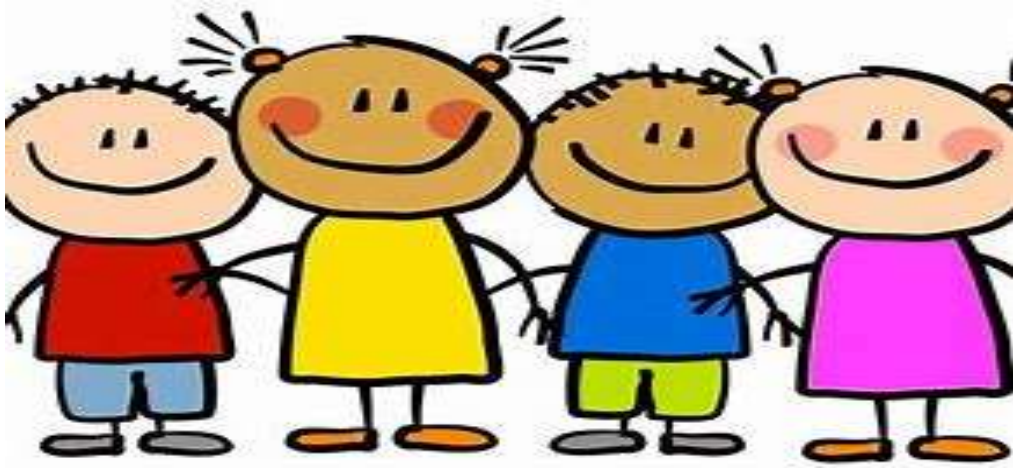
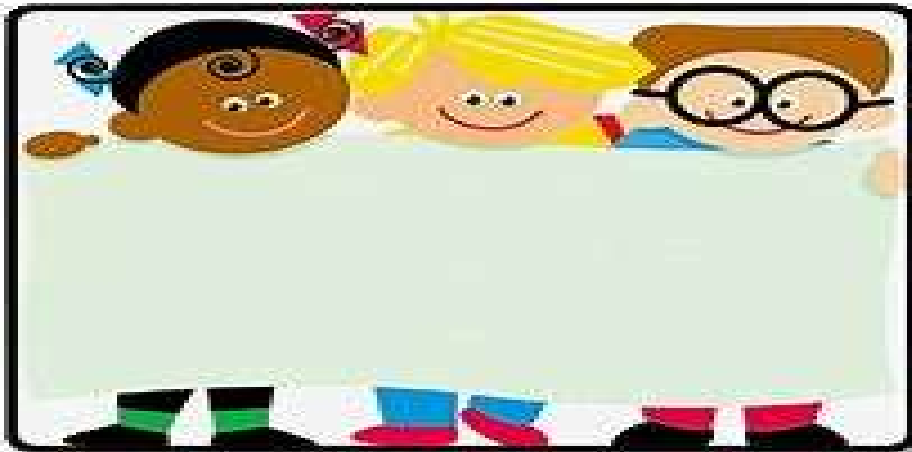


First for Fostering

Children's Guide



My name is...



I amyears old.

Hello,

This children's Guide is to help you if you have just moved to a foster family.



You might have some questions and some worries. We hope this little book might help with these.



What is a foster carer?

Foster carers are people who are carefully chosen to look after children. They will look after you. They will ask you what you like to eat and what you like to do for fun. They will help you get to school.



Your foster carer works with First for Fostering.

Why am I in foster care?

Sometimes children cannot live with their own family because it is not safe. There are lots of reasons you might not be able to be with your family right now.



The reason you are living with foster carers is not because of anything you have done!

You can always talk to your foster carer. It is important you tell them what you like and what you do not like.



Things I like.....



Things I do not like.....





I still have more questions - who can I ask?

There are lots of people around you who can help you and answer your questions.

..... is your social worker.

They will come to visit you and see how you are doing. You can tell them how you are feeling.



.....is the supervising social worker who helps your foster carer. They can help you too.

.....is your independent reviewing officer (IRO). They will always be able to chat with you.



We have a webpage for our young people, you can access this at:

<https://firstforfostering.co.uk/young-people>

If you want to complain about your foster carers you can contact:

First for Fostering

181 Conscliffe Road, Darlington, Co Durham, DL3 8DE

Our phone number is 01325 978040

Our email address is info@firstforfostering.co.uk

Our website is www.firstforfostering.co.uk

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](tel:08005280731)

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.



Tell someone

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