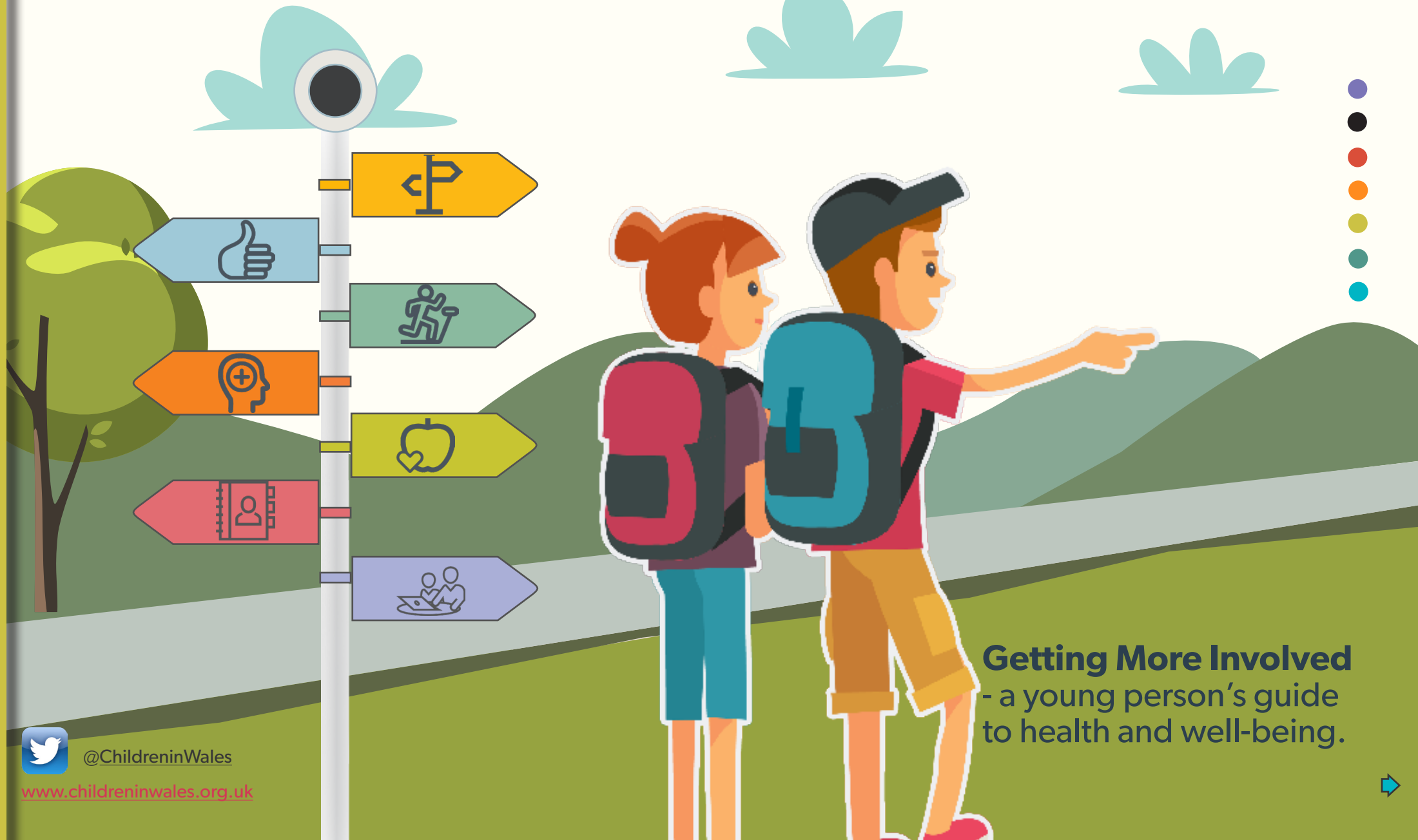




# Introduction to our guides



**Getting More Involved**  
- a young person's guide  
to health and well-being.



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# Getting More Involved

## - a young person's guide to health and well-being

The Getting More Involved project has been funded by the Welsh Government over three years to work with care experienced young people to develop useful resources on health and well-being. During the course of the project we are working with professionals, and young people who have experience of being in care to develop our work.

We have held focus groups and workshops across Wales with care experienced young people to consider children's rights and key health and well-being issues that are important to them. We worked with young people between the age range of 13-23 and this guide has been designed with this age range in mind.



### Words and phrases we use

'Looked after', 'LAC', 'accommodated young people' and 'Care Leavers' as identified under Part 6 of the Social Services and Well-being (Wales) Act 2014 are defined in this guide as being 'care experienced young people'. This term applies to both young people currently in care, leaving care and care leavers aged 18 and over.

The term LAC meaning 'looked after child' is used when referring to the role of the LAC nurse and LAC review meetings.

# What is this guide?

This guide has been designed to help you access information, advice and support in relation to your health and well-being.

It includes details of the [Social Services and Well-being \(Wales\) Act 2014](#) and information on why health is so important, your health rights and how to access advocacy.

Each guide considers a different topic and invites you to think about your own health and well-being and ways in which it could be supported.



You can pick and choose which guide you would like to look at or work your way through them all if you'd like!



This guide is not meant to act as a substitute for medical advice. After reading this guide, you may wish to discuss your own health and well-being with your foster carer, social worker, LAC nurse, your doctor or someone else who provides care and support for you. You can also talk to your family and friends. There is a health support hub with useful telephone numbers, websites and apps if you wish to access more information, help or advice online.

This guide also tells you about your health rights and how you can have more of a say in your health assessment and care and support plan.

## Why are we doing this?

Health is a children's rights issue. All children and young people have a right to good health.



**Article 6** of the United Nations Convention on the Rights of the Child states that you have a right to life and to be healthy.

Across Wales, the overall health of people is improving but there are still health inequalities and gaps in services that can have a direct impact on care experienced young people. Evidence shows that care experienced young people have worse health outcomes than children and young people who are living with their birth families.

The [Social Services and Well-being \(Wales\) Act 2014](#) is designed to improve the outcomes of care experienced young people receiving care and support so that they are more resilient, safe and healthy when in care and as they make the transition to adulthood.



## Where can I find out more about the law?



### Social Services and Well-being (Wales) Act 2014

Social Care Wales has an online information hub which you can check out which has lots of useful resources and background information on the [Social Services and Well-being \(Wales\) Act 2014](#)

### The Well-being of Future Generations (Wales) Act 2015

You, as a young person in Wales today, will need lots of things and help from different people to grow up happy and healthy. [The Well-being of Future Generations \(Wales\) Act 2015](#) outlines the government's commitment to the seven well-being goals to keep Wales thriving and sustainable.

The [Welsh Government has a well-being statement](#) which you can find out more about here

