

Stories from the Young People We've Worked With

“When I was younger, I attended one or two Children in Care Council meetings with my older brother it wasn't until I was 15, I got involved properly with the Children in Care Council. At my first meeting I was quite scared because I didn't know anyone but I quickly found my feet. Everyone is so lovely who attends these meetings you sort of become a family.


Since going to the Children in Care Council it has helped me change my life around. I don't get angry as much and I know that what I talk about at the meetings are very valid. I have been involved in quite lot of exciting opportunities that people my age probably would even dream of doing.

I wasn't confident at first but now I train professionals who are involved in our lives because we know what the job is like from a young person's point of view. The trainings are always a great success and everyone loves hearing our personal experiences because we shock them as they don't expect what we have experienced.

In February 2020 to celebrate Care Day me and some others had the opportunity to go on BBC Newcastle radio to talk about our experience and show that even though we are in foster care we do aspire. Coming to the Children in Care Council they have gave me more ambition to become a children and young people's social worker because you hear everyone else's experiences.

You know that you are not alone when you come along to the meetings. You help make big changes to the system I have been involved with changing the language that professionals are saying to us because when looking at the documents we don't know half of the words that are being said. I think that it's good that we are making the Care System a better place not only for ourselves but anyone else who comes into the Care System.

I think you should come along to the Children in Care Council yourself and see what you think. I'm sure just like me you will fit in perfectly and you will make friends who are in the same boat as you. Also, Rob, Lauren and Ellie are lovely and approachable people who you can tell them anything no matter what and they will support you in whatever decisions you chose to make”.



“I have been a part of the children and care council for almost 3 years. It helps a lot as it has allowed me to have my voice heard and some many opportunities that have come my way.

We have changed the language that is used to be more understanding and what we wanted. I have met a lot of new people who we have been able to talk all about our experience with.

It's just one big community when we all understand each other which is so important. No one is judged and we all have the opportunity to be heard and make a change for the better. One of my favourite things that I have taken part in is foster care training. This is where we support and give our opinion and share our stories to help new foster cares.

We also have a feedback meeting on who we think would be good and I haven't once said that anyone isn't good for the role. There are so many different things that we can do”.