

Lifestory Work with you

Why is lifestory work important?

- **It is really important that all children who are or have been in our care, understand why you came into our care, how decisions were made about this at the time and what has happened to you since.**
- **We know that your story is held by lots of different people in your life including your parents, family members, carers, social workers, people in your school and your friends.**

What will lifestory work look like?

- **We think that helping you to understand your lifestory is an important part of the work that our social workers and young people's advisors do with you and it should be part of most of their conversations with you, although at times they may also offer specific sessions to discuss things you want to talk about.**
- **It is available for all children who are in our care or are care experienced.**
- **Lifestory work will be different for all of you, depending on lots of different things including your age, how you like to understand things, and what you want to talk about and when.**
- **It might look like letters from important people in your life, photos and letters from your family, important items (like teddy bears or clothes) labelled so that you know where they've come from**
- **It will be led by your social worker but will involve information from all the important people in your life that both you and your social worker identify.**

What will I have at the end?

- **An understanding of why you came into care and what your time in care has looked like. This might include different views from different people in your life, including your parents, family members, carers and other important professionals such as social workers, teachers, and youth workers or centres.**
 - **Some children will get a book about their lifestory depending on your age and what you want. You may do lots of different activities to help you understand, you may visit important places and get photos, or you may be given photos by your family.**
 - **You will have a box with important objects from your life, and hopefully labels on them or a book about them so that you understand why they are considered to be important.**
 - **You will have a space and a person to talk to about what happened to you with your social worker, and if you want more or different support to think about this we will make sure it's available to you.**
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