BEING IN FOSTER CARE

DON'T WORRY, You'll Be FINE!

Sheffield City Council

HELLO!

Today you came into care and you'll be fine, look at us. We are all in care and we made you this booklet to make you feel more comfortable in your placement.

There are all sorts of reasons that children live with foster carers, but just like us, it's not because of anything you have done.

Your carers

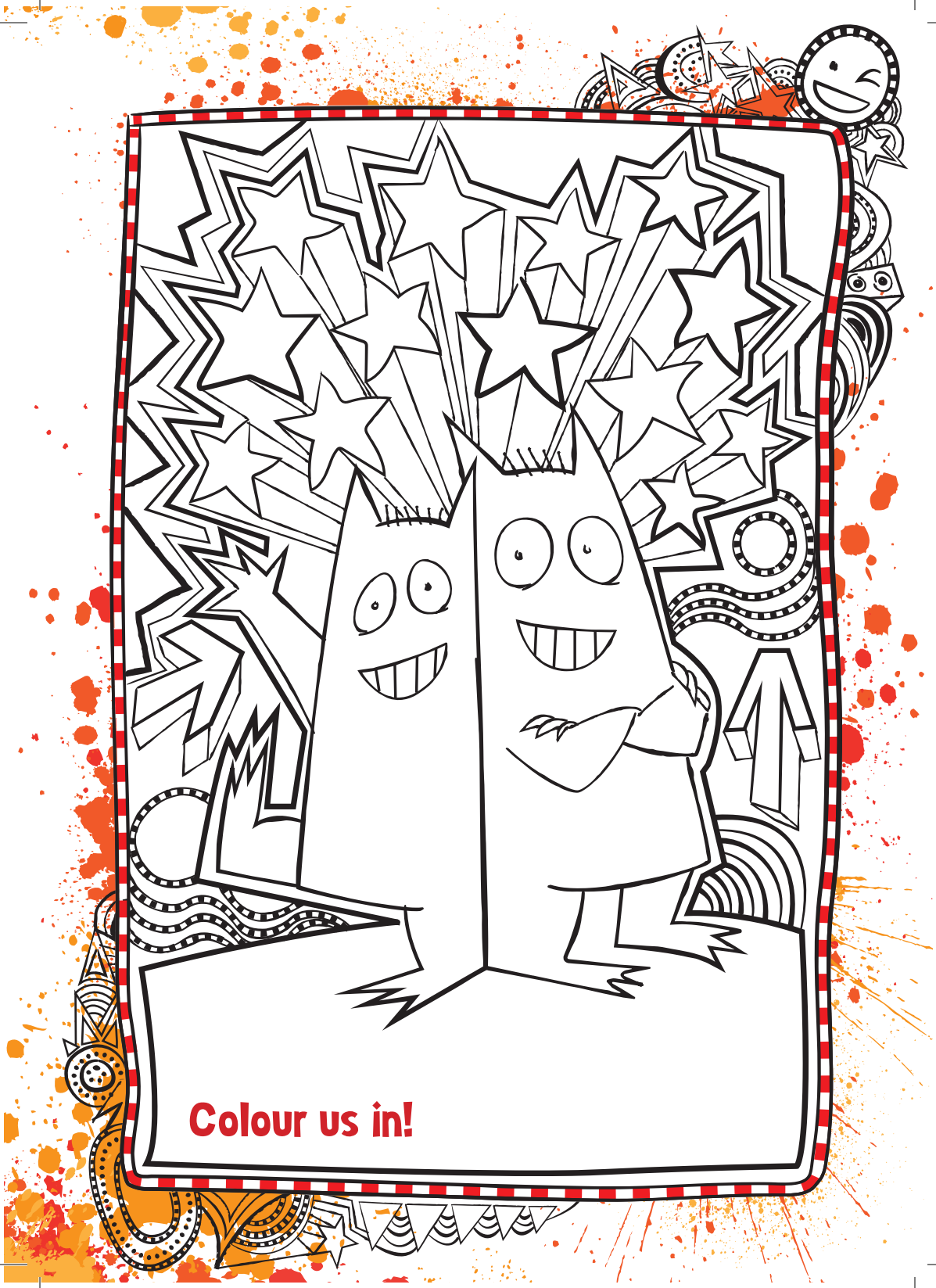
Their job is to look after you and take care of you. You can talk to them if you have any worries. Ask your carers to tell you 4 fun facts about themselves that you don't already know. This could be any facts about them or their family…

1.

2.

3.

4.


Colour us in!

Independent Reviewing Officer - IRO

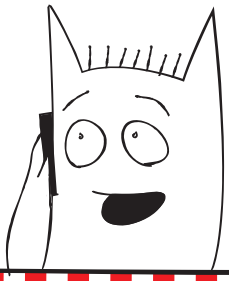
An IRO is another person you can speak to. They are there to make sure everything in your life is going well. They set up meetings called **review meetings** to talk about everything in your life to make sure you are happy with how things are now and your dreams for the future.

These are your meetings and can happen at home or at school or somewhere else, it's up to you. To begin with you will have more but then they will happen every 6 months.

Advocates

If you're not happy or don't feel listened to, you can get an advocate.They are someone you can **talk to** if you think people are not listening to you. They are there **just for you** to make sure your views are **heard**.

You can call and ask for an advocate: 0114 228 8553 or 07825 735218. Or ask your Carer, Social Worker or IRO to call.



Independent Visitor

An Independent Visitor is a **friend** you can talk to and do **fun activities** with. They are nothing to do with care and they don't know anything about your past unless you want to tell them.

If you would like an Independent Visitor to **take you out** once a month to do an activity call Independent Visitors on 0114 228 8522. Or ask your Carer, Social Worker or IRO to call.

Complaints

If you are not happy with how your placement is going or if you are not happy with a certain person you can **talk to someone** you trust like your **social worker** or someone at school.

If what you are unhappy about doesn't get **sorted out** you can make a complaint to The Complaints Team www.sheffield.gov.uk/tellus or you can make a complaint to the person in charge of **everything**.

Her name is **Carly Speechley** and this is her number 0114 293 0063.

O N D V G T C K P A R T Y O N

P G I B F Y A F G L P K H V G

M R C Y A N F R D J O N I E C

L B F K E F O M R S P I N F I

R B O I T R A M L M F R D T B

T F R F G I G B T I E R E O F

R H C A R E R S A L Z B P U T

E A C D L N B A U E F C E N E

L G D S E D C F C B H V N S D

G N T V S L A E J O N V D L S

G B R C O W C B N H Y F E E S

I V F T Y C C E W A W I N N U

G E T F C E A V C D F E T B N

L J G F W T E T P F U T V F E

O N V C I S W R E T N S I O K

I N F Y P P A H I Y N C S E Y

S K G R I E S O P B Y F I C E

O J I R C A S S U N L O T J S

O U R G H A H A R Y G E O D N

B S O C I A L W O R K E R S Z

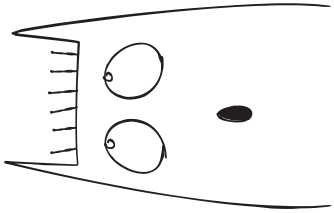
A I Y G F R N M L P H E G D X

M H Y T R E L X C E N M L O H

H A V E F U N L K A L A U G H

Word search

We've hidden some words in the grid to the left.
Can you find them?



They might be written A C R O S S

or P U or D O W N or even D I A G O N A L L Y

When you find one you can put a ring around it,

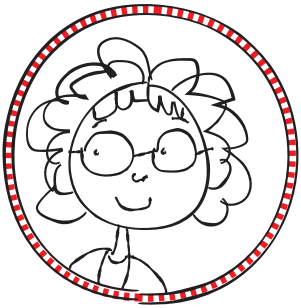
I L I K E T H I S

See if you can find these words:

ADVOCATE	IRO	SOCIAL WORKER
FRIEND	SHEFFIELD	CARERS
SAFE	INDEPENDENT VISITOR	

(There might be a few more in there). Have fun!

You need to add useful numbers



My own social worker is called

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Their phone number is

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My foster carer is called

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Their phone number is

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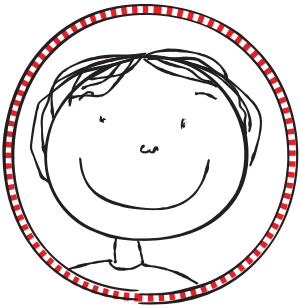

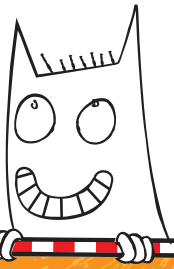

Useful numbers

Below are some useful numbers for you to have

Ofsted

An organisation called Ofsted checks the work of fostering agencies in England and Wales. Their contact details are:

Piccadilly Gate,
Store Street,
Manchester, M1 2WD

Phone number: 0300 123 1231
Email address: enquiries@ofsted.gov.uk
Website: www.ofsted.gov.uk

The Office of the Children's Commissioner

The role of the Children's Commissioner is to "promote awareness of the views and interests of children". The office of the children's commissioner is:

The Office of the Children's Commissioner,
Sanctuary Buildings,
20 Great Smith Street,
London, SW1P 3BT

Phone number: 020 7783 8330
Website: www.childrenscommissioner.gov.uk

We are the Children in Care Council and if you ever want to talk to us or meet us then check out our website www.sheffieldcicc.org

We hope you found this booklet useful and we hope that everything goes okay for you.

Sheffield City Council
Children and Families Service
www.sheffield.gov.uk

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