

Children and Young People's Welcome Guide



This Guide has been written for you and for other children and young people who need to be cared for when they are unable to live at home with their own family at this time.

You will have a Social Worker who has been chosen from the Local Authority (Council) to help and support you. They have helped to find you a Foster Carer to live with.

Your Foster Carer or your Social Worker can help to explain anything in this guide that you may not understand.

welcome!

Any questions you may have...



You can ask your Foster Carer any questions and if they don't know the answers they will ask your Social Worker for you.

What does fostering mean?

Foster Carers are carefully chosen to provide children and young people with the best possible care they can.

Foster carers look after children as part of their own family. Each foster family is different. Some foster families have one or two parents, some have their own children or may look after other children as well as you.

The Foster Carer will make you feel welcome, help you settle into their home.



Why am I being fostered and how long will I be fostered for?

If you do not understand why you are staying with your Foster Carers or how long you will be in foster care, your own Social Worker will be able to tell you this. Your Foster Carer can make arrangements for you to see or speak with your Social Worker.



Who are my Foster Carers?

My Foster Carers	
Name	
Address	
Telephone Number	

How can my Foster Carer help me?

Your Foster Carer will try to help you as much as possible. They understand that leaving your own family can be very upsetting for you, and for your family.

They know staying with a foster family and meeting new people may be strange and difficult for you.

Everyone understands that you will need time to settle and get used to many new things and new people.

Your Foster Carer and members of the Foster Carers family are experienced in caring for children and young people who are unable to live with their families. They understand that you may have many worries or anxieties about yourself and your family. Your Foster Carer will try to answer any questions you may have, and allow time for you to become more familiar with your foster family and the home.

Your Foster Carers will always do their best to help and support you.

What will my Foster Carers expect from me?

Your Foster Carers want you to be happy, they want to hear your views and they want to get to know you. They will want to know about your routines, the food you like, your hobbies, any activities you would like to do and things that are important to you. They will also want to know about the things you don't like including food and the things that make you feel unhappy. Your foster carers will help you speak to your Social Worker about anything you might not be happy with and things you would like to change.

Your Foster Carers may not always be able to give you everything you ask for but they will always listen to you and will try to explain any decisions that are made.

Will there be rules in the foster home?

KEEP
CALM
AND LEARN
THE HOUSE
RULES

SAFER
CARING
POLICY

Every foster family has a Safer Caring Policy. This is a list of house rules that make sure the foster home is a safe place for everyone who lives there. Your Foster Carer will talk to you about their Safer Caring Policy. There may be something you want to add that hasn't been thought of. Your foster carer will help you if there is anything you are unsure about or don't understand.

The Safer Caring Policy covers things like:

BEDROOMS

You will have your own bedroom, unless you have a brother or sister and everyone has agreed you are able/or want to share a room. Your Foster Carer will always knock on your bedroom door before coming in. You should not enter anyone else's bedroom. Everybody in the house should respect each

other's privacy.

Your bedroom should be somewhere you feel safe and relaxed with your personal belongings that are important to you.

People should not touch other people's things without asking.

BATHROOM

If you are able to wash and bath yourself you will be encouraged to do so in private. Younger children will be helped if needed. Only one person is allowed in the bathroom at any time.

The bathroom will have a lock on the door that can be unlocked only in an emergency.

CLOTHES

Everyone in the house will wear appropriate clothing and be fully covered at all times.

TELEPHONE & INTERNET

You will be able to use the telephone and access the internet.

Your Social Worker will talk to your foster carers about this.

Your foster carers will have parental controls on the technology in the home. This is to keep you safe.

You may already have your own mobile phone. Your Social Worker and your foster carer will speak with you about house rules for mobile phones. The Safer Caring Policy does not allow phones in bedrooms overnight. Your foster carer will ensure your phone is charged and returned to you in the morning.

MONEY

Your Foster Carer will provide you with any money that has been agreed. This could include things like, bus fares, dinner money and pocket money.

FOOD

Talk to your foster carer to let them know which food you like and do not like. You could go shopping and choose food with your foster carer. You may even like to cook with your foster carer.

Your foster carer will encourage you to have a healthy balanced diet and may suggest different foods you could try.

AFFECTION

Your foster carers will ask you if you are happy to receive a hug, or you may prefer a high five.

It is OK for you to say no to anyone who asks you if you would like a hug..

FRIENDS

If you wish to see any friends or have friends visit you, speak to your foster carers and they will try to arrange this for you.

If you are older and able to spend time with friends independently your foster carer will want to know where you are going so they can make sure you are safe.

Let your foster carer know what time you will return.

Who does my Foster Carer work for?

Your foster carer works for the Local Authority and they have a Social Worker called a Supervising Social Worker who give support, advice and help to foster carers. The Supervising Social Worker will visit regularly and make sure that things are going well for foster carers and the children and young people living with them. There may also be a support worker from the fostering service who visits and they will also give support advice and help.

As well as having your own Social Worker you can also talk to your foster carers Supervising Social Worker or support worker about anything.

The Supervising Social Worker and your own Social Worker will keep in touch to make sure your foster placement is going well and any plans are carried out.

The name of my own Social Worker is	
They will visit me every	
Telephone number	

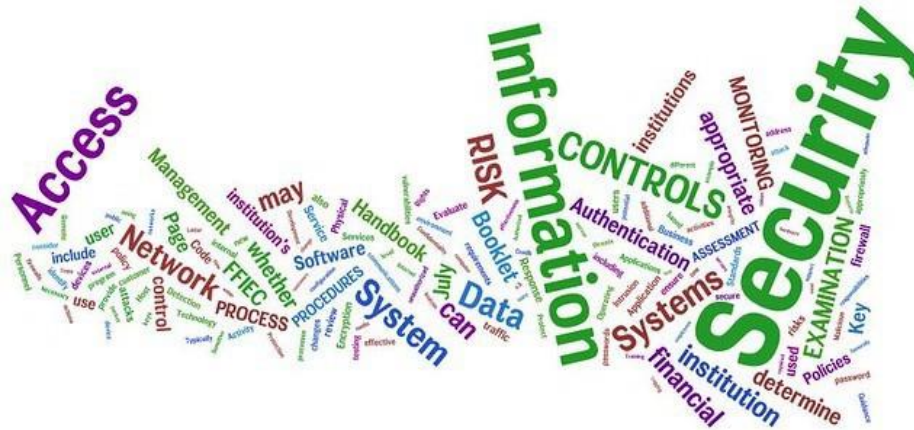
The name of my foster carers Supervising Social Worker is	
Telephone number	

Information about me

Do my Foster Carers keep records about me?

The Fostering Service needs to keep information about all children and young people who live with foster carers. This is to make sure you are supported and cared for in the way that you need.

This information is stored securely due to its confidential nature. If you want to see any of your information, ask your Foster Carer, Social Worker, or Supervising Social Worker how to do this.



Meetings about me

What is the Placement Planning Meeting?

When you are in foster care, a meeting called the Placement Planning Meeting or Placement Agreement Meeting is held. These meetings are usually attended by your own Social Worker, your family, your foster carer, and their Supervising Social Worker. You can also attend this meeting.

The Placement Planning Meeting is a very important meeting. Decisions and agreements are made and recorded on a form. If you attend this meeting you may find parts of the meeting and the form that is being completed boring, but it is important that as much information as possible is collected so that the best care can be given to you.

At this meeting the following will be discussed and agreed:

- * Your daily routines, like getting up times, bedtimes, what you like to eat and what you like to do.
- * Time you spend with your family is called Family Time, and time you spend with your friends.
- * School.
- * Medical appointments, like Doctors, Dentist, Opticians and so on.
- * Any fun things, activities or hobbies you do or would like to do.

What is my Care Plan?

A Care Plan is a document that says how your needs will be met while you are in care, who will be responsible for this and what the long term plans are for your care. You will be given a copy of your Care Plan and someone will sit down with you to explain it and make sure you understand everything it says. Your Care Plan will be discussed at the Placement Meeting, so that everyone is clear about what is happening and what needs to happen.

What is a 'Looked After' Review?

There is another important meeting about your care. This is called a 'Child Looked After' CLA Review.

All children who are 'looked after' by the Local Authority must have regular reviews by law.

The Review Meeting is arranged and chaired by your Independent Reviewing Officer (IRO) who will want to meet with you and make sure that your wishes and feelings are understood. This meeting will look closely at all of your needs, your wishes and feelings, and confirm your Care Plan.

This is your meeting and you can attend this meeting if you chose. Your own Social Worker can explain to you more about this important meeting, and who and why people are involved in it.

Your Independent Reviewing Officer (IRO)

IRO's name	
Telephone number and Email	

Your rights

What is a right?

A right is something you have as a person. Every child and young person under the age of 18 has rights, no matter who they are and where they live or what they believe in.

What are my rights if I am in care?

If you are 'looked after', there are several things that the law says that the Local Authority/Children's Services must do, these are:

- * Ensure that you are safe and well cared for.
- * Make sure that you have an up to date Care Plan that you can understand and that includes your views, wishes and feelings.
- * Ensure you have an Independent Reviewing Officer (IRO). An IRO is responsible for making sure that the Local Authority is doing their best to take care of you. An IRO will chair your CLA Reviews and will work with you to ensure that these meetings are productive and include your views, wishes and feelings.
- * Complete a Placement Plan which will say who has to do what to make sure you are taken care of and have everything you need in your foster home.
- * Education plans and Health plans will also be completed and regularly reviewed.
- * When making decisions about you, people must ensure the things that are important to you and your identity are kept. Such as your religion, ethnic and racial background, culture and language.
- * Help you have contact with important people in your life, such as: parents, brothers, sisters, extended family members and friends.
- * Your Social Worker must visit you regularly at your foster carers and offer to speak with you alone.

Your rights

- * Provide you with an Independent Advocate if you would like one.
- * Provide you with information on how to make a complaint.
- * Give you information on how to see records and documents that include information about you.

Your Independent Advocate

Name	
Telephone number	
Email	

Comments or concerns

What can you do if you feel you have been treated unfairly or need to talk to someone?

If you are not happy with the way you are being cared for or are unhappy about anything, please tell someone immediately so that we can sort it out. You could talk to your Foster Carer, Social Worker, Independent Reviewing Officer, Supervising Social Worker, Support Worker, parents, relatives, teachers or friends.

You can also speak to:

Children's Rights Officer - Local Authority

Your Local Authority Children's Rights Officer / Advocacy Service can help with your problems, explain your rights and help you to make a complaint.

Ask you own Social Worker, Foster Carer or Supervising Social Worker how to contact them.

Other people you can complain to:

Ofsted (Office for Standards in Education, Children's Services and Skills)

Ofsted is an organisation, which was set up by the Government to make sure that children and young people who are 'looked after' in foster homes receive the highest standards of care.

Ofsted looks closely at the care given by all fostering services in the country to make sure that high standards are achieved. Ofsted will look into complaints made by children/young people, or by people making complaints on their behalf.

Your own Social Worker, Foster Carer or Supervising Social Worker can help you to contact them if you need some help.

Ofsted can be contacted by letter, email or phone at:

Address	Ofsted Piccadilly Gate Store street Manchester M1 2WD
Telephone number	0300 123 1231
Email	enquiries@ofsted.gov.uk

Children's Commissioner Dame Rachel de Souza

The Children's Commissioner is chosen by the Government and has a legal duty to promote and protect the rights of all children in England, particularly children and young people who are 'looked after' in foster care.

If you feel you are not being listened to, you can contact this service, it is free and confidential.

If you want some help to contact the Children's Commissioner, your own Social Worker, Foster Carer or Supervising Social Worker will help you.

The Children's Commissioner can be contacted by letter, email or phone at:

	Children's Commissioner Dame Rachel de Souza Office of Children's Commissioner for England Sanctuary Buildings Great Smith Street London SW 1P 3BT
	T: 0800 528 0731
	E: help.team@childrenscommissioner.gov.uk
	W: www.childrenscommissioner.gov.uk

Help or Advice

There are also a number of other people you can contact for advice



Child Line: 0800 1111 www.childline.org.uk

ChildLine is a free 24hour counselling service for Children and Young People up to their 19th birthday and is run by the NSPCC. You can phone them to talk about anything. ChildLine can give you lots of information on things like....

- * Abuse and safety (Physical, Emotional or Sexual abuse)
- * Home and families (Family relationships /Living in foster care)
- * School and college (School / Homework and revision / Making decisions)
- * Feelings and emotions (Anger / Being assertive /Embarrassment)
- * Bullying (Bullying / Cyber bullying (online bullying) / Building confidence after online bullying)
- * Anxiety (About panic attacks / Controlling your panic attacks / About anxiety)
- * Self-harm (Self-harm / Self-harm coping techniques)
- * Mental health (About suicide / Coping with suicidal feelings / Types of mental health problems)
- * Sexual identity (Sexual orientation / Transgender identity)
- * Sex and relationships (Sex / Contraception / Relationships)
- * Life issues (Asking an adult for help / When someone dies / Your future)
- * Online and mobile safety (Staying safe online / Online grooming / Sexting)
- * Friends (Friendships / Peer pressure / Top tips for making friends)
- * Damaging yourself (Drugs / Alcohol / Smoking)
- * My body (How you look / Staying healthy / Problems sleeping)
- * Puberty (Puberty for boys / Puberty for girls / Periods)
- * Eating problems (Anorexia / Bulimia /Binge eating)
- * Crime and the law (Crime / Your rights / Gangs)
- * Turning nineteen (Support after ChildLine)
- * Racism
- * Deaf Zone (Staying safe online - Deaf Zone / Online bullying - Deaf Zone / BSL Videos)



NSPCC: Child Protection Line 0800 1111 www.nspcc.org.uk
National Society for the prevention of cruelty to children.



NHS: Dial 111 www.nhs.uk
For general health advice and reassurance 24/7 365 days a year.
They also offer advice on stopping Smoking
www.nhs.uk/Livewell/smoking/Pages/Teensmokersquit
And advice on sexual health
www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub



The Who Cares Trust: 0207 251 3117
www.thewhocarestrust.org.uk
The Who Cares Trust is a voice for children in care. Everything they do is designed to improve the day to day experience of children and young people in care and their futures.



Think U Know: www.thinkyouknow.co.uk
Internet safety - Find out what's good, what's not and what you can do about it. This is also a place where you can report if you are worried or feel uncomfortable about someone you are chatting to online.



Runaway helpline: Dial or text 116 000
www.runawayhelpline.org.uk
Runaway Helpline helps children and young people who are thinking about running away or have run away, they will listen and offer support. They won't judge or tell you what to do.



The Samaritans: 08457 90 90 90 www.samaritans.org.uk

Samaritans provides confidential emotional support, 24/7/365 days a year to those experiencing despair, distress or suicidal feelings.



0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

FRANK: 0300 123 6600 www.talktofrank.com

Confidential drugs information and advice 24/7



Winston's Wish is a Registered Charity (England and Wales) 1061359, (Scotland) SC041140

Winston's Wish: 08452 030405 www.winstonswish.org.uk

Winston's Wish helps young people re-adjust to life after the death of a family member.



Sport England: 08458 508508 www.sportengland.org

Working with National Governing bodies and sports partnerships to get children and young people doing sport in their own time and in their own communities.

Coronavirus

Remember to always follow the rules and guidance that the UK (United Kingdom) Government set. Your Foster Carer will explain these to you and help you understand.

Prevent the spread of coronavirus

Remember, 'Hands. Face. Space':

hands - wash your hands regularly and for 20 seconds

face - wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet

space - stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings)

When meeting people you do not live with, it is important to do so outdoors where possible, or to make sure that any indoor venue has good ventilation (for example by opening windows so that fresh air can enter).

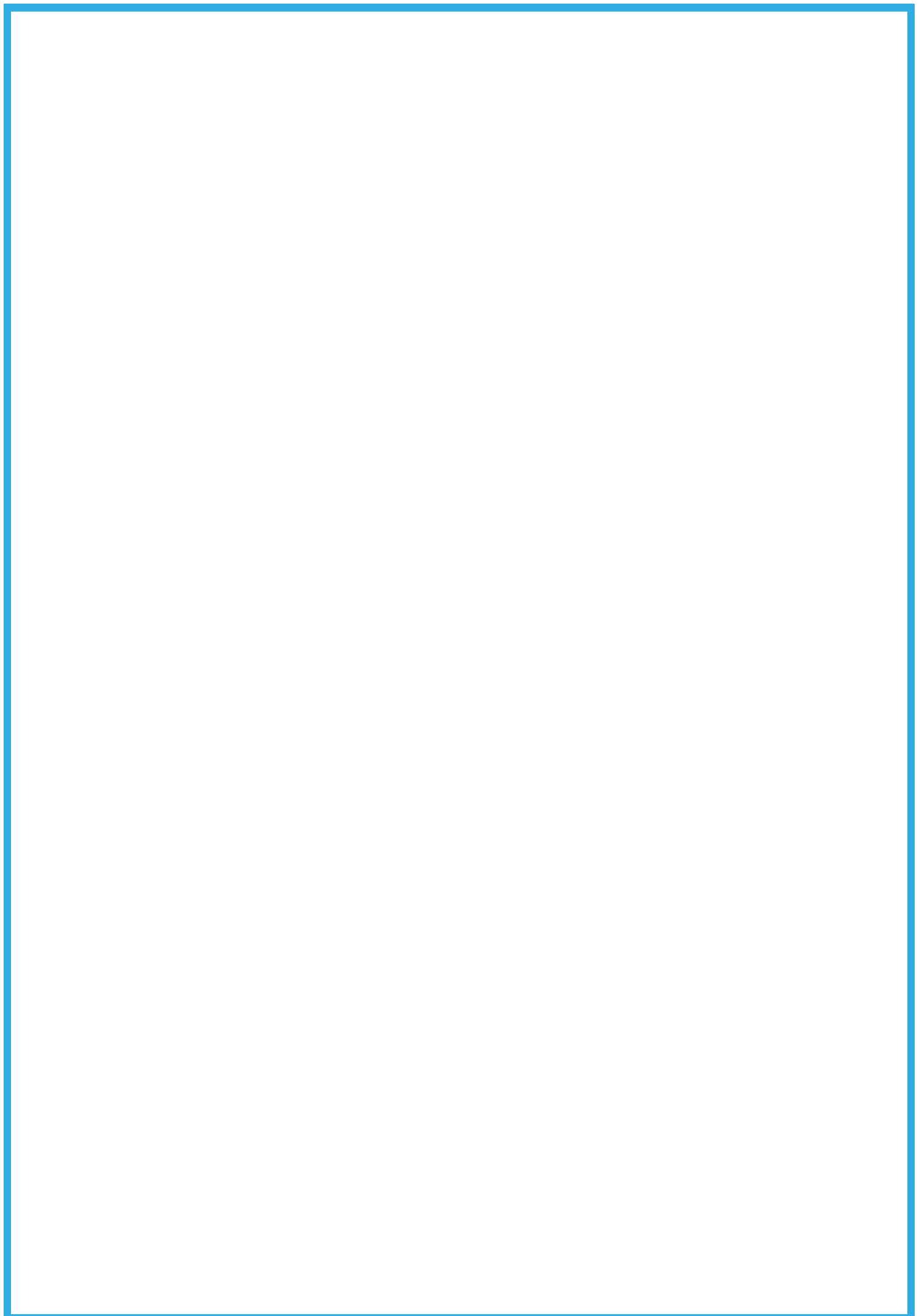
We hope that you will find this guide useful, and if you have any suggestions to make this guide or your Welcome Box more helpful for other children or young people, please let us know.

Take Care

My notes

These pages are for you to use if you want, you could use it for things like:

- * What I need to remember or ask about
- * How I am feeling
- * For a drawing





If you require this welcome guide in another language or communication format, please ask your Foster Carer or Supervising Social Worker for this.

స్వాగతం

Bine ati venit

Желанный

Croeso

Bi xêr hatî

Velkominn

خوش آمد

Willko

بڼه راغالست

欢迎

Welkom

Добредојдовт

ようこそ

Welcome

Chào mừng bạn

Selamat datang

स्वागत हे

Bienvenida

Benvenuti

Velkominn

أهال بك

Bem vinda

ਸਵਾਗਤ ਹੈ

Bienvenidos

Namaste

