The full outline of the Newham Pledge can be found on the Newham website, but we have included the commitments here for ease of reference:

BE HEALTHY:
• Provide leisure passes so you can access local leisure and sport facilities
• Support you to access out of school activities, paying specific attention to disabled children and young people
• Provide workshops and classes on healthy eating, cooking, budgeting and new experiences, like yoga
• Provide information on sexual health, drug and substance misuse awareness and emotional wellbeing

STAY AND FEEL SAFE
• Consult you and give you choices about where you are placed, be it a foster or residential care placement
• Provide information about and tell you how you can access the Children’s Rights Service, so you know your rights whilst in care and who to contact if you need to know more or want to complain
• Look for the most suitable and stable placement for you, from the start
• Ensure that agreed placements meet your individual needs, be they cultural, complex, physical, religious etc., and check that the carers/staff are equipped to support you.
• Ensure that all carers (e.g. kinship, foster) and practitioners (e.g. social workers, personal advisors, outreach workers, reviewing officers etc.) undertake Children’s Rights and safeguarding training as mandatory training.
• Ensure you have access to out-of-hours help from the Emergency Duty Team.

ENJOY AND ACHIEVE:
• Recognise your achievements, such as good exam results like other parents do with their children e.g. Annual Awards Ceremony: to celebrate your successes, aspirations and achievements.
• When leaving care, make sure your plans leading up to this are clear, agreed and supportive of your needs.
• Support you to participate in positive activities that help you to increase your confidence and overall wellbeing.
POSITIVE CONTRIBUTION:
• Make sure you have access to the Children’s Rights Service so you understand what your rights are and how you are able to contribute to our views
• Senior managers and elected members who make decisions with responsibilities for children and young people will regularly attend the Children in Care Council meetings and be accountable for items agreed in this Pledge. Managers will update the Care Council annually regarding the Pledge
• Publicise summer and other work experience opportunities more widely, so that all looked after children and care leavers can access the information and make informed choices
• Support your development as individuals by helping you with passports, bank accounts, becoming a citizen, national insurance numbers, birth certificates and your immigration status

ACHIEVE ECONOMIC WELL BEING:
• Inform you about any savings you have, how they are saved and by whom. This includes any regular payments into your NewCred saving account
• Tell you what your weekly allowance should be
• Give you assistance, support and encouragement to find work placements and jobs
• Encourage you to enter and remain in further and higher education, employment, and training, and support you to make progress in these areas