

# A guide to the Care Leavers Forum

This provides information to young people in care aged 16 and over and care leavers who are interested in becoming champions.

Champions will help others understand the challenges and opportunities of living independently through a monthly forum and by working collaboratively with Milton Keynes Corporate Parenting Panel and Team and Youth MK.

## What is the Care Leavers Forum?

The Care Leavers Forum provides a platform for individuals to have a say about the things that really matter to them. (At present this is done virtually). The aim is to give input on the services and support being offered to you as a care leaver to help make improvements.

## How will it work?

This is a project led by young people, giving you a chance to chat about the issues that are important to you in an informal environment, so you feel safe and supported.

As a group you need to decide on roles and responsibilities which can rotate after a few months to allow others to gain experience.

## What will you gain from your involvement?

- You will have the opportunity to hear and influence directly from the professionals involved in your care, which is hugely impactful!
- Whilst helping others, you will be developing your experience, skills, knowledge and self-confidence which could help you gain employment, a place at college, university, or an apprenticeship.
- You will have the opportunity to make friends and have fun.
- You will get a certificate for your involvement and may even get rewards for your participation.
- Most importantly, you will have a sense of self-satisfaction knowing that your work genuinely makes an impact to people's lives.

Anyone who is a care leaver in Milton Keynes can join the forum by completing the attached slip and sending it back to either their personal advisors or by sending a text message to 07958087593. You can also email [riffat.rehman@milton-keynes.gov.uk](mailto:riffat.rehman@milton-keynes.gov.uk)

## For further information:

Anyone who is a care leaver in Milton Keynes can join the forum by completing the attached slip and sending it back to either their personal advisors or by sending a text message to 07958087593. You can also email [riffat.rehman@milton-keynes.gov.uk](mailto:riffat.rehman@milton-keynes.gov.uk)

# Care Leaver forum joining Slip

Please fill in your details below:

**I would like to join the Care Leavers Forum**

**Name:**

**Date of birth:**

**Contact number:**

**Name of personal advisor:**