



Guide to the Mind of My Own One App Scenarios to create a statement



My Worker is visiting

“Make it easier to talk to your worker and feel more in control”

Child / Young person can use this to contact their worker anytime and say what they want to talk about when they next see them



Get ready for a meeting

“Feel more organised and confident before your meeting”

Prepare for Child in Care Reviews, Family Group Conference, Child in Need Review or any other meeting. Helps child to structure their thoughts and feelings



Share Good News

“If you're feeling happy or have done well at something let someone know”

Can be used to share something good which has happened in between visits and worker can respond to celebrate with them



Prepare for a Child Protection Conference

“Tell your worker what you need and what you want for this meeting”

Can be used for Initial and Review Conferences, to support the child in the meeting and give their views when not attending. Asks child how they feel



Sort a Problem

“Say how you want things to be different. If you're unhappy about something share your thoughts and make a complaint if you need to”

Child / Young person can alert someone to a problem in their lives. They can contact their worker, worker's manager or make a formal complaint
Can be used to alert to safeguarding concerns



Planning for Adulthood

“Start planning here for the things you need to do and know”

Can be used as an alternative to Pathway Planning paperwork and young person can update when they want to change anything
Can be used for any young person planning for adulthood



How did the meeting go?

“Take the time now to reflect on the meeting, while it's fresh in your mind”

Child / young person can give feedback about their meeting, whether they felt listened to and what could make it better in the future



Get ready for a Foster Carer Review

“What works well, what could be better. Let your worker know”

Child / young person can give their views about their Foster Carers, where they live, what they like and don't like.

An alternative to the annual consultation form



My Wellbeing

“It's important to tell people how you are feeling. Make it easier to talk about your feelings and feel more in control”

It helps a child/ young person to take control, helps them understand and tracks their thoughts and feelings.