
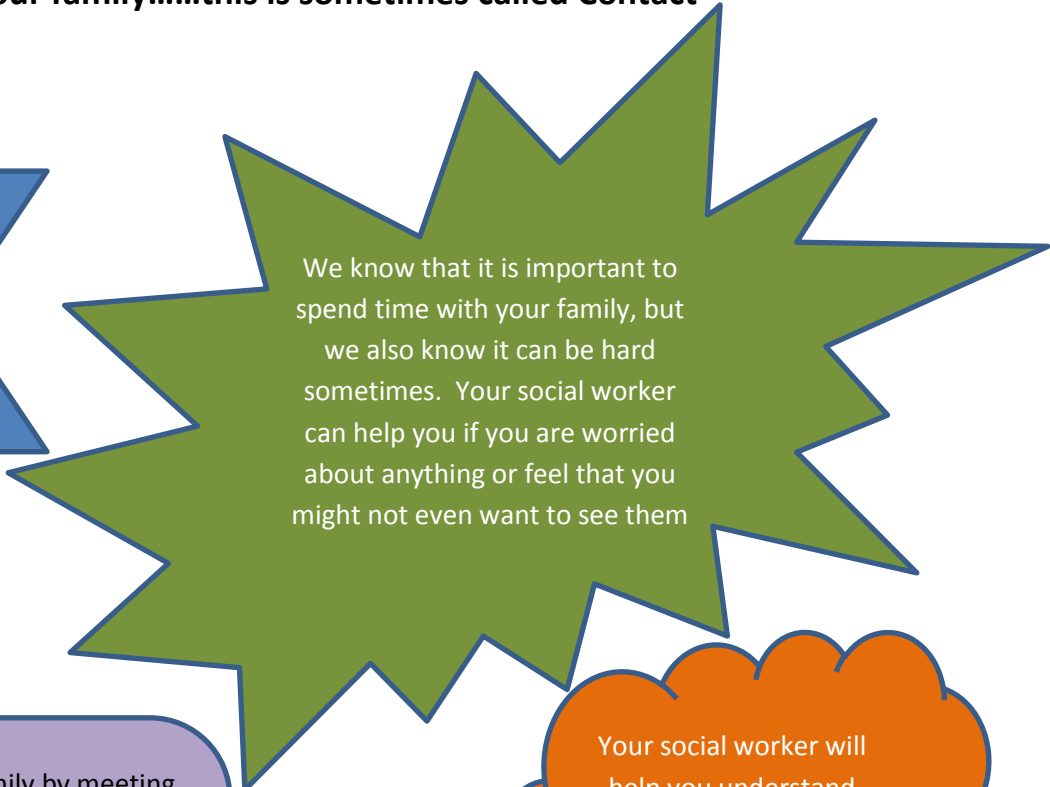


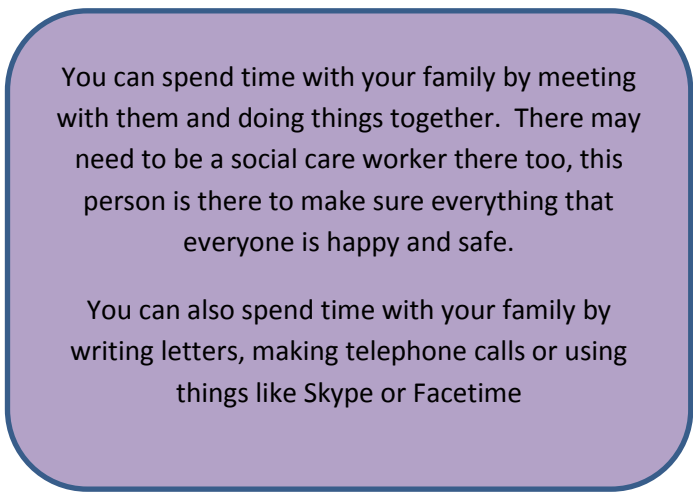
Spending time with your family.....this is sometimes called Contact



This is spending time with family members who are important to you. We want this time to be good

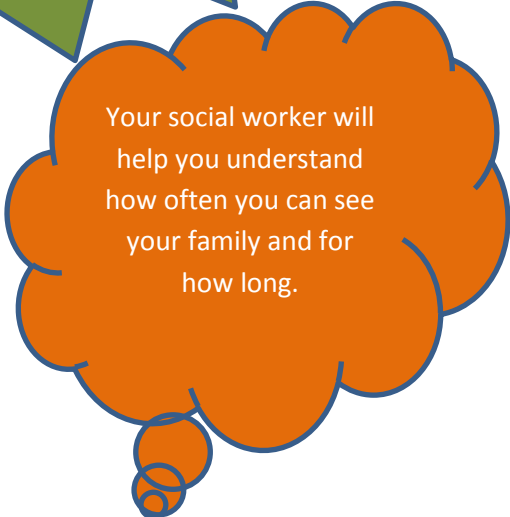


We know that it is important to spend time with your family, but we also know it can be hard sometimes. Your social worker can help you if you are worried about anything or feel that you might not even want to see them

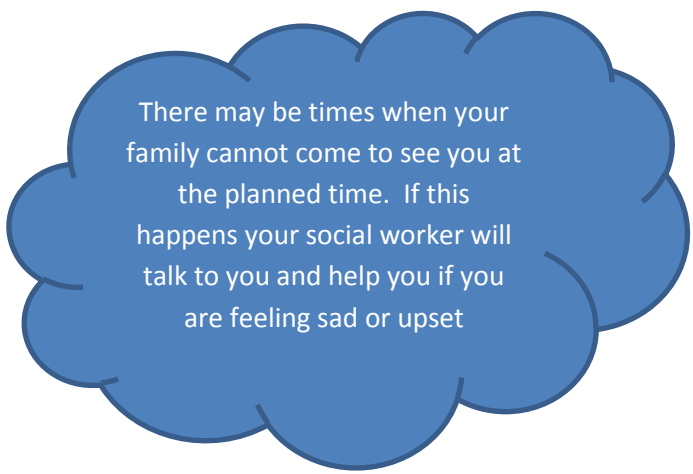


You can spend time with your family by meeting with them and doing things together. There may need to be a social care worker there too, this person is there to make sure everything that everyone is happy and safe.

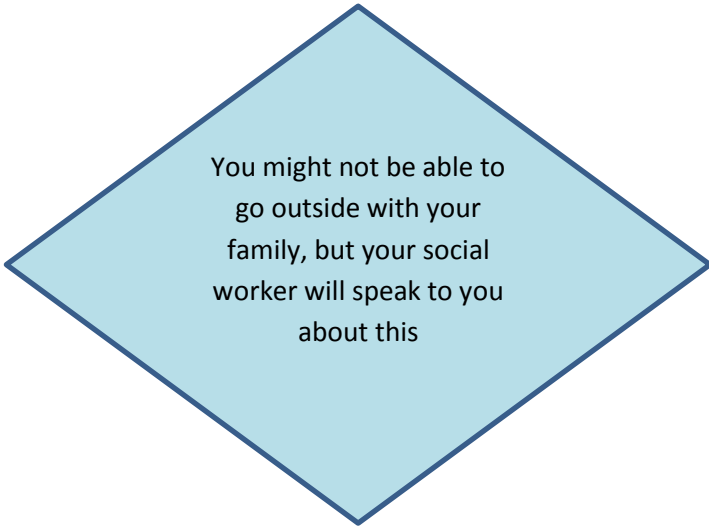
You can also spend time with your family by writing letters, making telephone calls or using things like Skype or Facetime



Your social worker will help you understand how often you can see your family and for how long.



There may be times when your family cannot come to see you at the planned time. If this happens your social worker will talk to you and help you if you are feeling sad or upset



You might not be able to go outside with your family, but your social worker will speak to you about this

If you are unhappy about the plans for spending time with your family you can talk to your IRO at any time. During your review your IRO will work with you to make sure your plans are right for you.