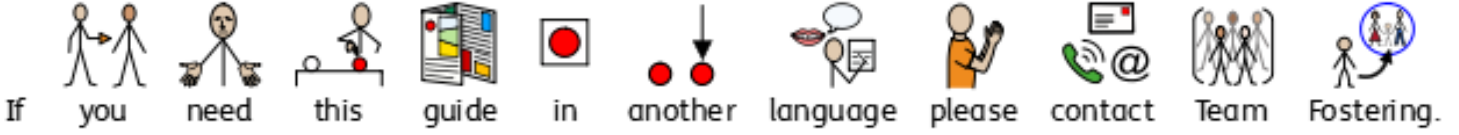




# Young People's Guide

You may have some questions and this booklet will help answer some of them. There is also useful information about people who are there to help you and services you can use.



(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۔








# Contents Page










We appreciate that there is a lot to take in right now, so we have tried to make this guide as easy as possible to follow. You may not need all this information right now, so keep this guide safe, as you may want to look again in the future.

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	<p><b><a href="#">About Team Fostering</a></b> <i>Who we are, what we do and what you can expect</i></p>	<p><b><a href="#">Page 7</a></b></p>
	<p><b><a href="#">People Who Can Help Me</a></b> <i>Information about who you can talk to if you're not happy</i></p>	<p><b><a href="#">Page 8</a></b></p>
	<p><b><a href="#">What Is Fostering All About?</a></b> <i>Not sure what fostering is? Then this section is probably worth a read!</i></p>	<p><b><a href="#">Page 9</a></b></p>
	<p><b><a href="#">What If I'm Not Happy and Useful Contacts</a></b> <i>Don't suffer in silence, talk to someone about how you are feeling. Check out this list for some useful details</i></p>	<p><b><a href="#">Page 10</a></b></p>
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	<p><b><u>Bullying</u></b> <i>No one has to put up with bullying! Find out what to do if you, or someone you know are being bullied</i></p>	<p><b><u>Page 13</u></b></p>
	<p><b><u>Self-Esteem</u></b> <i>Advice to help you feel good about yourself</i></p>	<p><b><u>Page 14</u></b></p>
	<p><b><u>Relationships And You</u></b> <i>Relationships can be difficult to navigate. Check out this page to make sure your relationships are on the right track</i></p>	<p><b><u>Page 15</u></b></p>
	<p><b><u>Frequently Asked Questions</u></b> <i>There's no such thing as a stupid question!</i></p>	<p><b><u>Pages 16-17</u></b></p>
	<p><b><u>Information That Team Fostering Holds About You</u></b> <i>OK, so not the most interesting of reads, but we want you to know that your personal information is safe</i></p>	<p><b><u>Page 18</u></b></p>

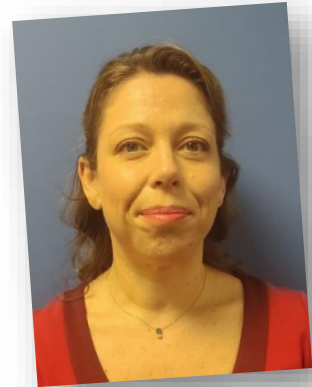
## Useful Contacts

<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 From Kathryn Hayes CEO

Dear young people

As Chief Executive Officer (CEO), I have the lead role to work with all the Team Fostering foster carers, staff and managers to make sure our fostering services are the best they can be and that you feel happy, healthy and safe.



Our Aim:

What matters to us most is that we create the best opportunities for you and for your future. We think this means:

- ❖ A foster family who make you feel welcome
- ❖ Valuing and celebrating you for who you are, and what makes you 'you'
- ❖ Keeping you healthy and safe
- ❖ Helping you with school or college
- ❖ Having fun and enjoying being you
- ❖ Staying in touch with people you care about
- ❖ Making new friends
- ❖ Asking what you think – and listening to you
- ❖ Helping you stay out of trouble
- ❖ Helping you grow up
- ❖ Organising activities where you will be able to meet other looked after young people and make new friends.

I can be contacted on my mobile or by email should you wish to tell me about ideas and issues that are going well or could be improved.

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

We look after around 220 young people, have around 170 foster families and employ around 64 members of staff! We have four offices, in Newcastle, Middlesbrough, Sheffield and South Normanton.

## Education and Support Service

The Education and Support Service run lots of things for you to get involved in and offers individual support.

### Activities

We run lots of different activities throughout the year, ranging from parties, outdoor pursuits, theme parks and other fun days out.



### Caravan Holiday

Our annual holiday is a great opportunity for you to have fun, meet other people and spend time with your foster family.



### Project Listen / Teamies

Project Listen / Teamies is a young person's focus group that aims to help you socialise and have a say in how Team Fostering is run.



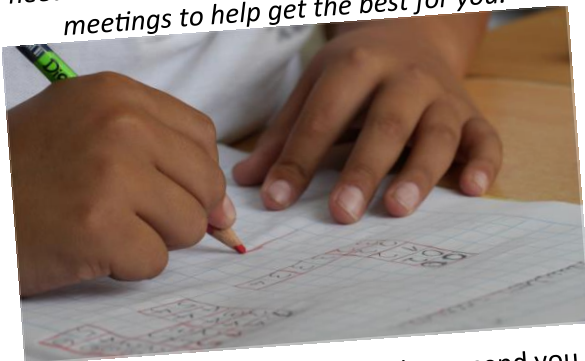
### Leaving Care Support

From 13, we help you think about independence and the skills you may need in the future. We offer group activities and 1 to 1 support.



### Education Support

We are here to help if you have fallen behind or need a little extra support. We can also attend meetings to help get the best for you.



### Targeted Support

If you are having difficulties at home, or want support with bullying, help with your feelings, or anything you would like to talk about, we can help.



We love celebrations, for example we send you a gift card for your birthday and have a Christmas Party. We also organise a Celebration of Achievements evening to celebrate the things you do well.

# People Who Can Help Me

**Tell us what you think... Comments, Compliments and Complaints!**

**Are you worried or unhappy about something? You are not alone.**

## **1. Are you able to talk to the person you are unhappy with** (You may not always be able to do this)

You can also talk to:

- foster carer
- social worker
- IRO (independent reviewing officer)
- supervising social worker / Education Support Service
- teacher
- friends
- youth worker
- police officer

We will try to sort out your problem quickly and informally.

## **2. Still unhappy...**

...contact Team Fostering. We will arrange for someone to come and speak to you to help you sort out your concerns. They will make suggestions to sort out your problem. You can get in touch with Team Fostering a number of ways:

By Phone: on **0191 257 6806 (North East)** or **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.

### **Other Contact Details**

#### **Ofsted**

Piccadilly Gate  
Store Street  
Manchester  
M1 2WD  
Tel: 0300 123 1231  
Email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

#### **Children's Commissioner**

[www.childrenscommissioner.gov.uk/help-at-hand/](http://www.childrenscommissioner.gov.uk/help-at-hand/)  
Tel: 0800 528 0731  
Email: [help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)

#### **National Youth Advocacy Service (NYAS)**

Tel: 0800 616101  
Email: [help@nyas.net](mailto:help@nyas.net)

#### **The Voice for the Child in Care.**

Tel: 0808 800 5792  
Email: [help@voiceyp.org](mailto:help@voiceyp.org)



**We love good news, and love to hear how you are getting on  
Let us know, by sending us your comments.**

You will have hopefully met your carer's social worker, (they may even have given you this guide!) Please feel free to talk to them about anything. You can also speak to a member of the Education and Support Service.



# What Is Fostering All About?

**Fostering is much more common than you think. Many famous people have been fostered, including:**



## Who are foster families?

They are people who enjoy caring and looking after young people. There are lots of different foster families; some are single, some are in relationships, others may have children and others don't. They have been carefully chosen and trained to look after you and treat you as family, to welcome you, make you feel safe and talk to you about things you like and don't like and how you are feeling.

## How will they find the right foster family for me?

Your social worker will try and make sure that your foster family speaks the same language as you and is from the same background, so you have the same religious celebrations and so on. If this isn't possible, your foster carers will find out about your background, religious celebrations and other traditions so they can support you. We also look at what skills, experience our carers have, and also consider where they live when trying to find the right family for you.

## Will I see my family?

It is natural for you to miss your birth family. We hope that young people in foster care will keep in touch with their birth family by talking on the phone, or by seeing them regularly. Your social worker will talk to you about this. Your safety and wishes will always be considered.

## Will I go to the same school?

Most young people 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.

## What about what I want?

Your social worker should find out what your wishes and feelings are. You will have regular meetings (reviews) chaired by your independent reviewing officer (IRO) to make sure there is a plan in place to look after you. Your IRO should let you know their name and contact details and will be happy to talk to you.

## What happens when I turn 18?

Your local authority should help you start a Pathway Plan sometime after your 15<sup>th</sup> birthday. This plan should help you achieve the things you want in life, such as getting accommodation, educational achievements, training, finances, or getting a job. There may be several different accommodation options available, including independent living, supported accommodation, and staying put (which is where you continue living with your foster carers past your 18<sup>th</sup> Birthday). Team Fostering offers loads of support with helping you get ready for independence. Speak to your carer and they can help you access the 'Life Skills' support.

# What If I'm Not Happy?



Sometimes you will feel happy, sometimes sad and sometimes worried. That's OK!

Your carers will not mind if you ask them all sorts of things...

- "What if I don't like the food?"
- "Can I have friends over?"
- "Will I have to move again?"
- "What time do I have to get up in the morning and go to bed at night?"
- "Will I get pocket money?"

## What can I do if I'm unhappy?

- Talk to your foster carer
- Talk to your social worker
- Talk to another adult (like a teacher)
- Mention it at your review meeting
- Read Page 8 for details on people who can help you

## Useful Contact Details

<b>Team Fostering</b>	North East - 0191 257 6806 Yorkshire and East Midlands - 0114 261 7762	<a href="http://www.teamfostering.co.uk">www.teamfostering.co.uk</a>
<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>National Youth Advocacy Service</b> Independent advice and support for young people in care	0808 808 1001	<a href="https://youngpeople.nyas.net/help@nyas.net">https://youngpeople.nyas.net/help@nyas.net</a>
<b>Children's Commissioner - Help at Hand</b> Free support advice and information for young people 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>Child Exploitation and Online Protection command (CEOP)</b> Agency to help keep young people safe online	Contact via Childline 0800 1111	<a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a> <a href="http://www.ceop.police.uk/safety-centre">www.ceop.police.uk/safety-centre</a> <a href="https://www.listentomystory.co.uk/">https://www.listentomystory.co.uk/</a>
<b>Talk to Frank</b> Confidential advice and information about drugs, their effects and the law.	0300 123660	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
<b>Samaritans</b> Samaritans are open 24/7 for anyone who needs to talk.	116 123	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Young Stonewall</b> Information and support for all young lesbian, gay, bi and trans people.	0800 050 2020	<a href="http://www.youngstonewall.org.uk">www.youngstonewall.org.uk</a>

# What Is Advocacy?



## What is advocacy?

- Advocacy is where someone speaks on your behalf
- An advocate can help you understand your rights
- They will also make sure that your views are heard

## Why might I need an advocate?

- You might need an advocate if you are unhappy with a service
- If people are making decisions about your life without listening to what you have to say
- They can also help you make a complaint about a service

## What does an advocate do?

- They are independent from your social worker and carer and they are not a family member or friend.
- An advocate's role can include arguing your case when you need them to
- You may want them to write letters on your behalf or speak for you in situations where you don't feel able to speak for yourself

## What will an advocate not do?

- They will not give you their personal opinion
- They will not solve problems or make decisions for you
- They are not there to judge you!

*Information produced by members of Project Listen, Yorkshire and East Midlands.*

## Who Can I Talk To For Support With Advocacy?

<p><b>Team Fostering</b></p> 	<p>Sheffield - 0114 261 7762 North Shields - 0191 257 6806 <a href="http://www.teamfostering.co.uk">www.teamfostering.co.uk</a></p>	<p><i>If you would like to speak to an independent advocate, but don't know who to call, Team Fostering can help you find out who to call.</i></p>
<p><b>National Youth Advocacy Service (NYAS)</b></p> 	<p>0808 808 1001 <a href="http://www.nyas.net">www.nyas.net</a> <a href="mailto:help@nyas.net">help@nyas.net</a></p>	<p><i>NYAS are a UK charity providing information, advice, advocacy and legal representation to young people and vulnerable adults</i></p>
<p><b>Coram Voice</b></p> 	<p>0808 800 5792 <a href="http://www.coramvoice.org.uk">www.coramvoice.org.uk</a></p>	<p><i>Coram Voice offer help to young people who are living in care or have recently left care. They have trained staff called advocates who can help you if you are having problems.</i></p>

# Safeguarding

## Keeping Safe with Team Fostering

As a young person, you have the right to grow up safe from people hurting you. All adults have a responsibility to protect you.

**If someone makes you feel unsafe, pressured or frightened, please seek help!**

If someone does make you feel unsafe or frightened, or if you are worried about a situation that you or someone you care about is in, talk to a trusted adult as soon as you can.

This could be your:

- foster carer
- social worker
- teacher
- foster carer's social worker
- Team Fostering's Education and Support Service

WHOEVER YOU TALK TO, YOUR SOCIAL WORKER IS THERE TO MAKE SURE YOU ARE KEPT SAFE.

**It's good to be aware of the different situations that can cause young people to feel unsafe or frightened.**

You might be physically hurt by an adult.

Someone might touch you in ways you do not like. No one has the right to touch you in a bad way; or force you to touch them or other people. **You should always tell someone** if another person is trying to get you involved in anything of a sexual nature.

Sometimes adults may persistently say or do cruel things intended to upset you (like putting you down all the time or making you feel worthless; or left out). Or you might see or hear the ill-treatment of others. This could leave you feeling very unhappy and not cared for.

You have a right to have somewhere warm and safe to live; somewhere to learn and develop; somewhere you will get enough to eat; somewhere you will be properly looked after and not be ignored.

*There was a time when I was feeling scared and uncomfortable. Some children in my year group at school were calling me names and threatening me. I didn't want to go to school and didn't feel I could talk to anyone about it.*

*Even though I was worried and embarrassed, one day I thought enough is enough. I knew I needed to speak to someone and get some help. I spoke to my foster carer and it made me feel so much better, I wish I had done it sooner. They went in and had a meeting with my teachers, the school were able to put things in place and the bullying stopped.*

*Page 14.*

For more advice regarding bullying, please see pages 13 and 14.

# Bullying

You don't deserve to be bullied - no one does! If you have already told some one, well done! It's not something you can or should face on your own! You must talk to your carer immediately about what's happening AND inform a trusted member of staff and ask them to intervene.



## What makes people bully?

- People are bullies because they don't feel good about themselves, so they try to make someone else feel like they do
- People are bullies because they are fearful and weak - that's why they are often in a group
- Bullies are not important people, but they try to feel important by making others feel hurt

**IT'S THEM THAT HAVE THE PROBLEM!!**

## How do you respond to people?

### Passive...

you behave as if other people's rights matter more than yours.

### Aggressive...

you behave as if your rights matter more than other people's.

### Assertive...

you respect yourself and others equally.

**Usually, victims are passive and bullies are aggressive. This guide can help you to become assertive, so bullies can't, and won't, bother you anymore.**

## Top tips for becoming more assertive

### Stop thinking like a victim...

You do not deserve this. Walk tall and pretend you are confident (even if you are not). Look at the bullies as if you are not affected (even if you are). If you look positive and confident, the bully will find it harder to identify you as a target.

### Ignore comments...

They want you to be scared or upset, so silence may throw them off. Try not to show if you are upset or angry. Bullies love to get a reaction and they hate being ignored. So, don't react - keep on with what you are doing. Practice keeping calm and always remember - Their opinion does not count.

### Walk away...

Don't stop if confronted, keep on walking.

### Don't make excuses...

If someone tries to get you to do something you know isn't right, don't give into pressure - keep your body posture assertive and walk away.

### Don't react...

Don't fight back or argue, this is what the bully wants; you could get hurt or get blamed for starting the trouble. Stay cool. Remember **you** are in control and **you** are not going to allow them to hurt you.

### Try 'Fogging'...

If they try to insult you, don't respond. Rather, imagine that you are inside a huge white fog. Imagine that the insults are swallowed up by the fog long before they reach you and so nothing touches you.

### Keep a diary...

Note down the time and place and what was said to document the bullying. This can be used as evidence when telling a teacher or someone in authority.

### Try and stay with others...

Bullies usually pick on kids that are alone. Avoid being in places where you know the bully is likely to pick on you, like in places on the playground not easily seen by adults.

***It's all about attitude!***

# Self-Esteem

## Feel good about yourself!

Sometimes you might feel hurt and that no-one wants to be your friend; sometimes you feel low. What happens when you feel that way?....Your eyes look dull, your mouth sinks down, your shoulders hunch, your head droops.

Here are some steps for you to try out to build your self-esteem...

### Step One

Put a smile in your eyes and on your mouth by thinking of your favourite meal (Mmm Chips!!)  
Stand up straight (Wow....Taller already!!)  
Lift your head so that you aren't looking at the floor any more.  
Now you LOOK confident and you might even FEEL better already!

### Step Two

Look in the mirror....  
The person you see is a good person, a really cool person to know, a person who has abilities and talents, and a person who deserves to be happy.  
Wow! It's YOU!  
So smile at that person, because she/he is worth it.

### Step Three

OK....now, list all the good things you can think of about yourself....go on, even small things you might forget to include. Start with:

“I'm really good at....”

“I know I can....”

“I like....”

“ I try to....”

This is called POSITIVE THINKING and you can practice it so it becomes automatic.

### Step Four

GET ACTIVE! Did you know that physical exercise makes the brain happy?  
So go for a walk or a jog, play tennis or badminton, or try skipping. Put on your favourite music and sing and dance along or have a big jump on your trampoline!

### Step Five

Join in! Find a club at school or near where you live. Remember everyone finds it hard to start new things. Just do it! Remember too, to keep going. Give yourself the chance to enjoy it!

### Step Six

Show an interest in other people. As you join groups and get to know some new people, you will be finding out new things about them as well as yourself!

All this will help you to build your self-esteem and confidence. It will work if you keep going.

**So HANG IN THERE and GOOD LUCK!**

# Relationships And You

We form relationships with lots of different people, family, girlfriends and boyfriends. This is a good thing and all part of growing up. However, if things change and the person you thought you could trust makes you feel unsafe or makes you do something that you don't want to, that is not okay!

You might feel like you have a positive relationship with someone because they make you feel special or they give you money, drugs and alcohol or buy you presents.

It could be that they are nice to you to begin with but then behave differently around you and ask you to do things for them such as:

- Touch them in a way that makes you feel uncomfortable
- Have sex with them or others
- Look at sexual pictures or films or watch them do something sexual

**You are *not* to blame if this is happening to you!**

If you are worried about a situation that you or a friend is in, talk to an adult you trust as soon as you can. People who can help you include your carers, parents, teachers, social workers or a friend you trust.

If you or a friend is in immediate danger or you need urgent help, call 999.

**Could this be you or a friend?**

**Do you have an older boyfriend or girlfriend?**

**Do you miss school?**

**Are you losing touch with your family or friends?**

**Do you take drugs or drink alcohol?**

**Do you chat to people online who you have never met?**

**Do you stay out late or even all night?**

**Does a grown-up outside your family give you money or presents?**

**Have you been asked to share intimate /naked pictures?**

## Think Safe!

- Trust your feelings to know when something is wrong. If someone makes you feel unsafe, pressured or frightened ask for help
- Don't automatically trust people you don't know even if they seem friendly
- Make sure you know who you are talking to online
- Never give away your personal details or agree to meet up with someone you have only ever talked to online
- Don't be tricked into doing things that are unsafe, they may seem fun and exciting, but they could be more dangerous than you realise

## Useful Websites and Apps

[www.faceup2it.org](http://www.faceup2it.org) this is an interactive site aimed at 13+ It has quizzes and stories about relationships and allows the young person to make choices and see outcomes.

'Wud U?' is a free interactive app from Barnardo's.

[www.ThinkUKnow.co.uk](http://www.ThinkUKnow.co.uk) is a website for young people in different age groups. There are some fab DVD clips for young people that show the dangers of social media and tips to keep safe.

[www.itsnotokay.co.uk](http://www.itsnotokay.co.uk) is a website with information about signs of CSE and how to get help.

# Frequently Asked Questions



## **Will I get pocket money and savings?**

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

## **Who decides how much pocket money I will get?**

Your social worker will have an idea about how much pocket money you should have, depending upon your age. When you first move to live with your carers there will be a meeting between your social worker and your foster carers. They will agree all sorts of things about how you are to be looked after including how much pocket money you will receive.

## **Do you go on any trips / activities?**

Yes! We run lots of activities and trips for young people, ranging from craft activities to outdoor pursuits to visits to theme parks and a caravan holiday. We regularly ask you about what you think about the different activities and what other things you may like to do.

We list all upcoming trips on our children and young people's website - [www.teamfostering.co.uk/cyp](http://www.teamfostering.co.uk/cyp)

## **How much privacy do I get in my foster placement?**

We all need some time and space for ourselves. Unless your social worker has agreed that you can share a bedroom with your brother or sister you will always have your own bedroom. Your foster family will be pleased if you join in with their family activities but understand if you want a bit time to yourself as well. If you are old enough to go out on your own, then you will need to agree a time you will come back and let your carers know where you are going so they know that you are safe.

## **Are young people involved in the rules and regulations of Team Fostering?**

Team Fostering has to follow lots of rules that are set by the government and your carers will have to stick to what the law says they can do. However, as well as having rules that we all must stick to by law, when you come to live with your foster carers, the meeting that takes place with your social worker will agree what you are able to do and who can decide what you can do.

## **What support do I get from Team Fostering?**

In addition to the support which you get from your foster carer and their supervising social worker, you can also get:

- To take part in lots of activities and events
- Help with school and college
- Someone you can talk to and give your views about your carers
- Support with Life Skills and thinking about independence

This support may be either virtual or face to face, to suit your needs.



# Frequently Asked Questions

## What training do foster carers receive?

Foster carers do lots of training to help them help you. Before they even become carers they have training and then once they are approved, they must do training every year on all sorts of subjects so they can give you the best care possible. They learn about how to keep you safe, how to help you with your education, how to keep you healthy and to understand about how being separated from your birth family can affect both how you feel and how you behave and ways to help you with this.

## Can I help with how Team Fostering is run?

Yes! We have two groups, Teamies (in the North East) and Project Listen (in Yorkshire and East Midlands) who help Team Fostering to develop the services we run for young people. Young people helped to write this guide and have also helped with a number of different projects. We also like to involve young people in the recruitment of staff and foster carers, so if you would like to be involved please speak to your carer or their supervising social worker.

## There are lots of visits and meetings, what are they all about?

It may seem a little daunting, as there are many meetings and visits which take place. These may include:

### LAC Review – Looked after child meeting

This meeting involves all the people working to keep you safe and will look at how best to look after you. You may wish to attend all or part of your LAC review, and this should be discussed with your social worker.

### PEP Meeting – Personal Education Plan Meeting

All young people who are in care should have a regular PEP meeting, which is usually held at school. This meeting looks at how you are getting on at school, what extra help and support you might need and what targets you are working towards. Some young people like to go into all or part of their PEP meeting. Either way, you should always be given the opportunity to say how you feel you are getting on and given the opportunity to ask for any support that you might need.

### Supervision

These meetings are arranged regularly to ensure that Team Fostering is supporting your foster carers. You wouldn't normally need to attend these meetings, but your carer's supervising social worker may wish to see you and may sometimes ask to look at your room.

### Looked after children's statutory visit

This is where your social worker comes to visit you and your foster carers to check that you are well and that everything is going ok for you.

### Medical Appointments

It is a legal requirement that you must have regular medical checkups. This should include a visit to the LAC nurse, dentist and optician appointments.

If you have any questions which haven't been answered, please make a note on page 19 and let your carer know so that we can try and answer them!

# Information That Team Fostering Holds About You

## It is important that you understand why we collect information about you.

- We receive personal information about you from your local authority social worker which helps us to make sure we find the right foster home for you. This is important so that we care for you in the best way we can
- We use the information to support you and check out how you are doing. We pass this information to your foster carers so you feel safe, secure and well looked after and your foster carers understand you and your needs
- We make sure that we are doing things in the best way we can and consider how we can make improvements in what we offer to you and your foster families

Hopefully you can see from this why we need this information and that we would only ever use it in your best interests.

## Why is this important?

Data Protection legislation changed in May 2018 and in summary it says:

- We have a responsibility to keep information about you in line with new Data Protection legislation
- The legislation is there to make sure that we protect your personal or sensitive information
- You have a right to know what information we hold about you, why we keep it, how we use it and how we keep it safe
- Because you are living in foster care information about you as a young person needs to be kept safe and secure for many years. This is because when you are an adult you may wish to have this record of important information and events that have happened to you

## What information do we keep about you?

There are laws setting out what information we must collect about you;

- A lot of this is the obvious information you would expect us to know; your name, age, gender, as well as information about your family, school or college
- We also ask about your health and get other information that might help us to meet your needs; for example any disabilities you may have, your religion or ethnicity
- We only keep information about you that is necessary to care for you in our foster homes

## How do we look after the information we have about you?

- We need to keep a lot of personal and sensitive information about you so we make sure it is secure and is only available to those who need to know about you
- We keep your information in a secure electronic file. We take data security very seriously and train Team Fostering staff and foster carers in the best way to protect your information
- There is an organisation called the Information Commissioner's Office which makes sure all organisations who store and use personal and sensitive information do this in the best possible way. We are careful to adhere to their rules and guidance

## Can you see the information about you?

The short answer is yes you can.

- We aim to share information we know about you when we talk with you or in meetings. However, you can ask to see the information we have about you recorded in your file. There may be information referring to other people in your file which cannot be shared



