



community
Foster care



My Guide to Fostering



This booklet belongs to:





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Hi we are the Owlery, and we've got together to tell you all about living with your Community Foster Care Family.

You can also write and draw things about being in foster care and how you feel about it.





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About me!

I am years old

Here is space for you to write and draw some of your likes and dislikes:

Favourite Food

Favourite animal

(Apart From owls)

I like...

You could
share this with
your Foster
Family

I dislike...





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About my family

It's ok to talk to your foster carer about your family and people who are important to you.

Why not draw a picture
or write about them here?





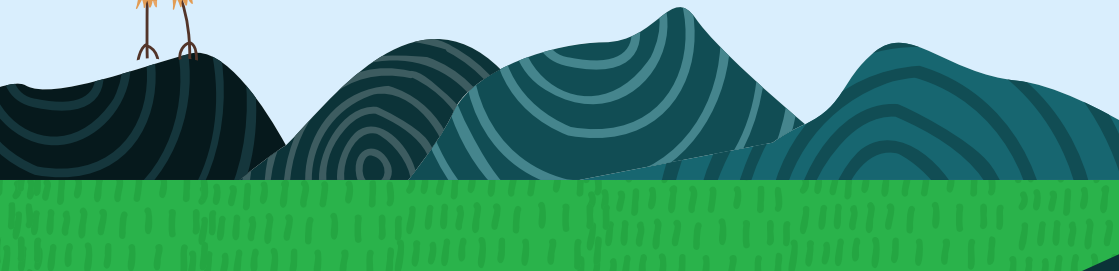
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What is Fostering

Fostering gives children who are unable to live with their parents safe homes and friendly foster carers to look after them.

Children live with Foster carers for lots of different reasons, but it's not because of anything you have done.





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About Foster carers

Foster carers are special people who have been carefully chosen to look after children to keep them safe.

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.

What do I call my
Foster carers?





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Here are my Foster
Family, can you draw a
picture of you with yours?





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My foster home

You will have your own bedroom or you may share with your brother or sister. Your room is your own space.

Can you draw a picture of your foster home?





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

They will have house rules to help everyone get along together.

1.

3.

2.

4.

Here is space for you
to write your house rules
to help you remember





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My wishes

Your Social Worker is there to make sure you are happy and safe. They will visit you and talk to you about how long you will live here, when you can see your Family, and ask you what you would like to happen.

Why not write down your wishes or questions for your Social Worker here





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Whilst living in your new home there will be meetings called 'reviews'. These are all about you! It is for you to say how you feel or 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.

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 or Foster carer's Social Worker.

Your Foster carers have their own Social Worker too! Their job is to make sure your carers are looking after you properly.





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My feelings

It's okay to have lots of different feelings about being in foster care.

No one should ever hurt you and if you feel scared, sad, or bullied you should talk to someone who can help:

Your Carer

Your Social Worker

Your Support Worker

Your Teacher

Ofsted





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My worries

It can help to share your worries. Here is space for you to write or draw any worries or fears.

Why not make a worry jar with your foster carers to help you share your worries?





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My rights

- All adults should listen to you and treat you fairly.
- You have the right to be kept safe.
- You will receive pocket money and your carers will save money for you in a bank account.
- You have the right to an education.
- You have the right to know why you are in care.

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](https://www.sharefound.org/your-junior-isa-1)
For more information on Sharefound.





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My right to complain

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.

If you need help to make a complaint you could ask:
Your Carer, Social Worker, CFC Social Worker
or Support Worker, Your Teacher, Ofsted, or
An advocate

You can make a complaint
by contacting the Registered Manager
Emma Weaver on:
01524 489388 / 07730 761618
EmmaW@Communityfostercare.co.uk





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Useful contacts

My Social Worker:

My carers Social Worker:

My IRO (Your Social Worker can give you their name and number if you do not know it):

Community Foster Care:
01452 849301 / 01524 489388
www.communityfostercare.co.uk





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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

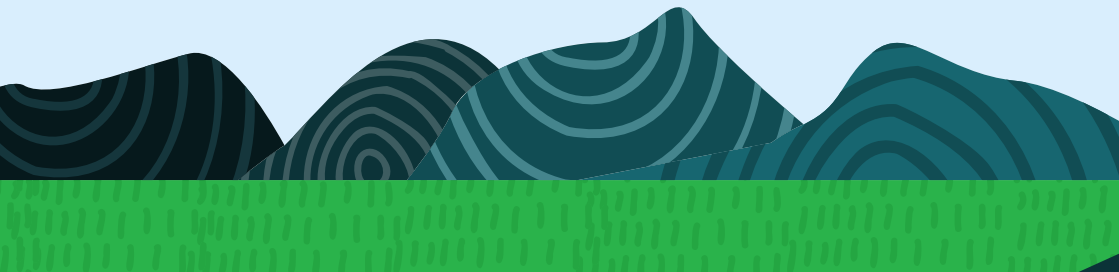
0808 800 5000
help@nspcc.org.uk

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





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Notes

A large, empty white rectangular area with rounded corners, intended for writing notes.





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