



Children in Wales Plant yng Nghymru

Getting More Involved in Social Care - Project Update May 2018

Getting More Involved in Social Care is a 3-year project being developed by Children in Wales. The project is funded by Welsh Government and looks at supporting children's health, well-being and rights.

As part of this work we are working with care-experienced young people to develop guides on topics to do with health and well-being like rights, mental health, and food and exercise. You can find the guides online here: www.childreninwales.org.uk/resources/looked-after-children

Most recently, we have been working with young people and we have published two new guides:

1. **Health Assessments and Health Plans** - if you are in care, you will meet with a nurse or doctor and have a health assessment. This guide tells you what a health assessment is and why it's important that you have one. It also tells you about your rights and what to do if you're unhappy with your health assessment or health plan.
2. **Protecting Family Relationships: Good Contact in Care** - this guide looks at the good things about family contact. It also tells you about your rights and how to have more of a say when decisions are being made about contact with your family. We will be doing more work on this topic in the future, potentially some training with professionals.

A big thank you to the young people and professionals who worked with us to develop these guides. If you have any feedback we'd love to hear from you!

Would you like to get involved with our project in the future?

If you want to work us to develop some new resources for children and young people, please free to contact us on Twitter @childreninwales or @plantynghymru, or email us at Emma.Sullivan@childreninwales.org.uk.

