



Staffordshire  
County Council

7  
years old  
and Under

Information for children who are Looked After

# U-pack



This information is to help you while you are living away from home

**Hello, this information is to help you while you're living away from home.**

**It tells you what it's like to live with foster carers and lets you say what you think.**



Section 1: All About You!

Section 2: Being Looked After

Section 3: Living In Foster Care

Section 4: Education

Section 5: Your Health

Section 6: Lifestyle

Section 7: Speaking Out

Section 8: Useful Links & Contacts

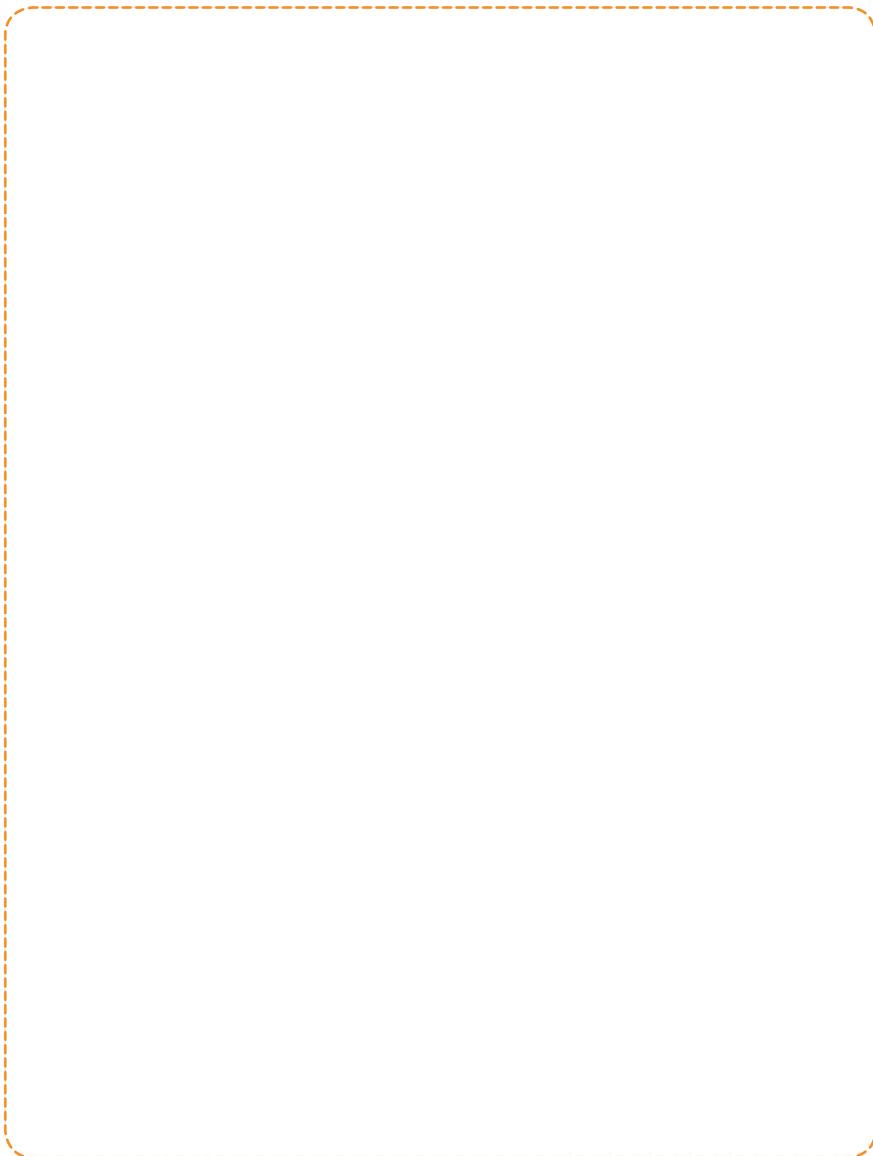
# All About You

My name is Jack,  
I'm six years old and I live in Staffordshire.  
You can use these pages to tell us all about you.  
Don't forget if you get stuck you can ask  
your carer for help.



# What do you look like?

Draw a picture of what you look like. We have made a special place for you to draw it below:



# About me



We have made this page of the folder for you to tell us all about you.

You could ask your foster carer or Social Worker to help you fill the profile in.

You can even draw another picture of yourself in the box. Have Fun!

My Name is .....

My Date of Birth .....

I was born in .....

My Carers names are .....

My Address is .....

.....

My Telephone number is .....

## About my family:

If it's ok with your Social Worker and they think its safe, you may be able to stay in touch with members of your family.



Family members name .....

Telephone number .....

Address .....



Family members name .....

Telephone number .....

Address .....

# My Social Worker:



You can find out more about your Social Worker later on in this folder.

Why don't you draw a picture of your Social Worker and write down how you would contact them.

My Social Worker is called.....

Telephone .....

Mobile .....

Email .....

Address .....

.....

# My Independent Reviewing Officer

Name of my Independent Reviewing Officer:

.....

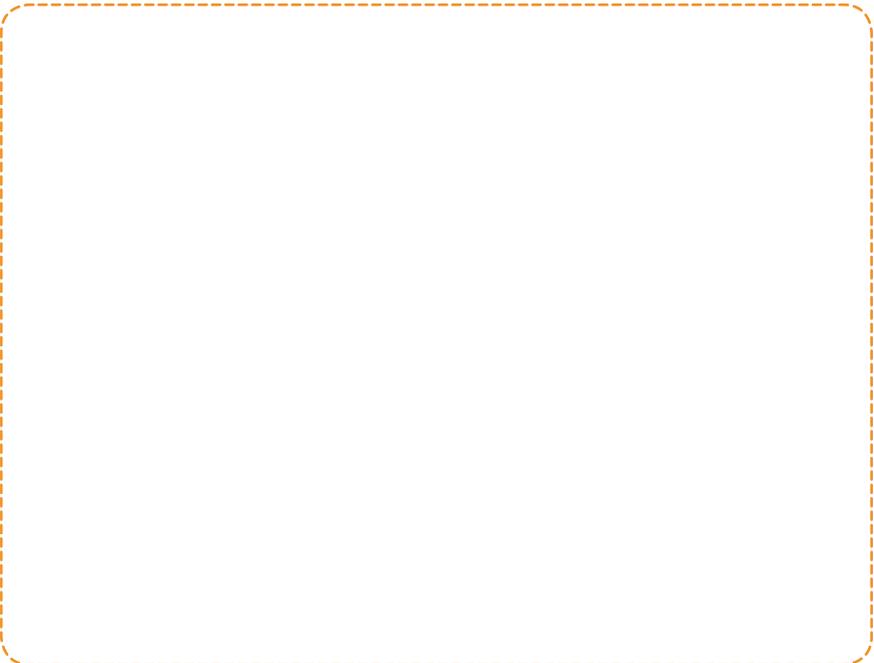
Telephone .....

Email .....

Office Address .....

.....

Draw a picture of your Independent Reviewing Officer



# Being Looked After

Hi my name is Lucy, and I'm 4 years old and I live with my carers Julie and Mike, because I can't live at home with my family. They are really nice and look after me.





I have a Social Worker called Adam. He is nice and friendly. It's his job to come and see me as much as he can and make sure I am ok.



I talk to him about what I want to happen and if I have any worries.

He also arranges for me to see my family.

When you are in care, you will have a special grown up who will make sure you are happy and safe. This person is called a Social Worker.

## What does your Social Worker do?

They will make  
sure you are  
happy

They will try to  
help you if you  
have a  
problem

They will talk  
to you about  
where you  
live

They will help  
you keep in  
touch with  
your family

They will make  
sure you are  
looked after  
well

They will make  
sure you go and  
like your School



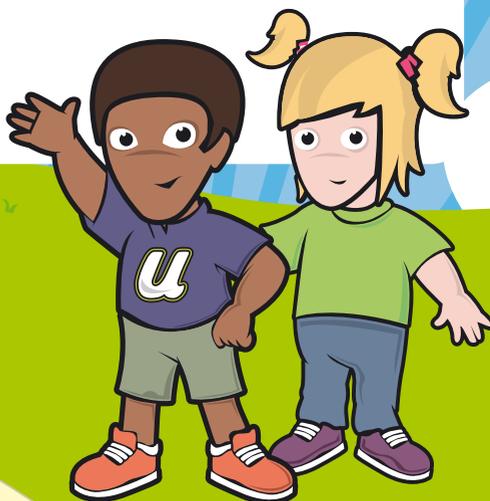
What things has your Social Worker done for you or what would you like your Social Worker to do?


Draw you and your Social Worker together

**I've got a care plan. It tells me and everyone close to me, what is going to happen.**

**When you are in care there are lots of people who are going to try and make sure you are ok.**

**They all need to know how they are going to look after you.**



## Your review...



When you are in care all the grown-ups want to make sure you are happy and safe.

A review is where all the grown-ups will meet with you to talk about how you are getting on.



There will be a grown up who's job is a Independent Reviewing Officer, they will come to your review. This person will make sure all the other grown ups are talking about what is best for you.

# Living In Foster Care

I can't live at home with my family so I live with Julie and Mike who are really nice and look after me.

I live with Julie and Mike in their home.  
I have my own bedroom where  
I keep my toys.





It didn't take me long to settle in living with Mike and Julie. I was really scared at first.

Julie and Mike wanted to know what I liked to eat and if I had any favourite toys I liked to play with.

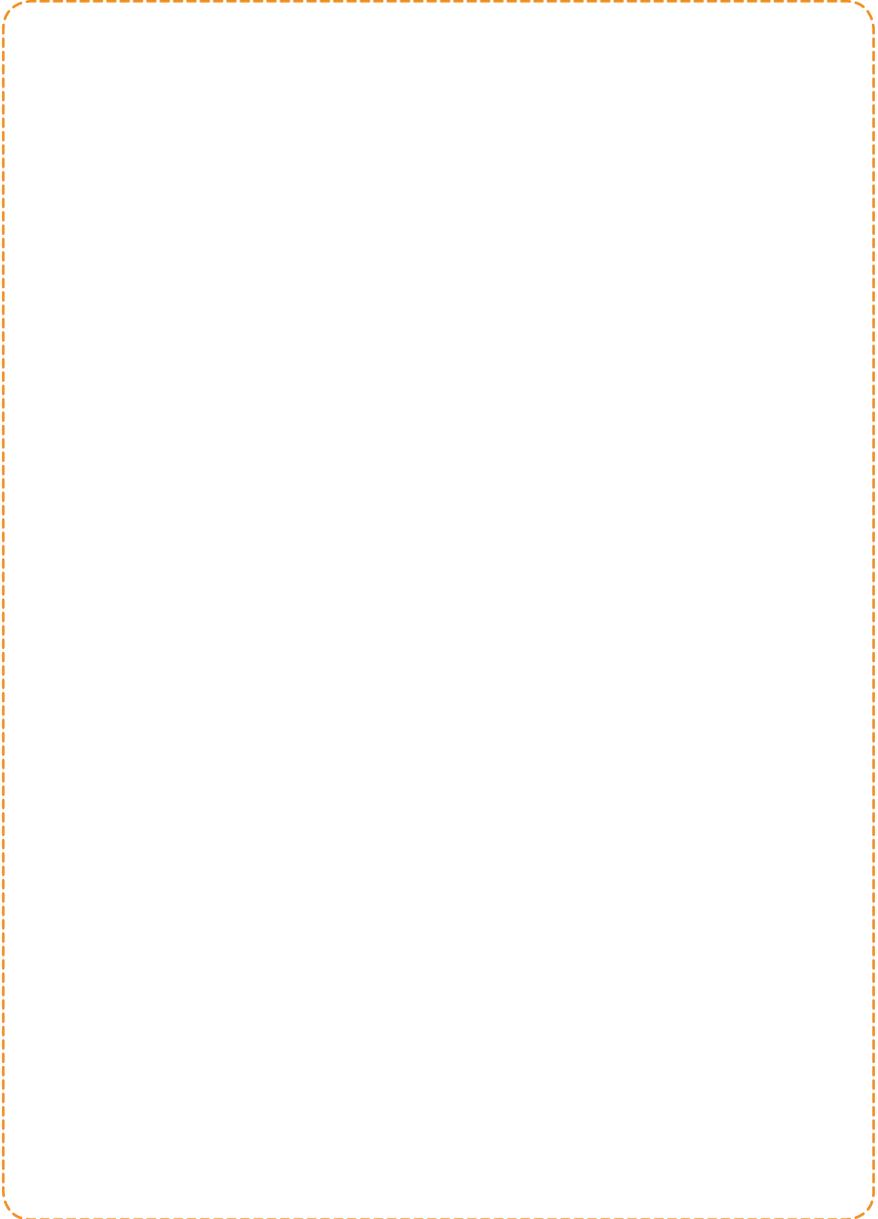
What do you like to eat?

What are your favourite drinks?

1. ....
2. ....
3. ....
4. ....

What are your favourite toys?


What does your foster home look like?

A large, empty rectangular area with a dashed orange border, intended for a drawing or illustration of a foster home. The page also features green and yellow decorative elements at the bottom.

## What rules do your foster family have?

Julie and Mike have some rules like every family does. I have to brush my teeth and wash, when I get up and when I go to bed.

1. ....

2. ....

3. ....

4. ....

5. ....

6. ....

7. ....

8. ....

9. ....

10. ....

# Education

My name is Matt and I am 10 years old. All children have to go to school. By going to school you will learn lots of new things which will help you when you are older.



**I go to school near where I live. My teacher is called Mr Thomas. When I first came into care I didn't know if I could go to the same School.**

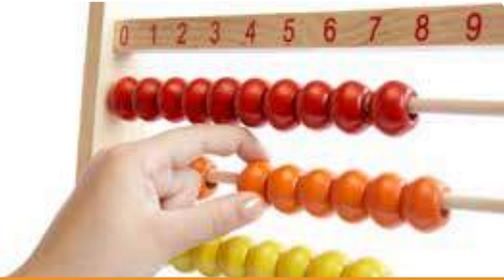
**But my social worker said it was ok for me to go there.**

**What School do you go to?**

.....  
**What is your teacher's name?**  
.....



What's your school like? Schools come in all shapes and sizes.



What do you like about your school?

Draw and write about what you learn at School.

When you grow up, you will want to get a good job which you like. School will help you do this...

What do you learn about at School?


## Your Designated Teacher

In your school you have a special teacher who makes sure children in care are safe, happy and doing well.



## What does your Designated Teacher do?

They will talk to  
your Social  
Worker

They will make sure  
you have a Personal  
Education Plan

They will give  
you a chance to  
have a say

If you need them  
you can go and  
talk to them

They will help  
you if you have  
a problem

They will talk  
to you about  
your school  
work

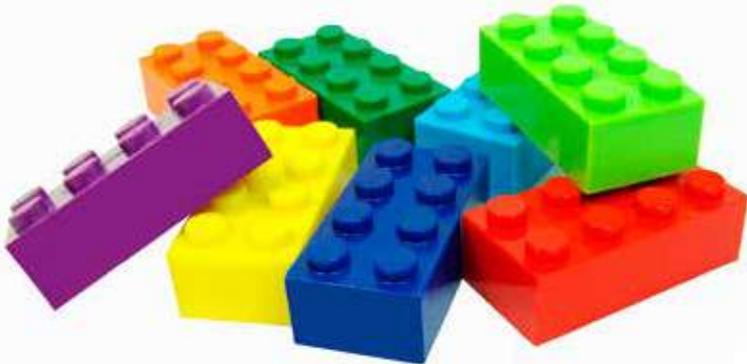
They will make  
sure you are  
doing well in school

## Personal Education Plan

On my Personal Education Plan there is writing that tells me and everyone close to me, what is going to happen.



I can tell the people who look after me what I want to happen.



# Health

You need to eat the right things and exercise to stay well, happy and healthy.

It is important you know how to get help when you feel ill.



## Your Health...

Everyone feels poorly sometimes. There are always lots of people to look after you. Most of the time you can be looked after at home by your foster carers.



Sometimes you might just need some medicine from the chemist.

Or sometimes you may need to visit your doctor who will then try to make you better.



## Your Health...

Children and adults sometimes have to go to hospital. If you have to go to hospital they will help you to get better and let you play with lots of toys.



What do you think your hospital looks like?

A large, empty rectangular area with a dashed orange border, intended for a child to draw or write their answer to the question above.

## Your Health...

There are lots of things you can do to stay healthy, like eating lots of fruit and vegetables.

### What fruit do you like to eat?


**Every year we have to see a doctor or nurse to make sure we are well. They will talk to you, and you can tell them how you are feeling and if you are sad about anything.**

**They will measure you to see how tall you are and weigh you, and they may talk to you about what you eat.**

**This is called a “Health Assessment.”**



## Keeping clean...

It is important to keep clean. Wash every day and keep your hair and nails clean. So wash them every time you use the toilet and before you have a meal.

## What do your teeth look like?

A large, empty rectangular box with a dashed orange border, intended for a child to draw or describe their teeth.

Clean your teeth at least twice a day, this will help you to have good strong teeth.

# Lifestyle

I have lots of friends who I see at school.  
My best friends are Tony and Hannah.

When I first moved to where I now live, I found it hard  
to make new friends but my Social Worker helped me.



## Who are your friends?

You can draw a picture of you your friends below.  
You can also write their names on the line.


## Things to do, Places to go:

There are lots of clubs and groups you can go to and meet lots of new people.

You could go to:

Football

Local Park

Dance Classes

Horse Riding

Swimming

## What things do you like doing?

1. ....

2. ....

3. ....

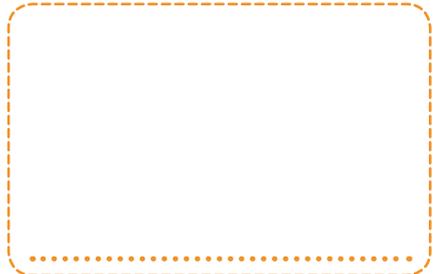
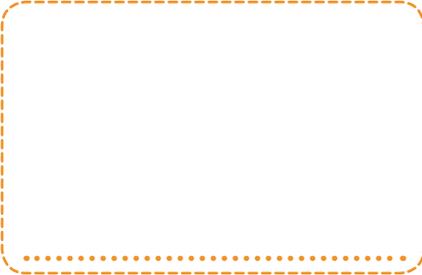
4. ....

**You may still want to talk and see your family. If that is ok with your social worker you will be able to see them.**

**I still go and see my family when I can, but not all children in care can see their families.**



Who do you go and see in your family?



# Speaking Out & Your Rights

Lots of grown-ups want to listen to what children think about being in care.

When you are in care you can always tell your Social Worker and your carer what you want to do and if you want something changed.



**There may be times when you may not be happy about being in care or the services trying to help you.**

**Staffordshire County Council has a special team of people who you can tell if something has gone wrong. You can also tell the team if something has gone well.**



## Something gone wrong?

Before making a complaint you could talk to one of the below people.

Your Social  
Worker

Another  
member  
of staff

A teacher

Your Carers

## Who else do you think you could go to?


## Speaking out in care...

### Something gone wrong..

#### **Have you decided to make a complaint or compliment?**

If you are really unhappy you can make something called a "complaint". This means that you can ask someone else to try and sort your problem out. You can find a leaflet in the back of this folder.

#### **Key Contacts from the Complaints Team!**

Complaints and Compliments Team Helpdesk:

0300 111 8000



I have a Social Worker called Adam. He is nice and friendly. Its his job to come and see me as much as he can and make sure I am ok.

# Your Pledge

The Staffordshire Pledge Children's Activity Book



**Created by Staffordshire's Children in Care Council**  
Supported by the Voice Project at Staffordshire County Council

# Hello!



**My name is Jack. I can't live at home with my family so I live with Julie and Mike. Julie and Mike are my Foster Carers and they make sure I am happy, healthy and safe.**

**My name is Lucy. I also live with Foster Carers. I'm here to help you learn about our special Pledge. You can use our special booklet to read, draw and colour.**



**Some of the words in this booklet may be new to you or hard to read. So don't forget you can ask your Foster Carers, Social Worker or someone you trust to help you.**

**Some children like me can't live at home with their family so they live with special foster families.**



We have made this page of the booklet for you to tell us all about you. You could ask your Foster Carers or someone else you trust to help you finish this page.

You can even draw a picture of yourself in the box.

**Have Fun!**

My name is: .....

My date of birth is: .....

My carers names are: .....

My friends are: .....

.....

The things I like to do best are: .....

.....

**To make sure children like me and you are happy, healthy and safe we have something called the Pledge. The Pledge is a list of promises made to us. This book will help you learn more about our Pledge.**

## Our promises to you:

The adults looking after you will do everything they can to make sure that you are safe and you don't get hurt or sad.

What makes you happy?



What makes you sad?



## Our promises to you:

We will make sure the adults looking after you help you to be healthy. They will help you to look after your body. They will help you to be happy.

What fruit do you like to eat?



What food do you like to eat?



## Our promises to you:

We will help you to learn lots of new things so you can get a good job when you are older. We will help you to do things which you enjoy.



They promise to make sure you learn lots of new things.

Draw a picture of your school in the box:

A large, empty white rectangular box with a dark blue border, intended for drawing a picture of a school.

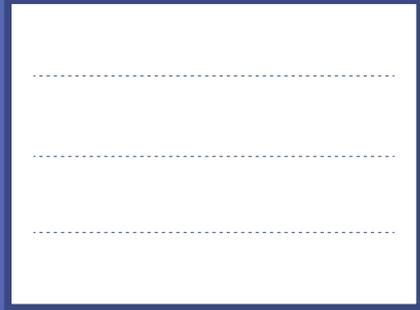
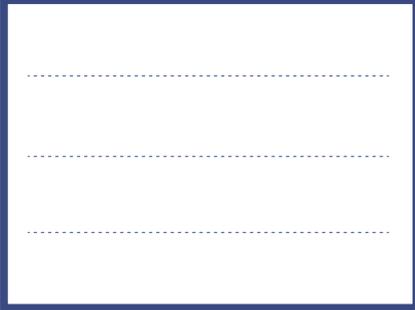
What makes you happy at school?

A white rectangular box with a dark blue border, containing three horizontal dotted lines for writing.

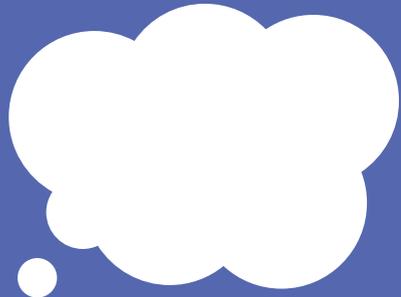
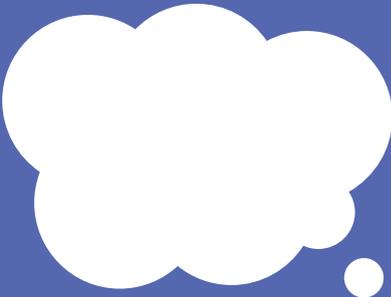
## Our promises to you:

We will make sure the adults looking after you will ask you about your wishes and feelings. We promise to listen to them.

Who do you talk to when you are sad?



I wish:



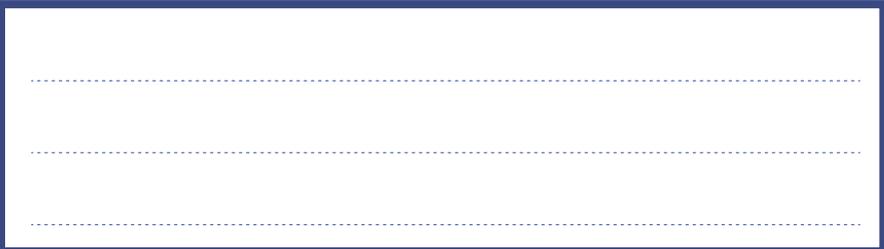
## Our promises to you:

We will do everything we can to make sure you have a home where you feel safe, happy and healthy.

Draw a picture of your home in the box below:



Who do you live with?



## Our promises to you:

We will make sure we help you to take part in things that you enjoy and where you have lots of fun.

What things do you like doing when you are not at School?

<hr/> <hr/> <hr/>
-------------------

<hr/> <hr/> <hr/>
-------------------

<hr/> <hr/> <hr/>
-------------------

<hr/> <hr/> <hr/>
-------------------

What sports do you like?

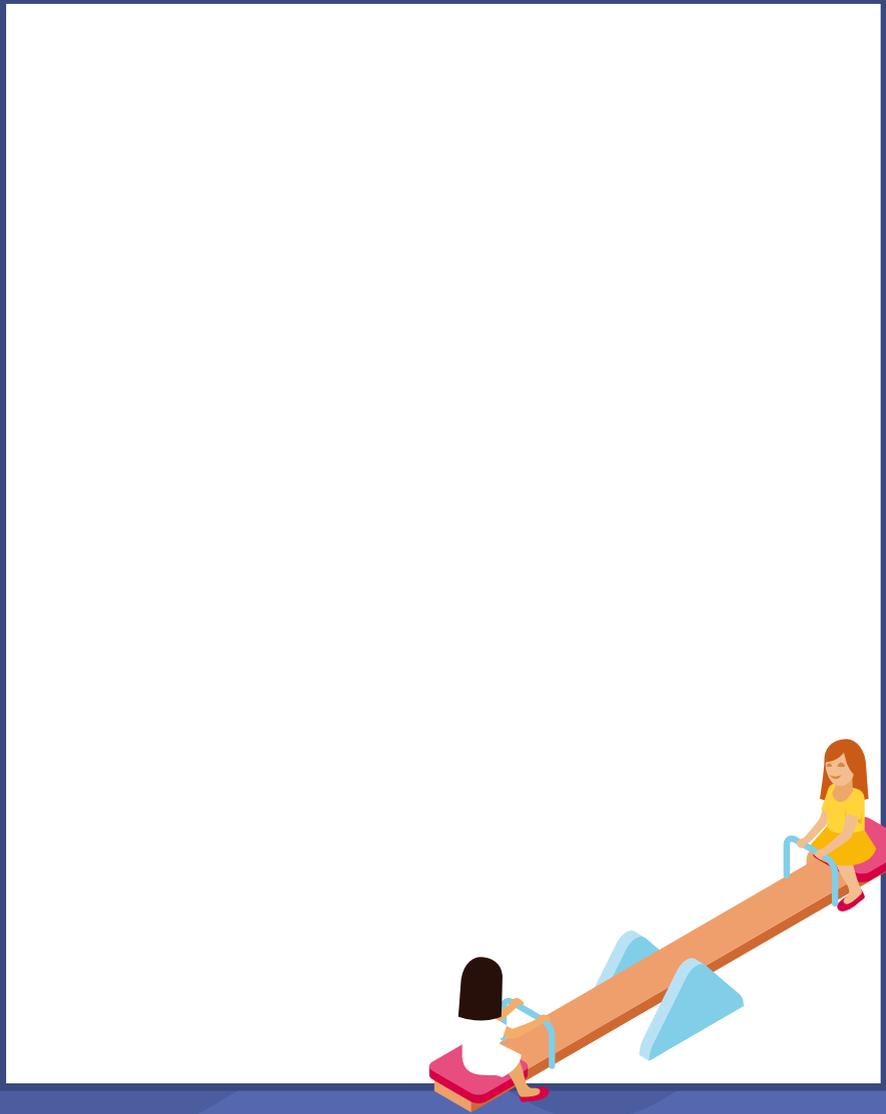
<hr/> <hr/> <hr/>
-------------------

<hr/> <hr/> <hr/>
-------------------

## Our promises to you:

We will help you get ready for when you are an adult.

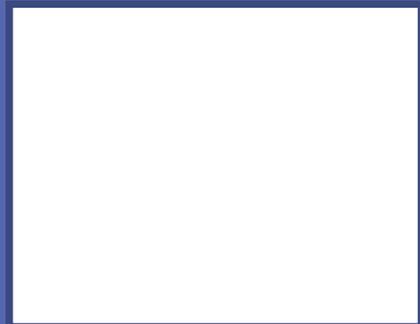
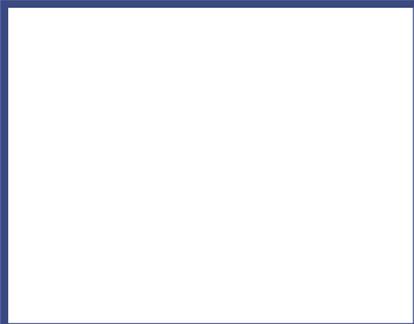
What do you think you will look like when you are older?



## Our promises to you:

We will make sure that you are treated fairly. We will help you to get to know and get on well with your family, friends, carers and other special adults in your life.

Who are your friends. Draw pictures of them in the boxes.



## The Staffordshire Pledge.... our promises to you:



Thank you for reading our special booklet and we hope you enjoyed it. You can ask your Social Worker or Independent Reviewing Officer if you would like to know more.

If you would like further information please contact  
The Voice Project on: **01785 253878**  
or email: **[cvp@staffordshire.gov.uk](mailto:cvp@staffordshire.gov.uk)**

To view the complete Staffordshire Pledge, please visit [www.staffordshire.gov.uk/cvp](http://www.staffordshire.gov.uk/cvp). This easy read version of the Pledge has been created for Younger Children and does not include the full detail of the Staffordshire Pledge Commitments.

Children, young people and vulnerable adults

# We'll help you to get your voice heard



## We can....

- Provide someone who represents you
- Get you listened to
- Support your wishes and feelings
- Help you make a complaint
- Speak up for you
- Help you understand your rights
- Get you involved in decision making about you

## NYAS Helpline

**0808 808 1001**

Weekdays 9am-8pm, Saturdays 10am-4pm

Visit our website: [www.nyas.net](http://www.nyas.net)

Email us: [help@nyas.net](mailto:help@nyas.net)

Write to us: **FREEPOST NYAS**



Charity Registration No. 1012485

**nyas**

giving a voice to  
children, young people  
and vulnerable adults

rhof Bais I blant,  
pobl ifanc ac oedolion  
agedd I niwed



*Useful  
Links  
& Contacts*

## Information and Advise Services

### Childline

This is a free helpline for children and young people in the UK. Children and young people can call Childline to talk about any problem – their counsellors are always there to help you sort it out.

### Bullying Online

Bullying Online was founded in 1999 by journalist Liz Carnell. The website contains lots of resources and reliable information on a variety of bullying issues.



## Useful words and phrases to know...

**Foster Care**

This means to live in a house or apartment with one or two carers who will look after you as part of their family.

**Foster Carer**

The person or people who look after you in a foster home.

**Residential Care**

This means to live in a house with other looked after young people with the support of staff.

**Social Worker**

The person whose job it is to help look after you by arranging meetings, visiting you and carrying out your care plans.

**Complaint**

This means to raise concerns about how you are or have been treated.

**Essential Information Form**

This form tells your carer things they need to know about you like your school, health and family.

**Care Plan**

This is used to tell us and the people caring for you what should be done for your future care.

**The Voice Project**

The Voice Project aims to help young people have their say about their care, the service they receive and plans that are being made for the future.

**Independent Reviewing Officer**

The Independent Reviewing Officer will come to your review, this person will make sure all the other grown ups are talking about what is best for you. They will make sure your wishes and feelings are taken into account.

## Useful words and phrases to know...

### **Personal Education Plan (PEP):**

All young people in care who are of the age to attend school have something called a Personal Education Plan. This plan tries to make sure you are doing well in your education.

### **Review:**

A review is a meeting with you to discuss how you are getting on and how you feel about where you live.

### **Health Assessment:**

You will meet with a doctor/ nurse or sometimes a school nurse for your health assessment, to discuss your health. The assessment should be about how you are feeling, the things you can do to be healthy and any problems you have or things you are worried about.

### **Pledge**

A pledge is a promise or set of promises made to you. Staffordshire County Council has a pledge for children and young people in care

### **Children In Care Council**

The Children In Care Council aims to improve the lives and futures of children and young people in care.

# Useful links & contacts:

<b>Complaints and Compliments</b>	<b>0300 111 8000</b>
<b>The Voice Project</b>	<b>01785 253878</b>
<b>Emergency Duty Service</b>	<b>0345 604 2886</b>
<b><u><a href="#">NYAS</a></u></b>	<b>0808 808 1001</b>

## **The Voice Project**

**01785 253878**

**[www.staffordshire.gov.uk/cvp](http://www.staffordshire.gov.uk/cvp)**

**Email: [cvp@staffordshire.gov.uk](mailto:cvp@staffordshire.gov.uk)**

Staffordshire County Council has made every effort to ensure this information is correct at the time of production. (December 2017)

The Voice Project would like to thank all the Children, Young People & Professionals who have contributed to the development and creation of this pack.