

# About Your Review

This booklet is to help let you know  
what your review meeting is all about

**Reviews** are regular meetings where you and the people who know you best, get together to talk about how things are going for you. A review is the place the place to look at what is going well in your day-to-day life as well as plans for your future.

The plan for your future is called your **care plan**.

# Who is your Independent Reviewing Officer (IRO)?

Independent Reviewing Officers are the people who arrange your review meeting. They have an important role in deciding with you what happens in your future. They are independent so that they can listen to your views about how things are and look at the quality of care and support you receive.

Hello

My name is

I am your IRO. You can contact me on **0151 666 4442** or email me at:

**It is my job to make sure that:**

- Decisions made are ones that are best for you
- You get your say
- Your care plan meets your needs
- Your care plan is followed
- Everyone does what they are meant to do
- Things that you want to happen get done
- Your rights are met

**I do this by:**

- Chairing your review or helping you to chair your review
- Letting you have your own say in your review
- Making sure that people do what they agreed to

# These are your reviews

It is very important that you make sure that I know how you feel and what you would want to happen.

## In each review we will look at:

- Whether to agree or change your care plan
- What actions need to be taken to make sure this happens properly
- Who needs to do what
- When they need to do this by

# Who will be at my review?

## The people who will be at your review are:

- You
- Your social worker
- Your foster carer or key worker
- Usually your mum, dad or other relative

Other people who support you might take part in your review either by attending or by giving their views. You will have your say in who should be invited.

## How can I have my say?

Taking part in your review is one of the most important ways you can have your say. Your review should happen where you are most comfortable and feel most confident about speaking out. You can choose whether to go to all of the meeting or only a part of it.

Let your IRO know your views before the review. Your social worker can help you with this. There are lots of things you can do to make having your say easier. You can:

- talk to the adults who care for you about your feelings
- write things down
- fill in Your Review Your Views form online at:  
[www.therightsideofcare.com](http://www.therightsideofcare.com)

## Chairing my review

This is when you get to lead the meeting and ask the questions. If this is something that you would like to do, please let your IRO know.

Your IRO can let you know more about Chairing and help you get ready to take the lead. At first, you might want to start off with Chairing part of your meeting and letting your IRO do the rest.

After a while, you might feel ready to lead your whole review meeting but remember your IRO will always be there to help out if you get stuck and to make sure that no important questions get missed.

## What if I am nervous about saying something wrong?

Don't worry about being nervous or saying the wrong thing, getting into trouble or upsetting your parents or carers.

You can talk to your social worker before your review if you would like a trusted person or an advocate with you to help you feel more confident about saying what you think.

Your IRO will also make sure you have the chance to speak to them without other people present.

## What happens after the meeting

Your IRO will write down what has been decided and what people are going to do. This will be sent to you and everyone who has taken part.

You can speak to the IRO or your social worker to make sure you have completely understood what has been decided and what is going to happen.



# Some useful contact numbers

## **Childline**

Tel: 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

## **Childrens Commissioner for England**

Tel: 020 7783 8330  
[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

## **Childrens and Young People's Participation and Engagement**

Tel: 0151 678 1936  
Mobile: 07799 861 764

## **Childrens Complaints Officer**

Tel: 0151 666 5677  
Freephone: 0800 328 7770

## **Bullybusters**

Tel: 0800 169 6928  
[www.bullybusters.org.uk](http://www.bullybusters.org.uk)

## **Ofsted**

Tel: 0300 123 1231  
[enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

## **Wirral Council Central Advice and Duty Team (CADT)**

Tel: 0151 606 1008

## **Wirral Council Emergency Duty Team:**

Tel: 0151 677 6557