

Young Person's Guide



alphaplus[™]
fostering

Part of National Fostering Group



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 visit you at your new foster home and will speak to your foster carer and their supervising 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
.....





All about me!



This guide belongs to:

.....

Address:

.....

.....

.....

Phone number:

My Foster Carers:

.....

My Social Worker:

.....

My supervising Social Worker:

.....



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.



They will be a Supervising Social Worker who will work with the fostering family supervising and guiding them.



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 those who are important to you. This may be named as '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 help you to learn and support you to develop independence skills

You will have your own space

They will celebrate special days with you

They will help you adapt to new routines

Dealing with worries



You can ask your foster carer anything.

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?

Your Health

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

Emotional
wellbeing
support

A healthy
choice
of foods

Physical
health
support

Healthy
hygiene



Food

It is important that you like the food that's on offer to you so talk to your carers. They will make sure that they give you food that you like, but they will also need to give you a healthy balanced diet as well.



You should never be made to eat food you dislike or are allergic to and your religious dietary needs should always be respected. It could be helpful to go shopping with your carers so you can look at the different foods you might not have tried before as well as the food you like.

If you are having problems that prevent you from eating, or are worried about food in other ways, there is help on offer. Talk to someone you trust so that they can support you.

Remember that you can always ring Alpha Plus Fostering about anything that bothers you.





Education

Your foster carer will help and support you in all areas of school and education. This may include:

Supporting to enrol you into school

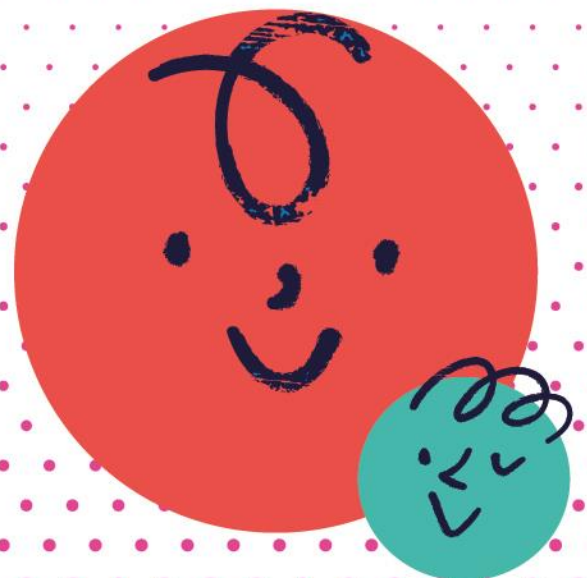
Supporting to get you to school

Giving you a quiet space to study/do homework

Support with extra curricular activities

Taking part in sport or clubs

Any worries you may have



Bullying



If you feel you are being bullied you should tell someone. This could be your carers, teachers, social worker, or someone you can trust. You can also contact Childline (see useful contacts).

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
- ✗ Threats or intimidation

There is also another form of bullying called **cyber bullying**. This is bullying through social media, apps, 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, or if you want to try something new.





Allowances

Whilst with your foster carers you are entitled to weekly pocket money. The amount will be agreed between you, your foster carer and social worker.

Your foster carer will support you to buy new clothes when you need them, or for a special occasion.

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 and budgeting, 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 events and activities you can take part in with Alpha Plus Fostering, along with your carers and other young people.

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





Youth Council

Alpha Plus Fostering hold a Youth Council, which we call 'The A Team', we meet several times a year and anyone aged 12 and over can join. This enables young within foster care an added opportunity to voice what matters, and to support others within foster care. Look out for an invite!

We also have a Children's and Young People's Panel, which you can join, who help to interview potential foster carers and new staff. This supports your independence skills and provides valuable evidence for future college or work applications.

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.

For further details please speak to your carers or supervising social worker.

You can also 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.



Useful Contacts

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





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