



Dear .....

Sometimes adults find it hard to agree on really important things like who should look after you and who you see. At Cafcass we help adults and the family courts sort out what is best for young people and make sure they are kept safe.

Cafcass workers do not meet all the young people that they write to, because sometimes families can sort things out themselves, and can let us know how you feel.

But you can find out more by going to our website: [www.cafcass.gov.uk](http://www.cafcass.gov.uk). It has lots more information for you about our work and how we can help.

If you have any questions about how Cafcass workers can help you can also email: [hear4u@cafcass.gsi.gov.uk](mailto:hear4u@cafcass.gsi.gov.uk). If you do write to us please remember to include your full name so that we can help you the best we can.

If you want to tell us what you think about Cafcass or any of the work we do with you and your family, you can talk to me or my manager, or email [customerfeedback@cafcass.gsi.gov.uk](mailto:customerfeedback@cafcass.gsi.gov.uk)

If you urgently need help or to talk to someone, please call Childline free on **0800 1111**.

There is also more information about how Cafcass helps young people on the other side of this letter.

Best wishes,

Cafcass worker



# Finding what's right for you

Sometimes families can find it hard to agree on what is best for young people, especially when parents split up or live apart. Remember, what's happening is not your fault. To help make things better, families may ask a judge in a family court to try to help.

Sometimes the judge may ask a Cafcass worker to meet with you to talk about your feelings and to make sure the family court hears what you have to say. But Cafcass workers don't meet all the children and young people they write to because sometimes families can agree themselves on what is best for them.

If your family can't agree, the judge in the family court will listen to what everyone thinks and help with important decisions – like where you should live, who you should see and who should look after you. You can always ask your parents or carers to explain what is happening. And remember a family court is very different to a criminal court where people go when they might have done something wrong.

## *If you meet a Cafcass worker they will:*

- listen carefully to what you think and how you feel about everything.
- tell the judge what your needs, wishes and feelings are and what they think will be best for you.

## *They may also:*

- talk to other people like your parents, family and teachers.

Your Cafcass worker may write a report to explain what you, and the people who care about you, have said. Anything you talk about with the Cafcass worker can go into the report and your parents will see it as well. If you are worried about this, make sure you tell your Cafcass worker so they can help. Through it all you can choose to have your say but no one should put pressure on you.

The judge will listen carefully to what everyone has to say and then try to help everyone agree. If this still isn't possible, the judge will decide what they think is best for you. Your parents or family will usually be the ones to tell you what the decision is and how the decision affects you.

