



**A GUIDE TO FOSTERING  
for children and young people  
looked after by Jay Fostering**

# foster care

## getting to know the facts.

### What being fostered means.

“Being Fostered” means living with a foster family when you cannot live with your family. Sometimes this is called “going into care” or being “looked after”.

There are many reasons why children are fostered. Maybe your parents cannot look after you or they have hurt you . If your parents cannot look after you, a social worker will help you to be safe and make sure that you are looked after well by a foster family.

It is important that you grow up in a family who will take care of you and look after you as you are growing up. Even though you might be with a foster family for a short time, they will treat you as part of that family.

Being in foster care does not mean your parents and family do not love you!

### How will Jay Fostering help you?

- You are placed with foster carers who work for Jay Fostering. We support your foster carer so they can do the best job for you.
- We will help with preparing you for independence.
- We will attend your reviews to support your foster carer.
- We will always want to talk to you about how your foster carer is caring for you.

### Statement of Purpose

Jay Fostering have a document which shows how we operate, this is called a ‘Statement of Purpose’. You can ask to see this at any time. You have a right to see information we have about you. You can ask to see this at any time.

# foster care

There may be times that you are not very happy about things in your life, such as the rules your foster carer sets.

Ask your social worker or a person from Jay Fostering when you need help.

You may be unhappy that you don't see your birth family, or you don't understand why you have had to leave them. You can ask an adult you trust. You may be unsure about lots of things that happened when you lived with your birth family.

You may not know what has happened to people you care about such as grandparents, aunts, uncles, cousins and friends you used to know. Ask your social worker or someone from Jay Fostering to find out. You can also ask these questions at a review. Ask your social worker when the next review will take place.

Your review is an opportunity for you, and the people who are responsible for you and care about you, to ensure that all your needs are being met.

# Being safe

## What am I allowed to do?

What you are allowed to do can be discussed between you, your carer and your social worker. Remember those people care about you and want you to be safe and happy.

If you don't agree with these rules, you can talk to your independent reviewing officer (the person who chairs the meetings) or the children's rights officer. Your review is an opportunity, where positive agreements can be made.

Remember no one is allowed to hurt you that includes, hitting, smacking, or punching. No one is allowed to stop you sleeping, eating and drinking or taking your usual medicines. You have the right to be safe

If you are unsure about what's allowed or not allowed ask your social worker or the social worker from Jay Fostering

## Doing the right thing

Everyone wants to help children make the right choices. We can only do this if you help us by telling us how you feel.

If you are being bullied or receiving nasty texts or photo messages on your mobile. Never reply to these types of messages, but save them and tell an adult you can trust.

## Can I still do my activities?

Your foster carer will try to keep to your normal routine with sports and clubs that you are involved with. If this is not possible they will help you find new clubs and activities that are of interest to you.

If you would like to try a new activity ask your foster carer and they will look into that for you to make sure it is safe for you to go.

# facts you may not already know

Did you know that these famous people were fostered?

- Eddie Murphy, US comedian
- Pierce Brosnan, a famous actor, who you may know as the character from James Bond
- John Lennon, member of the pop group, The Beatles
- Mario Balotelli, Liverpool and Italian footballer
- Steve Jobs, the Co-founder of Apple computers
- Oprah Winfrey, the US chat show hostess, who was fostered by her grandmother
- Romulus and Remus, the twins who founded the city of Rome, were fostered by a shepherd after they were taken from their mother

# it's all about

## talk about it

- You may be worried about friends who may be using drugs, drink alcohol, or smoking
- You may be worried about how your body is changing or about sexual matters
- You may be worried about what happens when you leave care, school or college, or finding a job and accommodation

**Ask your foster carer, social worker or someone from Jay Fostering.**

**Any of these people will listen to your worries and concerns and give you information and advice. If you want some written information on these matters, someone from Jay Fostering or your social worker can send these to you.**

# my notes

You can use this space for your social worker to give you other information that you need to have. But you can also use the space for yourself, and write down things that you need to know.

You can write the names and telephone numbers of people you might need to talk to here.

Social worker name: \_\_\_\_\_

Social worker telephone number: \_\_\_\_\_

Foster carer name: \_\_\_\_\_

Foster carer telephone number: \_\_\_\_\_

Jay Fostering social worker: \_\_\_\_\_

Jay Fostering telephone number: \_\_\_\_\_

Other numbers: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Child Line**

This is a free 24hr helpline for children and young people in the UK

**Tel: 0800 1111**

### **Ofsted**

An organization called Ofsted checks the work of fostering agencies in England and Wales.

Piccadilly Gate  
Store Street  
Manchester M1 2WD

**Tel: 0300 123 1231**

### **Office Of The Children's Commissioner,**

Sanctuary Buildings  
20 Great Smith Street  
London  
SW1P 3PT

**Tel: 020 7783 8330**

**[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)**

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