

Young Person's Guide



NFA
South East

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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 UK. 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:

.....

Registered Manager contact number:

.....

Registered Manager email:

.....

Fostering Agency Address:

.....





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:

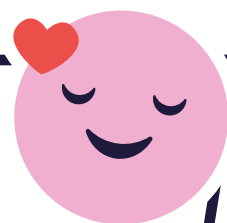
.....

I would like to attend:

.....

What time and on what days:

.....



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.



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 support you with all aspects and make you feel happy and comfortable whilst living with them.

They will look after you whilst listening and respecting you

They will support you to learn or add to the skills you need as you get older

You will have your own space



They will give you the opportunity to celebrate special days

There will be expectations within the foster home

Dealing with worries



What school will I be going to?

Do they know I don't like certain foods?

Can I get a drink when I want to?

Your foster carers will not mind you asking any questions.

Can I have my friends around?

Can I personalise my room?

My Bedroom



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

Your foster carer will always knock on your door before they come into your bedroom, unless they are worried that you may be doing something dangerous that might hurt you. Sometimes your social worker will need to see your bedroom to make sure you have all the things you need to keep you happy and safe.

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;

Emotional wellbeing support

A healthy balanced range of foods

Healthy hygiene

Physical health support



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 so that you can choose some of your favourite foods.

My favourite foods are:

.....

.....

How about some healthy food?

.....

.....





Education

Your foster carer will help and support you with all aspects of school and education.

This may be;

Supporting to enroll you into school

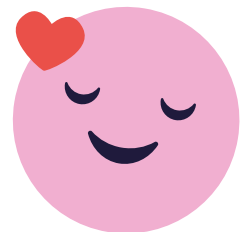
Supporting to get you to school

Giving you a quiet space to study/do homework

Support with extra curriculum

Taking part in school activities

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 bullying you should tell someone. This could include; carers, teachers, social worker, or someone you can trust. You can also contact an agency (see useful contact section).

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

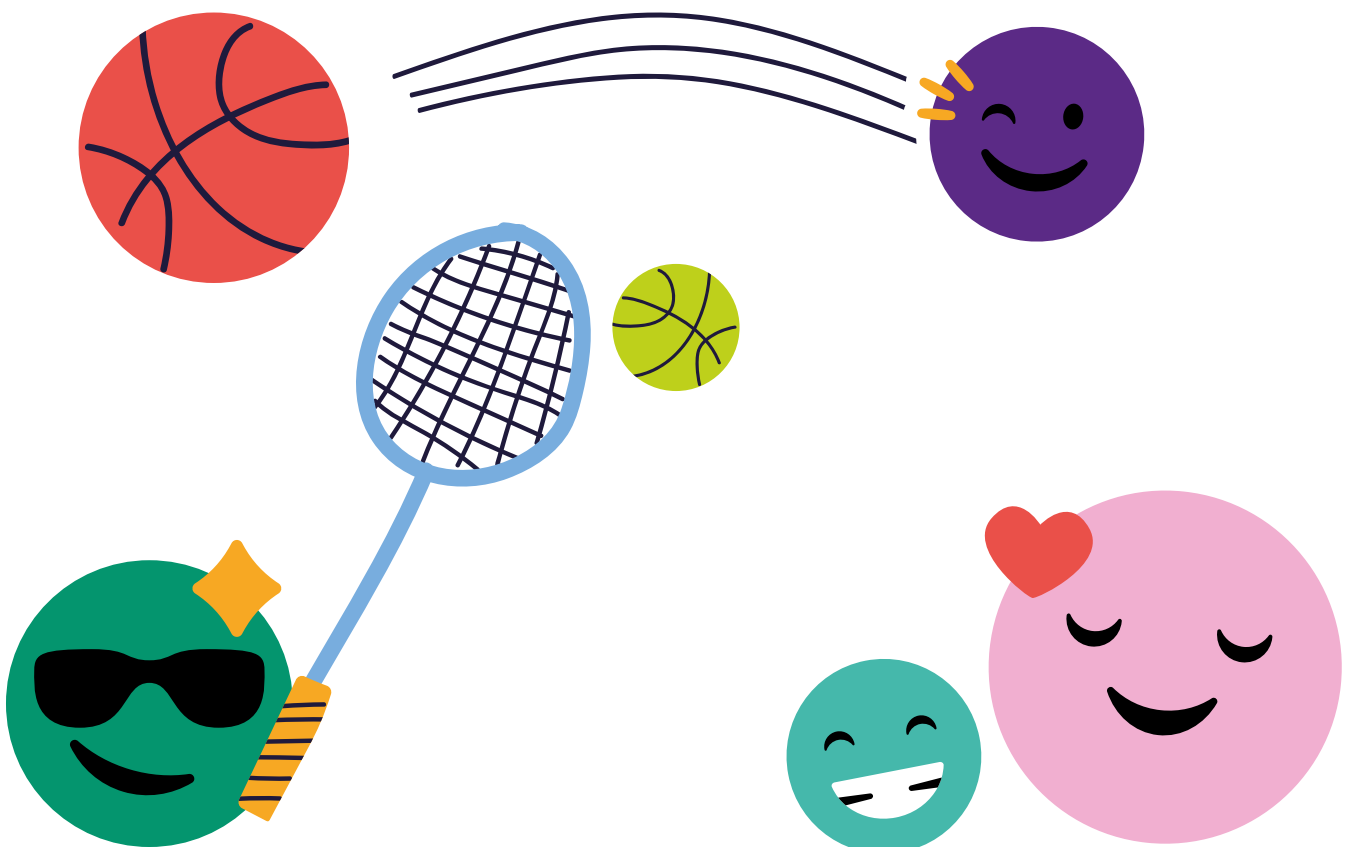
There is also another form of bullying called **cyber bullying**. This is bullying through email, instant messages, text, blogs, website and mobiles.



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 inside and outside of the home. Your foster carers will also support you with any hobbies or interests you may have.



Allowances



Whilst with your foster carers you are entitled to weekly pocket money.

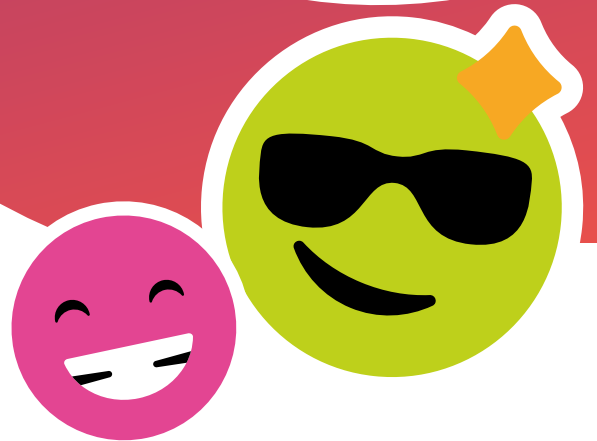
The amount will be agreed at your placement agreement meeting between you, your foster carer and social worker.

You are also entitled to a clothing allowance. You can discuss this with your foster carer.



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



We hold regular participation events. These include different festivals as well as diversity events and celebrations. This is an excellent opportunity to have fun, gain knowledge and understanding, as well to an opportunity to meet other.



Compliments & Complaints



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

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



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.corambaaf.org.uk

NSPCC – This is a 24 hour helpline if you need help or advice, or are concerned that you or another child may be at risk.

Tel: 08088005000

Web: www.nspcc.org.uk

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

Tel: 03001231231

Web: www.ofsted.gov.uk

