

## Jargon Buster

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### **Advocacy / Advocates**

Advocacy is about having somebody who is there just for you, to:

- Help you talk to people about problems and sort them out;
- Listen to you and support you;
- Explain things to you;
- Come to meetings with you;
- Make sure you have your say and that people listen.

Friends, family, teachers and Social Workers or your Independent Reviewing Officer (see **Reviews and Independent Reviewing Officer**) can help in this way.

But sometimes you might need someone who is *not* a member of your family, a friend or someone who works with you or Social Care Services.

This is called an 'Independent Advocate'. In Suffolk this service is run by Anglia Care Trust (ACT).

If you are a child in care who might need an advocate, you can contact Suffolk's Children's Rights Team (see **Children's Rights**) for a chat about it, or you can get in touch directly with ACT on 01473 269402 to ask for one.

### **Care Order**

A Care Order is an order made by a Family Court (see **Family Court**) that says that Social Care Services (see **Social Care Services**) should be legally responsible for you and in charge of looking after you. This would be because the Court feels that you are not being cared for properly by your parents.

- If you feel that the Court's decision to make a Care Order is wrong, you have the right to appeal. Your Social Worker would talk to you about how to do this and how you're feeling.
- A Care Order does not always mean that you have to live away from home. You may be able to live with other family members like Grandparents or Aunts or Uncles (see **Kinship Care**). If things do improve at home, Social Care Services can help and support you to move back to your parents.

### **Care Plan**

Your Care Plan is a plan about keeping you safe and happy while you are in care.

The Care Plan looks at important areas of your life to see where you need or want support and who should be helping you.

Your Care Plan grows and changes as you grow and change, and every time you have a review (see **Reviews**) your Care Plan will be discussed. It is

important that you get involved and have a say about what goes into your Care Plan.

Once you start leaving care and becoming an independent young adult (usually around the age of 16) your Care Plan turns into a Pathway Plan (see **Leaving Care** or **Pathway Plan**).

## **Child Protection**

Protecting children and young people from harm and abuse. This could include: Physical Abuse, Emotional Abuse, Sexual Abuse and Neglect (you can read an explanation of these words on the 'Childline' website - <http://www.childline.org.uk/Explore/AbuseSafety/> ).

When Social Care find out that a child may be being harmed or may be at risk of some kind of harm, they will investigate to see what's going on.

If Social Care's investigation finds that the child's safety is at risk, they will take action to protect that child and any other children involved.

A Child Protection Conference will happen. This meeting is for staff from Social Care and other professionals who know the child or have important information or advice to give. This could be: a teacher, health visitor, doctor, youth worker etc. If the Police are involved in the case, they will come to the meeting too. Parents or carers may also be invited to the meeting. In Suffolk, children can ask to go to their own Child Protection Conference if they are over the age of 12.

At the meeting, a Child Protection Plan is made - this describes what needs to happen to keep the child safe and what support the child wants or needs.

## **Children and Young People's Services (CYP)**

CYP is part of Suffolk County Council which works for Children and Young People. It has different services which take charge of different things. This includes:

- Education;

- Youth and Connexions;
- Youth Offending;
- Fostering and Adoption;
- Children's Rights;
- Safeguarding;
- Social Care Services (see **Social Care Services**).

### **Children's Guardians**

A Children's Guardian works in Family Court (see **Family Court**). Their job is to make sure the court hears the child's point of view. Children's Guardians have done Social Work training, and have experience of working with children and families so they have the skills needed to work with children and then take their wishes and feelings and talk about them in court for the child.

### **Children's Homes**

Children's Homes are places where a small group of children can live and be cared for by Suffolk County Council staff. They offer a different type of support to foster care. Suffolk County Council own the houses and staff care for the children who live in them 24 hours a day, 7 days a week.

- While you live in a Children's Home you will have a Key Worker, who is a member of staff who will give you some 1 to 1 support and spend time getting to know.
- While you live in a Children's Home you will be supported to stay in education.
- You will have your say about day-to-day home life (things like rules, activities, decorating and food choices).
- If you have a problem about something in your Children's Home and want to complain, you can fill out a 'I Want You To Know' form and give it to the manager. The manager is in charge of all of the staff and will sure that you are safe and well cared for while you live

there. Children's Homes are also inspected by OFSTED (see OFSTED).

## **Children's Rights**

Just like grown-ups, children and young people have rights, which means that there are certain things that you must be allowed to do or have.

Examples of your rights include:

- the right to go to school;
- the right to special care if you have a disability;
- the right to meet up with your friends and go to clubs;
- the right to play and have free time;
- the right to say what you think and be listened to by adults when they make decisions that affect you;
- the right to the best health possible;
- the right to be treated fairly and not differently because you have a disability;
- the right to be protected from being hurt.

*Suffolk's Children's Rights Team* do lots of work about the rights of children who are cared for by Social Care Services. Another job that they do is making sure that the Council hears young people's voices.

Children's Rights Team

St Edmund House, Rope Walk, Ipswich, Suffolk, IP4 1LZ

**FREEPHONE** - 08009171119

**Family Court**

Family Court is a special court which deals with legal issues that are to do with families and children.

### **Family Group Conferencing**

From time to time all families have to face difficulties. Usually they manage to sort these difficulties out for themselves. Sometimes though the problem is more complicated or is harder to fix.

Family Group Conferences are meetings that can help family members to get together to try to find answers to problems or ways to help them cope.

Workers (social workers, teachers, health workers etc.) who are involved with the family will explain how they see the problem. Often they are asked to help with the solution. But it is the family that makes their own plan.

### **Fostering and Private Fostering**

When a child or young person is removed from their home and placed by Social Care Services into a new family home to be looked after and cared for, they call it fostering. Your Social Worker will introduce you to your foster carer/s and help you settle in with them and their family.

Private Fostering is when a parent has asked another adult who is not a family member to care for and house their child (aged 16 or under), for 28 days or more. Social Care Services *do* need to know about situations like this so that they can help and give good advice to the child, the family and the carers.

### **Independent Visitors (IV)**

Are similar to Advocates (see **Advocates**). They are adults who do not work for Social Care Services but who can give you support and build up a friendship with you. If you have an IV, they will:

- Meet up with you once a month and give you some 1 to 1 time;

- Take you out and do activities with you, and;
- Be someone who you can talk to and spend time with.

The company that organises IV's in Suffolk is Anglia Care Trust (ACT).

If you are a child in care who thinks they might like an Independent Visitor, you can contact Suffolk's Children's Rights Team (see **Children's Rights**) for a chat about it, or you can get in touch with ACT on 01473 269402 to ask for one.

### **Kinship Care**

This is when a child lives with and is looked after by a family member (like Aunts, Uncles or Grandparents) instead of their parents. Children and young people who are in Kinship Care are helped and supported by Social Care Services.

### **LAC / 'Looked After Children'**

This is another name meaning 'a child who is in care'. Being 'in care' describes being looked after by Social Care Services (see **Social Care Services**).

### **LACESS / Looked After Children's Education Support Service**

This Service is the link between the 'Social Care' and 'Education' parts of CYP (see **CYP**). LACESS make sure that children in care get a good education, and they can give you extra support if you want or need it.

LACESS can offer lots of different types of support, including:

- special activities that help your confidence and education;
- revision help when exams are coming up;
- loaning books and other equipment to help you learn;
- private lessons.

LACESS can support you to stay in education, enjoy education and achieve the goals that you want to achieve. They can support you in the short term but also help you plan for the future of your education too.

### **Leaving Care (Catch22, Suffolk 16+)**

When you reach the age of 16, you will begin to get more independent and move closer to adult life. This means that the services that work with you and support you will change, as your needs change.

Suffolk's Leaving Care Service is called Suffolk 16+ Service. The service supports young people who are leaving care and making the move into adult life. This service offers advice and assistance across many areas, including:

- housing and accommodation;
- healthcare;
- education;
- employment;
- money, budgeting and finance.

The service also works provides a range of individual and group work activities like:

- independent living skills;
- getting into employment or education;
- social and personal skills for adult life;

A Personal Advisor (PA) from the service will work with you and support you to develop your own independence. The service is a support network for you to work with as little or as much as you need.

Suffolk 16+ is run by a national charity called Catch22, who work for and with young people.

### **OFSTED**

OFSTED = the Office for Standards in Education, Children's Services and Skills.

OFSTED is a part of the government that watches over Children's Services and make sure that they are being run fairly and to a high standard.

## **Parental Responsibility**

Parental Responsibility is the legal responsibility that a parent has for a child and the right to make important decisions for and about the child. Usually a child's parents will have Parental Responsibility, but a Family Court can give legal responsibility for a child to Social Care Services in cases where the court feels that the child is not being cared for properly by their parents.

Some practical examples of what having Parental Responsibility involves are:

- providing a home for the child;
- protecting the child;
- choosing and organising the child's education;
- naming the child and agreeing to any change of the child's name.

## **Pathway Plan**

- A Pathway Plan replaces your Care Plan and PEP when you reach the age of 16.
- It's similar to a Care Plan - it looks at important areas of your life and highlights where you need or want support and who should be helping.
- It's different to a Care Plan because it focuses more on skills and opportunities for you to become independent and planning to support you to begin looking after yourself as an adult.
- A PA from Leaving Care Services (see **Leaving Care**) will discuss what goes into your Pathway Plan with you and help you make sure that the plan works.

## PEP / Personal Education Plan

- It is the law that all looked after children (children in care) have their education planned and their progress recorded on a Personal Education Plan (until they leave school and get a Pathway Plan).
- A good PEP should talk about what you're good at as well as the areas that you are improving. It makes short term plans to support you in your education now as well as thinking about long term goals for your future.
- Your PEP will be looked at every term at school, or at the very least at your Review (see **Review**) which is every six months by law. The people who should be there to discuss your PEP are: you, your teacher, your Social Worker, a worker from LACESS (see **LACESS**) and your carer or parent.

## Reviews and Independent Reviewing Officer (IRO)

A review is a really important meeting, where you meet with people to discuss what has been happening in your life, how you feel, what you need and to make plans for the future. The kinds of people who could be at your review are: your IRO, your Social Worker, your carer, your Teacher, your Nurse or other people who work with you.

The IRO organises and leads your review meetings and has many different jobs, including:

- checking that your Care Plan is right for you;
- making sure that everyone listens to what you have to say;
- checking that everyone is doing what your Care Plan says they will be doing;
- asking about how you're doing - what's good, what's difficult, what you want and what you need.

The IRO makes sure that everyone at the meeting has their say, and that you can all work together to make your Care Plan work. Your IRO is there to listen to you and to help support you.

**Your rights** at your reviews:

- you have the right to be at your review;
- you have the right to invite another adult who you trust if you want help speaking up at your reviews, you could ask for an Advocate (see **Advocacy**);
- you can write down your thoughts or feelings if you prefer that to talking at the meeting in the 'All About Me' booklet (children aged 7 and over);
- you also have the right not to go to your review.

When you first come into care, you will have your first review within 28 days. You will then have another in three months time, and after that you will have one every 6 months, although extra reviews can be planned if something major comes up that needs to be sorted.

**Social Care Services (used to be 'Social Services')**

Social Care Services is the part of Suffolk County Council that provides care for both adults and children. Staff at Social Care will organise your placements, your healthcare, your reviews (see **Reviews**) and keep a track of how you're doing, arranging any support that you might need. The service is there to take care of you and keep you safe. Your Social Worker works for Social Care Services.