



Info' for you



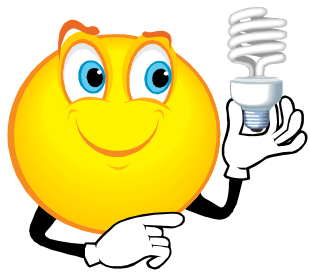
**A Children's Guide
to Fostering**



from Children Always First Fostering Agency. You can tell by our name that we really care about you and will make sure your foster carers help you in your new home.



We have made this booklet to help you while you are living with one of our foster families



Remember you can ask your Social Worker, foster carer or someone you like to help you read and fill your booklet.

About Me

My name is:

.....

My birthday is on:

.....

I am.....years old

I live at.....

.....

Draw a picture of yourself and then list the things you like and the things you don't like...



ME

Things I like:

-
-
-
-
-

Things I don't like:

-
-
-
-
-

About foster carers

Foster Carers are very special adults who have chosen to care for you. Children Always First helps foster carers to help you. Foster carers have special classes to learn how to keep you safe, healthy and happy.



Foster carer(s) can live in a house or flat, have their own children or other foster children, have pets and go to work.

A large, empty rectangular box with a dark red border, intended for a drawing or a photograph of a foster carer.

Draw your foster carer(s) or stick a photo here

Finish the sentence:



A nice foster carer.....

Your Social Worker



When you are in care, you have a **Social Worker**.

Your Social Worker is in charge of making sure you are safe, healthy and happy. Your Social Worker will visit you in your foster home. Everyone who is part of your life needs to know that you are ok and what plans you have as you grow up. The plan is called a care plan.



When you go to live with your foster carer, your Social Worker, foster carer and your parents (if it is ok) get together to talk about how to look after you. They will talk about lots of things. Your Social Worker will write it all down on a special form called a 'placement information record'.



My Social Worker's name is.....

His/her telephone number is.....

You will also have another person to help you called a Children's Support Worker.

His/her name is.....



Guess what? Your foster carers have a fostering Social Worker to help them too!

My foster carers' Social Worker is called

.....

Another important person to help you is called an Independent Reviewing Officer (IRO).



The IRO likes to check that things are going ok for you. Your Social Worker, your foster carer and maybe some other grown ups who know you, meet together with you to make sure you are doing alright. This is called a review. You can speak at this meeting if you want, or ask your Social Worker if you can contact your IRO anytime!



My IRO is called.....

His/ her telephone number is.....



Your foster carers will:

- ✓ Make sure you feel ok, safe and happy
- ✓ Prepare healthy food, help you grow and take you to your health checks (you have something called a Health Assessment). Your foster carer will make sure you have a doctor, go to the dentist and optician if you need glasses.
- ✓ Help with school, ask if you are happy in class, help with your homework, and talk to your teacher. You have a Personal Education Plan (PEP). This plan is to help you in school if you need it.



Try to talk to your foster carers if you feel unhappy





Children Always First fostering agency will:

- ✓ Help your foster carer to help you
- ✓ Talk to your Social Worker and other important people
- ✓ Keep you safe and happy
- ✓ Check you are doing ok in school and help you to do fun things
- ✓ Help you to visit your friends and stay in touch with family (if it's ok with your Social Worker)



If you have any questions you know you can talk to your foster carer, a Children Always First worker, your Social Worker or someone you can trust.

If there is something you are not happy with about being in care or the help you are getting, you can make something called a 'complaint'. You can always say something nice too! This is called a 'compliment'.

Call Children Always First if you are upset or want to make a complaint:

**Our number is 0800 830 3008
or email: info@childrenalwaysfirst.co.uk**

This is the end of our Children's Guide to fostering.

There are some other important contacts we will give you:

The Children's Commissioner for England

Makes sure that adults are listening to you

Contact:

The Office of the Children's Commissioner
33, Greycoat Street,
London, SW1P 2QF
020 7783 8330
www.childrenscommissioner.gov.uk



Ofsted

Ofsted checks the work of fostering agencies and Children's Services

Contact:

General Helpline: 0300 123 1231
For text phone/Minicom users: 0161 618 8524

By post

Ofsted

Piccadilly Gate, Store Street,
Manchester, M1 2WD

By email

enquiries@ofsted.gov.uk



Child line

This is the free 24-hour helpline for children and young people. You can call the helpline about any problem, day or night.



www.childline.org.uk

The Children's Rights Director for England

The Children's Rights Director spends a lot of time listening to what children and young people say. They are interested in how you are being looked after.

Contact:

Aviation House
125 Kingsway, London
WC2B 6SE

Thank you and goodbye!

Please let us know if you need the guide through other ways of communication,
e.g. Makaton, pictures, tape recording, translation into another language