

The Pledge is a promise made by Bristol City Council and our partners to all children in care and care leavers. We commit to involving you in any decisions that affect you and we promise to do our best to help you have a happy life.

### Trusted and Safe Relationships

- Help you see family and friends
- Make sure that you know your social worker well, see them when you need to and can contact them when you want.
- Avoid change unless absolutely necessary
- Support you to stay safe

### Opportunities growing up

- Ensure that you get opportunities to meet other young people, and have hobbies that interest you
- Ensure you have access to technology
- Support you as you transition to adulthood and independence

### Co-production

- Involve you in planning services and explain our decisions fully
- Listen to you and tell you how your views influence what we do
- Provide you with information about advocacy services that are independent from the council and can represent you

### Caring for those who care

- Ensure that your carers are trained and supported to care for you

### Health and Support

- Provide services that can support your health and well-being and ensure you can access them easily when you are ready
- Encourage you to have regular health and dental checks and work with you to make sure they are easy to attend
- Promote your health needs and communication preferences
- Try to keep you safe from bullying and take action if you tell us you're being bullied or hurt in any way
- Make sure that there is always someone you can talk to about how you feel
- Support you if you return to your family or move to another home

### Education, Employment and Training

- Hold high aspirations, celebrate your achievements and support you to achieve your goals
- Make sure that you have a good education in the right setting
- Talk to you about where you would prefer to go to school
- Support you to stay in your current school wherever possible
- Ensure you can access good work experience, and commit to asking you about work experience through your Personal Education Plan
- Support you to continue in education or through traineeships and apprenticeships into employment

### Identity

- Meet your cultural and religious needs, and ensure you have the opportunity to meet with other people who share your way of life or background
- Avoid language that makes you feel uncomfortable or different
- Support you to understand your history and, if you want to, access your information in a way that's right for you
- Support you to get citizenship if you are a young asylum seeker

### Home and Housing

- Do everything we can to make sure you live somewhere where you feel you belong, and are safe and loved
- Try to find you a place to live in your local area

### Glossary

**Advocacy:** Support for expressing your views, wishes and feelings, especially when decisions are being made about you

**Citizenship:** Taking on the nationality of a particular country and having the right to live there

**Co-production:** Children and young people designing and reviewing services alongside adults. Also known as participation or involvement.

**Independent Visiting:** An Independent Visitor befriends and child or young person in the care system. They spend a few hours a week together, sharing interests and activities.

### Getting involved

CiCC (Children in Care Council) and CLUB (Care Leavers Unite Bristol) work with the Council to share their views and improve the lives of care-experienced children and young people in Bristol. For info ask your social worker or PA. Care Leavers can check out the Facebook page [www.facebook.com/careleaversbristol](https://www.facebook.com/careleaversbristol)

For an Independent Visitor or Advocate: Contact [yourvoice@reconstruct.co.uk](mailto:yourvoice@reconstruct.co.uk)

Feedback and complaints: You can give feedback or make a complaint through an advocate, or by emailing [complaints.feedback@bristol.gov.uk](mailto:complaints.feedback@bristol.gov.uk)





# THE BRISTOL PLEDGE

TO ALL CHILDREN IN CARE AND CARE LEAVERS

2020

FAMILY TIME

HELP YOU STAY IN TOUCH WITH



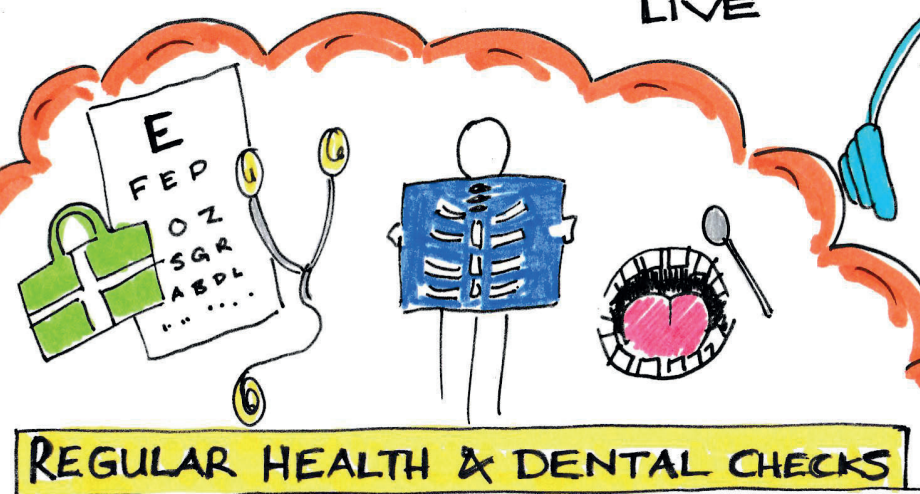
FRIENDS CLUBS COMMUNITIES

+ CHOICE OF COMMUNICATION



+ (HEAR YOU)

INVOLVE YOU



REGULAR HEALTH & DENTAL CHECKS

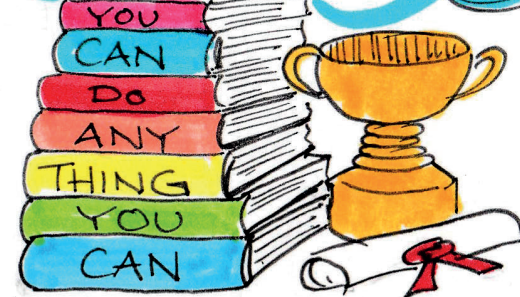


MENTAL HEALTH AND WELL BEING

EASY ACCESS TO SUPPORT



CELEBRATE YOUR ACHIEVEMENTS



IDENTITY HISTORY CITIZENSHIP

TRUSTED & SAFE RELATIONSHIPS

LOVE THE RIGHT PLACE TO LIVE



EDUCATION TRAINING

CULTURAL RELIGIOUS NEEDS SHARED BACK-GROUND

MEET NEW PEOPLE TRY NEW THINGS

OPPORTUNITIES



- ADULTHOOD
- WORK
- APPRENTICESHIPS
- COLLEGE
- LIFE SKILLS
- WORK EXPERIENCE
- SCHOOL