

# MIDDLESBROUGH'S PLEDGE

**A Promise  
to children  
who are  
looked after**

**Middlesbrough's  
pledge is our  
commitment to  
listen to you and  
value your  
opinions**

**This is to  
make sure we  
are good  
corporate  
parents**

**Help us Work  
Together to  
make a positive  
plan for your  
future**

**We will encourage you to think about your dreams and achieve your goals. We promise to**

- Support you in your choices
- Give you information and advice to make your choices
- To support you with your aspirations and goals

**We will Believe in you and Support you to do well in School, College, Training or Work. We promise to**

- Not move your School or college if possible
- Explain why you need to move School or College
- Take an interest in what you do at school / college
- Help you with your home work
- Celebrate your achievements
- Give you more support through the Virtual School if you need it
- Organise extra work experience when you are old enough

**We will help you keep in touch with your Family and Friends. We promise to**

- Support you with your relationships
- Support you to stay in touch with your family where possible
- Take to you if you're not able to keep in touch with your family or friends
- We will make sure you can visit your friends and that they can visit you

**We will support you with your Health and Well-being. We promise to**

- Make sure you can contact a named nurse
- Make sure you have a health assessment
- Encourage you to look after your teeth and go for regular check-ups at the Dentist
- Make sure you know about your health history
- Make sure you know about any health support you can have to help with your emotions

**We will make sure that you are well Looked After and Cared for, wherever you are living. We promise to**

- Find you a place where you are cared for if you can't go back home
- Where we can we will give you a choice about where you can live which is safe
- Find you a place near your home town if this is safe and there is a place ready
- Make sure you feel welcomed and feel safe in your new place
- Make sure you are cared for in the same way as any child living in our own home
- Make sure you have time and space for yourself
- Make sure you will be involved in agreeing the 'House Rules and Routines'
- Support you to take part in activities, hobbies and have a holiday
- Once you're settled that you can stay in care for as long as possible
- Involve you in the recruitment and training of carers when you are old enough

**We will Listen to you and be Truthful and treat you as an Individual. We promise to**

- Talk to you about decisions and plans about you
- Support you in your religious and cultural beliefs

**We will make sure you know your Rights. We promise to**

- Support you if you feel that you are being treated unfairly
- Support you to deal with Bullying wherever it happens
- Make sure you know what to do if you are unhappy about something
- Support you if you need to make a complaint
- Explain how and why decisions are made
- Keep your information confidential unless action is needed to keep people safe
- Make sure you know who your IRO - Independent Reviewing officer is
- Make sure you have a named worker to support you
- Give you information about your rights

**We will make sure you know what money you should have. We promise to**

- Make sure you have a bank account and encourage you to save
- Make sure that you get your pocket money or an allowance, depending on your age

### **Who makes sure we keep our promises?**

**You do, we don't always get it right, if you think we are breaking our promises you can tell us through;**

**Middlesbrough Children In Care Council  
Your worker**

**Your looked after review  
Making a complaint**

**If you would like to let us know but don't want to tell us yourself you can ask an independent person called an advocate to do this for you. This service is confidential.**

**Contact National Youth Advocacy Service Freephone: 0808 8081001 or Email: help@nyas.net**