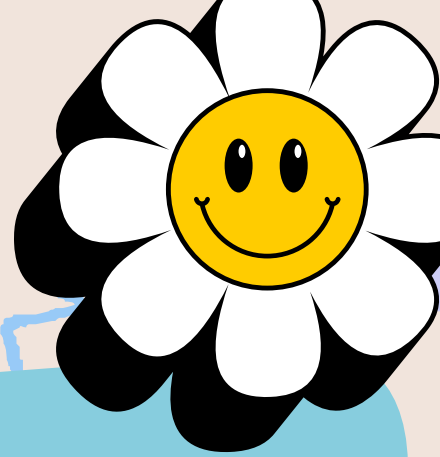


**Children and
Young People's
Guide to
Foster Care**



Welcome to The Fostering Foundation!

This guide will help you understand the people and things you'll see in care and how to tell us if you're not feeling good.

We want you to feel happy and safe, and our job is to ensure you're well looked after when you can't live with your family.

**It's normal to feel confused and upset,
but we will be here to help you.**



Who's Who

You will have your own Social Worker.
They will visit you to make sure you are safe and well.
If you are worried or unhappy about something,
you can tell your Social Worker.

Foster Carers

The people who will be looking after you are called Foster Carers. They have a Social Worker too!
We all work together to help keep you safe and well. They will visit you to find out how you are and help if you need it.



Who else can I talk too



Who will be looking after me?

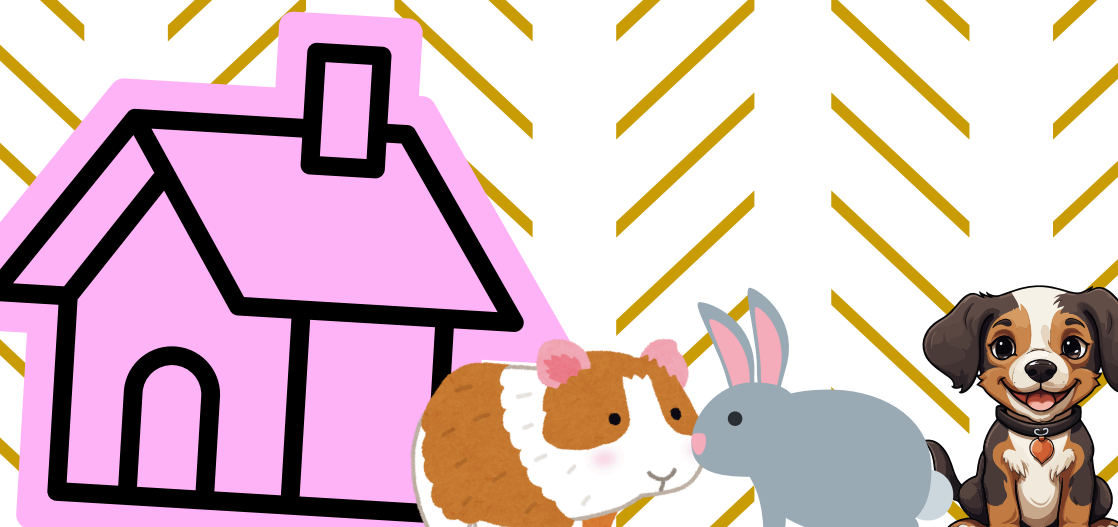
Your Foster Carer will be the person looking after you.

They will welcome you as part of the family.

They will help you stay in touch with important
people in your life.

You will get a 'welcome book' from your Foster Carers.

This will have pictures of what they look like
and who else lives in your new home.



Living Together

Every home is different, and things might feel strange to begin with but that is okay. Your new Foster family care about you and will help to make you feel safe and settled in your new home. Sometimes, there might be other children in your new home too.



What will help me
feel settled in my new home?



YUM!

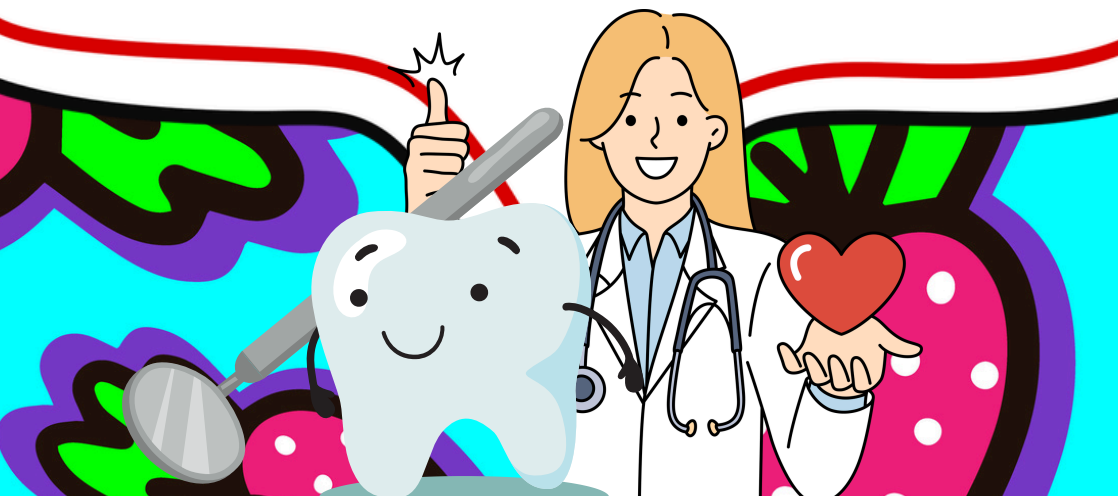
What happens next?

Your Foster Carer will make your bedroom special and make sure you have everything you need. This can be things like, toys, clothes and food!

Your Foster Carer and Social Worker will sort out where you go to school. If you have moved a long way we might need to change your school. If this happens we will help you with this.

Once you are settled your Foster Carer, will make sure you are healthy and well. This may include a visit to a Doctor, Dentist or an Optician.

This includes yearly check-ups to make sure you are fit and well-fed!"



Keeping You Safe

Your Foster Carer will make everyday choices for you, like going to a friend's house or joining a club.

Big choices will be made by your Social Worker. They will decide important things like when you see your family. There will also be meetings to make sure you are safe, healthy, and doing well in school.

They will talk to you before the meeting to find out what is important to you. You may want to go to some of your meetings so you can tell us yourself!

• Pocket money

You will get weekly pocket money from your Foster Carers. They will also save money for you. If you move, your savings will go with you. You can use this money when you are an adult.

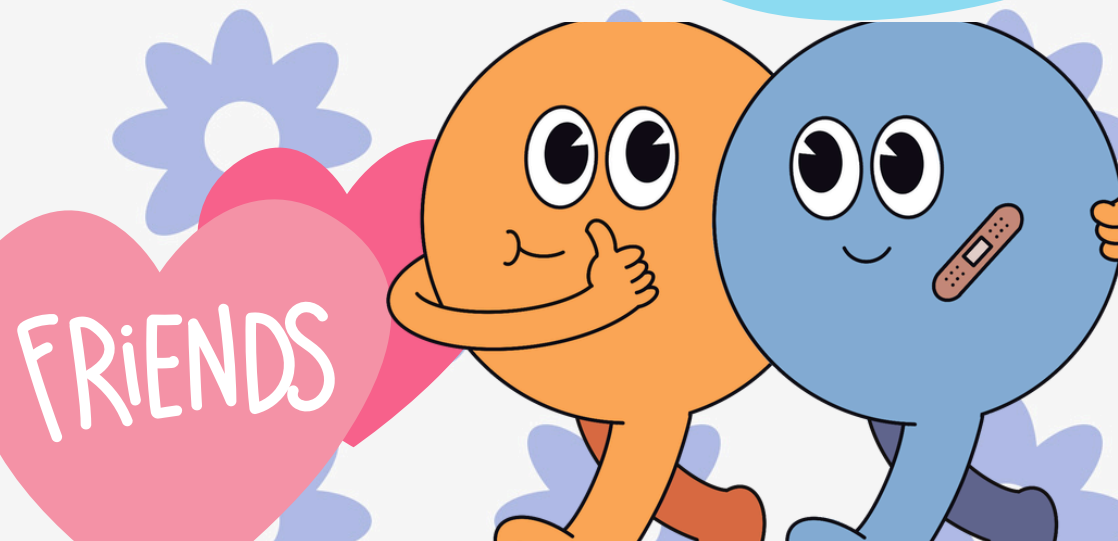
Using the Phone

You might have a mobile phone when you come and live with your Foster Carer. Your Social Worker will decide if it is safe for you to have a phone. Your Social Worker will also decide how you will talk to the important people in your life.

Seeing your friends and family

Whilst you are living with your foster family, you may still be able to see your friends and family if it is safe.

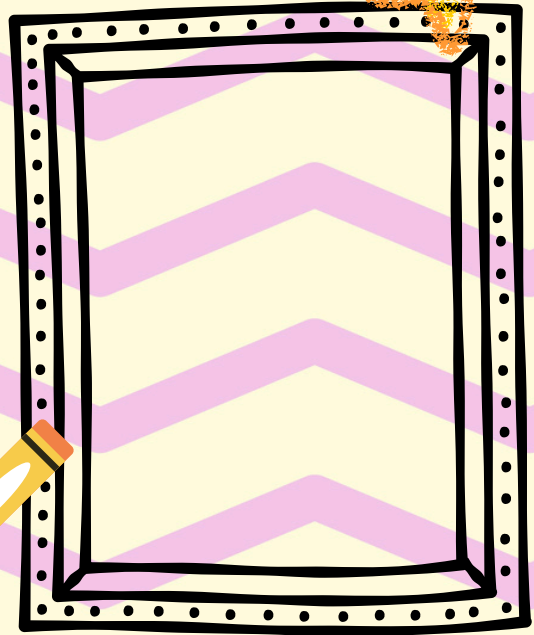
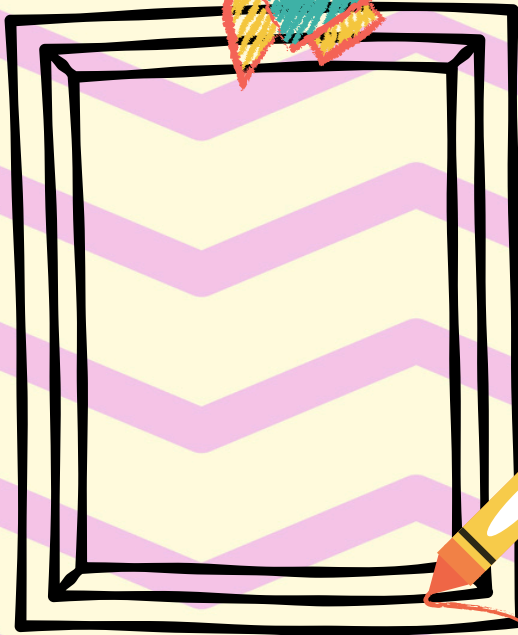
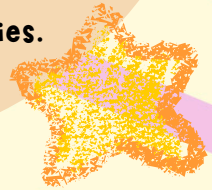
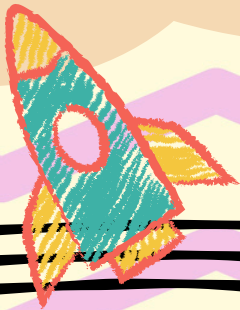
Your Social Worker and Foster Carers
will help make this happen.

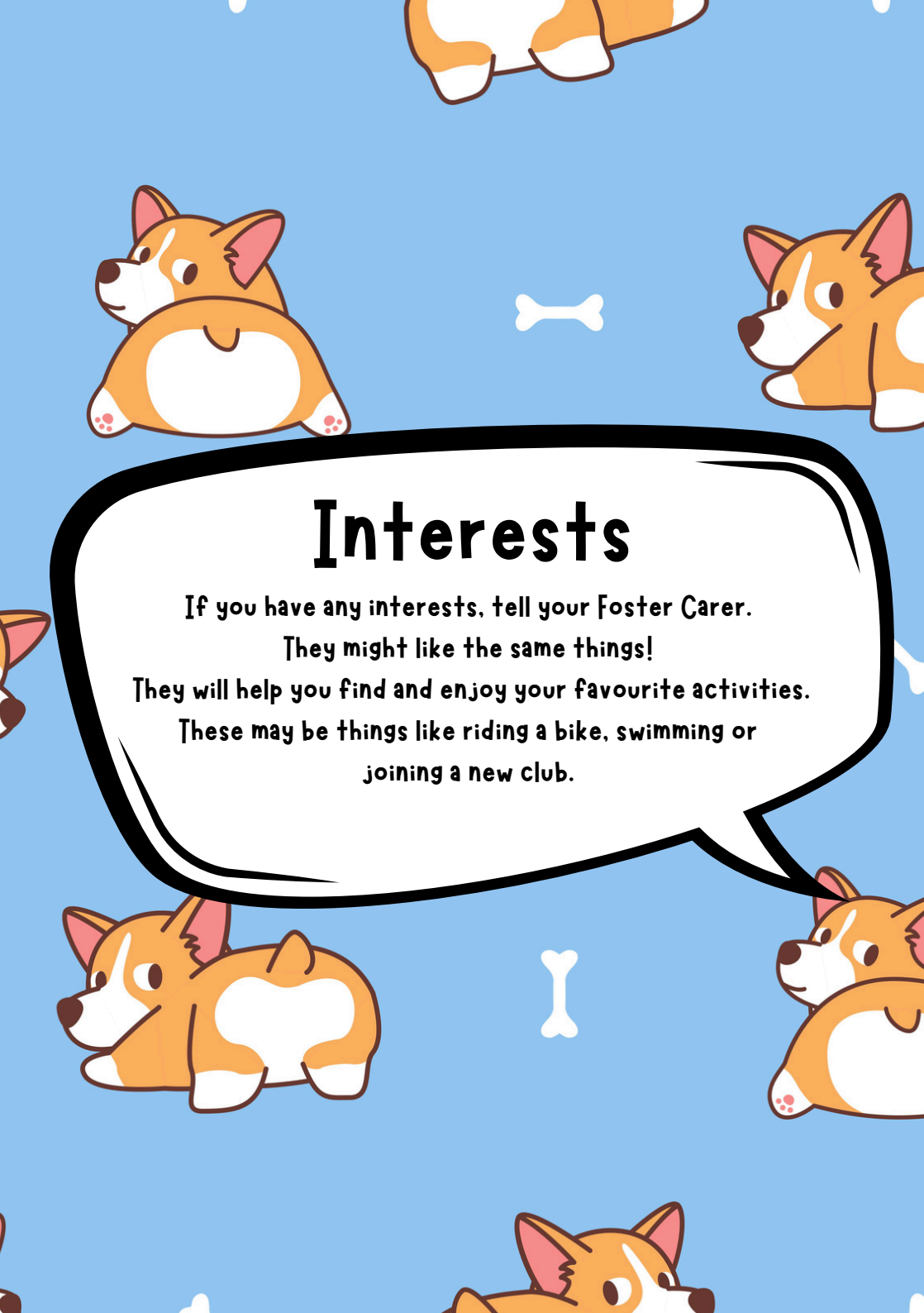


Memories

Your Foster Carers will have a special box for you to keep special things in. You may want to put in things such as photos, letters, pictures and anything else that reminds you of happy or important times.

Use this space to keep your special memories.





Interests

If you have any interests, tell your Foster Carer.

They might like the same things!

They will help you find and enjoy your favourite activities.

**These may be things like riding a bike, swimming or
joining a new club.**

Our Promises to you

- **We will do everything we can to make sure you are healthy and safe.**
- **If there's a problem, we will try our best to help and sort it out.**
- **We will always listen to you and make sure others know what is important to you.**



What if nobody listens and I feel unhappy or worried?

**If you are unhappy or worried, tell your
Social Worker, your carer or another trusted adult, and
they will help you.**

**The most important thing is to tell someone how you are
feeling or what you are worried about!**

**There are also names and phone numbers on the next page
of other trusted adults at the end of this booklet who
can also help.**



**Write down the name of the
person you can talk too**



Helpful Information

Ofsted – 2 Rivergate, Temple Quay, Bristol BS1 6EH

Phone – 0300 123 4666

enquiries@ofsted.gov.uk

You can also speak to:

Children's Commissioner for England

Sanctuary Buildings, 20 Great Smith Street, London, SW1P 3BT

020 7783 8330

info.request@childrenscommissioner.gov.uk

www.childrenscommissioner.gov.uk

Bullying UK

For advice and support on dealing with bullying

www.bullying.co.uk

0808 800 2222

BECOME

The charity for children in care and young care leavers

15-18 White Lion Street, London, N1 9PG

0800 023 2033

advice@becomecharity.org.uk

NSPCC

Weston House, 42 Curtain Road, London, EC2A 3NH

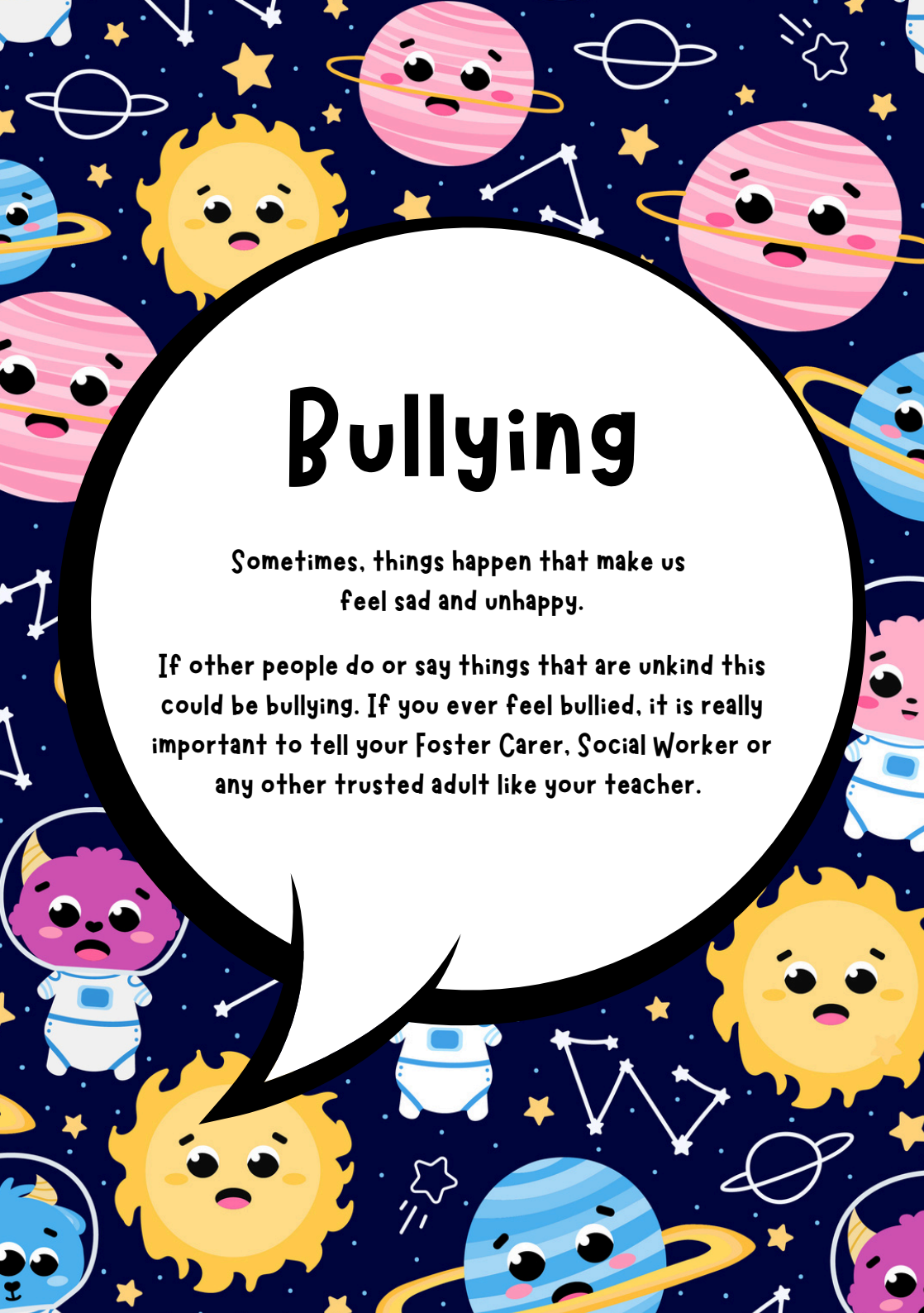
0808 800 500

help@nspcc.org.uk

Childline

is a service provided by NSPCC

0800 1111



Bullying

Sometimes, things happen that make us
feel sad and unhappy.

If other people do or say things that are unkind this
could be bullying. If you ever feel bullied, it is really
important to tell your Foster Carer, Social Worker or
any other trusted adult like your teacher.

Complaints

Sometimes you might feel that you're not getting the right help or people are not listening to you. If you feel like this, it is important you tell a trusted adult.

All accidents, injuries, illnesses, complaints, allegations, suspicions of abuse and neglect can be reported to:



0117 967 3744

communications@fosteringfoundation.co.uk



Names:

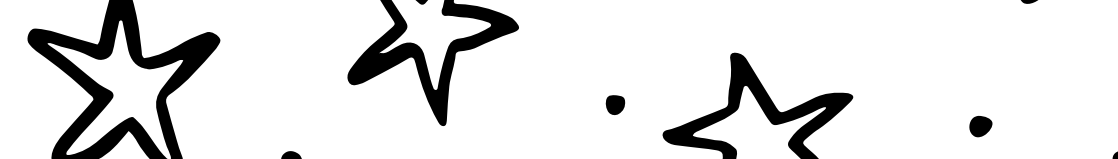
My Social Worker is called:

I can call them on:

My IRO or Children Rights Advocate is called:

I can call them on:





Notes:



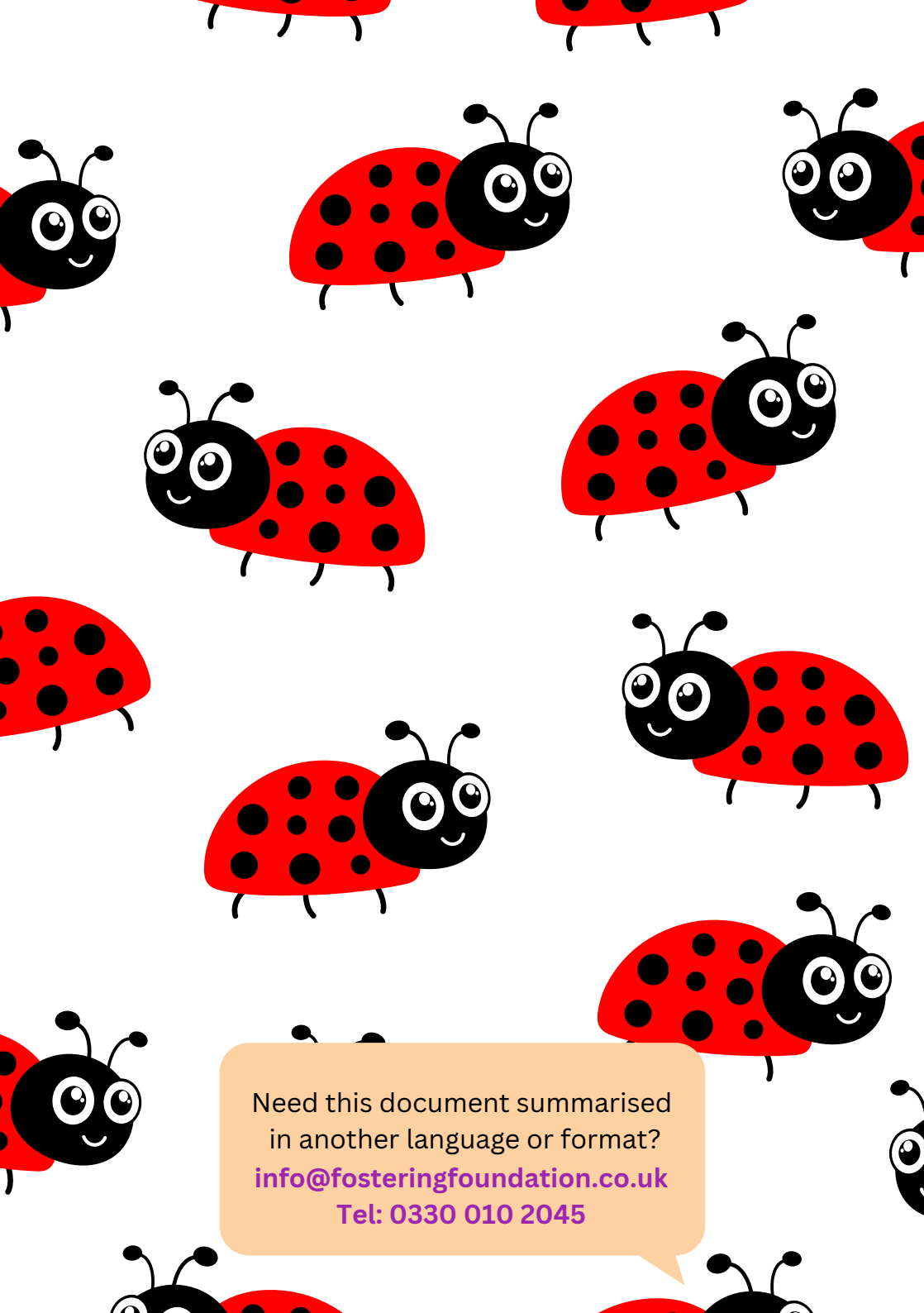


Notes:





Notes:



Need this document summarised
in another language or format?

info@fosteringfoundation.co.uk

Tel: 0330 010 2045