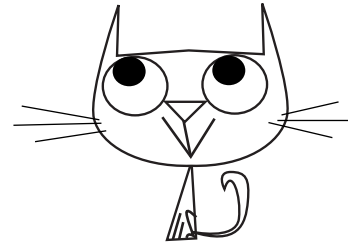
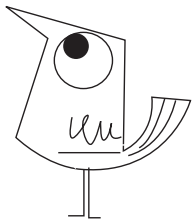


Dear .....



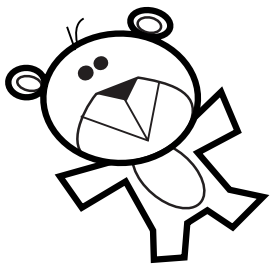
Cafcass workers are here to help, especially when families can't agree about important things like who looks after you and who you spend time with. We are here to make sure that you are safe and that the best things happen for you.



Cafcass workers do not meet all the children they write to because sometimes grown-ups can sort things out on their own.

If you have any questions about what Cafcass does you can ask a grown-up to help you email us at: [hear4u@cafcass.gsi.gov.uk](mailto:hear4u@cafcass.gsi.gov.uk) Make sure you write your full name in your email.

We also have a website [www.cafcass.gov.uk](http://www.cafcass.gov.uk) where you can find out more about what Cafcass workers do.

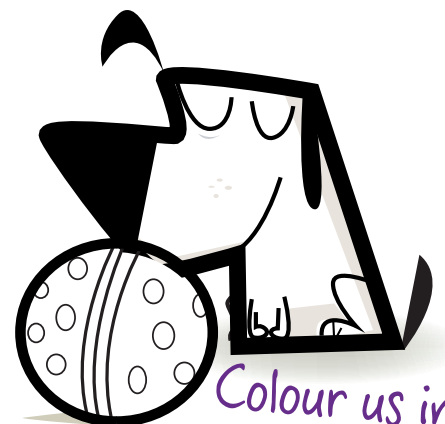


If you want to tell us what you think about Cafcass, you can talk to me or my manager, or you can email [customerfeedback@cafcass.gsi.gov.uk](mailto:customerfeedback@cafcass.gsi.gov.uk)

Turn over the page to find out more information about how we help.

Best wishes,

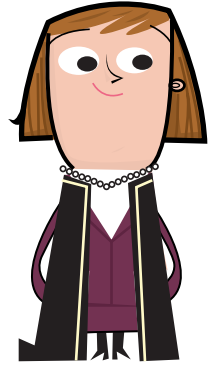
Cafcass worker



Colour us in!

## Finding what's right for you

Sometimes grown-ups find it difficult to agree on important things, like where you live and who you spend time with. Remember, what's happening is not your fault. To help make things better they may ask a person called a judge to help. The judge will listen to everybody and decide what is best for you.



The Judge

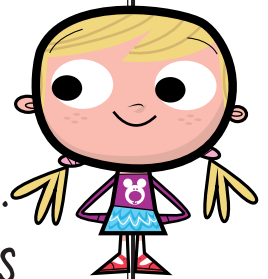


Cafcass worker

Sometimes the judge may ask a Cafcass worker to talk to you about your family and what you like about it. But Cafcass workers don't meet all the children they write to because sometimes families can sort things out on their own.

If you meet a Cafcass worker they will:

- talk to you and listen to how you feel.
- talk to the important grown-ups in your life.
- write a letter to the judge about your wishes and feelings and what they think is best for you.



They will also send the letter to the grown-ups who care for you. If you are worried about this, make sure you tell your Cafcass worker so they can help. The judge will listen to everyone and try to help everyone agree. But if the grown-ups can't agree the judge will decide what is best for you.



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

