

What's foster care like?

A young person's guide



Suitable for age 8+

Introduction ...

from other young people living in foster care and residential care

We are a group of young people aged 8-14 and we are all looked after. We helped to write this booklet for you.

When we first moved into foster care, we were scared, unhappy, sad about leaving our family, happy that things were going to get better and had lots of questions and worries about what was going to happen to us.

Now things are getting better. We like our foster carers and where we are living. We got to know their family and our social worker. Things are ok.

We hope this booklet helps you to have a better life in care.

Heeley

Tom

Josh

oni

BENNON

Leaving your family

how it feels...

You might be:

- sad about leaving your family
- happy that things are going to get better
- feeling scared



Who am I going to live with?

You are going to live with a foster carer while people try to make things better at home.



Why am I here?

- mum or dad might be poorly
- people are trying to help them

Welcome Pack

It might not be easy settling in, but we will give you a 'LAC welcome pack' which is a back-pack full of useful information and toiletries.



What are **foster carers** like?

Foster carers are **nice people** who will look after you. Some have other children to play with. Some have pets.

Your foster carer is...

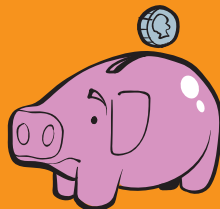


If there are other children in the house, the rules should be the same for everyone.

They will ask you to do some chores, like making your own bed. They will tell you when is tea-time, time to be in, bedtime...



They might give you pocket money. Some foster carers will give you extra pocket money for doing chores.



Your **foster carer** will want to know

My name is

I like to be called

food I like to eat (vegetarian?)

food I don't like

I am scared of

Clothes I like to wear



What is a Social Worker?

A social worker is someone who wants to help you and your family. They are trying to make things better.

My social worker is

Phone number **01352 701000** (daytime)
or **0845 0533116** (night time, in an emergency)

If you want to see your social worker, you can call them on the phone and ask them to come see you.



Questions for your social worker

Will I stay at my school?
When will I see my family?
Will I be going home soon?

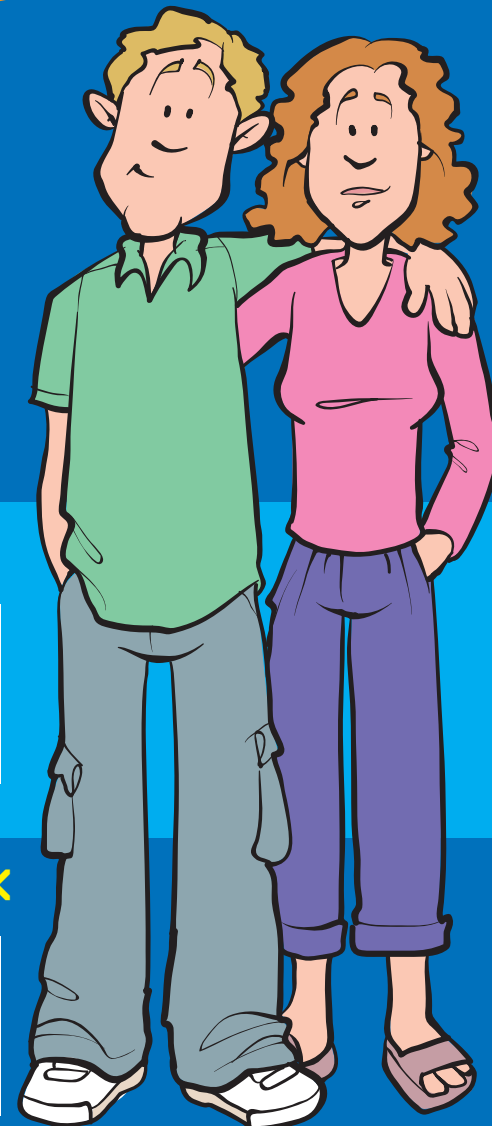
When will I see my family?

If your family are feeling ok, you might go to see them. Or you can speak to them on the phone.

If you don't want to see someone, you don't have to. If there is someone you don't want to see – tell your social worker.

People I want to see.... ✓

People I don't want to see.... ✗



Who can i speak to if i have a **problem**?



- being bullied
- miss your family
- don't like your foster carer
- feeling down

Talk to your social worker!

Tell your social worker if you have a problem

Tell them at your "review"

You will go to a meeting and be asked if you are happy about where you are living and if everything is ok. Tell them if you are not happy.

If you are scared to speak in a meeting, there is someone who can speak for you. This is called an **"advocate"**. You can call them on **0800 616101**, email help@nyas.net or ask your social worker and they will contact them for you.



What if i am **REALLY** not happy?

If you are really unhappy, you can move to another foster carer. If there isn't another foster home that's right for you at the moment, you might have to stay for a while.

Make a complaint

You can speak to the complaints officer if you are not happy. Call **01352 702570** or email myview@flintshire.gov.uk



You can speak to the Children's Commissioner. Call **01492 523 333**, visit www.childcom.org.uk or text **80800** and start your message with COM

You can speak to the Speaking Out for Children in Care group. All the group members live in foster care and know how it feels. You could join our group or ask us to look into an issue for you. To get in touch call **01352 702655** or visit www.flintshire.gov.uk and search SCC.

