# HELLO!



### Do you ever feel like you're not being listen to?

When you're in care, social workers and other adults talk about you an awful lot and often make big decision that affect your life. Although all of these adults are working together to keep you safe and happy, a lot of young people in care feel as if they've lost their voice.



## Do you ever feel alone?

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If you think that you're not being listened to, you might start to feel down or even angry. At Hackney's Children in Care Council, there is always someone to listen to you, so you don't have to feel alone. Our Children in Care Council is called Hackney of Tomorrow and is made up of other looked after children from Hackney. We meet once a month to eat pizza, play games and talk about how we could improve things for ourselves and other young people.

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#### Did you know that you can make a difference?

We believe that it is really important that you have the chance to speak up and be listened to. By joining Hackney of Tomorrow you can find your voice and start to make a real difference! In speaking up together, we can change the way that adults do their jobs and the way that they look after the young people in their care. So, if you'd like to get involved with Hackney of Tomorrow, or would like to come to any of the fun events that we organise, you or your carer can get in touch with Hackney's Participation Officer, whose details are at the bottom of this letter.

#### Contact us

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