

A MESSAGE FROM THE CHILDREN IN CARE COUNCIL

Coming into care may feel scary, but we want you to know that you're not alone and there are people, including us, who you can talk to. We are all children in care or children who have been in care and we think it's important to tell you that there are just some things in life that you can't control.

It's ok to ask questions especially if you don't understand what is happening, and please remember that no question is a silly question. There are lots of different people and workers who will be around to help you and who want the best for you. You may meet lots of new adults during this time but remember they are all there to support you and you can talk to them about any of your worries or questions you may have.

There are lots of other children who are the same age as you in care and you can meet them through the Essex Children in Care Council. It is somewhere you can come to have fun, make friends and have your say on your experiences.

We know how important it is to be able to talk to children and young people in a similar situation and who understand how you might feel, so if you would like get involved or find out more about the Essex Children in Care Council, please go to cicc.essex.gov.uk



cicc.essex.gov.uk



Essex County Council