

This guide is updated with information as it changes and is regularly reviewed by our children and young peoples Participation Group.

The guide includes an introduction to staff members as requested by the Participation Group.

Should you have any comments or suggestions to improve the booklet please let us know, better still become a member of the Participation Group - I am sure you will enjoy it!

This information is available on request in other languages and formats.

Enjoy reading and we look forward to meeting you.



Our Pledge to Children & Young People



Small Steps, Big Outcomes

nfa group

OUR PLEDGE TO YOU, WE WILL:

1

KEEP YOU SAFE AND CARE WELL FOR YOU

- Ensure you live in a safe and healthy 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

2

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 have the right advice to support your education

3

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

4

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

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All About Me!!

Box for Photo

My name is.....

I am years old.

My hair is.....

My eyes are.....

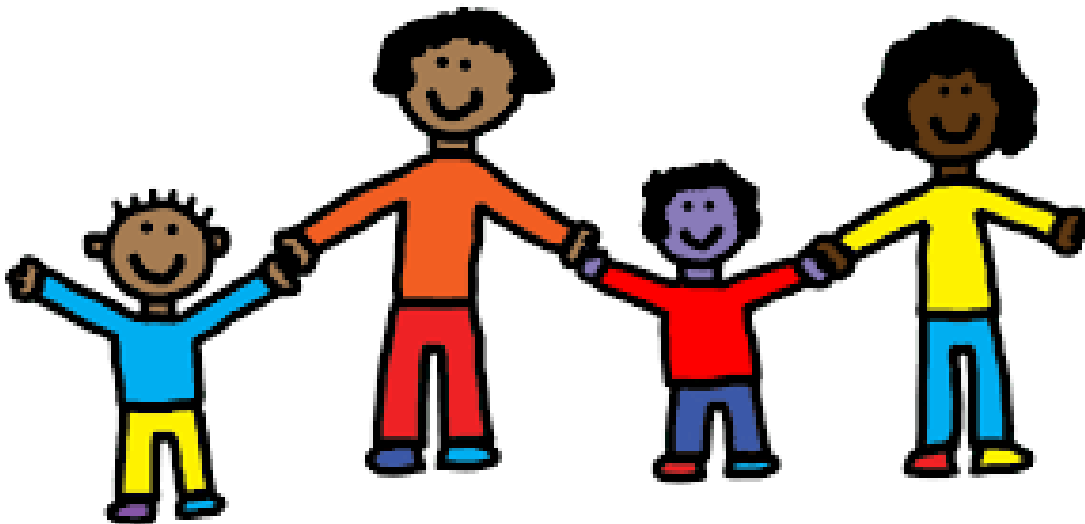
I am Tall

My favourite colour is.....

My interests are

Draw a picture of your family to show your foster carers

My Family



Who are Alpha Plus Fostering?

Welcome to the Alpha Plus Fostering Team.

Our Manager is called Gill



Like you, foster carers have a social worker to support them in looking after you.



Helen



Cat



Aoife



Helen K



Jodie

The social workers are supported by office staff



Lynn



Linda



Nicky



Angela



Kathryn



What is a Foster Carer?

A foster carer is someone who looks after children from another family.

Some foster families will have one foster carer to look after you and some will have two foster carers. Sometimes there will be other children living with you. These children may be the foster carers' own children or there may be other foster children that are living with

***Who is in your Foster Family?
Draw a picture or place a photo here...***



It is a foster carer's job to care for you and make sure that you have the things you need to be happy and healthy. They are there to help you and will always listen to you if you need someone to talk to.

My Foster Family

The people in my foster family are: -

.....
.....

The address is: -

.....
.....

The telephone number is: -

.....

Names of any pets are: -

.....

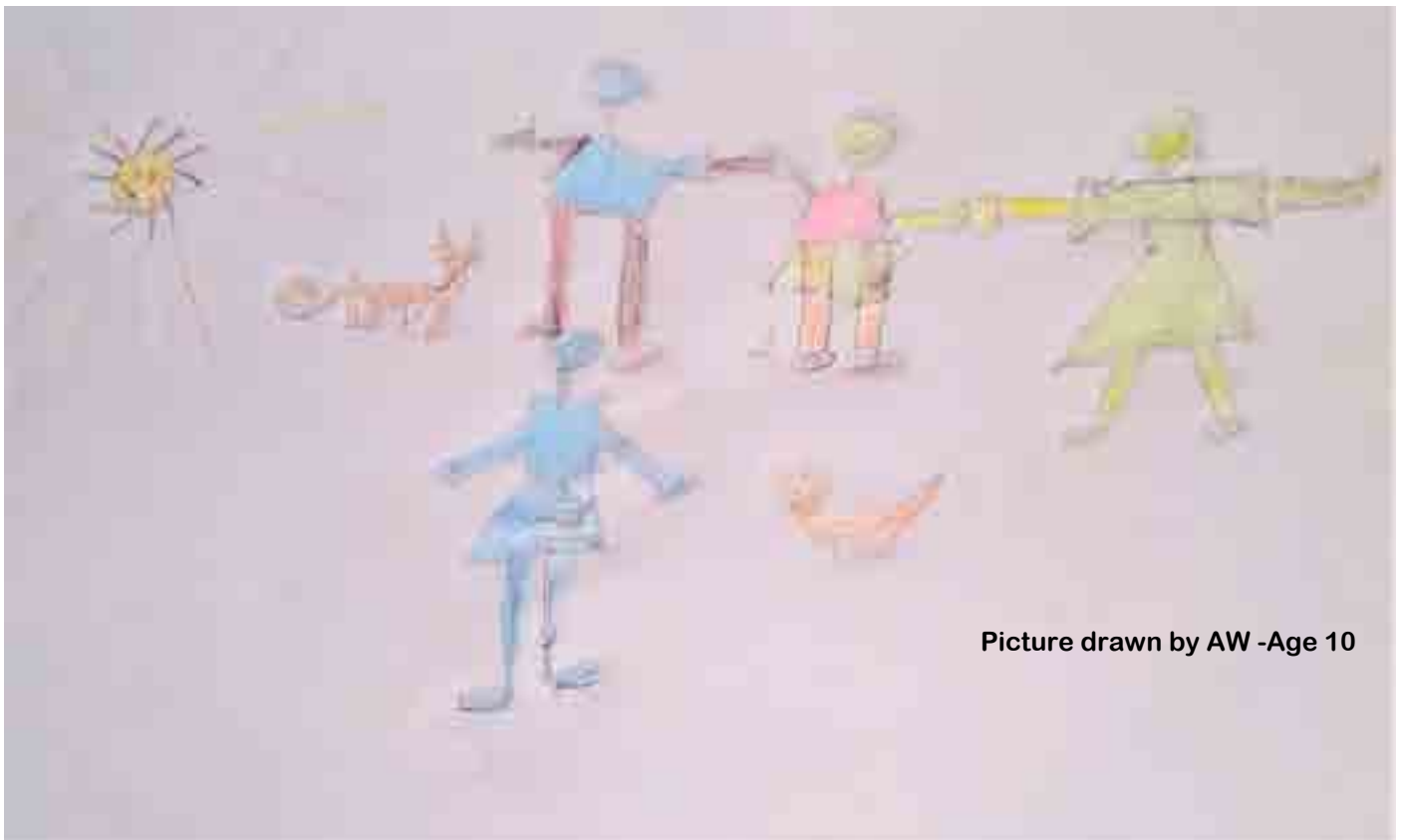
The new friends that I have made are: -

.....
.....
.

Can I See My Family?

Your social worker will speak to you about your family and they will let you know who you will be able to see.

They will let you know what days you can see your family or any important person, and they will help you keep in touch with them through visits, phone calls or letters.



Picture drawn by AW -Age 10

My Bedroom

In your foster home, you will have a bedroom of your own.

You would only be asked to share a bedroom if it is with your brother or sister.

You will be able to keep your toys and other favourite things in your room.

Draw a Picture or make a list of the things you would like in your bedroom

My Bedroom

Your bedroom is your own private space where you can safely keep your special things such as toys, books, photographs and clothes.



No-one will enter your bedroom without knocking and getting your permission first. !

Bedtime Routine

Every family has a different routine at bedtime. What will yours be?

.....

.....



You may want to have a bath and a story before you go to bed or you may want to have a private chat with your foster carer.

Talk to your carer about what you would like to do.

My Religion

You may follow a different religion from your foster carer.

You may want to go to a mosque, church, synagogue, temple or any other place of worship. You can talk about this with your foster carers.

There may also be special rituals for you to follow and religious festivals that you want to celebrate, your foster carer and Alpha Plus will help you celebrate important events in your religion.





My School

The name of my school is: -

.....

The Address is: -

.....

.....

My school uniform is: -

.....

My teacher is: -

.....

My favourite lessons are: -

.....

.....

Some children have a key worker in school. Mine is called: -

.....



Things to Eat

Your foster carer will encourage you to keep healthy by providing lots of healthy food such as fruit and vegetables.

Tell your foster carer what your favourite food is so they can include this in the meals.

My favourite food: -

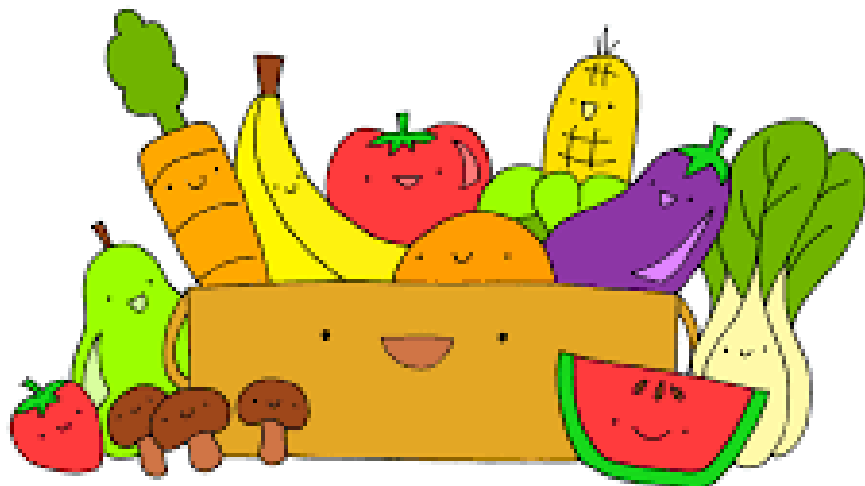
.....

.....

The foods that I don't like are: -

.....

.....



My Medical Needs



Your foster carer will make sure that you are fit and healthy by taking you to see the doctor if you are feeling unwell.

They will also take you for regular check ups with the dentist and the optician.

If you have special medical needs, you will be taken to appointments so they can be monitored.

Having friends can be fun! We want you to be able to do lots of nice things with your friends like playing out and having tea at each other's houses

Who are your friends?

Friends

Insert pictures here

.....

.....

.....

.....



Fun Activities

Taking part in activities or after school clubs can be a good way to make friends.

Some people like to play sports, join Cubs, Beavers or Brownies or learn to play a musical instrument.



Think about what kinds of activities you would like to do and talk to your foster carer about it - they may also have some good ideas!



Pocket Money & Savings



Whilst you are living with your foster family, you may be given pocket money.

Your foster carer will tell you how much money you will get.

Alpha Plus will put money aside for you each week. This is different to your pocket money and will be saved in a bank until you leave the Alpha Plus Fostering.

Fun with Alpha

At Alpha Plus we like having fun with our foster carers and the children they look after.

Every year we organise trips or events in the school holidays. In the past we have been to the beach, had an Easter Egg Hunt, held an Alpha's Got Talent show and an Olympics Sports fun day.



Bullying

What is bullying?

Bullying is behaviour that hurts someone else. It can include name calling, hitting, pushing, spreading rumours, or threatening to hurt someone.

It can happen anywhere, at school, at home, or online. Bullying can be a one off or happen over a long period of time and can happen to anyone.

What is cyberbullying?

Cyberbullying is bullying that takes place online. Unlike bullying in the real world, online bullying can follow you wherever you go, via social networks, gaming and your mobile phone.

How can bullying affect you?

Bullying can make you feel lonely, angry, frightened, and confused. You might experience some or all of these feelings.



Bullying

Where can you get help?

Ignoring bullying won't make it go away. You need to tell someone what is happening.

If the bullying is happening at school, your teachers may not be aware, talk to your carers and your teachers. If you feel you can't speak to a teacher, maybe a friend could do it for you.

If the bullying is happening online, your carers or teacher can help you.

You can also get help and advice from: -

<https://www.thinkuknow.co.uk/>

And you could call or chat online with childline at: -

<http://www.childline.org.uk/>
or Freephone 0800 1111



Internet Safety



Don't Share personal information like your phone number or email address online.

Only talk to real life friends or family if they are on sites with a social media element.

Beware people you meet online might not be who they say they are.

Be a good online friend and not say nasty things even if its just a joke.

Use secure and legal sites to download music and games.

Make sure you check with your carer before downloading any programs to avoid viruses.

Talk to your carer or trusted adult if you are upset by something you have seen online.

Complaints and Comments

It is important if you are feeling sad, angry and lonely that you talk to someone you trust so they can help you.

This could be your foster carer, a teacher, your social worker, or an Alpha Plus social worker. You can even talk to somebody at Ofsted. Don't be afraid to speak up - we are all here to help.

If you feel you can't talk to anyone, it could be easier to fill in the section in the compliments, comments and complaints booklet enclosed with this brochure. If you do have a complaint, we will deal with it quickly, fairly and in confidence.



Who Are Ofsted



The Office for Standards in Education, Children's Services and Skills (known as Ofsted) are the people who make sure that Alpha Plus are doing their job properly.

Ofsted visit Alpha Plus regularly to make sure that children in foster care are being well looked after. To do this, an Ofsted Inspector may want to come and talk to you about what it's like living in your foster home. If you have any concerns or complaints and would like to talk to someone at Ofsted, their address and phone number is:

OFSTED
Piccadilly Gate, Store Street
Manchester
M1 2WD
Telephone: 0300 123 1231

Telephone Numbers

My social worker is called: -

.....

Their telephone number is: -

.....

My Independent Reviewing Officer is: -

.....

Their telephone number is: -

.....

Your Children's Rights Officer is: -

.....

Their telephone number is: -

.....

Help Line Phone Numbers & Websites

ChildLine—Tel: 0800 1111
www.childline.org.uk

NSPCC Child Protection Line
Tel: 0808 800 5000
www.nspcc.org.uk

Kidscape—Tel: 020 7730 3300
www.kidscape.org.uk



Childrens Commissioner
Tel: 0800 528 0731
www.childrenscommissioner.gov.uk/our-work/children-in-care/
Including the creation of a digital hub
'IMO' linking children in care councils
across the country
<https://imohub.org.uk/>

A National Voice—Tel: 0161 237
5577
www.anationalvoice.org

Help Line Phone Numbers & Websites

Thinkuknow

www.thinkuknow.co.uk/

Use the Thinkuknow website to report abuse and explore advice about staying safe when you're on a phone, tablet or computer

Children's Rights—0808 8005792

<https://coramvoice.org.uk/>

Coram Voice, getting young voices heard. From making a complaint to online safety tips and knowing your rights

