

My Review, My View

Getting ready for your Review

We have created this guide to help you get ready for your Looked after Child Review (also known as 'LAC Review'). It is important to remember that the meeting is about you and what everyone can do to make sure you are safe, happy, and well.

We have given you ideas about how you can get the best out of your review and make sure your voice is heard. This document will be helpful when you are preparing for your review as well as on the day.

We know that everyone has their own style, so we have suggested different ideas that can help you to get more involved and own your review. If you have other ideas of how you would like to be involved in your review, let your carer or social worker know and together we can make that happen.

You are able to meet with your Independent Reviewing Officer (also known as **IRO**) before your review. In this meeting it will be helpful to talk about how you want to be involved in your review and possibly use ideas from the *'Choices Pick N Mix'*

MY IRO IS:

TELEPHONE NUMBER:

EMAIL ADDRESS:



Choices Pick 'N' Mix

You can pick from the ideas below or even tell us about other ways you want to be involved in your review.

Get pickin'...

Pick some ideas to help you prepare:

Talk to your Social Worker and ask any questions.

(Remember that no question is a silly question!)

Write down some of your views in a letter.

Put together a power point presentation to show what is important to you.

Prepare a poem to show how you feel.

Speak to your IRO about leading (Chairing or Co-Chairing) your review.

You can ask for tips on leading your review and have a look at the agenda.

Make something creative - this could include photos or writing.

Make a video or audio recording to tell people what they should know about you, your likes/dislikes and plans for the future.

Pick some ideas to help you on the day

Share what you have prepared. If you feel it is difficult to share in front of everyone, you can ask your social worker to help you on the day.

You can ask people in the meeting the questions you have thought of or written down.

(You can always pick someone in the meeting to help you to do this).

Lead your review as Chair or Co-Chair.

HANDY TIPS:

Use the agenda to cover all the important bits. You can add to the 'anything else' section.

Playing an icebreaker game can help to get everyone involved (and add some fun!).