



Included in decision making

Sheffield:
**Fridge plan
simplifying care
and pathway plans**
March, 2022

Sheffield care leavers designed a new plan format ('fridge plan') to simplify care and pathway plans so that everyone knows what is happening.

Why?

The Sheffield Care Leavers Union (SCLU) designed the Fridge Plan in response to feedback from children and young people in care in Sheffield. Within the 2018 Bright Spots survey and within audits, some young people reported that they didn't understand what was happening in their lives, didn't have a good understanding of their care journey and weren't sure what was happening next.

What did they do?

SCLU decided that they wanted to tackle this and designed a new plan format so that all Sheffield young people have a **copy of their plan** in a **format they understood** and written in plain language with **no jargon**. The plan is completed with the young person and left with them. The plan is used during visits to talk about next steps and progress

The Fridge Plan has been piloted within the Leaving Care Service, Early Help and one Fieldwork team. In this time over 50 Fridge Plans have been completed with young people. The feedback has been really positive and workers have said the Fridge Plan has:

- Helped young people see how things are moving forward
- Helped parents understand the plan, as the Fridge Plan is really simple and easy to understand.
- Helped them, as workers to focus and break down 'complex cases'
- Helped to focus visits with young people and parents,

The Fridge Plan has now been rolled out across all service areas so that all young people can benefit from it. Briefings have taken place within each service area to help workers understand the process and the benefits to young people, families and workers themselves.

Hear more (38 min into film): shorturl.at/derKQ

Read more: <https://www.sclu.life/fridgeplan>

What difference is it making?

This is a huge change in practice and SCLU are so excited that people have listened to their views and are now rolling out something they have designed to address a huge issue identified in Sheffield.

What's going to happen	When?	Done?
Your social worker is going to visit you every 2 weeks – sometimes you will know they are coming, other times they might just turn up	Every 2 weeks	<input type="checkbox"/>
Your Dad is going to try and find a new house to live where you will have your own bedroom	By the end of April 2021	<input type="checkbox"/>
School are going to make sure you have everything you need to help you do really well in your exams. They are going to talk to you to see if you need any extra help with Maths, which is something you said is really hard.	15th April 2021	<input type="checkbox"/>
Your Mum is going to talk to her doctor about how she is feeling and is going to take her medication every day	End of March	<input type="checkbox"/>
You are going to see your Dad every Saturday for 4 hours	Every week	<input type="checkbox"/>
The social worker is going to get you a new bed	12th March 2021	<input type="checkbox"/>

SHEFFIELD LEAVING CARE SERVICE