



# Young people's guide to fostering

**Fostering is** when you live with another family when you can't stay with your mum, dad or family. We make sure that Foster carers are trained and assessed so we can make sure they are safe adults who will look after you really well. The length of time you will stay with your foster carer/s is decided on an individual basis and all depends on your situation. Your foster carers will make sure that you feel safe and talk to you about how you feel and what's going to happen next.

Here are some of the people you will meet whilst you are in foster care:

**A Foster Carer** can be a person or a family. They will be really welcoming when you arrive and will help you to settle in and make your room your own. They are there to look after you day to day and to help you with different things in life like getting to school, helping you with your homework, making sure you get to your different health appointments, to the doctor or dentist. They are people that care about children and young people and will make sure that you have the chance to have fun and take part in hobbies and activities you like. You can let them know what you like and dislike and as you get to know each other you will hopefully feel like to you can talk to them about anything that worries you as they are here to care for you.

**Social workers** work for the Council to help you and foster carers to make sure you are safe and cared for. You'll have your own social worker who will visit you to make sure you are ok, happy and being well looked after. They will come with you when you move to your foster carers house and can show you round the house and help you settle into your new bedroom if you want them to. They will work with different people including your family to work out if it's safe for you to return back home. They will also talk to you and your family about when you can visit them whilst you are in foster care if it's safe to do so. They will keep you up to date with any plans about your future and give you the chance to have your say and answer any questions you may have.

Your foster carers will have a social worker too, they won't be the same social worker as yours. They will come and visit regularly to make sure that they are looking after you, they will mostly speak to your foster carers but you can speak to them too if you like. They might ask you how you are when they visit to see if you are happy, feeling safe or have anything that you want to talk about.

***Who decides what will happen next?*** While you live with your foster carers, there will be meetings called 'reviews' where all the important adults in your life will get together and make a care plan for you. The reviews are all about you so you can say how you feel and what you would like to happen. Before the review you will be asked what you think and what your views are. You may be asked to write this down or tell your social worker, you may also take part in the meeting. If you have any worries in between meetings, you can talk to your social worker or the person who is in charge of your reviews, who is called the Independent Reviewing Officer (IRO).

***What is a care plan?*** All children who come into care have a care plan; this is to make sure you receive the support you need while in care and cover things like where you are going to live, your education, health and contact arrangements with your family and friends. Your social worker will complete your care plan, they will ask your views about all areas of your care plan and will involve other people such as your parents, carers, other family members and your foster carer.

## ***Who else can I talk to?***

***The CiCC***  
*(Children in Care Council)*

**Call:**  
0300 300 4881

**Check out:**  
cbccicc.org.uk

***Help at Hand***  
*(The Children's Commissioner)*

**Call:**  
0800 528 0731  
**Email:**  
Help.team@childrenscommissioner.gsi.gov.uk

***Complaints***  
*(Customer Relations)*

**Call:**  
0300 300 6077  
Or  
0300 300 4995

***NYAS***  
**Call:**  
0808 808 1001  
**Check out:**  
nyas.net

***Voice***  
**Call:**  
0800 800 5792  
**Check out:**  
voiceyp.org  
Org

***Ofsted***  
They make sure that fostering services are doing a good job!

**Call:**  
0300 123 1231  
**Check out:**  
ofsted.gov.uk

***Childline***  
**Call:**  
0800 11 11  
**Check out:**  
childline.org.uk

***Who cares trust***  
**Call:**  
0500 564 570  
**Check out:**  
thewhocarestrust.org