



FOSTERING LTD

*"Run by foster carers,  
for foster carers"*

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# INTRO

## WELCOME!

You will be reading this booklet because you have recently moved into a new house with different people and we want try and make you feel as comfortable as possible. You might have lived with foster carers before or this could be your first time – either way there will lots of new things you might be wondering about. We hope this welcome pack will answer some questions you might have or give you an idea of what might happen next. If you have any questions about what is in this book or about your move to a new home in general, please speak with your carers, social worker or your carer's social worker. We have been asked lots of questions before so will be able to help!



FOSTERING LTD



## WHO ARE FOSTERING LTD?

We are the fostering agency that finds people who would like to look after children who are not able to live with their parents or another family member. Specially trained social workers decide whether these people have the right skills and qualities to become foster carers. Once they become foster carers they are given a supervising social worker who visits them regularly to talk about fostering and ensure that they are doing their best for the children they look after.

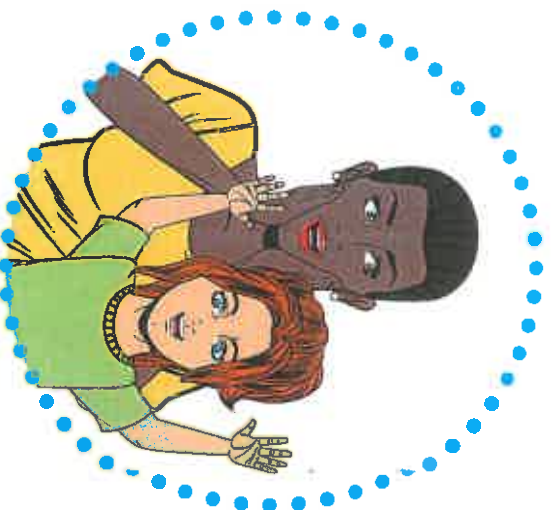
### WHILE YOU ARE IN OUR CARE YOU HAVE THE RIGHT TO:

- Be treated with respect and dignity
- Be given a full explanation about why you are looked after
- Be kept informed about your family
- Not allow anyone to change your name or religion
- Meet your family in private unless directed otherwise by your social worker
- Speak on the phone in private and receive letters unopened
- Have personal information kept private
- Have your personal belongings respected and kept safe
- Not have your room searched unless you are present and are given an explanation, or there is a danger to you or others
- Change your social worker
- Be registered with a local doctor, dentist and optician
- Be taken to health appointments



# WHO ARE FOSTER CARERS?

Foster carers are all different. Some foster carers are single people, some are couples. There may be other children living in the home, these may be the foster carer's own children or other children who are fostered. There might also be a pet like a cat, dog or bird. Foster carers come from different backgrounds and have different interests and hobbies and we try our best to find the right match between foster carers and children needing to be looked after.



## OUR FOSTER CARERS WILL:

- Treat you with respect
- Listen to you
- Work with you to try to sort out anything that is making you unhappy.
- Try to make you feel part of their family.
- Support you to do well at school and help you with homework.
- Help you keep in touch with your family and friends.
- Give you your own bedroom, with your own bed, somewhere to put your clothes and belongings and have some time to yourself.

## LIVING TOGETHER

When you move into a strange place with people you do not know it can be very weird and scary. It will take time to get to know each other. Your carer is aware of this and they will do their best to help you settle in and feel part of the family. Your foster carers will talk to you about the expectations they have of you when you are living with them so you know what is acceptable and what is not.

To work as a family it is important for all involved to co-operate, show respect and give and take. As a member of the household you may be expected to:

- Do jobs around the house to help keep it clean and tidy
- Do your share of the washing up
- Keep your bedroom tidy
- Behave in a way that does not upset others
- Agree with your foster carers where you are going, with whom and when you are due back

## DISAGREEMENTS:

There will be times when people disagree; this happens in every household and is normal. Everyone has a right to express his or her opinion and to be listened to. The most important thing is how we resolve the disagreements; it must be done in a way that is fair to all. If you break the house rules then the foster carers are able to do certain things within reason, which include:

- Giving you extra jobs around the house
- Asking you to go to bed early
- Stopping your leisure activities
- Removing your T.V or music from your room
- Taking some of your pocket money to pay for damages
- Grounding you

## YOUR FOSTER CARER SHOULD NEVER DO ANY OF THE FOLLOWING:

- Bully, swear or threaten you or members of your family or friends.
- Slap, punch, hit, push, or kick you.
- Make you eat food you do not like
- Refuse you contact with your family
- Stop you talking to your social worker or other people involved with your care.
- Lock you in or out of the house
- Stop you attending any health appointments.
- Refuse to give you your prescribed medication or make you take more than the Doctor has prescribed

# FOSTER CARER'S RESPONSIBILITY

We will try to make sure that your life is as 'normal' as possible, however, as you are living with foster carers there will be certain things that foster carers need to do to protect and safeguard your welfare.

- **Writing things down** - Your foster carer will keep daily records about you, almost like a diary and this information will be shared with their supervising social worker and your social worker. The reason for this is to ensure that all those involved in your care are kept up to date on how you are getting on, what is going well and anything you might be struggling with.
- **Foster Carer Supervision** - A social worker from this agency will visit your carer every month to talk about how they are doing and if they need any help or advice about looking after you. We will also talk to them about training they might need or some of the things in your life like school, seeing your friends and family or your health
- **Training** - Foster carers have to attend lots of training to make sure they are able to look after you the best they can. This training might include first aid, supporting your education and helping you manage your feelings.
- **Unannounced Visit** - a social worker from the agency will visit your foster carers without telling them first, a bit like a surprise visit so we can make sure that you are being looked after properly.

# FAMOUS PEOPLE WHO HAVE BEEN FOSTERED OR ADOPTED

- John Lennon** - Musician and member of the Beatles
- Steve Jobs** - Creator of Apple and the Iphone!
- Marilyn Monroe** - singer and actress
- Eddie Murphy** - comedian and actor
- Pierce Brosnan** - Actor in films such as James Bond and M's Doubtfire
- Kerry Katona** - Singer with Atomic Kitten and winner of I'm a celebrity
- Frank Bruno** - Boxer and former Heavyweight Champion
- Charlie Chaplin** - actor and comedian
- Coco Chanel** - Designer
- Lemn Sissay** - Poet
- Mike Tyson** - Boxer
- Jamie Foxx** - Musician and actor
- Lord Andrew Adonis** - Politician and Member of the House of Lords
- Pete Turner** - Musician in the band Elbow
- Pandora Christie** - DJ and Radio presenter
- Goldie** - Musician
- Simone Biles** - Five time Olympic gold medalist
- Sylvester Stallone** - Hollywood Actor



### **What are you on about?!**

Sometimes you might hear words or phrases that you don't understand. We have put a list together of some of the most common words that you might hear – if you need extra help with this, just ask!

### **Accommodated**

Some children in care are accommodated which means that their parents have agreed for them to be looked after but they still make the important decisions about things like medical treatment, schools etc.

### **Care Order**

Some children are in care under a Care Order made by a court. This means a judge has decided that your Social Worker will make the important decisions about medical treatment, schools etc. This is to help solve the problems that are happening in their life. The social worker will normally consult or inform your parents about any decisions they make.

### **Care Plan**

A Care Plan is a written document that says how and where you are going to live and how you are going to be looked after.

### **CLA Review or LAC Review**

This is a regular meeting where all the people involved in your care, including you, come together to review your care plan, discuss your progress and make plans for the future. This meeting is chaired by an Independent Reviewing Officer or IRO

### **EHCP or Education, Health and Care Plan**

A document that states what your needs are and all the extra help you should get. This might be extra help at school or maybe someone to talk to about your feelings and emotions

### **Guardian**

If your parents and the Local Authority are in court deciding what will happen to you, the judge in your case will ask a Guardian to give your opinions. The Guardian will come and speak to you about your wishes and feelings and make a report that the judge can read

### **Local Authority**

Every child who lives with foster carers is the responsibility of a specific town, city or county, depending on where you are from; for example, Manchester, Liverpool, Lancashire, Cumbria, Sunderland, Gateshead. They will make sure that you have a social worker who is responsible for making sure that the things in your Care Plan happen.

### **Pathway Plan**

The Pathway Plan is a care plan for young people aged 16 to 21 years but with a focus on your wishes for the future and how we can help you to achieve them.

### **PEP or Personal Education Plan**

This is a plan to make sure that you can achieve your potential at school. There will be regular meetings in your school where you will meet with foster carers, your teachers and sometimes your parents.

## **WHAT YOU CAN EXPECT FROM US**

You will get to know your carer's Supervising Social Worker well as they will come and see you about once a month. They will ask you about where you live, school, friends, family and anything else that is important to you. You can talk to us about anything that is bothering you and you will also see us at your review meetings.

You will be invited to take part in our Young People group – 'My Voice'. My Voice groups take place twice a year in our office and it gives you the chance to tell us what you think and how we can make your time with us better! The group is run by young people with some help from adults and can focus on whatever you feel is important.

### **Ask us for more information or speak to your carer.**

We also have regular days out and parties that everyone is invited to; previously we have been trampolining, had picnics, been ice-skating, cake design competitions and magicians! We will give you invites to these when we visit.

There is a section on our website where you can find out information about us, the events we have coming up and lots of other useful bits and bobs – just go to [www.fosteringtld.co.uk](http://www.fosteringtld.co.uk) to have a look.



# STAYING SAFE

## Keep Safe

Everyone at Fostering Ltd will work hard to make sure you are safe. If we are worried that you have been hurt or abused we will need to talk to other people like your Social Worker or the police – this is to make sure the abuse stops and you are safe.

If you have been hurt in the past but no one knows yet, speak to your foster carer, Social Worker or anyone from Fostering Ltd – we promise we will listen and take you seriously.

## Bullying

Bullying can be anything from being called names, being hit or someone taking your things. If someone is bullying you whether at school, home or anywhere else, just tell an adult you trust and we will help to make it stop – always speak out if you are worried and we will listen!

## Emotional Well-being

Sometimes you might feel sad, angry or confused – this is normal and nothing to be ashamed of. We all have times where we feel that we need some help with our feelings. If you need to talk to someone about how you're feeling, we can help you do that. There's also lots of things online if you're not sure about talking to someone face to face right now.



## Online

Being online is fun for lots of reasons – mobile phones, games consoles and apps are all part of life but it's more important than even to keep safe online. If you are worried about anything that is happening online, speak to an adult you trust like your carer, teacher or Social Worker. Go to [thinkuknow.co.uk](http://thinkuknow.co.uk) for information on how to keep safe online



## ADVOCACY

The law says that your wishes and feelings about your care are really important and must be listened to. If you are unhappy about something to do with your care or education you have a right to an advocate. They can help you with things to do with: your social worker, contact with your family, bullying, being suddenly moved from your foster home or help you in meetings. A good place to start are these places:

**National Youth Advocacy Service (NYAS): 0808 808 1001 / [youngpeople.nyas.net](mailto:help@nyas.net) email: [help@nyas.net](mailto:help@nyas.net)**

**Coram Voice: 0808 800 5792 / [coramvoice.org.uk](http://coramvoice.org.uk)**



# COMPLAINTS

## WHAT TO DO IF YOU ARE NOT HAPPY

If you are unhappy with the way you are being looked after or you think that you are not getting the help you need it is very important that you tell someone and they will do their best to help you.

## WHO TO TALK TO

We hope that if you have any problems you can talk to your foster carers, but we realise that sometimes this is not possible especially if it is about them.

You can contact the manager at Fostering LTD, your social worker or your Independent Reviewing Officer in the following ways:

### FOSTERING LTD MANAGER:

Name

Telephone

Email

### YOUR SOCIAL WORKER:

Name

Telephone

Email

### YOUR INDEPENDENT REVIEWING OFFICER:

Name

Telephone

Email

# NOTES

## NOTES

[illegible]

## USEFUL CONTACTS

These telephone numbers are free and all calls are confidential

**CHILDREN'S COMMISSIONER**

[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

0800 528 0731

**A NATIONAL VOICE**

Phone: 0161 237 5577

Website: [www.anationalvoice.org](http://www.anationalvoice.org)

**CHILD LINE**

0800-7471

## NSPCC

**CHILD PROTECTION LINE:**

0800 800 800 500

**TEXT PHONE:**

0800-0566 0566

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Email: [info@unit@nspcc.org.uk](mailto:info@unit@nspcc.org.uk)

**NATIONAL YOUTH ADVOCACY SERVICE**

800.800.5792

**CHILDREN'S LEGAL CENTRE**

0171 353 6251

**OFSTED**

Tel: 0300 0131015

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

Email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)