5 |
|   | 4 |

If you would like to make a complaint, you can contact your Social Worker, Reviewing Officer, Advocate or an adult, such as your

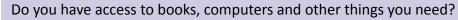
Carer or Teacher.

|          | This is a picture of the house where I live  |  |
|----------|--|--|
|          |  |  |
|          |  |  |
|          |  |  |
|          |  |  |
|          |  |  |
|          |  |  |
|          |  |  |
|          |  |  |
|          |  |  |
| <u> </u> | -1 ( )   |  |
|          | The following people live in the house with me  1.                                 |  |
|          |  |  |
| ١.       |  |  |
|          | 2.   |  |
| 3        | 2.<br>3.   |  |
| 3        | 2.<br>3.<br>4.   |  |
| 4        | 2.<br>3.<br>4.<br>5.   |  |
| 1        | 2.<br>3.<br>4.   |  |
| £        | <ul><li>2.</li><li>3.</li><li>4.</li><li>5.</li><li>6.</li></ul>                   |  |
| £        | 2. 3. 4. 5. 6. 7. Do you know why you live here?                                   |  |
| £        | <ol> <li>2.</li> <li>3.</li> <li>4.</li> <li>5.</li> <li>6.</li> <li>7.</li> </ol> |  |

# **EDUCATION**



Is there anything about school you are worried about?









Most of the time

Never



### LISTENING TO ME



Do you have someone to talk to?



**Always** 



Most of the time



Do you see your Social Worker enough?



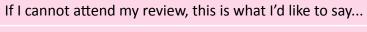




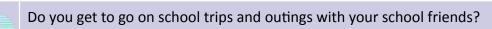


**Always** 

Most of the time









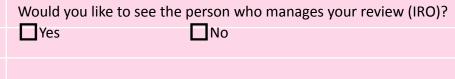
Always



Most of the time



Never



| Do you | know w | hat an ac | lvocate | is? |
|--------|--------|-----------|---------|-----|
|--------|--------|-----------|---------|-----|

| Yes | □No |
|-----|-----|
|     | _   |

| Do you | want to | see | them? |
|--------|---------|-----|-------|
|--------|---------|-----|-------|

| Yes | ■No |
|-----|-----|
|-----|-----|

### DAY TO DAY LIFE



Never

# **HEALTH AND HAPPINESS**



Are you happy with:

The House Rules

| Your Pocket Money | Always | ☐ Most of the time | Never |
|-------------------|--------|--------------------|-------|
| Your clothes      | Always | ☐ Most of the time | Never |
| Your food         | Always | ☐ Most of the time | Never |

Always

Most of the time

Do you have any worries about your health?







**Always** 

Sometimes

Do you get along with the people you live with?







Who can help you with your health?

Do you have your own things/belongings with you?



**Always** 



Most of the time



Never

What makes you happy about yourself?

What makes you sad about yourself?

Have you been on holidays or trips?









Never





# Family and friends

Do you see your friends enough?







Always

Most of the time

Never

Do they come to your house to play/for tea?







Sometimes



Never

This is a picture of me and my friends



I have put a circle around the people that I see

Grandma Grandad Mum

Dad Sister Brother

Aunty Uncle Cousins

Stepsister Stepbrother Stepmum

Stepdad Half Brother Half Sister

I also see the following people :

I would also like to see the following people :

