

A Young Persons Guide to Being in Care

with Little Acorns Fostering



LITTLE ACORNS
FOSTERING



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Welcome

Firstly, Little Acorns Fostering would like to welcome you to your new home.

We have put together a small guide to tell you a little bit about Little Acorns, your Foster Carers and where you are going to live. There is also some advice, contact numbers and names of people in case you are unhappy or need to talk to someone.

Little Acorns is a Fostering Agency that helps to find families for young people, who like you, need to live away from their own family for whatever reason.



Who works at Little Acorns?

Here are some of the people you might meet when you visit Little Acorns, why not fill in their names?

Responsible Individual

.....

Registered Manager

.....

Business Services Director

.....

Senior Practitioner

.....

Senior Practitioner

.....

Supervising Social Worker

.....

Business administrator

.....



Your Foster Family

Little Acorns Aim

- To make sure you are happy
- To ensure you are cared for properly
- To keep you healthy
- To help with school
- To support your cultural needs
- To help keep contact with family and friends
- To make sure you feel safe and stay safe
- To encourage you to do activities and play
- To find out how you are feeling
- To help with any worries you may have
- To be here if you need to talk

Their Children are called:

Your Foster Carers are called:

Their pets names are:

Your new address is:

Their phone number is:





What will my new home and foster parents be like and how will you find the right one?

Depending on the circumstances, you will see a profile of your new family with photos of them and your new home. It will also have a small amount of information about the family. Your social worker will be able to tell you more. Every home will be different and have different rules; these will be explained to you on your arrival. You will have something called a care plan and this will let the Foster Carers know how to care for you correctly.

We will do everything we can to find the most suitable carers for you. We will take into consideration your needs, school, hobbies and activities you would like to carry on with. This will not always be possible but we will do all we can to make your stay with the Foster Carers as happy as possible. It can be scary and confusing but your Social Worker and Carer's are here to help and will do everything they can to make you feel welcome and safe.

Your new family will want to keep you safe and healthy so there will be house rules to follow. Your Carers will talk to you about these rules and ask you what rules you are used to. If you find these difficult or have any questions, don't be afraid to talk to your Carers.

House rules

Could include...

- Meal times
- Mobile and Internet use
- Homework
- Clothing allowance
- Bedtimes
- Privacy
- Pocket Money

Unhappy?

If you are unhappy after living with your new Carers for a while, with school or in yourself, talk to someone. Whether it is your Foster Carers, Social Worker, Young Person's Helpline such as **Coram Voice** or **Little Acorns**, they are all here to help.



Your Files/Records

You will find a leaflet in your Welcome Pack which explains how to access your records if you wish to.

Your Foster Carer will also be keeping a record of information about you; this will be paperwork regarding your background, placement, care plan, education, health etc. They will also complete a daily log using the Every Child Matters 5 Outcomes – Be Healthy, Stay Safe, Enjoy and Achieve, Make A Positive Contribution and Achieve Economic Wellbeing.

All of this information enables everyone around you to keep you as safe as possible.

Questions you may have

- Q.** What do I call my new Foster Carers?
A. Discuss this with your Carers they will understand that it is a big change and hard living with new people.
- Q.** Am I allowed to stay with a friend if their parents haven't had a DBS check to make sure they are safe to stay with?
A. Yes, as long as your Carers or Little Acorns feel that you will be safe and looked after and your Social Worker has given permission.
- Q.** My friend wants to stay overnight at my foster home. Can they?
A. This is up to your Carers, Little Acorns and your Social Worker but we will always try and keep things as ordinary as possible for you.
- Q.** Can I have a sleepover with my brother who is also in Care?
A. Yes. It is the Local Authority's duty to support contact with your friends and family unless there is good reason not to.
- Q.** When do I get to see my family?
A. This will be discussed between you, your Social Worker and your family.

If you have any more questions don't be afraid to ask!



Contact with your Family

Sometimes issues can arise from your family contact, whether you want contact or not, or don't feel you have enough. Either way speak to your Foster Carer or Social Worker so that they can try to sort something out for you.

Different types of contact;

- Telephone/Letter Contact
- Social Network Site Contact
- Supervised Face to Face Contact
- Unsupervised Face to Face Contact

Don't be afraid to say if you no longer want contact to happen, you have a choice!

Bullying

Whether you feel you are being bullied at school or by an adult at home or somewhere else. Don't give up. Find an adult you can trust, that you think will listen and talk to them about the problem.



Here are some of the ways children and young people have described bullying:

- Being called names
- Being teased
- Being pushed or pulled about
- Being hit or attacked
- Having your bag and other possessions taken and thrown around
- Having rumours spread about you
- Being ignored and left out
- Being forced to hand over money or possessions
- Being attacked because of your religion or colour

If you are being bullied, write of the all events down in a diary as this may be helpful when you talk to someone about it. Always remember that it is not your fault and you have not caused this to happen.

Your Rights

Little Acorns Fostering believes you should have the same rights as any other child or young person of your own age and:

- Be valued as an individual
- Be treated with dignity and respect
- Be cared for as a child first
- Be safe
- Be offered the opportunity of independence and choice
- Be offered education, care and therapy to suit your needs
- Develop responsibility for your own actions
- Be offered privacy for yourself and your belongings
- Be treated according to your spiritual, social and cultural needs
- Be able to continue and build friendships and interests
- Be told what is happening to you before it happens, and why
- Be spoken to about your activities and care treatment
- Be allocated a named person or team to care for you
- Be given the opportunity of access to your individual education/care plan
- Be told about changes that personally affect you
- Be given the opportunity to complain about anything that worries you
- Be given the opportunity to play and have fun

Important Contact Numbers You May Need

Childline - 0800 1111

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine Counsellor about anything - no problem is too big or too small.

National Youth Advocacy Service (NYAS) - 0808 808 1001

Offering information, advice, advocacy and legal representation to children, young people and vulnerable adults through a network of dedicated paid workers and volunteers throughout England and Wales. Through these services NYAS provides a safety net for children, young people and vulnerable adults, who have nowhere else to turn.

Help at Hand - 0800 528 073

This is a guide for children and young people to explain what the Children's Commissioner and the team do to advise and assist individual children and young people.

Ofsted - 0300 123 1231

Ofsted Inspectors make sure that Fostering Agencies like Little Acorns are following all the rules set by the Government, to make sure that children and young people are kept safe, and all their needs are met.

Other Useful Numbers That You May Want to Keep

My Social Worker

.....

My Independent Reviewing Officer (IRO)

.....

My Foster Carers Supervising Social Worker

.....

Little Acorns Fostering - 01440 732010

.....



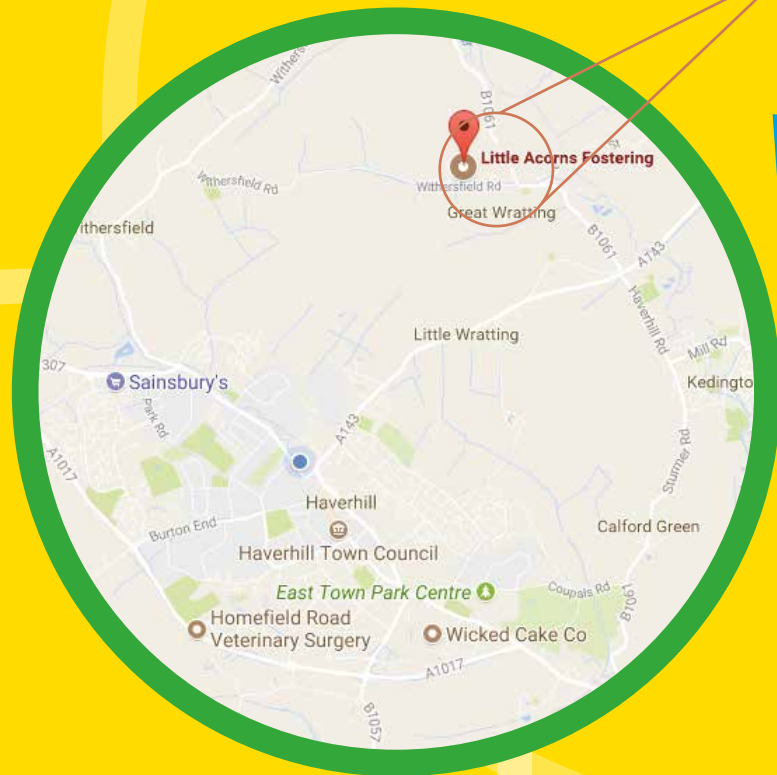
Contact Us

If you would like to find out more about Fostering with Little Acorns you can call us on 01440 732010 for a friendly informal chat.

Alternatively, email us at:
enquiries@littleacornsfostering.co.uk

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