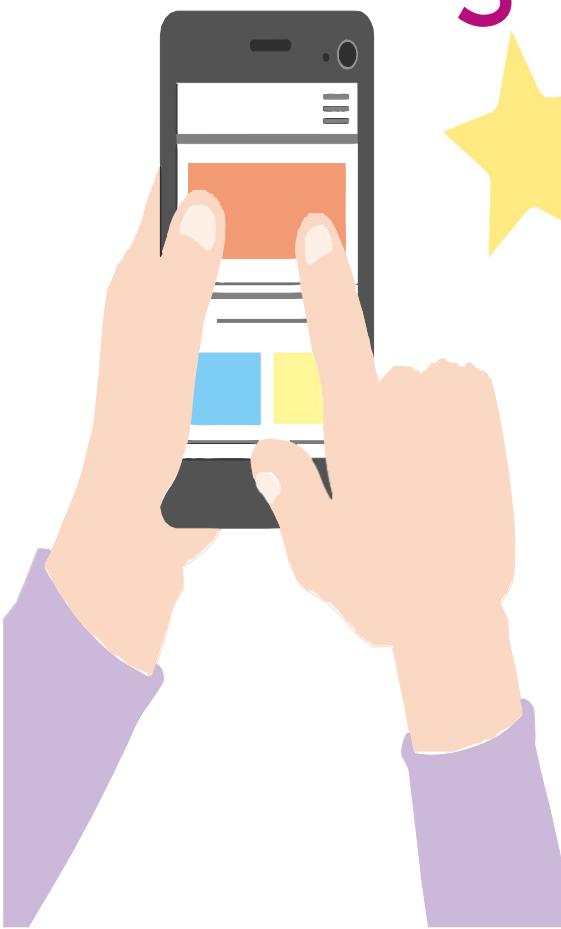


Young People's Guide



11-18 YEARS





Moving to a new home can be unsettling and a worrying time, we have created this guide to help answer any questions you may have and to let you know what to expect.

This guide will let you know who you can talk to and will help you to understand what everyone's role is. It will also let you know who you can complain to if you do not feel people are listening to you.

This guide will also let you know what your rights are in foster care. You may have questions about your school, your friendships, and your family, we will try and answer some of these questions for you.

There is space in this guide for you to write down any questions you would like to ask.

Who is everyone?

My Foster Carer

Foster Carers are specially chosen and trained to be able to look after children who can't live at home.

Your Foster Carer works with an organisation called First for Fostering.

My Social Worker

You will have your own Social Worker. They will visit you regularly at your foster home or in school. If you would prefer to see your Social Worker outside of your foster home, you can do this. You can speak to your social worker at any time.

Your Social Worker is someone who understands your family background and knows what you have been through.

Who is everyone?

Supervising Social Worker

Your Foster Carer will have their own Social Worker - called a Supervising Social Worker.

It is their job to make sure your Foster Carer is looking after you properly and to support them if they need it. You can ask them questions too and tell them if anything is worrying you.

My Independent Reviewing Officer (IRO)

You will have your own IRO, it is their job to make sure everyone is doing what they should be doing.

You will have regular meetings and your IRO will see you before these meetings to make sure you are happy or if you have any questions.

You can ask to speak with your IRO at any time.

CONTACTS

My Social Worker is: .

Mobile Number: .

Email Address: .

First for Fostering Social Worker is: .

Mobile Number: .

Email: .

What will it be like in foster care, what can I expect?

You will always have your own bedroom, your bedroom is your private space. Foster Carers will knock before entering and will be respectful of your space. Your Foster Carer will at times need to come in, to tidy round or just to chat to you and check you are ok.

You have the right to feel safe, secure and happy. No one has the right to hurt you or make you feel scared.

Your Foster Carer will let you know what usually happens in their home, about meal times and bed times. Let them know if you are unsure!

You might already have hobbies and interests, your Foster Carer will do their best to support these. Your Foster Carer will help you try new things and find things you enjoy.

You will receive pocket money, how much you get will depend on how old you are.

What about school?



Most children can stay at their own school and your Social Worker will talk to you about this. It is really important that you ask for help with schoolwork and homework if you are finding it difficult. You can also talk to a trusted teacher if things are feeling difficult at school.

You can still go on school trips and your Foster Carer will do their best to make sure you can keep up any clubs, hobbies or activities you enjoy.

Your Foster Carer will make sure you can get to school and back home again, they will support you with your homework.

When will I see my family?

Most children who come into foster care miss their families.

Your Social Worker will talk to you about when and how you can see and speak with your family.

Sometimes Social Worker's say things like 'contact' and 'family time', this just means the time you spend with your family. Your family can be your parents, grandparents, brothers, sisters or anyone who is special to you.

Your family will know about your Foster Carers and they will know that you are safe and being well looked after.



Can I see my friends?

Your foster carer will do their best to ensure that you can see friends outside of school. You can still have sleepovers and go to friends' homes for tea and have them come to your home. Your foster carer will need to check where you are going and that you are safe.



Important things about me...

A large, empty notepad with a black border. In the top right corner, there is a blue 'X' symbol. In the top left corner, there are three blue dots arranged horizontally. The notepad is divided into six horizontal lines for writing. The entire notepad is set against a light blue background.

How do you feel right now?





If you would like to complain about your foster carers you can contact us
at First for Fostering...

Our address is 181 Coniscliffe Road, Darlington, County Durham, DL3 8DE

You can email us at: info@firstforfostering.co.uk

You can call us on: 01325 978040

For more information you can visit our website at
<https://firstforfostering.co.uk/young-people>



Scan the QR Code above to get quick access to our website!

let's talk it out

If you are not happy in your foster home,
or if you have worries,
it is important you tell someone who can help.

You can also talk too...

OFSTED

Chief Inspector

Piccadilly Gate, Store Street, Manchester,
M1 2WD.

The phone number is 0300 123 1231 The
email address is enquiries@ofsted.gov.uk

NSPCC

<https://www.nspcc.org.uk/>

Childline

<https://www.childline.org.uk/>

Children's Commissioner

The Children's Commissioner for England is
Dame Rachel de Souza
help.team@childrenscommissioner.gov.uk or
telephone 0800 5280731

Advocacy

You have the right to an independent advocate. If you would like an advocate, please ask your social worker or foster carer and they will arrange this for you.

Advocacy means getting support from another person to help you express your views and wishes, and help you stand up for your rights.

Someone who helps you in this way is called your advocate.

My Questions