

# Welcome

# This book is about you

We want to help  
you find  
out about  
Foster Care



We hope that this booklet will help you to find out:

What happens in foster care



How we and your foster family will look after you

What you can do if you're not happy



## This book belongs to

Name:

.....

Age: .....

Favourite food:

.....

Favourite Colour:

.....

Favourite things to do:

.....

.....



Your foster carer will read this booklet with you and explain anything that you don't understand.

## What is Foster Care?



When children can't live with their own family, they can stay with a foster family. Your foster family will look after you and keep you safe.

Every foster family is different.

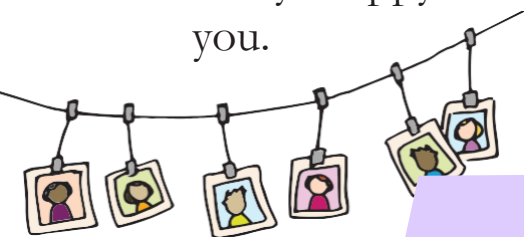
Some foster carers are married, and some are not. Some carers have their own children, also some have family pets. Your foster family has been specially chosen for you. They will welcome you into their home and look after you.

## What is Fostering Connections?

Fostering Connections is a fostering agency, which means that we help find foster families for children who need them. We found your foster family for you.



We help your foster family and make sure that they are looking after you well. You will meet us when we visit your foster home, and we are always happy to hear from you.



### People you may meet at Fostering Connections

Three horizontal purple bars of varying shades, intended for writing names of people you may meet at Fostering Connections.

You will do lots of fun activities with your foster family.

We will also organise events such as day trips and parties, and you will be invited you to join.

If there is an activity you would like to do please let your Foster Parents know.



# What will my new home be like?

We know that moving to a new home, with new people, can be hard.

Your Foster Family will help you settle in and make you feel welcome by finding out about you and what makes you happy.

## All About Me!



Favourite food



Favourite Colour

Talk to your Foster Family and tell them about some of your favourite things.....

They may also ask you to try new things as well like a new food or new games!



In your new home you will have all the things that you need.



A Bedroom of your own  
(or one to share with your sibling)



Space to Play  
(and have adventures)



Pocket Money



Help with your Homework



Trips to the Swimming Pool  
or Park



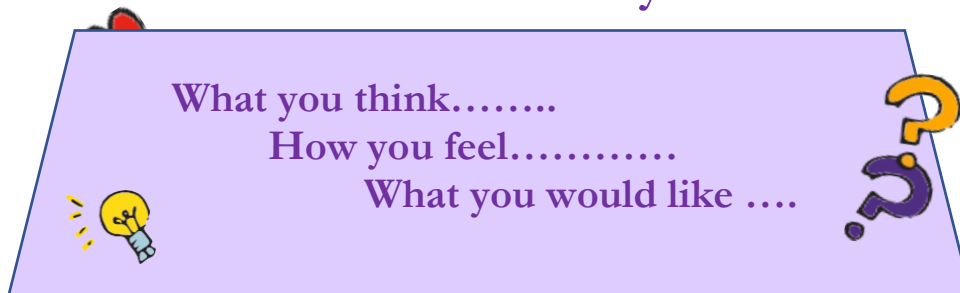
Your foster family will listen to you and are happy for you to ask about anything you are not sure about.

## How Long Will I Stay Here For?

Children live with foster families for different reasons. Some children stay with foster families for a short time, and others until they are grown up.

Your social worker will make a plan for your time in foster care. They will visit you and make sure that you are safe and

Your Social Worker will talk to you and find out...



## What about school?



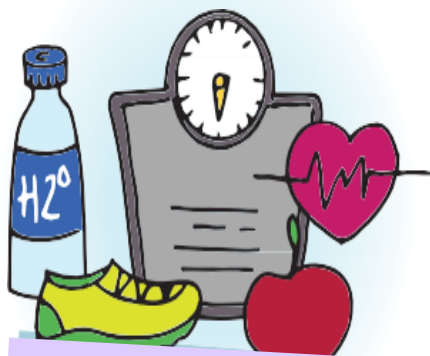
School is very important. It is where you make friends, learn and enjoy activities that you enjoy.

Sometimes in Foster Care, children can stay in their school, sometimes you may have to change schools.... If you are worried about this, please speak to your Foster Family, Someone at Fostering Connections or your Social Worker.



While you are living with your Foster Family, we will all work together to make sure that you are ... ..

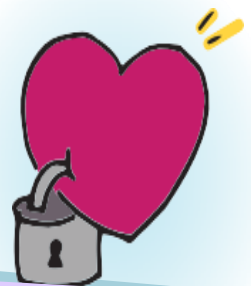
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Healthy



Learning



Safe



Having Fun!



Able to keep in touch with your family



# Getting involved with Fostering Connections

We are always pleased to see you and hear what you think. Let us know how you are feeling and what you think about us. This can help us to make Fostering Connections even better!

How can I do this?

- We will sometimes write to you and ask you some questions.
- You can talk to us when we come and visit you and your foster family at home.
- Come to our activities and events where you can have fun with other young people and share your views.



## What if I'm not happy?

If you're not happy about something, sharing your problems can help to make things better. Talk to someone you trust, e.g., your foster family, social worker, teacher or someone from Fostering Connections.

Always tell someone you trust how you feel and what you think. If you are finding it hard to say what is worrying you, you could draw a picture or write it down. We, and your social worker want to help keep you safe.



**FOSTERING**  
CONNECTIONS

If you think you have been unfairly treated, or something has gone wrong, then you have the right to complain.



## How do I make a complaint?

If you want to make a complaint about your local authority, let your social worker know and they will give you the complaints procedure. Your foster family, or an advocate, can help you to make the complaint

If you want to make a complaint about us, you can contact our Head Office:



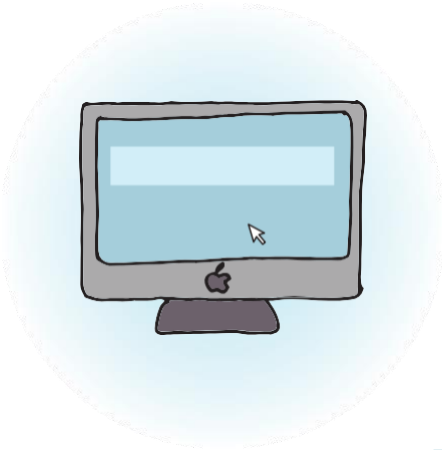
### Write to:

Corinna Richards  
Fostering Connections  
Warlies Park House  
Horseshoe Hill  
Upshire EN9 3SL



Phone us:  
01992 712611

Any one of our team will be happy to help



**email us:**

*HYPERLINK "mailto:enquiries@fostering-connections.com" [enquiries@fostering-connections.com](mailto:enquiries@fostering-connections.com)*

Put the word **COMPLAINT** in the email

## Important Details

Our Office Phone Number is: **01992 712611**

**Your IRO is called:** \_\_\_\_\_

(Your IRO will give you their contact details.....  
write them here so you don't forget them)

I can contact my IRO by

Calling them on: \_\_\_\_\_

Emailing them: \_\_\_\_\_

## Others Who Can Help You

Call Childline free on 0800 11 11

**Coram Voice**

**[www.coramvoice.org.uk](http://www.coramvoice.org.uk)**

Coram Voice helps children who live with foster families. They can help you to tell adults how you feel and what you would like to happen.

**You can call them on 0808 800 5792**

**The Children's Commissioner**

**0800 528 0731**

**[www.childrenscommissioner.gov.uk/help-at-hand](http://www.childrenscommissioner.gov.uk/help-at-hand)**

**OFSTED**

You can visit their website  
[www.ofsted.gov.uk](http://www.ofsted.gov.uk)  
or call them on: 0300 123 1231

## Glossary

**Care plan** – a plan about who you live with and where. Also, what might happen in the future.

**Contact** – a time to see or phone your family.

**LAC review** – a meeting to check your care plan is working.

**Looked After Child (LAC)** – children and young people in foster care. Sometimes called Child Looked After (CLA)

**PEP** – a meeting to talk about how you are getting on in school and any help you might need.

**Permanence** – your home until you are an adult.

**Respite** – Somewhere you can go so you and your foster carers can have some time apart.

**Emotions** – feelings like happy, sad and angry.

**Self-worth** – knowing what's good about me, what I'm good at, what other people like about me and what I'm getting better at.

**Anxiety** – thinking something bad might happen or has already happened

# My Notes



A series of horizontal dotted lines for writing notes, spanning the width of the page.

