

Hello, this folder 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

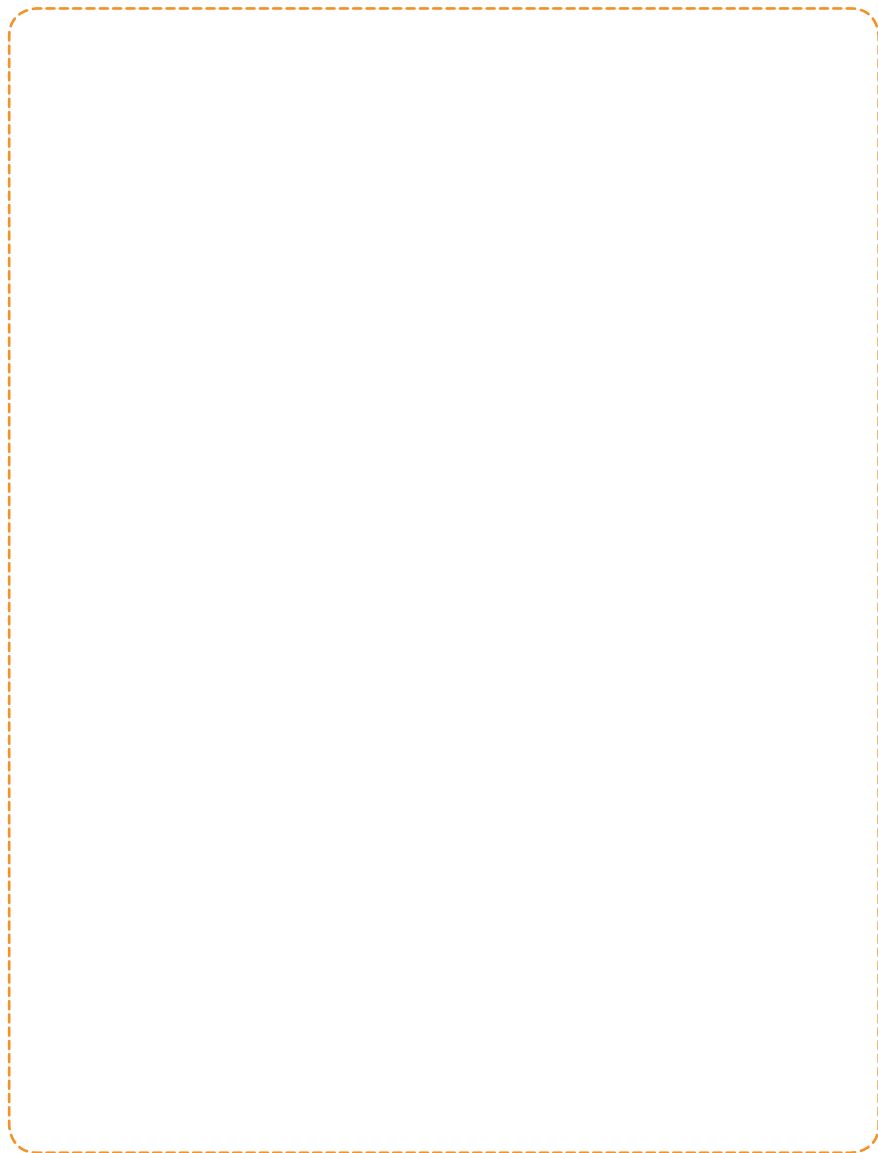
Section 6: Lifestyle

Section 7: Speaking Out

Section 8: Useful Links & Contacts

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:

A large, empty rectangular area with a dashed orange border, intended for a child to draw a picture of themselves. The box is centered on the page and takes up most of the lower half.

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

A large, empty rectangular box with a dashed orange border, intended for drawing a picture of the Independent Reviewing Officer. The box is positioned below the text 'Draw a picture of your Independent Reviewing Officer' and occupies the lower half of the page.



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?

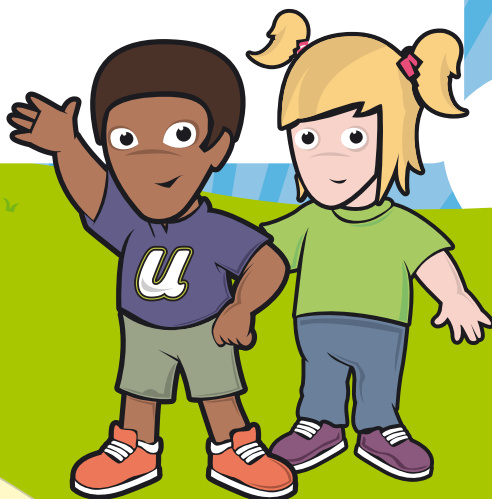
Draw you and your Social Worker together

--

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.



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.

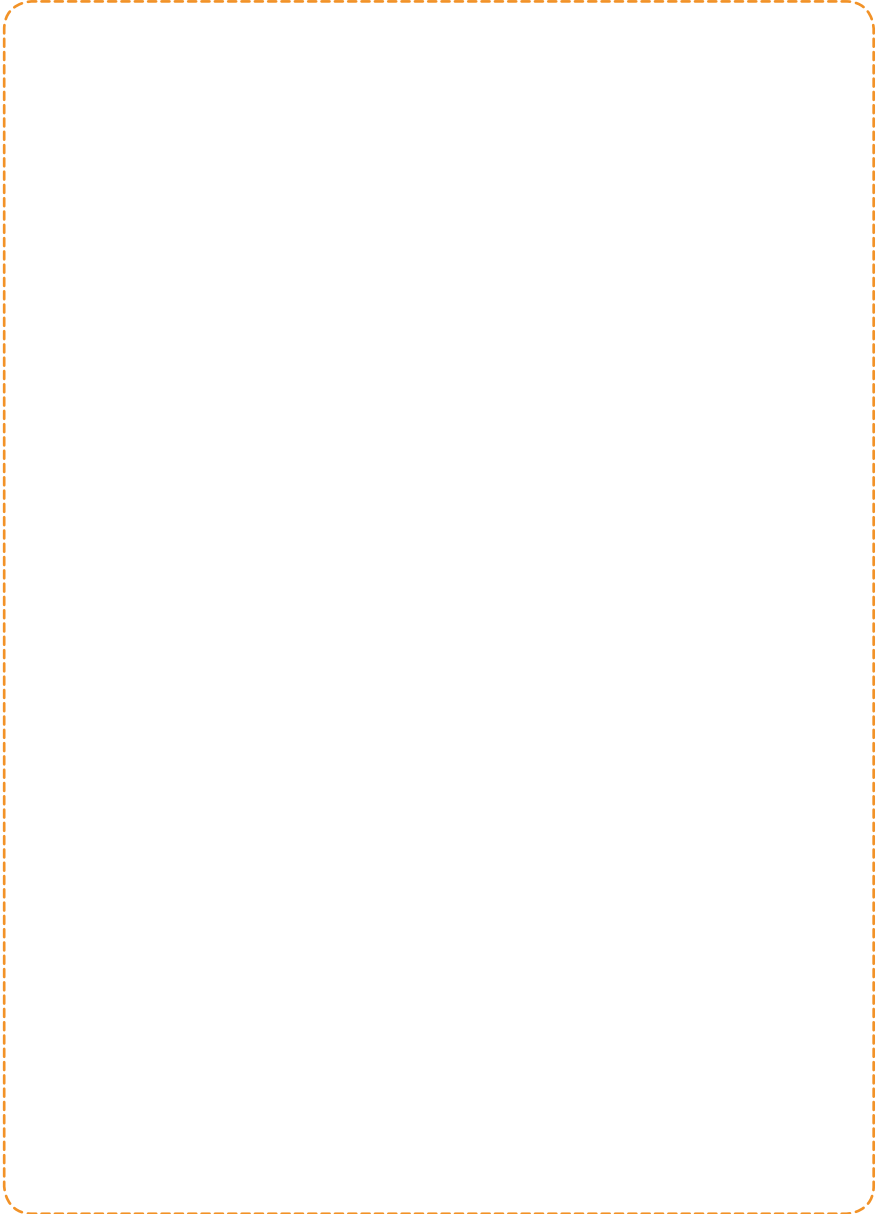
3.

4.

What are your favourite toys?

A large, empty rectangular box with a dashed orange border, intended for drawing a favorite toy.A large, empty rectangular box with a dashed orange border, intended for drawing a favorite toy.A large, empty rectangular box with a dashed orange border, intended for drawing a favorite toy.A large, empty rectangular box with a dashed orange border, intended for drawing a favorite toy.A large, empty rectangular box with a dashed orange border, intended for drawing a favorite toy.A large, empty rectangular box with a dashed orange border, intended for drawing a favorite toy.

What does your foster home look like?

A large, empty rectangular box with a dashed orange border, intended for a child to draw their foster home. The box is centered on the page and occupies most of the lower half of the page.

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.

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 group 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.



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.

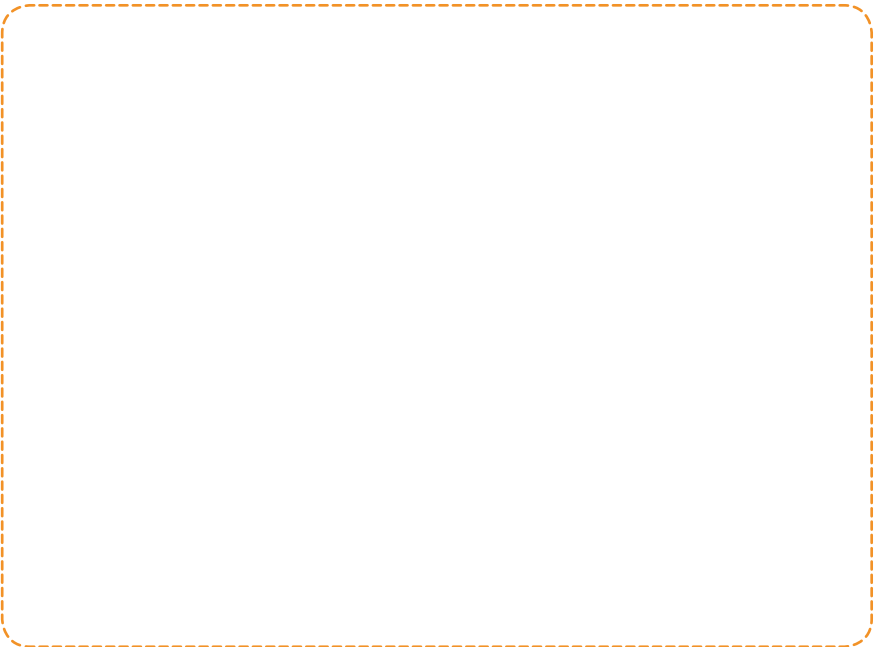


Your Health...

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 defined by a dashed orange border, intended for a child to draw their idea of a hospital. The area is set against a white background with green and yellow decorative elements on the left and right sides.



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 everyday and keep your hair and nails clean, so wash them every time you use the toilet and before you have a meal.

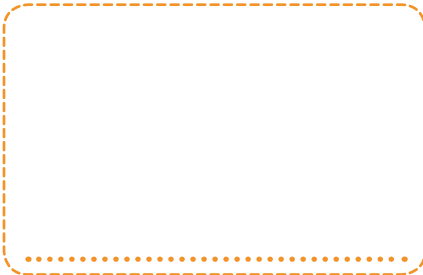

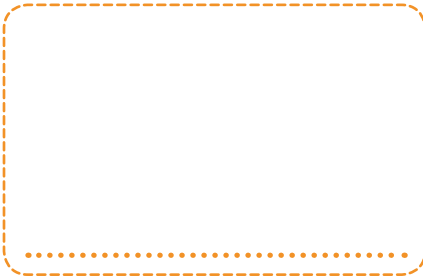
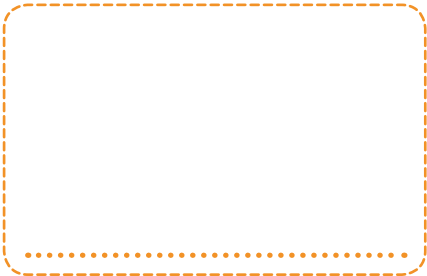




What do your teeth look like?

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

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

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?

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?

Your Pledge....

The graphic features a green background with a stylized sunburst pattern. At the top, there are silhouettes of six diverse young people standing in a row. To the left of the silhouettes, there is a black silhouette of a bicycle. The title 'STAFFORDSHIRE'S PLEDGE' is written in large, bold, white letters with a black outline. The word 'STAFFORDSHIRE'S' is in a smaller font and is positioned above 'PLEDGE'.

STAFFORDSHIRE'S PLEDGE

To Children & Young People in Care.

The Pledge is a set of promises made to children in the care of Staffordshire County Council. All adults who work for and with the Council have a duty to make sure you are safe and happy. This pledge shows how we promise to do this. This Pledge has been written by Staffordshire's Children in Care Council.

Your Education:

- There will be a designated teacher in your school who will offer you advice and guidance if you need it.
- We will support you to learn English if it is not your first language.

Your Health & Wellbeing:

- We will promote services that are available to you to help maintain your health and wellbeing.
- We will give you the chance to have regular health checks.
- We will offer help and support in accessing leisure services.

Diversity:

- Everyone who is looked after will be given the same opportunities. We will treat all young people the same but respect each others differences.

Your Pledge....

Family & Lifestyle

- We will try to ensure that you have an annual holiday where possible. This might be with carers, friends, family or school. It may be abroad or within the UK for a few days or a week.
- We will help you keep in regular contact with family members, if this is in your best interests.
- We will meet your religious and cultural needs where possible.
- Where possible we will try to provide you with IT equipment and access to the internet. This may be at Home or School.
- We will try to encourage you to read, we will do this by asking your carers to read to you and provide you with books.

Where you live:

- We will try to place you near to your family, friends and education where possible if it is safe to do so.
- Where possible you will be given a choice on where you live.

Having a Voice:

- To encourage children and young people to have a voice to enable positive change.
- To provide forums and support where children and young people can have their voices heard.
- To provide events where children and young people are encouraged to meet and share ideas.
- To provide a wide range of communication aids to promote having a say.

Leaving Care:

- We will plan with you about when to leave care and identify what support you will need and who will provide it .
- We will help to prepare you for independence by helping you to budget, cook, clean and experience what it might be like to live independently.
- We will help you to find somewhere safe and suitable to live and to support you when you leave care.

If you would like further information please contact the Children & Young People's Voice Project on 01785 253878 or email cvp@staffordshire.gov.uk. You can also find more information on our website at www.staffordshire.gov.uk/cvp

A Children In Care Council For Younger Children (CHICC)

The group was set up to try to help improve the lives of younger children in care by listening to children.

Children who come to the group can have a say about things that matter to them, such as school, Social Workers, where they live, what happens in their lives, and this is passed to the people who need to know.

Some of the things that have been discussed at the meetings are School, Social Workers, Feelings, Bullying, E Safety and the Packs for children coming into care.



A Children In Care Council For Younger Children (CHICC) Cont...

How often does the group meet?

- One day in every school holiday.
- If there are children who want to be part of this group who can not come in school holidays, then we will try to have some meetings that they are able to come to.
- Drinks and lunch will be provided at the meeting.
- As well as having a say at the meetings, there are always some fun activities.

We ask members of the group to invite other children to join the Children in Care Council (CHICC) and we go to events to tell other children about joining, and to tell them about the group. When the group has been running for one year we will write to all Staffordshire children in care again to invite them to join.

Anyone who would like to come along to the meetings can contact The Children's Voice Project at cvp@staffordshire.gov.uk or telephone 01785 253878

Get your Carer to ring up and find out more about it!

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:

01785 278601

Freephone: 0800 0837014



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.

CARS

puts you in the driving seat

What can CARS offer?



You have a right to have your say.

Children's Advocacy and Representation Service (CARS)

What can CARS offer?

The respect you deserve

We can help children and young people who are:

- looked after in a placement, like a children's home or a foster home
- living at home with family but receive support from a social worker.

How?

We can...

- tell you what your rights are
- help to get adults to listen to you
- make sure that you have your say about the things in your life
- offer advice and information
- come to your review to make sure you are listened to
- help you make a complaint.



Do you know you have the right to complain if you don't have these things?

- Respect
- Good, healthy care
- A reasonable standard of living
- Safe living
- Education
- Protection from all kinds of abuse

CARS is run by the NSPCC

The people who work for CARS, children's rights advocates, believe children and young people come first . . . and that their wishes and feelings matter.

You can use the service if you are looked after or having help from Staffordshire or Shropshire local authorities.

If you have a worry, a problem or a complaint, please get in contact because talking helps - and together we can sort it out.

If you talk to someone from CARS it is private. Nobody will be told without your permission, unless you or someone else is being harmed or at risk of being harmed.



If you need any advice,
you can call freephone

0800 233 311

24-hour answerphone

**or contact CARS during office hours
(Monday to Friday, 9am to 5pm)**

Staffordshire CARS

4 Chapel Street
Stafford ST16 2BX

01785 228888

Shropshire CARS

Sycamore House, East Wing
The Professional Quarter
Shrewsbury Business Park
Shrewsbury SY2 6LG

01743 281981

How to complain

You have the right to make a complaint if you are not happy with the work offered by CARS. You should contact the children's services manager at the CARS office in Stafford, at the address and phone number above.

The NSPCC keeps records about the people it works with. You can ask to see your file at any time so if any information is shared with other people you will know about it.

Information And Advise Services

Childline - 0800 1111 - www.childline.org.uk

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 - www.bullying.co.uk

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.

Children and Young People's Voice Project

The Children & Young People 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.

Children Advise and Representation Service (CARS):

CARS can help children and young people who are looked after in a placement like a residential care home or foster homes, to make sure your wishes and feelings are heard.

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.