



Children's Guide



alphaplus[™]
fostering

Part of National Fostering Group





All about me!



This guide belongs to:

.....

Address:

.....

.....

.....

Phone number:

My Foster Carers:

.....

My Social Worker:

.....

My supervising Social Worker:

.....



My Fostering Agency



Welcome to your new foster family and fostering agency!
This booklet has lots of useful things in it and has been created especially for you.

We have lots of foster carers across the North West of England. They look after children and young people just like you, to make sure you are happy and safe.

Your Local Authority social worker will still visit you at your new foster home and will speak to your foster carer and social worker to make sure you are ok.

If you want to chat to someone at the agency, use the contact details below.

Registered Manager name:

Terri Holmes
.....

Registered Manager contact number:

0796 602 5621 / 0161 633 2240
.....

Registered Manager email:

tholmes@alphaplusfostering.co.uk
.....

Fostering Agency Address:

Alpha Plus Fostering, Chambers Business Centre, Chapel Road, Oldham OL8 4QQ
.....





My Family

There may be lots of different reasons why you are not living with your family at this time, but we know that they are still very important to you.

Your social worker and foster carer will help you to understand why decisions are made and what happens now. You may be missing your friends and family and wonder when you will be able to see them again.

Talk to your social worker and your foster carer about this and if you can visit, telephone, email or write to friends and family.

My religion

If you would like to go to a church, a mosque, a synagogue or any other place to practice your faith, your foster carer or social worker will help you.

My religion is:

.....

I would like to attend:

.....

What time and on what days:

.....



Meet the Team

Terri Holmes



Jodie Busdieker



The Managers

Terri and Jodie are our Management Team. They make sure everybody is safe and happy and look after the team, to help them look after you.

Meet the Team

Linda Sylvester



Nicky Saggerson



Healing Hearts Team

Linda and Nicky are our super Healing Hearts Team, you might see them at our fun events, or do some creative artwork in our Healing HeArt Group.

Sometimes things can be a bit hard, so Nicky might help you with your thoughts and feelings. Linda will help you have lots of fun, and sometimes helps children with their life story.

Our Pledge To You. We Will:

Keep you safe and care well for you

Ensure you live in a safe and homely place

Listen to you, particularly when you raise concerns about your safety or the quality of your care

Ensure that those people who care for you are trained and supported to keep you safe

Make sure you are prepared for the next stage of your life – including managing money, looking after your health and taking care of where you live

Help you get a good education (achieve and enjoy)

Make sure your education meets your needs

Help you to attend your education provision and make good progress

Have high expectations for your potential

Celebrate your educational achievements

Help those who care for you to have the right advice to support your education

Help you be healthy and enjoy life

Help you to be physically and emotionally well

Support you to take part in clubs and/or hobbies that interest you

Support you to make healthy eating decisions and to cook healthy food

Help you to socialise with your friends (as long as this is safe)

Support you to take part in exercise and have fun

Support your future and your next adventure

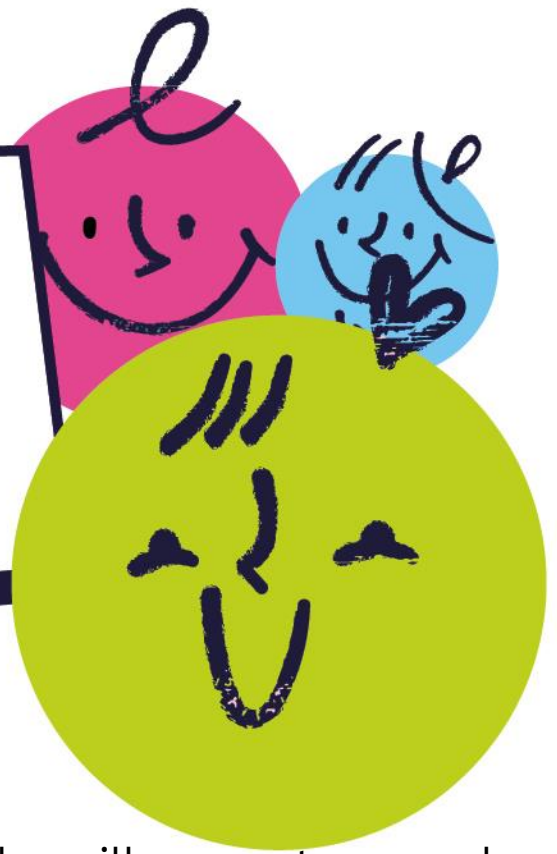
Help you to take part in positive activities

Support you to undertake work experience

Help you to find employment, an apprenticeship or to study further

Support you to take part in an adventure when you reach sixteen

Did you know?



You will have a Social Worker who will support you and discuss any plans with you. They will also listen to your thoughts, wishes, and feelings.



Your foster carers will also have a social worker, called a Supervising Social Worker who will support your fostering family.



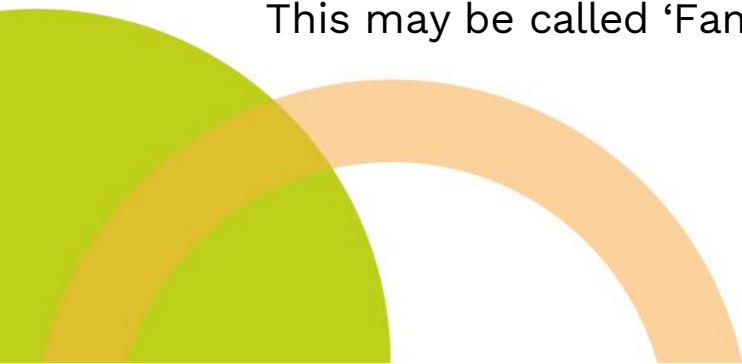
You will be allocated an Independent Reviewing Officer. They will attend your reviews and make sure things get done.



There will be different meetings held in order for everybody to work together to ensure you are supported.



All those around you will support with keeping in touch with people who you love. This may be called 'Family time'.



What to expect



**Your foster carers will
care for you and help you
feel happy
and comfortable whilst
living with them.**

They will listen to you

They will support you to learn

You will have your own space

They will celebrate special days with you

They will help you with new routines

Dealing with worries



You can ask your foster carers any questions.

Do they know I don't like certain foods?

Can I have my friends around?

Can I get a drink when I want to?

What school will I be going to?

Can I decorate my room?



My Bedroom

You will be able to have your own bedroom, it's your space and you can arrange your toys and other things just as you want to.

Your foster carer will help you keep it tidy and safe.
Sometimes your social worker might ask to see your bedroom, you can show them your favourite book or toys.

What is my bedtime on a school night?

.....

What is my bedtime on a non-school night?

.....




Some children like to have a light on whilst they go to sleep, let your foster carer know if you do.

Your Health



Your foster carer will support you with all your health needs. This includes the Doctors, Dentist, and Opticians. This also includes;



Help with
big
feelings



A healthy
choice
of foods

Keeping
clean



To help
when you
feel poorly
or if you hurt
yourself.

Food

You can tell your foster carer what you would like to eat and your foster carer will talk to you about what foods are good for us to eat. You will be able to go with your foster carer to do the shopping or help to write the list so that you can choose some of your favourite foods.



My favourite foods are:

.....

.....

My favourite fruits and vegetables are:

.....

.....





Education

**Your foster carer will help and support you with school.
Sometimes this might be:**

Starting a new school, if needed

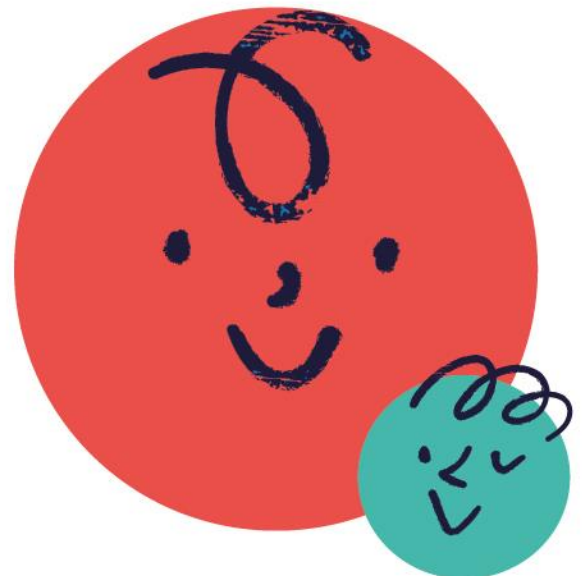
Supporting to get you to school

Giving you a quiet space to study/do homework

Support with sport and clubs

Staying in touch with friends

Any worries you may have





My School

It may be that you go to your usual school or you may have a new school closer to your new house. Your social worker and foster carer will talk to you about this.



My school is called:

.....

My school teacher's name is:

.....

My support worker is called:

.....

My friends at school are called:

.....

Bullying



If you feel you are being bullied, you should tell someone. This could be your carers, teachers, social worker, or someone else you can trust.

Bullying includes:

- ✗ Name calling
- ✗ Making things up to get you into trouble
- ✗ Anything physical such as hitting, pinching, biting, pushing, and shoving
- ✗ Taking your things
- ✗ Damaging your property
- ✗ Making you feel scared

There is also another form of bullying called **cyber bullying**. This is bullying through email, instant messages, text, blogs, website and mobiles.



Useful tips to know; be careful who you share your number with, and don't leave your mobile laying about.

Activities

You will be supported and encouraged to take part in activities. Your foster carers will also support you with any hobbies or interests you may have.



Independence

When you're between the age of 13-18 it will be time to start gaining the skills you need to become independent. This can be an exciting but challenging time. Your foster carer will work with you to help develop skills in:



Managing your money, setting up bank accounts and paying bills.



Healthy eating, shopping for food and cooking.



Personal health, first aid, avoiding illnesses, and food preparation.



Housing options and DIY.



Education, training or work.



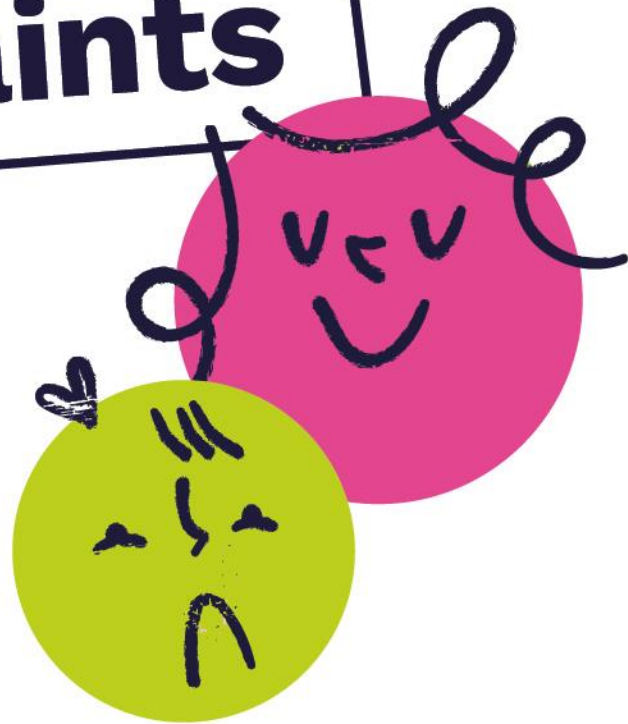
Participation

There will be lots of things you can take part in with Alpha Plus Fostering, along with your carers and other children.

We have art clubs, adventure days, discos, park and beach meet ups and much more!



Compliments & Complaints



If you have a compliment or you are not happy with something then you can report this face to face, by calling Alpha Plus Fostering, or by putting it in writing.

You can contact the registered manager or team manager.

Terri: 07966 025621

Jodie: 07964 825782

You can call the office on 0161 633 2240.

Or write to us: Alpha Plus Fostering, Chambers Business Centre, Chapel Road, Oldham OL8 4QQ.



Child line – This is the free 24 hour helpline for children and young people in the UK, and the counsellors are there to support you. The line is confidential which means that they won't share any information unless you want them to for you, or you are in danger.

Tel: 08001111

Web: www.childline.org.uk

CoramBAAF – This is a confidential advice and advocacy for children and young people in care or leaving care.

Tel: 02075200300

Web: www.coram.org.uk

Ofsted – This is an organisation that checks the work of fostering agencies in England and Wales.

Tel: 03001231231

Web: www.ofsted.gov.uk

alphaplus[™]
fostering

Part of National Fostering Group