**What is an IRO Transcript**

What is an Independent Reviewing Officer? Your Independent Reviewing Officer or IRO’s job is to help make sure that your time in  care is as positive as possible and that you have access to lots of opportunities while you are being looked after. They make sure that the plan for your care is a good one, helps you to do well and is right for you. Your IRO has an important role at  your Child in Care Review Meetings. What is my Child in Care Review Meeting? Your IRO will ask the people  who know you, like your carers, parents and social worker what they think about the plan for your care. They do this in your Child in Care Review Meeting, which takes place at least once every 6 months. You are the most important part of this meeting, and your IRO will make sure they know how you feel about being in care and what you want to happen  before the meeting takes place. They will also speak to you about when and where you think the meeting should happen and who you would to invite. You can come to all or part of the  meeting and they will help you take part and share your views and opinions. You can even lead or ‘chair’ the meeting if you want! Your IRO will support you to do this and help you prepare. How does my IRO support me at my Review Meetings? At every Review Meeting, your IRO should check: You understand how you should be cared for. You have a safe home. You are healthy and happy. You are helped to do well in school. You can see your family if this is possible. You are encouraged with your hobbies and interests. Your views are shared and thought about when decisions are made. Your identity so what makes you, YOU, is thought about. You know about extra help you can have in your meetings, called ‘advocacy’ or how to make a complaint if things aren’t going well. After the meeting, they will send everyone who attended a report with what was spoken about, any decisions that have been made and what needs to happen next in it. They will also check with your social worker that these things are happening in the weeks and months following the meeting. How can I get in touch with my IRO? Your IRO will visit you not only when it  is time for a Child in Care Review Meeting. You are able to contact them in between  visits too if you want to speak to them. Your carer or another trusted adult can help you phone, text or email your IRO. Your social worker will also be able to help you do this. If you cannot reach your IRO, your Social Worker, or a trusted adult, you can phone the IRO Service on 03000 416128 What if I need more help? You or a trusted adult can also speak to: Virtual School Kent Participation Team at [VSK\_Participation@kent.gov.uk](mailto:VSK_Participation@kent.gov.uk) or The Young Lives Foundation:  [advocacy@ylf.org.uk](mailto:advocacy@ylf.org.uk). Your IRO is there to support you throughout your time in care, help ensure it is as positive as it possibly can be and make sure you get your voice heard in your own care planning!