



 **FQ**
fostering
Quality. Integrity. Respect.

CHILDREN'S GUIDE

what is
FOSTERING?!



What is
IT?



HI!

We hope this booklet will help you find out what you can expect while you are in foster care. It tells you who you can talk to if you have any questions.

If there is anything you want to know that is not in this booklet, please ask your Foster Parents, your Social Worker or anyone from AFA Fostering.

WHAT IS FOSTERING?

Fostering is about looking after children and young people who are not able to live in their own families for many different reasons.

If you are unsure about your situation and want to find out about how long you are going to be in foster care, you can ask your Social Worker or call us, and we will try to get you some answers.

WE WILL



- Make sure you have **OPPORTUNITIES** to keep fit and healthy.
- Make sure you are **SAFE AT ALL TIMES** and help you to learn how to keep yourself safe.
- Help you with your schooling and **EDUCATION**.
- Make sure you have opportunities to enjoy your life and **HAVE FUN**.
- Where possible, help you see the people that are important to you, such as your **FAMILY AND FRIENDS**.
- **ENCOURAGE YOU** to make new friends and get involved in new activities if you would like to.
- Help you to learn how to **LOOK AFTER YOURSELF**.
- **LISTEN TO YOU** and learn about how we might be able to work in better ways to help you.
- Make sure that you know **WHO TO CONTACT** about any of the things that may concern you during the time you are in foster care.

HELP

Fostering Social Workers

YOUR FOSTER PARENTS HAVE A SOCIAL WORKER CALLED A FOSTERING SOCIAL WORKER



The Fostering Social Worker is there to help and support your Foster Parents and also to make sure that you are well looked after. They will listen to anything you have to say. They will visit often and talk with your Foster Parents and your Social Worker about you, your education and health. This is to make sure your needs are being met. Your Fostering Social Worker will also want to meet you and talk to you sometimes.

You can talk to the Fostering Social Worker about anything you like. You don't have to wait until they visit, you can phone them anytime.



If you don't feel comfortable speaking to your Foster Parents or their Fostering Social Worker, don't forget you can speak to your Social Worker, a teacher or health professionals.

How to contact us

01603 559255

info@afafostering.com or
kids@afafostering.com

seeing my
family...

**Family
Time.....**

*It is important
you tell your
social worker about
everybody you would
like to see or keep in
touch with.*



Your Foster Parents will help with this as much as possible and will let you phone and visit as often as the Social Worker says you can. You will have a regular review (Looked after Children's Review) and your Social Worker will tell you about this. Your review will give you the opportunity to say what you would like and to ask for things that you think are important to you. The independent person in charge of the review meeting will work with you and other adults to make decisions around your future.



YOU CANNOT ALWAYS DO WHAT YOU MIGHT WANT TO DO.

You might sometimes think this is not fair but Foster Parents are required to keep you safe. Like everybody else, they will have rules that you are expected to keep to. They will let you and your Social Worker know what the basic rules are, but they will be suited to your age and the other people in the house. They will include treating other people with kindness, including respecting their own rooms, listening to other people, times you must come in by, the right bedtime for your age and the time you have to get up in the morning on school days. Remember, the rules are to keep you safe and well.

You will be treated fairly

Whatever happens, your Foster Parents will be consistent with you and all other members of the household. It is AFA's job to make sure that your Foster Parents are fair and decent at all times. We only accept people as Foster Parents who are able to show us that they care about children and young people and that they want to do their best for them. Doing their best includes helping young people to understand what is acceptable behaviour and what isn't. everybody needs to know how to behave. For example, in their family situation, in school and in public places....like when you go shopping.

INFO



Pocket Money

You will get pocket money. The amount you get will be decided between you, your Foster Parent and your Social Worker. If you want to save some of your money you can. Your Foster Parent will also deposit money into a savings account for when you are older.



Activities

Make sure you let your Foster Parent know what you like to do and any hobbies, sports or interests you enjoy as well as your favourite music, films and TV programmes. Your Foster Parents will do all they can to help you continue with your interests and also help if you want to try something new.



Food and Drink

Let your Foster Parent know what you like and what you don't like. Why not go shopping with them so you can help choose your food and drink?



Bedrooms

You will not be asked to share a bedroom unless you are allowed to share with a brother or sister.

While you are here it is your room and that means you can use it to keep your personal things and to have your own space. It also means it is your responsibility to help keep it clean and tidy! There will be times when your Foster Parents will need to go in your room. They will always knock before they come in. remember that other people's bedrooms are their own personal space and you should not go into their rooms without knocking first.



Bullying

Bullying of any kind is unacceptable in any situation. Bullying can include name-calling, threatening or tormenting behaviour or hitting, punching, kicking or any violence. It can also include racist or sexual taunts, misuse of email or internet chat rooms and text messages. If you feel you are being bullied, please tell your Foster Parent, Social worker or anyone at AFA.

IF YOU FEEL UNABLE TO TALK TO ANYONE YOU KNOW, YOU CAN CALL CHILDLINE ON 0800 1111

AFA KIDS



AFA KIDS WEBSITE: WWW.AFAKIDS.CO.UK

The **AFA Kids** website is for all children and young people involved with **AFA Fostering**. We would really like it if you want to get involved. We have blogs, pictures and information on it. We also have a gallery and information about AFA events .

As well as being somewhere you can access information and contact AFA workers, you can also find links to clubs, societies and other useful sites.



getting involved
with AFA

We would love it if you got involved with our activities and consultation groups. We really want to hear about what you think about the services we provide, and how we could do things better.

WHY NOT JOIN ONE OF OUR CONSULTATION GROUPS? OR COME ALONG TO OUR ACTIVITIES AND JUST HAVE FUN?

Consultation Groups. This is an exciting chance for you to share your ideas on how AFA can improve. Our Consultation groups have helped us with questions we ask new Foster Parents and staff and with feedback we give to Social Workers. They have also helped us design the Welcome Box and many of the leaflets inside. If you are interested in being involved, please speak to your family's Fostering Social Worker or email us on kids@afafostering.com

ACTIVITY DAYS!!

We run regular activity days throughout the year for all children and young people. Your Foster Parents will know when these are, or you could ask your Foster Parents' Fostering Social Worker.

We try to make these suitable for everyone – if you have any ideas or would like to assist with organising the events, please do get in touch!

getting in
TOUCH



You can contact us if you have concerns or are unhappy about how you are looked after. Here are some other people you may also contact:

WHO YOU CAN TALK TO

There are lots of organisations and people who are there to listen to you and to help you if you have any concerns or worries about your situation. We have provided a list of many of these below to help if you do want to talk to someone.

USEFUL CONTACTS:

- **Kidscape:** info@kidscape.org.uk
www.kidscape.org.uk
- **Drinkware:** www.drinkaware.co.uk
- **Brook Advisory Centre:** www.brook.org.uk

- **Children's Commissioner:** **0800 528 0731** or help.team@childrenscommissioners.gov.uk
This is currently Rachel Da Souza

- **Ofsted:** General Helpline: 0300 123 1231
Email: enquiries@ofsted.gov.uk
(Ofsted is a government organisation responsible for standards in foster care. They inspect agencies like AFA Fostering.)
- **Childline:**
0800 1111 www.childline.org.uk
- **NSPCC**
0800 800 5000 www.nspcc.org.uk
Email: help@NSPCC.org.uk

National Youth Advocacy Service (NYAS): 0800 808 1001
Email: help@nyas.net

Children's Minister: Parliamentary Under Secretary of state for Education – Janet Daby MP is now the representative.
02084 614733 or by email janet.daby.mp@parliament.uk

Samaritans: 116 123
www.Samaritans.org

Talk to Frank: 0300 1236600
www.talktofrank.com

Become: Charity for Children in Care and Care Leavers. 0800 023 2033 or see www.becomecharity.org.uk

FEED BACK

We always welcome feedback from children and young people in regard to their experience in their home with AFA and also in relation to ideas about how we can improve what we do.

All young people can and are welcome to call our office 01603 559255. you can also contact us through the CONTACT US page on AFA kids website or provide us with feedback or by clicking on the concerns or comments link on the front page. <http://www.afakids.co.uk>

Remember if you are looked after by an AFA Foster Parent and wish to view your file you have the right to do this. To make a request to view your file or for further information please speak to your Foster Parent or their Fostering Social Worker. There is also a leaflet in your Welcome Box with information.



A big thank you to all those who helped with
create and update this guide



AFA Fostering

01603 559255 www.afakids.co.uk

Childline

0800 1111 www.childline.org.uk

NSPCC

0800 800 5000 www.nspcc.org.uk



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