



# Young Person's Welcome Guide



  
**Fostering  
Solutions**  
Your local independent fostering agency

# INTRODUCTION



This guide has been written for young people who are being looked after by foster carers who work with Fostering Solutions. It contains lots of things that you might need to know about foster care.

This guide, along with the other things in your welcome pack, are yours to keep.

If you have any questions about anything you read in this guide you can discuss these with your foster carer or your social worker.



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Read this booklet to find the right help for you

# IT'S ALL ABOUT ME

My  
photo →

STICK  
PHOTO  
HERE

Name

Address

Age/Birthday

My Family

My school

My Careers Advisor

Phone no

My Foster Carers

Phone no

My Social Worker

Phone no

My Children's Rights Officer

Phone no

My Independent Review Officer

Phone no

Emergency Contact

Phone no



# WHO ARE FOSTERING SOLUTIONS AND WHAT DO THEY DO?

Fostering Solutions have lots of foster carers in England, Scotland and Wales. They look after children and young people just like you, to make sure you are happy and safe. Fostering Solutions are part of National Fostering Agency Group. You will see this name on the magazines you receive, as these go to all the children and young people NFA Group care for.

Your local authority social worker will still visit you at your new foster home and will speak to your foster carer and Fostering Solutions social worker to make sure you are ok.

## How can I contact Fostering Solutions?

If you want to call, text or e-mail us? This is how...

Fostering Solutions,  
The Wharf House, Station Road, Oundle PE8 4DE

Tel: 01832 274715 Or Mobile: 07471 900721

Email Registered Manager David Rignall:  
david.rignall@fosteringsolutions.com

[www.fosteringsolutions.com](http://www.fosteringsolutions.com)

You can ring anytime and someone will always be available to listen or help you with any worries or problems.

If you want to know anything else about Fostering Solutions, you can ask your foster carer or Fostering Solutions or take a look on our website:

[www.fosteringsolutions.com](http://www.fosteringsolutions.com)



### Your Social Worker

Your social worker is someone that has been specially trained to work with children and their families. They will visit you regularly and keep in touch with your family and your foster carer. YOUR social worker is there to help YOU and YOUR family.

### Fostering Solutions Social Worker

A Fostering Solutions social worker is someone that looks after the foster carers and makes sure that they are looking after you and that you are OK.

They will talk to you and YOUR social worker. If you have any problems you can ask to speak to them.

You can call  
Fostering Solutions  
any time on

**01832  
274715**

# Information about me...

## My File

Fostering Solutions have to keep information about all the young people who live with their foster carers to make sure they are looked after properly. If you want to see any of the information we hold about you, ask your foster carer or social worker or use the Comments and Complaint form that accompanies this booklet.

Your social worker will also have information about you, and you can ask to see these files as well. You are also allowed to write notes in your file if you want to – ask your social worker about this.

## Being 'Looked After' by Social Services

You may hear people use the term 'looked after' when they are talking about you. All this means is that Social Services are looking after you whilst you are unable to live at home, and they are involved in the decisions about your future.

Whilst you are being 'looked after' by Social Services, your social worker will keep in contact by visiting and telephoning your family regularly.

A red USB drive and a red card are positioned at the top right of the page, partially overlapping the white text area.

## Meetings & Reviews

Throughout your stay with your foster carers, regular meetings are held by Social Services, (which they have to do by law). Your social worker will arrange these meetings about and for you.

Your parents, social worker, teacher and foster family will be some of the people who may be invited to attend these meetings – as well as anyone else you would like to invite. You can also attend yourself if you wish. These meetings and reviews are to check that things are going okay and to plan for your future. You do not have to go to them if you don't want to – but it is important that the people who do go to these meetings understand and know what YOU want. Speak to your social worker about attending these meetings or having your views heard at the meetings.

Whilst being 'looked after' there are also other types of meetings that discuss things like your school, health, diet and religion. These are held to make sure you are settled in your foster home and discuss how long you will live with your foster carers. Your social worker will talk to you and explain a bit more about these meetings. You can also ask any questions about them at any time.

## Contact with your family

In most cases, all young people will be encouraged and helped to see their families as often as possible, but sometimes there may be reasons why this is not possible and these reasons should be explained to you.

Discuss with your social worker about contact with your family and how you will see and talk to them.



# WHERE YOU LIVE



## House Rules and Safer Caring

Every fostering household has what's known as a Safer Caring Policy which may also detail household rules. These could include getting up times, bed times, meal times, playing with pets, and going out/coming in times.

Ask your foster carer and/or social worker to explain to you about their household and Safer Caring rules.

## Bedrooms

Everyone has a right to space and privacy and as such you will have your own bedroom whilst you are staying with your foster carers.

Generally, members of the household will knock before entering anyone's bedroom and we shouldn't touch each other's things unless we have permission.

We appreciate that having your own space is important but sometimes there may be occasions where your foster carer may need to enter your bedroom i.e. to clean/tidy your room, to change your bed sheets etc.



Sometimes there may be occasions where a foster carer may have to ask to search your bedroom, but generally this would only occur if the foster carer has concerns about your welfare or safety. They will seek your permission wherever possible before any search occurs (the foster carer will also talk to your social worker and our supervising social worker about this).

If you want to share a bedroom (with your brother or sister) then you will need to talk to your carer who will listen to you, but they will need to talk to your parents and social worker to make sure this is ok. This means you might not get an answer straight away so try and be a little patient. Your carer will do their best to get an answer as soon as possible.

### Privacy & Confidentiality

It is really important that you can get some privacy when you need it. This might be time on your own to think or a place to sit quietly to do your homework, or play your kind of music.

It's also important that you have the right to privacy when for example, using the telephone or the bathroom.

### Using the Telephone

You should be able to use the telephone in private especially if you need to talk to your social worker or the Children's Rights Officer.



Using the phone

Clearly, using the telephone can be expensive so talk to your carer about when you can and cannot use the phone.

As long as it has been agreed by your social worker you should be able to phone and receive calls from your family.

# FOSTER CARERS

## When things aren't going well

The thing to remember is that whatever you've done nobody should ever smack, hit or hurt you. However, at Fostering Solutions we believe that everybody, whether you're a young person or an adult, needs boundaries and when we do something wrong we need to have this explained to us so we can learn to do the 'right' thing next time.

This might mean that for example you might not be able to go out with your friends for a while ('grounded').

Your foster carer **MUST NEVER:**

- Smack you or physically hurt you
- Stop you from seeing your parents because you've been naughty
- Lock you in a room
- Stop you from having food or drink
- Take all your pocket money, (but you may have to pay part of it if, for example, you're paying for something that you have broken)
- Humiliate you





## 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 Fostering Solutions about anything that bothers you.

## Pocket Money

The amount of pocket money you receive from your foster carers usually depends on how old you are.

It's up to you how you want to spend or save your pocket money. If you want to save your pocket money, speak to your carers about opening your own bank or savings account.

How much pocket money will I receive each week

£

.....





### You have a voice

Whilst living with your foster carer you should have the opportunity to talk about the way the household is run. There may be favourite meals that you would like to have or interests, clubs, and organisations that you may wish to be involved in. When foster carers are making decisions that effect all the family, your foster carers should encourage you to take part in the decision making process. It's important you voice your opinions.

You should also be able to carry on with any activities or interests you had before you came to live with your foster carers – as long as they are in the area.

### Religion and Culture

If you would like to go to church, a mosque, a synagogue or any other place of worship to practice your faith, talk to your foster carer or social worker about arranging this.





# HEALTH & SAFETY MATTERS



## Health

When you come to live with your carer they will register you at a Doctors, Dentists and Opticians. They will support you when you need to go for medicals, but will also respect your privacy as you get older. If you feel uncomfortable in any way about being accompanied for appointments by your carer you should talk to some one you feel you can trust either your carer, social worker or maybe your teacher at school.

Regular exercise and healthy food such as fruit, vegetables and salad are all good for you. It is important that you get a choice of food including the things that you like but remember that carers have a responsibility to make sure you get a healthy diet too. You can expect to be supported by your carers if you are ill and they will know what to do or who to ask to support you.



## Hygiene & Beauty

Your carer will provide you with any items that you need to keep yourself clean. If you require other essential items discuss this with your carer and they should purchase them for you. Make-up can be purchased with your pocket money.

You may require specific products for hair and skin care and your carer will be responsible for purchasing these items for you.

Your cultural background and religion may influence what you do with your hair, eg your religion may require you leave your hair uncut. This will always be respected. You may need to make your carer aware of these things so they can support you.

## Medical Card

Your medical card is an important document with your full name, date of birth, NHS number and your doctor's details on it. You need it to get medical and dental treatment on the NHS.

Your carer will look after it for you until you are 16. After this you are responsible for it so remember to keep it in a safe place.





## Running Away

There may be times when you feel like running away because of something that is happening or because you feel unhappy. It's important you talk to someone you trust about your feelings.

If you do run away, lots of people will be worried about you and your safety.

Please telephone or text someone you trust to let them know that you are safe. Your foster carers would be really happy to know that you are safe and will always welcome you back. If you come back home to them then they can help you with whatever is concerning you.

Look at the back of this guide for useful contacts.

## Feelings

It's important that you are able to share what makes you happy, or sad, and any worries that you may have. Your foster carers, social workers and legal guardians all want to help and protect you, so if there's anything e.g. bullying or being hurt by someone or maybe you need help with homework, do talk to someone. If you don't find it easy to talk, you could write it down and pass it on to someone you trust.

It is also important to talk to someone you trust (i.e. your foster carer, your social worker, a teacher etc) if someone (this can be someone you know or someone you don't really know) does something that makes you feel uncomfortable or makes you feel unsafe.

# YOUR EDUCATION

## Education

All children and young people are legally required to attend school every day.

Whilst living with your foster carers, you will be involved in making plans to ensure that you receive an education. This will help to give you better opportunities in the future so you can have a good job when you grow up.

If you are living near to your home, you may be able to carry on going to your current school, but if you have to move further away, your foster carers and social worker will try to organise a new school as quickly as possible.

If there is any delay in a school being found or if you are excluded from school, you will be expected to complete schoolwork and follow an educational routine at home.

If you are out of school for a long period of time, an Education Welfare Officer may work with you to help you get back into education.

Your foster carers will encourage you to do homework and offer any help you might need. They will also attend consultation evenings in school and keep in regular contact with your school.

If you are of school leaving age, speak to your foster carer and social worker about support with further education or job opportunities.





# YOUR RIGHTS & WHO YOU CAN TALK TO

## Your Rights

Whilst you are living with your foster family it is important for you to know that you have rights and there are certain things that your foster family should support you with. We have given some examples below to help you understand your rights.

You have the right to:

- Be listened to and consulted
- Follow your chosen culture & religion
- Have contact with your family and friends  
(If safe do to so – talk to your social worker about this)
- Telephone your social worker if you need to
- Eat a special diet/foods that are part of your culture/religion
- See your social worker if you need to – and in private
- Have pocket money
- See a dentist and doctor when you need to
- Go to school and have a state education
- Have suitable clothing to wear
- Private time (privacy)
- Your own bedroom
- Make a complaint to the Registered Manager
- Share your views

## Talking to me

You have the right to be "consulted" about decisions that are made about you. This means people will ask you for your views and listen to what you say. It doesn't mean you will always get what you want, but you will be told the reasons why.

Look at the back of this guide for useful contacts.

## If you have a complaint or need to talk to someone...

If you are not happy with the way you are being looked after you must tell someone. You need to tell us how you feel so we can try and sort it out.

If you do have a complaint, Fostering Solutions will deal with it quickly, thoroughly, positively, in confidence and treat everything you have to say seriously. The contact details for the Registered Manager who will deal with your complaint is on page 23.

If you don't want to talk to Fostering Solutions, you can also tell your foster carer, social worker or your parents if you have any problems.

If you have a complaint, we might need to speak to the people who your complaint is about – just so we can get everyone's views. But we will talk to you first about this.





The thing to remember most of all is – you have a right to complain, a right to voice your opinions and views, and you will not get into trouble for telling the truth.

For other people you can complain to, besides us, e.g. Ofsted, Children's Commissioner, you can find their contact details on page 23 of this guide.

### Children's Rights Officer – Local Authority

The Children's Rights Officer can help with your problems, show you how to sort out any complaints and explain your rights. Your social worker will give you information about how to contact the Children's Rights Officer (because they also work with the local authority) from the area that you used to live in. Their advice is completely independent. The Officer won't talk to anyone else about the things you tell them (unless you ask them to, or unless you or someone else would be in danger if they said nothing). Remember: You have the right to access a Children's Rights Officer.

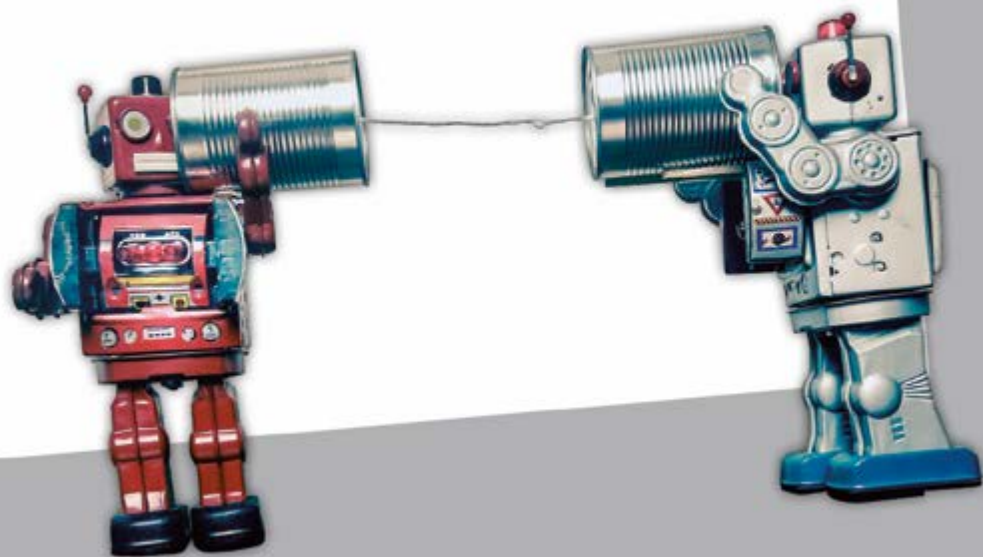
## Independent Reviewing Officers

Independent reviewing officers (usually shortened to 'IROs') are professionals working with children in care in addition to their social workers. Each child in care should have an IRO. It is the IRO's job to check that the local authority is doing what it should be doing for children whilst they are in care, to go to all the children's reviews and to make sure they are done properly, to check on the child's care plan, and to make sure the local authority has listened to the children's wishes and feelings.

If you want to speak to your Independent Reviewing Officer ask your social worker how you can contact them.

## Independent Visitor (IV) Scheme

All local authorities have an independent visitor (IV) scheme. Some young people don't have much involvement with their birth families once they are in care. An IV gives them a consistent person (who is not their social worker or carer), that they confide in and talk things through with. This can continue up until they are 21 years of age. Please ask your social worker or supervising social worker for details.





# RACE, EQUALITY & DIVERSITY

**Q:** What does "British" mean to you?

**A:** The word "British" simply means anyone who is born in Britain. It doesn't matter what colour.

Race Equality means that all people; white, black, red and yellow, have the right to be treated fairly and that everyone should have the same chance.

## **EQUAL RIGHTS NO MATTER WHAT!**

There are many different religions celebrated in Britain. For example, Hindu, Catholic, Muslim, Protestant, Sikh, Jehovah's Witness, Judaism and Buddhism.

If you would like to find out more about race, equality and diversity, you could:

- Ask your teacher
- Look up books on race and diversity in the library
- Look at the back of this guide for contacts
- Ask your Supervising Social Worker from Fostering Solutions



Bullying happens when people don't understand why someone is different from them. But we all have something in common, we are all human! We should treat each other how we would like to be treated and remember we are all part of the same race it doesn't matter about the colour of our skin or how we speak.

The word "customs" is used to describe how people from different countries and backgrounds do things.

It's really interesting to find out how other people live, what they believe, what they eat and what they wear.

When children come to Britain from other countries they sometimes feel frightened, uncomfortable, sad and lonely. Everything is new to them. You could make them feel better by welcoming them and making them feel happy to be here. You could play with them, talk to them, make friends and invite them to tea.

Find out about them, and tell them about you.



# WHO TO TALK TO IF YOU HAVE A COMPLAINT

To submit a complaint please contact the Registered Manager

- Registered Manager: David Rignall
- Tel: 07471 900721
- Email: david.rignall@fosteringsolutions.com
- Fostering Solutions (Oundle)  
The Wharf House,  
Station Road,  
Oundle,  
PE8 4DE

Besides Fostering Solutions you can also send a complaint to:

- Children's Commissioner for England – Anne Longfield  
Telephone: 0800 528 0731  
Email: help.team@childrenscommissioner.gsi.gov.uk  
Website: childrenscommissioner.gov.uk
- Ofsted (England)  
Email: enquiries@ofsted.gov.uk  
Telephone: 0300 123 1231

These teams are there to help and advise children who live away from home.

If you require this document in another language please contact Fostering Solutions.

(English)

إذا كنت تحتاج إلى هذه الوثيقة بلغة أخرى أرجو أن تتصل على حلول التبني/التربوية.

(Arabic)

ای غورندوچون دگی چنانچه ماوی دی این جزوه را به زبان دیگری بخوانید لطفاً با ما از ما (Fostering Solutions) تماس بگیریډ.

(Farsi)

如果您需要这份文件的中文译本，请联络「领养解决办法服务」。

(Chinese - Simplified)

Pour avoir ce document dans une autre langue, veuillez contacter Fostering Solutions.

(French)

Jeśli chcesz sobie otrzymać ten dokument w innym języku, prosimy o kontakt z Fostering Solutions.

(Polish)

چیرته تاسو ته داسې په بله ژبه پکار وی نومهربانۍ وک د پالنې خدمتونو سره په ګډه یکه ش.

(Pashto)

Haddii aad u baahan tahay dukumentigan oo luqad kale ku qoran fadlan la soo xiriir hey'adda Fostering Solutions ee xal u helidda ilmo korinta qaabilsan.

(Somali)

اګرا پکواس نستاویزکاکسی دوسری زبان می ترجم چای توپرام ربانۍ فوس رنګ سولوشنزس ربط کوی

(Urdu)

Os ydych angen y ddogfen hon mewn iaith arall, cysylltwch â Fostering Solutions

(Welsh)

[www.fosteringsolutions.com](http://www.fosteringsolutions.com)