



My Review...My Views for children and young people age 8 to 15

Your review meeting is about you. It is about giving you the chance to talk about how things have been going for you and an opportunity for you to say what you want to happen in your life.

This form will help you to think about what you might like to say and help you to share how you are feeling.

It is important you know that at the review:

- Your wishes and feelings will be taken into account
- You will be listened to
- You may have someone with you to speak on your behalf
- You should know before the meeting what is going to be talked about
- You should get a written copy of any decisions that are made at your review meeting.

My Review...My Views

What is your first name and surname?

How old are you?

What is today's date?

What is your social worker's name?

If someone is helping you to complete your form, please can you tell us their name?

Have you received your copy of the 'A Helping Hand' information pack? Yes ☐ No ☐



About my review

Is this your first review? Yes ☐ No ☐

Are you coming to YOUR review meeting? Yes ☐ No ☐

If you answered NO, can you tell us why you feel this way?

Where would you like your review meeting to be held?

Where I am living ☐

At my school or college ☐

At the Children's Trust office ☐

Your social worker, independent reviewing officer and carer will be at your review meeting.

Is there anyone else you would like to invite to your review?

Would you like to help your Independent Reviewing Officer (IRO) to chair your review meeting? Yes ☐ No ☐

Please can you tell us what are the **MOST IMPORANT** things you want to talk about at your review meeting?

Please tell us here

How have you been since your last review?

(This could be good things that have happened or things that haven't gone so well)

Please tell us here

Are there any things coming up that you are looking forward to?

Please tell us here

Your Care Plan

Have you seen your Care Plan? Yes ☐ No ☐ I don't know what a care plan is ☐

About being looked after

Do you understand why you are looked after? Yes ☐ No ☐

Would you like to talk to someone about this? Yes ☐ No ☐

Are there things about your past that you would like to know more about?

If yes, please tell us here

Please can you tell us what you think are the plans for your future?

Please tell us here

Is there anything you would like to say about what is happening in your life or you would like to see happen?

Please tell us here

Would you like an Advocate?

In your 'Helping Hands' pack you have received information about advocacy.

An ADVOCATE is someone who doesn't work for the Trust and they:

- Listen to you and understand what you are saying
- Can help you get your wishes and feelings heard
- Make sure that everyone hears what you are saying

Any child or young person who needs support to represent their views can have an advocate.

Would you like to have an advocate? Yes ☐ No ☐



Have you thought about having an Independent Visitor?

Independent visitors (sometimes also called an IV) are adult volunteers who give their time freely each month to visit a specific child or young person who is looked after. An IV is an independent person who is not paid to visit you. The aim is for them to build and develop a trusting and positive relationship with you by providing support for you with any issues you may be finding difficult in your life.

"I like going out with my IV. We have been swimming, to the cinema and ice skating. I kept falling over but it was fun"

"I have a good time with my IV. He has helped me to develop my interests"

Would you like to have an independent visitor? Yes ☐ No ☐



About where I live now

Do you feel happy and settled where you live now? Yes ☐ No ☐

Do you feel safe where you live now? Yes ☐ No ☐

If you answered NO to feeling safe, please can you tell us why you feel this way?

Please tell us here...

How do you feel about where you live? (What is good and not so good)

Please tell us here...

What activities and hobbies do you like doing when you are not at school or college?

Please tell us here...

Are there activities or hobbies that you use to do that you wish you could still do?

Please tell us here...

Do you need anything special because of your religion, language or culture? For example, you may need special food or clothes.

Please tell us here...

About my health and wellbeing

Do you feel fit and healthy? Yes ☐ No ☐

Does anything worry you about your health or your body?

Please tell us here...

How do you feel most of the time? *(Please tick one of the faces below)*



Happy ☐



Confused ☐



Worried ☐



Sad ☐



Lonely ☐



Angry ☐

Would you like to talk to someone about anything to do with your health? Yes ☐ No ☐

About my school/college and education

What is GOING WELL for you at school or college?

Please tell us here...

What is NOT GOING SO WELL for you at school or college?

Please tell us here...

Is there anything that you need help with to support you in class or with your learning?

Please tell us here...

Do you need help or support with your homework? Yes ☐ No ☐

Can you use an electronic device for your school work where you live? Yes ☐ No ☐

Are you bullied at school or college? Yes ☐ No ☐

About my social worker

Do you feel you see your social worker: Lots ☐ Enough ☐ Not enough ☐

Do you feel your social worker listens to you? Yes ☐ No ☐

Do you know how to contact your social worker? Yes ☐ No ☐

Have you seen your social worker on your own? Yes ☐ No ☐

How do you feel about your social worker?

I have a good relationship with my social worker ☐

I feel my social worker knows me well ☐

I don't feel my social worker knows me very well ☐

I find it easy to talk to my social worker ☐

I find it hard to talk to my social worker ☐

Please tell us below what is going well with your social worker or if you have anything else to say about your social worker:

Please tell us here...

Don't forget to watch these amazing ANIMATIONS that children and young people looked after created to explain who the different adults are who are here to help and care for you!

You can find the animations on the Trust's website under the 'Your Service / My Care' page or you can ask your carer, social worker or IRO to show them to you.



QUESTIONS you may have when you are in care?

Thank you for sharing your views, thoughts and feelings 😊

Please give your form to your carer who will ensure it is sent to your Independent Reviewing Officer.

Carers: Please ensure you return your child/young person's form to their Independent Review Officer before the date of their next Child Looked After Review.