



United Fostering Services  
*NURTURE CONFIDENCE & SECURITY*

# A GUIDE TO FOSTER CARE FOR CHILDREN

( AGE 05- 11YEARS )





## HELLO AND WELCOME !

This guide tells you about being in foster care with United Fostering Services. We have made this guide to help you while you are living with one of our foster families.

It is also a place where you can write down and draw pictures about being in foster care and how you feel about that.

This booklet is yours to keep and to use, whenever you want to find something out. You can read it yourself or ask someone to read it to you.

We hope that it is helpful for you.

## INTRODUCTION

United Fostering Services is a foster care agency. Our job is to make sure that your foster carers are looking after you well and we will help them in this. We will make sure that you have happy memories and an enjoyable time in your foster home.



# WHAT IS FOSTER CARE?

Foster care is staying in a home with another person or family.

'Lewis can't live with his mum and dad at home so he lives with Steve and Sarah. They are foster carers, some people call them foster parents. Steve and Sarah make sure that Lewis is safe, happy, and healthy.'

Some children stay with foster carers for a short time and others for longer. Some foster carers live on their own and others live in families and will have their children as well. You can bring your clothes and toys into the foster home. You can still see your family and friends when you are in foster care and the foster carer will help you to do this.

## ABOUT FOSTER CARERS

Foster carers look after children when they are not able to live with their own families. Foster carers are people who like children and want to help look after them.

Foster carers are special people who have been carefully chosen to look after children. Foster carers do all the things parents do, such as setting rules and helping you with things like going to school and making sure you eat the right food.

Foster carers have special classes to learn to care for children and share their homes with them. Some children call them carers, some are called by their first name and other children like to call them mum and dad. You can talk about it together.





## WHY DO I HAVE TO LIVE WITH A FOSTER CARER?

You might be feeling confused about what is happening and maybe scared too. That's OK, we are here to help and will try to explain things as best we can.

Children live with foster carers for all sorts of reasons, but it's not to because of anything you have done wrong. When a child cannot live with their own family, they can live in a foster home for a while. Moving into a new and different family is not easy, but your social worker and your foster carers want to make sure you are in a safe, caring, and happy home.



TELL US WHAT WOULD YOU LIKE TO KNOW  
DO YOU HAVE ANY QUESTIONS ?



# YOUR SOCIAL WORKER

Your social worker makes sure that you are being looked after well. Your social worker will visit you in your foster home. Everyone who is part of your life needs to know that you are ok and what plans you have as you grow up. The plan is called a care plan. Your social worker can explain your care plan to you.

**My Social Worker's name is:**  
**Telephone number is :**  
**Email ID:**

Can You Draw A Picture of Your Social Worker?



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# UNITED FOSTERING SOCIAL WORKER

Guess what? Your foster carers have a social worker too. Their job is to make sure your foster carers are looking after you properly and have all the help they need. They visit you and your foster carers often and they are another good adult to talk to. Together they will make sure that you're happy, safe, and well cared for.

**United Fostering Social Worker's Details:**

**Telephone number :**

**Email ID :**

# YOUR INDEPENDENT REVIEWING OFFICER

Another important person to help you is called an Independent Reviewing Officer (IRO).

The IRO will come to see you in your foster home to ask you about how you are feeling and what you would like to happen. You can tell your IRO anything that is worrying you or you would like to change.

Your foster carer and maybe some other grown-ups who know you, meet together with you to make sure you are doing alright. This is called a review. You can speak at this meeting if you want, or ask your social worker if you can contact your IRO anytime.

**My IRO's name is:**

**Telephone number is :**

**Email ID:**

# YOUR RIGHTS

You can talk to your social worker about your rights. Here is the list of some of the rights you have.

- All adults should listen to you and treat you fairly all the time.
- You have the right to be kept safe at all times.
- Every child has the right to an education.
- When you are 18 you will have the right to read your file.
- You will receive pocket money, and your carers will save money for you in your bank account.
- To receive a healthy and balanced diet and plenty of exercise.

# WHEN YOU ARE WORRIED

Sometimes you may feel worried or unhappy. If you feel worried you should always talk to your social worker and foster carers. There are many people you can talk to for help.

- Your social worker
- United Fostering Social Worker
- Your Foster Carer
- Independent Reviewing Officer
- Your teacher
- Your family and friend
- Ofsted



## YOUR FAMILY

Your family is important to you. Just because you live in a foster home doesn't mean that you have to lose touch with your family.

Your social worker will tell your family how you are doing and how your foster carers are looking after you.

We will make arrangements with your social worker about seeing your mummy and daddy, brothers and sisters, and other members of your family. You may see them in your foster home or at another safe place. Your social worker will speak with you about when you can see your family and how often you can see them.

## SCHOOL

Your social worker will try and make sure you can stay at the same school when you move to live with foster carers. Sometimes children in foster care can't stay at the same school because it is too far from their foster family's house.

Everyone will make sure you are asked what you want and will help you if there are any changes. Your foster carer will make sure that things are going well for you at school.

It's normal to feel confused when you move to a new family and this may make going to school a bit difficult. Making sure you continue going to school is important. Your foster carer will speak to your school to make sure you are okay.

The teacher will know that you are staying with foster carers at the moment. The foster carers will talk to your teachers to find out how you are getting on so that everyone can be sure that you are happy when you are at school.

# KEEPING IN TOUCH

Draw a picture or list of people and their numbers who are important to you.

A large, empty rectangular area defined by a dashed black border, intended for the user to draw or write. The background of the page is a light green and blue geometric pattern.

# HAVING YOUR SAY

If there is something you are not happy with about being in care or the help you are getting, you can make something called a 'complaint'. You can always say something nice too! This is called a 'compliment'.

You can make a complaint by telling the fostering social worker or your foster carer about it.

You can also make a complaint by just calling, emailing, or writing to us:

The details are as follows:

Mohammad Asim (Responsible Individual)

Complaints Officer

United Fostering Services,

101 Lockhurst Lane,

Coventry CV6 5SF

Email: [info@unitedfostering.co.uk](mailto:info@unitedfostering.co.uk)

Ph.: 02476993632

## WHAT HAPPENS NEXT?

When we receive your complaint, we will write to you to say that we have received your complaint. We will also tell you the name of the person who will look into it and by when. Once it has been looked into, we will write to let you know the outcome. We will also tell you what you can do next if you are not happy with the outcome or you don't think your complaint has been looked into properly.

**If you don't want to speak to any of these people some other people you can talk to are:**

### **Ofsted**

It is an organization that checks the work of fostering agencies like us in England and Wales.

**Contact them:**

Piccadilly Gate Store Street, Manchester, M1 2WD

0300 123 1231, [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

[www.ofsted.gov.uk](http://www.ofsted.gov.uk)

## **Children's Commissioner for England**

The children's commissioner for England speaks up for children and young people so that the policymakers and the people who have an impact on their lives take their views and interests into account when making decisions about them.

### **Contact them:**

Sanctuary Buildings, 20 Great Smith Street, London, SW1P 3BT  
020 7783 8330

[info.request@childrenscommissioner.gov.uk](mailto:info.request@childrenscommissioner.gov.uk)

[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

## **Bullying UK**

[www.bullying.co.uk](http://www.bullying.co.uk)

For advice and support on dealing with bullying 0808 800 2222

## **BECOME**

The charity for children in care and young care leavers

15-18 White Lion Street London, N1 9PG, 0800 023 2033, [advice@becomecharity.org.uk](mailto:advice@becomecharity.org.uk)

## **NSPCC**

The UK's Children's Charity Weston House, 42 Curtain Road, London, EC2A 3NH,

0808 800500, [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Childline is the free 24-hour helpline for children and young people in the UK. It is a service provided by NSPCC, contact them on 0800 1111.

## **Frank**

[www.talktofrank.com](http://www.talktofrank.com)

Get help, get advice. 0300 1236600

## **The Children's Rights Director for England**

The Children's Rights Director spends a lot of time listening to what children and young people say. They are interested in how you are being looked after.

## **Aviation House**

125 Kingsway

London

WC2B 6SE

[rights4u.org.uk](http://rights4u.org.uk)

## **Independent Advocate**

It is an Independent Advocate's job to make sure you are listened to. They are adults who will speak up for you and make sure your views are heard about any decisions that affect you. You can let your social worker or IRO know if you would like an advocate.

**We have come to the end of your book. Thank you for reading your guide and keeping it safe.  
Don't forget to let someone know if you have any other questions.**