

# Young Person's Guide



**ReachOutCare**  
FOSTERING  
*Foster a child...change a life!*



Part of National Fostering Group

# Contents

- 3 My Fostering Agency
- 4 My details
- 5 Meet the team
- 6 Our Pledge
- 7 Did you know?
- 8 What to expect
- 9 Dealing with worries
- 10 Your health
- 11 Food
- 12 Education
- 13 Bullying
- 14 Activities
- 15 Allowances
- 16 Independence
- 17 Participation
- 18 Youth Council
- 19 Compliments and complaints
- 20 Useful contacts







# 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 Managers name: [Becci Stratton](#)**

**Registered Manager contact number:**

**[07792028230](tel:07792028230)**

**Registered Manager email:**

**[Rebecca.Stratton@reachoutcare.co.uk](mailto:Rebecca.Stratton@reachoutcare.co.uk)**

**Fostering Agency Address:**

**[Jordan House, Finchdale Road, Framwellgate Moor,](#)  
[Durham, DH1 5HL](#)**





# All about me!



**This guide belongs to:**

.....

**Address:**

.....  
.....  
.....

**Phonenumber:**

.....

**My Foster Carers:**

.....

**My Social Worker:**

.....

**My supervising Social Worker:**

.....





# 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



Your foster carers will not mind you asking any questions.

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 personalise my room?



# Dealing with worries



Do you have any questions? Please feel free to ask your foster carers

Do you have any pets?

What's in your fridge?

Can I use your Wi-Fi code?

What's in your drawers/ cupboard?

Will I see my family again?

# 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**

**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 Reach Out Care about anything that bothers you.**





# 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

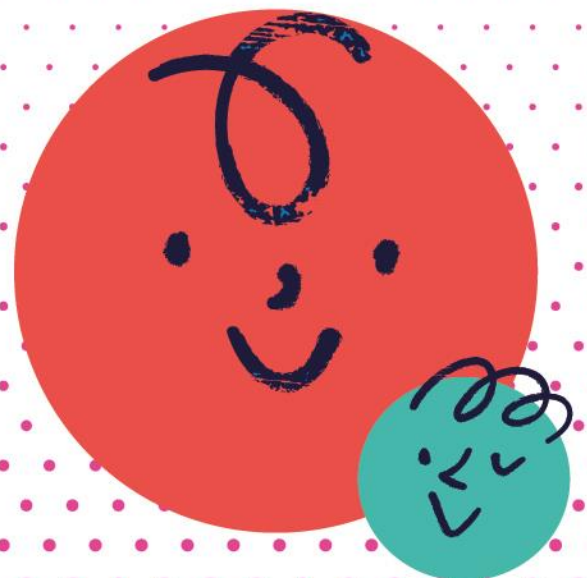
Supporting to get you to school

Giving you a quiet space to study/do homework

Support with extra curriculum

Taking part in school activities

Any worries you may have





# 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

Reach Out Care 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.



Sound like fun right? Well it is, so ask your foster carer or supervising social worker about it



# Youth Council

**Reach Out Care hold a Youth Council during every half term. This enables children within foster care an added opportunity to voice what matters, and to support others within foster care.**

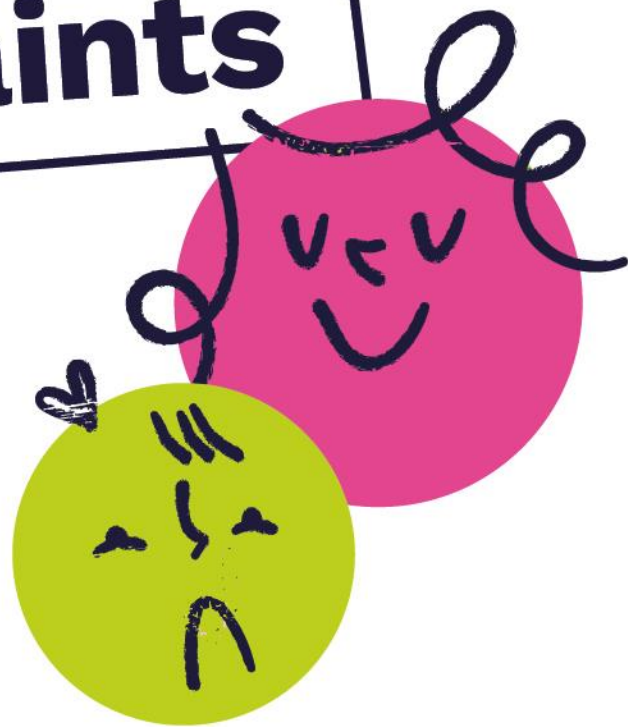
**Once a member of the Young Person's Group there is an opportunity to be part of the buddy scheme. This is where you become a buddy to another child, and meet up regularly to support each other.**

**(If you are interested please ask your foster carers or supervising social worker for more details).**





# Compliments & Complaints



If you have a compliment or you are not happy with something then you can report this face to face, by calling Reach Out Care, 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](http://www.childline.org.uk)

**CoramVoice** – Getting young voices heard. This is a confidential advice and advocacy for children and young people in care or leaving care.

**Freephone:** 0808 800 5792

**Web:** <https://coramvoice.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](http://www.nspcc.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](http://www.ofsted.gov.uk)





# Useful Contacts

**Children's Commissioner for England – Rachel de Souza** – The Children's Commissioner sits at the heart of government, delivering for children, and championing their voices and needs.

[Children's Commissioner for England  
\(childrenscommissioner.gov.uk\)](https://childrenscommissioner.gov.uk)

**020 7783 8330**

**NYAS (National Youth Advocacy Service)** – NYAS is a leading rights-based charity who provide advocacy and legal representation to children and vulnerable adults when important decisions are being made about them.

[The National Youth Advocacy Service | NYAS](https://www.nyas.org.uk)

**0808 808 1001**

**My Independent Reviewing Officer (IRO) is called .....**

**Their contact details are.....**





**ReachOutCare**  
**FOSTERING**

*Foster a child...change a life!*

---

Part of National Fostering Group