

## BRENT CARE LEAVERS' CHARTER

We will ensure that all children and young people in and leaving our care have the right support to keep them safe and to help them grow into happy, healthy and fulfilled young adults who are optimistic about their future.

### WE PROMISE

#### TO RESPECT AND HONOUR YOUR IDENTITY

- We will respect your personal beliefs and values and accept your culture and heritage.
- We will support you to become the person you want to be.

#### TO BELIEVE IN YOU

- We will value your strengths, gifts and talents and encourage your aspirations and career goals.

#### TO LISTEN TO YOU

- We will listen to your feelings and you can tell us what help you need to be a young adult.
- We will promote and encourage access to independent advocacy whenever you need it.
- We will provide easy access to complaint and appeals processes.

#### TO INFORM YOU

- We will give you information that you need at every point in your journey, from care to adulthood, including information on legal entitlements and the service you can expect to receive from us. The information will be presented in a way that you want.
- We will make clear to you what information about yourself and your time in care you are entitled to see. We will support you to access this when you want it, to manage any feelings that you might have about the information and to put on record any disagreement with the content.

#### TO PROVIDE YOU WITH INFORMATION AND SUPPORT TO HELP YOU HAVE GOOD PHYSICAL AND MENTAL HEALTH

- We will encourage you to make healthy and positive choices for your life.
- We will provide you with information and advice about healthy eating, exercise, smoking, drugs and sexual health and mental well-being.

#### TO SUPPORT YOU

- We will help you manage changing relationships or come to terms with loss, trauma or other significant life events.
- We will help you to get support if you have any concerns regarding your physical, mental or emotional health.
- We will provide guidance on your next steps in life – in terms of education, finances, leaving care and more.
- As well as information, advice, practical and financial help, we will provide emotional support.
- We will make it our responsibility to understand your needs. If we can't meet those needs we will try to help you find a service that can.

## TO FIND YOU A HOME AND LIVE INDEPENDENTLY

- We will provide you with support and guidance to equip you for independent living.
- We will do our best to support you until you are settled in your independent life.
- We will encourage you to achieve your career and employment goals.
- We will work together with the services you need to help you establish yourself as an independent individual. These services can include housing, benefits, health services, training providers, colleges and universities.
- We will work alongside you to prepare you for your move into independent living only when you are ready. We will help you think about the choices available and to find accommodation that is right for you.