

# Children's guide to fostering

This guide belongs to:.....

Some children cannot live at home with their own family and may need to move into a foster home where they can be safe. There are lots of reasons why this might happen and your social worker can tell you why this has happened to you.

Here are some people that you are going to meet:

*My foster carer(s) is/are:.....*



Foster carers are people or families that look after children who can't live at home with their own family. They will make sure you are happy, safe and feel part of their family. They might set rules, will help you at school and help make plans about your care and how you can see your family. They can help you if you are upset, worried or in trouble.

*My social worker is:.....*

A social worker works for the Council and it is their job to make sure that you are happy and are ok. They want to help you so you can ask them anything you want.

They will come with you when you move to your foster carers house. They will look round the house with you and show you your new bedroom, meet the other adults and children who live in the house with you and show you all the other fun parts of the house! They will come and see and talk to you about how you are feeling, they really care about you so you can trust them.



Your foster carer will have a social worker too, this will be someone different and not the same as yours. They will come and visit to check your foster carers are looking after you well and are feeling ok.

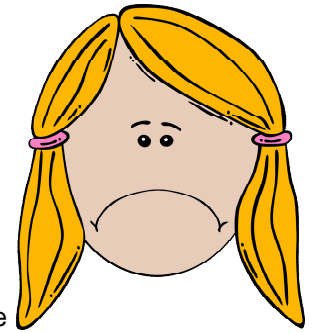


## Who will decide what happens next?

Adults who work in the Council will meet at something called reviews, the adults meet to talk about lots of things but they want to check if you are safe and how they can keep you safe and happy. The meetings are about you so the adults will ask you how you feel and what you would like. You can talk to them, write it down or talk to someone else like your social worker or foster carer. They care about you and want to know what you think.

## If I am worried or unhappy, who can I talk to?

If you are worried or unhappy you can tell us, you can speak to your social worker, foster carer, teacher or you can also ask for someone called an advocate. An Advocate will come and see you to help you tell us how you are feeling. If you would like an advocate talk to your social worker or your reviewing officer.



You can also make a complaint to the Council by contacting this team:

**Customer Relations**, call them on 0300 300 6077 or 0300 300 4995

You can also talk to people who work for **Ofsted**, they make sure that fostering services are doing a good job.

**Ofsted**, call them on 0300 123 1231, email them at [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk) or take a look at their website at [ofsted.gov.uk](http://ofsted.gov.uk).

These are some other people who can help you:

**The CiCC (Children in Care Council)**, call them on 0300 300 4881 or check our their website [cbccicc.org.uk](http://cbccicc.org.uk)

**Help at Hand (The Children's Commissioner)**, call them on 0800 528 0731 or email them at [help.team@childrenscommissioner.gsi.gov.uk](mailto:help.team@childrenscommissioner.gsi.gov.uk)

**Childline**, call them on 0800 11 11 or take a look at their website [childline.org.uk](http://childline.org.uk)

**NYAS**, call them on 0808 808 1001 or take a look at their website [nyas.net](http://nyas.net)

**Voice**, call them on 0808 800 5792 or take a look at their website [voiceyp.org](http://voiceyp.org)

**Who Care Trust**, call them on 0500 564 570 or take a look at their website [thewhocaretrust.org](http://thewhocaretrust.org)

*You can also write down here why you are unhappy and give it to someone you trust like your foster carer or social worker:*

**My name is:**

**I am feeling:**



**Because:**

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