



# Covid-nineTEEN's

## Hints and tips to help you listen to, value, hear and act on Care Leaver's #YouthVoice!

Care Leavers often have their voices undervalued and undermined across all so many sectors - education, justice, social care, volunteering, benefits, employment (the list goes on and on and on!). In this podcast Care Leavers from Dorset, Royal Borough of Greenwich, Wandsworth and Herefordshire talk with guest speakers on how to help!

### In the loop

Think of different ways of keeping care leavers informed about the changes being made that affect them. Not all of them have internet access and can't or choose not to keep up to date through email. Ask them how they want to be kept informed...

### Best team for the job

Involve Care Leavers in recruitment and selection of our team! Involve us in their induction. Give us resources to develop a training programme to help them know what it's like growing up in care in your area. #ExpertsByExperience

### Top tips

- **Be kind**, caring and courageous!
- **If it isn't good enough for my children, why is it good enough for my Care Leavers?** <- stick this to the office fridge!
- **Ask us** how we want to be kept in the loop and then deliver that.
- **Support us** to give you honest feedback about our experiences. Use this to make things better!

### Listen and hear us

Listen to Care Leavers - in groups and individually. If there is a problem, make us a promise on what you will do to help fix it. If there are good things happening, make a promise to help do more of it! Help us hold you accountable for these promises in a way that works for us. We know then, that our voice has been truly heard and valued. If you can't do something, that's ok but please tell us!

### Not just a caseload

We know when professionals start to see us as a statistic. We ask that you build a culture to never refer to us like that. We are individuals, with hopes and dreams. Help us realise them! #LiveOurBestLife

### Social Workers

Remember that Social Workers and Personal Advisors are often a source of consistency in a young person's life. Ensure smooth transitions between workers and 3-way handovers when they change. Ask us to review how well they want to help improve this!

### Support for Care Leavers

Here is some key info to help you:

**Childline:** 0800 1111 <- young people's help line

**Kooth:** <https://www.kooth.com/> <- mental health support text line,

**Coram:** <https://www.coram.org.uk/> <- supporting children, young people in care

**OR Get in touch with your Care Leaver Forum, as your personal advisor for details!**