

# REMINDERS FOR 2023...

- If you have a worker account and can't remember your password, go to [www.mindofmyown.org.uk](http://www.mindofmyown.org.uk), click on the 'Log in' then 'Worker' then 'log in' and click on 'reset your password.'
- Worker accounts MUST be accessed through an internet browser such as Chrome or Edge via [www.mindofmyown.org.uk](http://www.mindofmyown.org.uk) (Not through the One App)
- Received training and not used Mind of My Own yet? ...log into your account and go for it!

*"She has expressed that she finds Mind of My Own really helpful, she finds it easier to type how she is feeling and send it to me rather than send me a text which would lack information."  
Larissa, Family Support Worker*



## MIND OF MY OWN 2023!

**"We would love every child and young person to have the choice to use Mind of My Own"**

**-AMBASSADORS**

Go for it! Give the children and young people you support the choice!  
Need some support - email [mindofmyown@gloucestershire.gov.uk](mailto:mindofmyown@gloucestershire.gov.uk)

*"The plan was made around their views, and it helped the planning to be more child-centred. They are autistic, and they have trouble expressing their feelings sometimes, so it has allowed them to feel more heard."  
Katie, Social Worker*

## DID YOU KNOW?"

- Mind of My Own One App AND Express can be used with and by children and young people aged 3-25 who are open to Social Care, Early Help and who are from families who foster.
- It's fantastic for children and young people to give their views and life experiences for their Assessments, Plans, Reviews, Meetings or Conferences.
- They can contact you to let you know how they are feeling, if they have a problem, and if they want to talk to you, in between seeing them.
- It's also great to use with a child or young person to get to know them and for them to get to know you, building relationships.
- Mind of My Own can be translated into over 120 different languages!
- A Mind of My Own statement created by a child or young person is part of their life story, in their own words, their own views at a point in time, their own experiences and they can read these if they access their files.