



Fostering in Redbridge

11+ yrs

My Guide

Age

Name



What is foster care?

Foster care is when children and young people who cannot live with their families go to live with another family called a foster family.

Why do children and young people live with foster carers?

Children and young people live with foster carers when the family they usually live with is having some difficulties and cannot look after one or all of their children.

Children and young people who live in foster care are called 'Looked After Children' because someone else is looking after them. This is also called 'Being in Care'.

Who are foster carers?

Foster carers are people who have been specially chosen to look after children and young people who cannot live at home. Foster families look after children and young people and welcome them into their own home.

Each foster family is different. Some have a mum or a dad, some have both a mum and a dad, there may be other children and young people who live in your foster home.



What do foster carers do?

They keep you safe. They listen to your concerns or worries and talk to you about how to keep safe both at home and outside. They will talk to you about relationships and help you to make positive choices. Foster carers help you to do well at school and college and help make sure that you are healthy.

They will also help you think about the things you may want to do like playing sport, making music or following other interests.

Your foster carers will give you pocket money and show you how to save money. They will take you to interesting places and help you to enjoy yourself and have friendships.

What are some of your wishes?

I wish... ..

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I wish... ..

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I wish... ..

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I wish... ..

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I wish... ..

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I wish... ..

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What is it like in a foster home?

A foster home is a warm house or flat where you may have your own bedroom. Foster homes have televisions and computers which you can use.

Living in Foster Care

Your foster carer will welcome you into their home, want to find out about you and hear what questions you have, so you can get to know each other.

They will spend time talking to you about some of the household rules in your foster home, like the times when you can watch TV, use the computer, bedtime and dinner time. You can discuss these things together.

What is a social worker?

Social workers are there to listen to you, help you and make sure that you are safe. When you see your social worker, they will ask you how you are. If you are unhappy about anything you must tell your social worker. Also tell them about the things that make you feel happy.

They will see you at your foster home, see your bedroom and may also take you out on your own.



Sometimes I feel... ..

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Your social worker will ask you how you are feeling. You can write or draw something about happy or sad feelings or maybe both. Whatever you are feeling this is okay, everyone feels a bit different.

Have I done something wrong?

Is that why I live in a foster care?

No, you are not bad and you have done nothing wrong.

What is your Social Workers name?

What is their phone number?

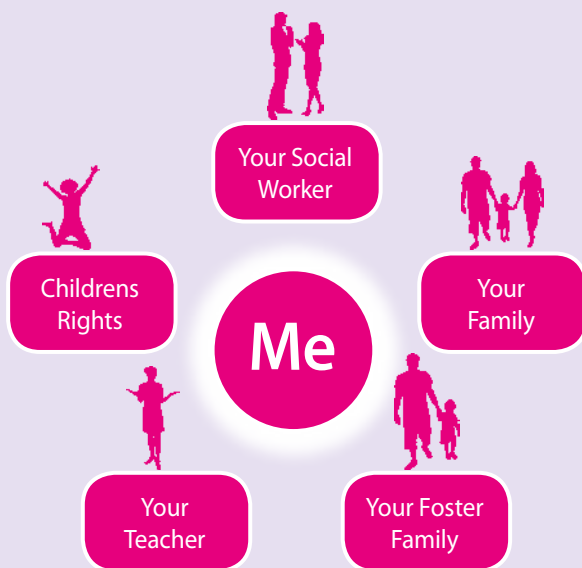
What is going to happen next?

Your foster carer and your social worker will talk to you about your feelings and explain why you are living in foster care.

You need to say what you would like to happen. Your foster carers and your social worker will talk to you about what is going to happen next.



This diagram shows some of the people who listen to your wishes and feelings and make plans with you. You are the most important person there in the middle.



When will you see your family?

Your foster carer and social worker will talk to you about when you will see your family. When you see your family, it is sometimes called 'contact'.

What if you are unhappy and you need to tell someone?

Think about who you could tell; maybe someone from your family, your foster carer, your social worker or your teacher.

How many words can you find?

C	O	N	T	A	C	T	F	Q	F
R	C	S	C	H	O	O	L	Y	U
F	L	O	O	K	E	D	O	F	T
P	A	M	D	N	S	A	V	O	U
M	U	S	I	C	T	F	E	S	R
O	S	K	H	S	E	T	M	T	E
N	I	N	C	I	R	E	A	E	K
E	H	T	A	O	O	R	V	R	M
Y	Z	F	R	I	E	N	D	S	T
H	O	P	E	S	H	A	P	P	Y

- ☐ Hope
- ☐ Contact
- ☐ Looked After
- ☐ In Care
- ☐ Foster
- ☐ Music
- ☐ Art
- ☐ School
- ☐ Friends
- ☐ Money
- ☐ Happy
- ☐ Love
- ☐ Fashion
- ☐ Future



Contacts for you in London Borough of Redbridge

Redbridge Fostering Service

Telephone: 020 8708 7528

Email: fostering@redbridge.gov.uk

Redbridge Adoption Service

Telephone: 020 8708 7459

Email: adoptionteam@redbridge.gov.uk

Specialist Nurse for Looked After Children

Telephone: 020 8708 8202

Virtual School Service

Telephone: 020 8708 3913

Email: Class@redbridge.gov.uk

Children's Rights Advocate

Telephone: 020 8708 5811

Email: childrens.rights@redbridge.gov.uk

Children's Participation Officer

Telephone: 020 8708 7894

Email: YPLAFH@redbridge.gov.uk

Other useful contacts

NSPCC

Telephone: 0800 11 11

Website: www.nspcc.org.uk

Childline

Telephone: 0800 11 11

Website: www.childline.org.uk

Kidscape

Telephone: 08451 205 204

Website: www.kidscape.org.uk

Voice

Telephone: 0808 800 5792

Email: info@voiceyp.org

Complaints

Telephone: 020 8708 5268 / 020 8708 5174

Email: Childrens.Complaints@redbridge.gov.uk

Office of the children's Rights

Telephone: 0800 528 0731

Website: www.rights4me.org.uk

Department for Education

Sanctuary Buildings, 20 Great Smith St,
London SW1P 3BT

Telephone: 0370 000 2288

Ofsted

Piccadilly Gate, Store Street,
Manchester M1 2WD

Telephone: 0300 123 1231

Website: www.ofsted.gov.uk

The Children's Society

Telephone: 020 7841 4400

Website: www.childrenssociety.org.uk

The who cares Trust?

Telephone: 020 7251 3117

Website: www.thewhocarestrust.org.uk

Brook Advisory centre

Telephone: 0808 802 1234

Website: www.brook.org.uk