



community
foster care

My Guide to Fostering



If you are new to foster care you may be feeling confused or unsure about what is happening.

This booklet gives you information on foster care and living with your Community Foster Care family.

It is yours to keep and has lots of useful websites and contact numbers to help you.



What is fostering?

Fostering is a special service set up for looking after children and young people who are unable to live with their parents.



About CFC



CFC has been helping
young people for
over 20 years.

Community Foster Care is a Charity that provides foster families for children and young people who are unable to stay with their parents.

We have a friendly team of Supervising Social Workers and Support Workers who are here to make sure you are safe, supported, and part of our CFC community.

Get involved

CFC provides lots of fun activities and trips that you can get involved in throughout the year, including an annual residential!

We also have consultation events and an online survey to give feedback and ideas.

CFC has an 'Experienced Care Squad' made up of young people who meet monthly to help shape what we do. From planning activities to having your say in how we are run, speak to the Support Team to get yourself involved!

Getting involved gives you a voice and enables you to change how things are done.

Check out the young people's area on our website www.communityfostercare.co.uk/children-young-people to find out more about the Support Workers, info on activities in your area, and what ECS have been up to.



About me

You could share this with your carer

What do you like?

What don't you like?



my worries

Why not write or draw your worries or fears here to help you share them with your Foster Carer or Social Worker...



About my family

It's ok to talk to your foster carer about your family and important people. Why not write or draw them here.



Your Social Worker will make sure your family or anyone important to you knows how you are and that you are safe.

Will I still see my friends and family?

Every effort will be made for you to stay at your school. Your Social Worker will talk to you and will let you know if you may need to change schools.

It is important that you tell your Social Worker who you would like to see in your family so that they can arrange or agree contact that is safe.

It is important that you tell your Social Worker or carer if you are not happy with the contact with your family. It might help to write or draw your feelings if you cannot say them.

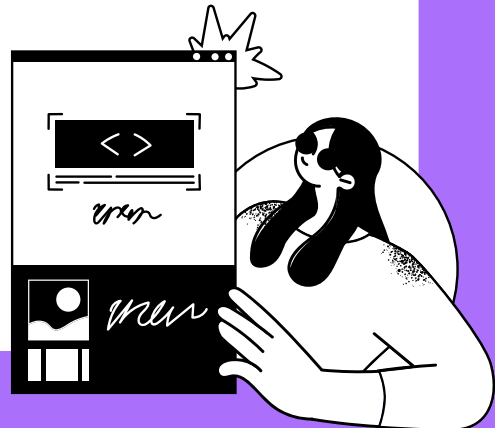
You will still be able to see your friends! Chat to your carer and Social Worker to agree rules around going out or having friends stay over.

You will still be able to practice your religion and your faith and cultural needs will be supported.

my wishes

You will have your own Social Worker who will oversee your care and welfare. They will visit you to make sure you are happy and safe. It is important to tell them what you want and what you would like to happen.

Here is space to write or draw your questions and your wishes to help you tell your Social Worker.



Reviews

Whilst living in your new home there will be meetings called 'reviews'. These are all about you! You should try and attend your reviews as it is a chance for you to say how you feel and what you would like to happen.

An Independent Reviewing Officer (IRO) will be at the meeting to make sure it is all about you and your needs are being met. It is important that they know your wishes and how you're feeling.

You should know who your IRO is and there is space for you at the end of this guide to write in their contact details. If you are unsure you can ask your Social Worker. Remember to be honest, that way everyone will know what you want to happen.



If you want help to have your voice heard an independent person called an advocate could support you. You can find out more about advocacy in your area on this website: [My local advocacy service - Coram Voice](#) and there are links to advocacy websites at the end of this guide for more information. You can also speak to your Social Worker

My Foster carers

Foster carers are people who have been through a special process to make sure they are able to keep children and young people safe.

They go through checks and have their own Supervising Social Worker from CFC to make sure they are looking after you.

Your Foster carers will welcome you in to your new home and will understand if you need some space to settle in.

What do i call my foster carers?

Why not ask your foster carers and you can both agree on what you will call them.

Your Foster carers won't expect you to call them mum and dad unless you want to.



My foster home

You will have your own bedroom or you may share with your brother or sister. Your room is your own space where you can safely keep all of your belongings.

Your foster carers will do their best to make sure you are safe and happy in your new home. They will respect and accommodate your dietary needs.

If there is something you are not happy with and you don't feel comfortable talking to your foster carer you can speak to your Social Worker or CFC Supervising Social Worker.

Your CFC family will have house rules to help everyone get along together. Why not pop them down here to help you remember.

My feelings

It's ok to have lots of different feelings about being in care. It is important to try and talk about your feelings and worries with a trusted adult.

No one should hurt you or make you feel unhappy, sad, or bullied. If you feel upset or bullied by someone at home, your foster home, school, or online you should tell an adult who can help you. This could be:

Your Carer

Your Social Worker

Your CFC Social Worker
or Support Worker

Your Teacher



my rights

Young People in Foster care deserve to experience as full a family life as possible as part of a foster family. You should be given support to develop your own identity, be listened to, and fulfil your potential.

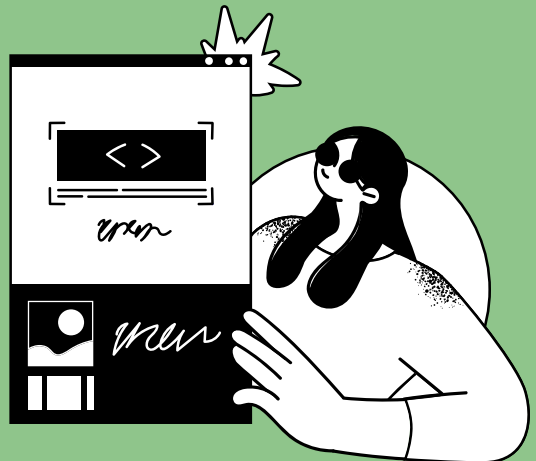
- You have the right to be kept safe
- You have the right to voice your opinions, give feedback, and you have the right to complain
- You have the right to an education
- You have the right to develop and grow and to be supported if you have a disability or additional needs
- All adults should listen to you and treat you fairly
- You have the right to know why you are in care
- You have the right to receive pocket money and your carers will save money for you in a bank account*

You can find out more on your rights on the Children's Commissioner website: www.childrenscommissioner.gov.uk

Sharefound

Your Foster Family will make a regular saving on your behalf to support your future. CFC enable this by using a Government approved scheme for children in care called Sharefound. You can find out about your savings account and how much you have saved at any point by asking your Social Worker or carer. Your savings will be kept safe and only you can access them when you turn 18.

You can also check out <https://www.sharefound.org/your-junior-isa-1> for more information on Sharefound.



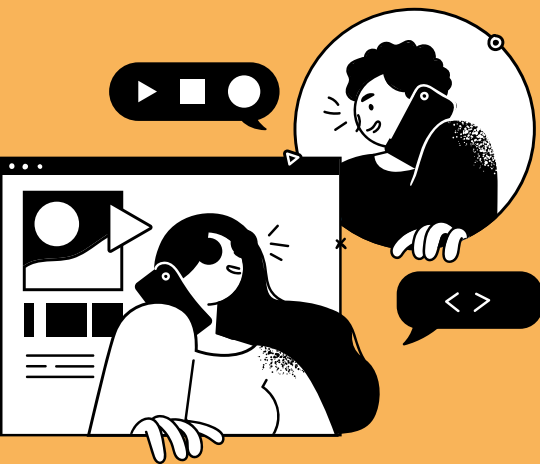
Complaints

If you feel unhappy or feel that something isn't right you can contact Community Foster Care. It is important for us to hear your concerns so that we can address them and ensure you are happy, safe, and supported in your CFC Foster Family.

You will not be blamed, you will be listened to, and you will be taken seriously.

All complaints or concerns will be investigated appropriately. If you want to make a complaint you can contact the Registered Manager, Emma Weaver, who can help you:
EmmaW@Communityfostercare.co.uk 01524 489388

There are other people who can also help you to make a complaint if you want to:



Your Carer

Your Social Worker

Your CFC Social Worker
or Support Worker

Your Teacher

Ofsted

An advocate

Useful contacts

Here is space to jot down contact details for people you may need to speak to.

My Social Worker is:

Tel:

Email:

My IRO is (You can ask your Social Worker if you are not sure):

Tel:

Email:

My Foster Carer's Social Worker is:

Tel:

Email:



Ofsted

Ofsted are the regulating body for fostering services. If you are unhappy with the service you are receiving you can contact them here:

Ofsted, Piccadilly Gate, Store Street, Manchester, M1 2WD
enquiries@ofsted.gov.uk | 0300 123 1231

Children's Commissioner

help.team@childrenscommissioner.gsi.gov.uk
Children's Commissioner Sanctuary Buildings,
20 Great Smith Street, London, SW1P 3BT
0800 528 0731

Nyas

www.youngpeople.nyas.net
Tel: 0808 8081001
Advocacy Service for Young People

NSPCC

0808 800 5000
help@nspcc.org.uk

Coram Voice

help@coramvoice.org.uk
0808 800 5792
www.coramvoice.org.uk

Childline

help@coramvoice.org.uk
0808 800 5792
www.coramvoice.org.uk



Notes

