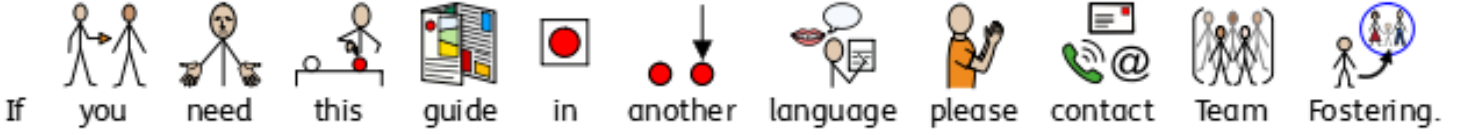




# Children's Guide

This booklet has lots of useful information. It will tell you about people who can help you, and fun activities you can be part of.





(Arabic) إذا كنت بحاجة إلى هذا الدليل بلغة أخرى ، فيرجى الاتصال بفريق التعزيز

(Chinese-Simplified) 如果您需要本指南的其他语言版本，请联系 Team Fostering。

(Czech) Pokud potřebujete tuto příručku v jiném jazyce, kontaktujte tým Fostering.

(French) Si vous avez besoin de ce guide dans une autre langue, veuillez contacter Team Fostering.

(Persian) اگر به این راهنما به زبان دیگری نیاز دارید، لطفاً با تیم فاسترینگ تماس بگیرید

(Polish) Jeśli potrzebujesz tego przewodnika w innym języku, skontaktuj się z Team Fostering.

(Slovak) Ak potrebujete túto príručku v inom jazyku, kontaktujte tím Fostering.








(Ukrainian) Якщо вам потрібен цей посібник іншою мовою, зверніться до Team Fostering.

(Urdu) اگر آپ کو کسی دوسری زبان میں اس گائیڈ کی ضرورت ہو تو براہ کرم ٹیم فوسٹرنگ سے رابطہ کریں۔



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We have tried to make this guide as easy as possible to follow. You may not need all this information right now, so keep it safe, you may need it again in the future.

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Useful



Contacts

## Useful Contacts

<b>Foster carer's name</b>	
<b>Foster carer's phone number</b>	
<b>Your new address</b>	
<b>Your social worker's name</b>	
<b>Your social worker's phone number</b>	
<b>Supervising social worker's name</b>	
<b>Supervising social worker's phone number</b>	
<b>Independent reviewing officer's name</b>	
<b>Independent reviewing officer's phone number</b>	



Hello



and



Welcome

## Hello and Welcome From Kathryn Hayes

Hi

My name is Kathryn, and I am the Chief Executive Officer (the boss!) at Team Fostering.

Your foster carers have been specially chosen to care for you. They will love getting to know all about you and what matters to you. They will help you feel welcome and safe. They will also help you with school, health, hobbies and having fun.



Our aim is 'Putting Children's Futures First', which means that your future is important, and we will always do our best for you. If you would like to tell me about any ideas or issues, you can call me on my mobile or send me an email.

Bye for now,

*Kathryn*

**Kathryn Hayes**

**Chief Executive Officer**

E: [info@teamfostering.co.uk](mailto:info@teamfostering.co.uk)

Team Fostering | Unit 6 Hedley Court | Orion Business Park | North Shields | NE29 7ST





About



Team



Fostering

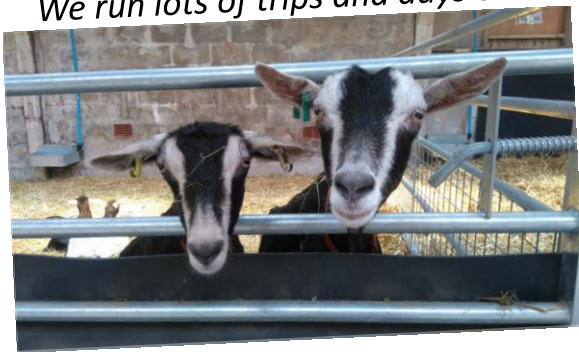
## About Team Fostering

### Education and Support Service

We run lots of fun things for you to enjoy. We can also help if you are finding things hard at school.

#### Activities

*We run lots of trips and days out.*



#### Caravan Holiday

*We go on a caravan holiday every year.*



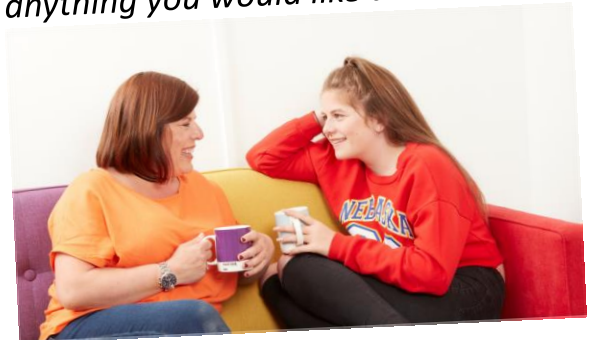
#### Education Support

*We can help if you are finding things hard at school.*



#### Targeted Support

*We can help with your feelings, or anything you would like to talk about.*



#### Project Listen / Teamies / Team Fantastic

*Spend time with others and help us run Team Fostering.*



#### Celebrations and Parties

*We love celebrations, for example we send you a gift card for your birthday and have a Christmas Party.*





## People Who Can Help Me

### Your Social Worker

Your social worker will visit you regularly and will make a plan to keep you safe. Your social worker is there to help YOU!

### Team Fostering Social Worker

Your foster carer will have a supervising social worker to help them look after you.

### Your Independent Reviewing Officer (IRO)

Every child in care will have an IRO. Your IRO will check that your social worker and the local authority are doing everything that they should be to look after you. They will come to your review, check your care plan, and make sure that people are listening to your wishes and feelings.

### Other people who can help you:

You can also talk to

- your foster carer
- a teacher or someone else at school
- youth worker
- police officer



### Speaking to someone at Team Fostering

If you are worried about something, or would like to speak to us, you can contact us a number of ways:

By Phone: **0191 257 6806 (North East)**  
**0114 261 7762 (Yorkshire and East Midlands)**

By Email: at [info@teamfostering.co.uk](mailto:info@teamfostering.co.uk)

If you need to speak to someone when our office is closed, then you can call:  
**0191 257 0770 (North East)** or **0114 244 2828 (Yorkshire and East Midlands)**

Don't worry if you don't know which area you live in, use either number and our friendly team will help you.



My

Foster Home

## My Foster Home

### What food will I eat?

Your foster carers will ask you what you like and may take you shopping to pick some of your favourite foods. It is good to eat healthy food, so your carer will also help you pick fruit and veg to add to your '5-a-day'.

### My bedroom

You will have a bedroom, where you can keep your toys and other things safe. Your carer will always knock before coming into your bedroom. Some children like to go to sleep with a light on, so if you would like this, just tell your carer.

### Will I go to the same school?

Most children will go to the same school. If you are going to stay with your foster carer for a long time and your school is far away, you may be able to change to a school that is nearer and easier to get to. Everyone will make sure that you are asked what you want and will help you with the changes.

### Can I see my friends?

Foster carers will do all they can to help you stay in touch with your friends, and help you make new friends.

### Will I see my family?

You may be missing your family, we know they are very important to you. Your social worker will talk to you about seeing and talking to them. Your safety and wishes will always be considered.

### Will I get pocket money and savings?

Yes! – All children get pocket money! Your carer will also help you to save some money for your future.



If you have any questions which haven't been answered, please make a note on page 11 and let your carer know so that we can try and answer them!





Meetings, Rights, and Information

## Meetings, Your Rights and Your Information

### Meetings

Your social worker will arrange meetings to talk about the best way to care for you. These meetings will be to check that you are OK, and might talk about your school, health and where you live.

You can decide if you want to go to the meetings. Your social worker should speak to you about what you think. You may also want to talk to your foster carer about your feelings. If you wish they can tell people in the meeting.

### Your Rights and Advocacy

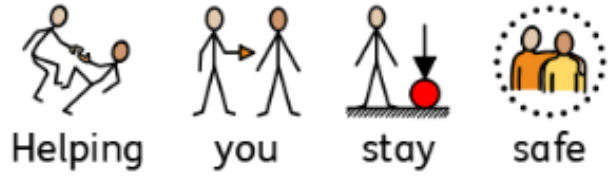
It is great that lots of people are trying to get the best for you, but it is important that you feel listened to. If you do not feel like you are being listened to, then you could ask for an advocate. An advocate can help other people understand your wishes and feelings. For help with contacting an advocate, speak to your foster carer.

### Your Information

Your social worker will send us information about you, so that we know how best to look after you. We will also ask your foster carer to keep a diary of how they are caring for you. We will keep this information safe in a secure electronic file. You can ask to see the information that we keep about you, either now or in the future.



Dave, Age 9



## Helping You Stay Safe

### Staying Safe and Well

It is really important to us that you feel safe. Your foster carer will talk to you about the house rules that they have to keep you safe and well.

**If someone makes you feel unsafe or frightened, please tell someone!**

### Bullying

Bullying is where people are unkind to others. This could be name calling, being unfriendly or hurting other people.

It may take place at school, at the park or anywhere else you like to go.

If you are worried that you or someone else is being bullied, please speak to your foster carer or another grown up who you trust.

### Useful Contacts

<b>Childline</b> A free, private, and confidential service where you can talk about anything.	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
<b>Children's Commissioner - Help at Hand</b> Free support advice and information for children in care	0800 528 0731	<a href="http://www.childrenscommissioner.gov.uk/help-at-hand">www.childrenscommissioner.gov.uk/help-at-hand</a> <a href="mailto:help.team@childrenscommissioner.gsi.gov.uk">help.team@childrenscommissioner.gsi.gov.uk</a>
<b>Ofsted</b> Ofsted check that we are doing our best for you.	0300 123 1231	<a href="mailto:enquiries@ofsted.gov.uk">enquiries@ofsted.gov.uk</a> Piccadilly Gate, Store Street, Manchester, M1 2WD
<b>National Youth Advocacy Service (NYAS)</b> NYAS will provide you with information and advice and speak on your behalf if you would like them to.	0808 808 1001	<a href="http://www.nyas.net">www.nyas.net</a> <a href="mailto:help@nyas.net">help@nyas.net</a>
<b>Coram Voice</b> Coram Voice have trained staff who will help you if you are having problems.	0808 800 5792	<a href="http://www.coramvoice.org.uk">www.coramvoice.org.uk</a>



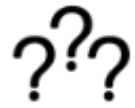
# Notes and Questions:



Notes

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and



Questions

Page Number	Notes and Questions

