



United Fostering Services
NURTURE. CONFIDENCE & SECURITY

**YOUNG PERSON'S GUIDE
FROM 12 YEARS ONWARD
2021-22**

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WELCOME TO UNITED FOSTERING SERVICES !

Hello and welcome to United Fostering Services (UFS). We have made this guide to help you on the journey you are beginning with us. This is to help you to understand more about foster care. We hope this guide will be useful.

We think it is important for us to share as much information as possible with you to make sure that you know what support, entitlements, and opportunities are available for you.

”

My Name is : _____

I want to be called _____

I amyears old .

ABOUT US

UFS is a small fostering agency made up of foster families, social workers, assessors, and an office team. We provide a fostering service to children and young people where they can thrive and blossom physically and emotionally.

UFS isn't part of social services, we are an independent organization that works closely with social services to deliver good outcomes for children and young people by listening to their views, wishes, and feelings.

We will help you feel safe and work with you and your foster family. We will make sure that you get the right opportunities at the right time to explore your talents and grow in every aspect of your life. Our aim is to ensure that you have happy memories and an enjoyable time with your foster family.



ALL ABOUT FOSTER CARE

We are sure your social worker has explained to you that sometimes children and young people who cannot live with their own family might go into care and live with foster carers and their families. This can be for a short time or it could be longer. Children and young people come into care from diverse backgrounds, cultural settings, and with different abilities.

Some foster carers live on their own and others live in families and will have their children as well. You can still see your family and friends when you are in foster care and the foster carer will help you to do this.

Foster carers are people who want to help you at this stage of your life. They will have been assessed by a social worker, as well as attending a fostering panel (a special meeting of people that know a lot about foster care). Foster Carers have to attend lots of training to learn about the different things they need to help you with the tricky things you have experienced and worried and angry feelings you may have.

YOUR FOSTER FAMILY

The first thing you need to know is that UFS selects really good foster carers. We fully understand that your background, culture, and religion are important and we will make sure that you live with a family that understands and respects this.

Your foster carer is there to provide you safe, caring, nurturing home and understands your feelings and emotions. We will make sure that your foster family helps you to find the best ways to get your needs met and make a good and HAPPY life for yourself.

The first time you meet your foster carer might be a bit scary as you don't know what they are going to be like. They will try their best to work out how to help you to feel OK and show you things in the house, for example where your bedroom is, the bathroom, garden, etc. When you move in, as with all families there will be ground rules about things like homework, what time you go to bed, what time you get up, pocket money, when you have meals, and other stuff! It is important to talk to your carers if you can and tell them how you are feeling and what would help you if you are upset.

We all work together as a team to provide opportunities for you to do well in all areas of your life.



DO YOU HAVE ANY QUESTIONS ?



SOCIAL WORKER

All UFS families have a Supervising Social Worker, they visit every month to make sure you and your foster family are ok. They will attend meetings with you and your foster carers to help check everything's going well for you.

You will have your own Social Worker and they will attend your meetings as well. A Social Worker is specially trained to keep children safe and support them when they are in care. Your Social Worker will have done a special report about your situation and then made a plan with you, your family, and other people who know you, to help keep you safe and make sure everything is ok while you are in care. This is called a CARE PLAN.

Before you move into the foster family, your Social Worker and UFS worker will have a 'placement meeting'. This is where information about the foster carers and you are shared so that they get to know about you and can look after you better. Your Social Worker is there to help you. They will visit you regularly, and write down things for a report they have to do so to take to a meeting. This meeting is called a REVIEW.

My Social Worker's Details

Telephone number is :

Email ID:

My Supervising Social Worker's Details

Telephone number :

Email ID :

INDEPENDENT REVIEWING OFFICER

An independent reviewing officer (also known as an IRO) makes sure that your care plan (which is all about you and where you will be living) meets your needs.

- Your IRO will always meet with you in person before the review meeting to know how you feel and what you would like to happen.
- Ensures your wishes are being considered
- Makes plans for the future
- Ensures the foster home you are in is right for you
- IRO also checks if you have had your health checks and that you have a Health Assessment. This is when you go to see a Doctor or a Nurse and they ask you stuff about your health and well-being

My IRO's Details

Telephone number is :

Email ID:

MEETING

There will be a few meetings you and your foster carers will attend with other people. We know that sometimes taking part in the meetings about you and your life can be tough. Your social worker and foster carer will make sure that your feelings and wishes are understood. Whether the meeting is to Plan what happens next or Review how you, your foster carers, and social workers doing- we will be there for you to help you get your voice heard.

There's one other important plan! You will have what's called a PERSONAL EDUCATION PLAN or 'PEP' for short. This plan will involve you and your foster carers, Social Worker, UFS worker, school or college and a special teacher called a DESIGNATED TEACHER. The PEP will list out everything you are good at and where you might need a bit of extra help. It's good because it helps school and your foster carer to work together to make sure you achieve everything you can.

KEEPING IN TOUCH WITH YOUR FAMILY

We believe that keeping in touch with your family and friend is really important for you. This will be arranged by your social worker and you will have the opportunity to visit them mostly outside of your foster home. Unfortunately, it's sometimes not safe to keep in touch or see family members. Your Social Worker will let you know if that's the case.

If you are not happy or would like to raise any concerns about the amount of time with your family, you can speak to your foster carer, social worker, or supervising social worker.

MY RIGHTS AND RESPONSIBILITIES

Everyone has a right to be treated fairly and with respect- including you.

The foster carer charter states that children in foster care deserve to experience as full a family life as possible as part of a loving foster family. It also states that every child and young person should be respected as an individual and be supported in meeting their needs and achieving their aspirations and potential.



- 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.

Rights have been developed by humans for humans to protect us from harm and not cause harm to one another. Hence, rights are legally guarded by the United Nations Declaration of Human Rights and the Convention on the Rights of the Child.

Check out the Children's Commissioner's website for more information: childrenscommissioner.gov.uk/?s-rights

YOUR FRIENDS

Can I see my friends?

Yes, you can meet your friends. Please discuss this with your foster carers.

Can my friends stay over and can I stay over at their houses?

This depends on when and where; you should discuss this with your Foster Carer and Social Worker to ensure that it is an appropriate time (not a school night etc).

It is the foster carer's job to keep you safe so sometimes they may feel it is better for you to stay at home.

Try to work with your Foster Carers, tell them who your friends are and what you like doing when you are out on your own. Try to keep to agreed times to come home and communicate.

Am I allowed to go out?

Of course, as long as your Foster Carer knows and agrees to this. Please keep your Foster Carers informed about your whereabouts.

MOVING ON

Some young people move back to their own families. Others, when they are old enough move to their own place. Your foster carers will do their best to make sure you have all the skills you need to move on. They will help you with cooking, washing, managing money as well as lots of other things depending on your needs. We will work with you, your social worker and everyone else involved to agree and follow your “Pathway Plan” to independence. Your Pathway Plan talks about your future plans and aspirations. We all need to make sure we do this when the time is right for you and you feel ready. If and when you move on, we hope that you feel able to keep in touch with your foster carers and other important people in your life.

STAYING PUT

When you are 18 years old, there may be an opportunity for you to ‘stay put’ in your foster family and no longer be a foster child. Staying Put is great for lots of our young people and we can help you with this if it’s right for you. We will make sure that this is talked about at your Review, every local authority has a ‘Staying Put Policy’, and you can request a copy from your social worker.

A PERSONAL ADVOCATE

You might feel like you want someone else to talk to, your local authority social worker can arrange for you to meet someone called an Advocate or an Independent Visitor. Their purpose is to make sure your rights are being met throughout your experience in foster care. They also ensure your views are being fairly represented and considered during important decisions. They are separated from social services and independent from everyone else in your life. You can let your social worker or IRO know if you would like an advocate.

MAKING A COMPLAINT

If you are upset or feel that something is not right for you, you can talk to us. We want to hear what you have to say (good or bad) about being in care.

It is important for us to hear your concerns so we can address them and ensure that you are happy and supported in your foster family. You will not be blamed for making a complaint, you should always feel supported by the people caring for you and your feedback will help us to ensure that you receive the care you need and that we can improve our service for other children and young people.

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

Ph.: 02476993632

WHAT HAPPENS NEXT?

When we receive your comment, compliment or complaint we will write to you and let you know that we have got it and what we will do. If you have made a complaint we will also tell you the name of the person who will investigate it and by when. Once it has been looked into, we will write to you with the outcome of your complaint. We will also tell you what you can do next if you are not happy with the result or you don't think your complaint has been looked into properly. We promise you that we will take your complaint seriously, deal with it promptly and keep you informed of progress until it has been resolved. We will find out what went wrong and tell you what we have done about it and what we will do to try to make sure it doesn't happen again.

WHO ELSE CAN HELP?

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

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

www.childrenscommissioner.gov.uk

Bullying UK

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

NSPCC

The UK's Children's Charity Weston House, 42 Curtain Road, London, EC2A 3NH, 0808 800500

help@nspcc.org.uk

www.thinkuknow.co.uk

Get the lowdown on how to stay safe online. Get help, support, and make a report.

www.talktofrank.com

Know what's what with Franks A-Z of drugs. Get help, get advice. 0300 1236600

www.brook.org.uk

Confidential advice on contraception and sexual health for young people.

www.childline.org.uk

Confidential 1-2-1 online advice for teenagers, plus private in-box. Includes on-screen advice on relationships, exams, difficulties at home or school, and more. Call Childline on 0800 11 11

www.coramvoice.org.uk

Help for young people in care and care leavers. 0808 800 5792

www.antibullyingpro.com

Committed to protecting, training, and supporting young people – there is lots of helpful advice on the site, or you can get involved and become an Anti-Bullying Ambassador for your school.

<https://youngpeople.nyas.net>

Advocacy and legal assistance for children, young people, and vulnerable adults.

Call nyas on 0808 808 1001.

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