

A children's guide to foster care



This book has been made for you to help explain what happens when children go to live with foster carers.



It is yours to keep.

You can use it to keep notes in and find out about things.



WHAT IS FOSTER CARE?

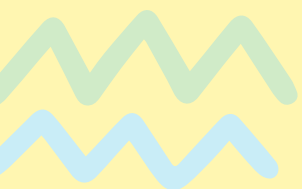
A foster carer is a person or couple who look after you when you can no longer live with your family.

There are lots of children that live with foster carers for all sorts of reasons. They are there to help look after you and make sure you are safe and happy.

Your foster carer will treat you like their own family and will make sure you are well looked after.

You will have your own bedroom and you can bring your own things that you want to keep with you.

The foster carer might talk to you and your social worker about the people who are important to you and try to work out a plan for you to see them.



WHAT IS HAPPENING?

Your social worker and people who care about you will talk to you about what is happening.

Together you will talk about how you are going to be looked after.

It is important that you understand what is happening and that you can talk about it and ask questions.

You can ask them about your school, your friends, and people you want to see. You can tell them about things that are worrying you or making you sad.

You can tell them about the food you like and the things you like to do. Talk about things that make you happy.

You will all work together to come up with a plan about how to best look after you. This is called a 'Care Plan'

WHO CAN YOU TALK TO?

There are lots of people you can talk to.

It is important that you tell people about how you are feeling. They are there to listen and help you.

You can talk about things that you are worried about. You can tell them when things are good and when things are bad.

Some of the people you can talk to are:

Your foster carer
Your social worker
A teacher at school
A doctor or nurse
Your friends
A grown up you can trust



YOUR CONTACTS

Your social worker:

Their phone number



Your foster carers:

Their phone number



Your Independent Reviewing Officer (IRO):

Their phone number



MORE USEFUL CONTACTS

Sandwell Children's Trust:
0121 569 3100

Children's Commissioner for England
Rachel de Souza
Sanctuary Buildings
20 Great Smith Street, London, SW1P 3BT
Help.team@childrenscommissioner.gov.uk
020 7783 8330.

The Children's Society Black Country Advocacy.
Freephone 0800 652 3839
Tel: 01902 877 563
Childrenssociety.org.uk

Ofsted: 0300 123 1231
enquiries@ofsted.gov.uk

Childline: 0800 1111

Coram Voice: 0808 800 5792

NSPCC: 0808 800 5000
help@nspcc.org.uk

Become: 0800 023 2033
advice@becomecharity.org.uk