

There are written down rules that we have to follow to make sure you are looked after properly and we are inspected to make sure we are doing this properly. Each foster carer has a fostering officer who will visit their home to make sure you are well cared for. Once a year a fostering officer has to review your foster carer and will ask your social worker to give details of the care you have been given.

If you have any worries about your carers you can discuss them with your social worker or to our complaints section on 0113 2478627. If you are still concerned you can speak to these people who do not work for Leeds Children and Young People's Social Care:

- ✓ Leeds Children's Rights 0113 239 5570
leeds.childrensrightsservice@barnardos.org.uk
- ✓ Childline—0800 11 11
- ✓ Ofsted—08456 40 40 40

Your foster carer receives a fixed sum of money from Social Care to pay for things you need like food, clothes and pocket money.

Leeds Social Care thinks that it is important that children and young people can talk about what they think and feel about what is happening to them. It is important that you tell your social worker how you feel.

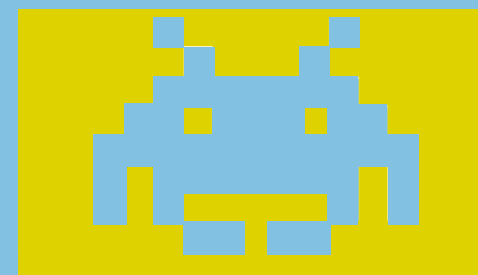
We hope that you can talk to your foster carers about anything that may be worrying you. You can talk to your social worker, your parents or family, or your teacher.

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For general information about Social Care telephone 0113 222 4403..

CHILDREN AND YOUNG PEOPLE'S SOCIAL CARE



MY GUIDE TO FOSTERING



PRESS START

THIS BOOK BELONGS

TO:



ABOUT THE LEEDS FOSTERING SERVICE

We look after children who cannot be with their families and do the best we can to keep them safe and healthy and doing well at school.

We do this for all the children we look after, no matter what.

Children can be looked after for a short or long time and we have carers who do both sorts of caring. We have special carers who look after children on remand, or who need time to be consulted on the best sort of care for them or who are finding life difficult and need especially understanding carers who can look after them probably until they grow up.

Sometimes children are looked after for short time so that work can be done by a Family Resource Centre to help children to go back to their families. There are also carers who can look after children for one or two days a week for a while to help families get over any problems they are having.

Children go to the right kind of foster carer to suit their needs. If you can live with a friend or member of your family we help them to look after you.

The reviewing officer will write down what everybody thinks is best for you.

If you are not at your review meeting your social worker or foster carer will discuss what was said with you.

The people taking part in your review meeting will be:

- ✓ You—if you want to be there
- ✓ Your mum or dad—or another member of your family
- ✓ Your foster carer
- ✓ Your social worker
- ✓ A reviewing officer—someone who is in charge of the meeting
- ✓ A teacher or a school nurse.

You can have an Interpreter or translator at the meeting if you need one.



This book is yours to keep.

It is to help you understand what happens and what it will be like when you are staying with a foster family.

Foster families are usually called foster carers.

A foster carer is a family who will look after you while you cannot be at home with your own family.

They will welcome you into their family home and keep you safe.

A social worker is a person who will arrange for you to stay with a foster carer. They will visit you while you are there and they will want to make sure that you are happy and well looked after.

You may or may not meet your foster carer before you go to stay with them. It will be nice for you and your foster carer to get to know each other.

My foster carer is called.....

My social worker's name is

and their address and telephone number are:

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ABOUT YOUR FOSTER CARER

Who is in my foster family?

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What do I call them?

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Where do they live?

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.....

How many rooms are there?

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Can I go anywhere in the house?

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Will I be sharing a bedroom with anyone else?

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WHAT IS A REVIEW?

A review is a meeting of people who know you or know something about you. It is held to discuss and consider your care plan.

Your review meeting will be held every so often to talk about how things are going for you. Everyone at the meeting will want to find out how you are doing. They will also look at ways to make sure that everything goes well for you in the future.

Before your review your social worker will ask you and everybody invited to the review meeting to write down what they would like the meeting to know. Your foster carer and social worker will help you to decide what you want to say.

Your review meeting is a time for everyone to listen to how people think you are doing and to discuss any decisions that need to be made.

By completing a children's review booklet—which your social worker will give you—the people at your review will hear your thoughts and opinions about how you are and what you think needs to be done.



WHAT IS A CARE PLAN?

A care plan sets down on paper what you need and how you are going to be cared for.

Your social worker will draw up the plan after talking about it with you and also other people who are important to you and want the best for you.

Every child who is looked after has a care plan.

The plan will say :

- ✓ what it is hoped will happen to you in the future
- ✓ if you are going to keep in touch with your family and how often
- ✓ where you are going to school and what help you need in class—you will have a Personal Education Plan
- ✓ what you need to keep you healthy and well—you will have an Individual Health Plan

The care plan is discussed at your review and changes can be made as they are needed.

Can I play with my toys in the bedroom on a morning?

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What time do I have to go to bed?

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What time do I have to get up?

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Where is the bathroom and toilet?

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Will I be having a bath or a shower?

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Who do I ask for food and drink if I am hungry?

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Where will I eat?

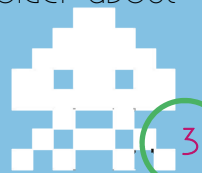
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What other things would you like to know ?

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You can talk to your carer as you get older about how some of these things can change.



THINGS YOUR FOSTER CARER WILL LIKE TO KNOW ABOUT YOU

What do you like to eat and drink?

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What don't you like to eat or drink?

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What are your favourite toys and games?

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Do you like television? If so, what are your favourite television programmes?

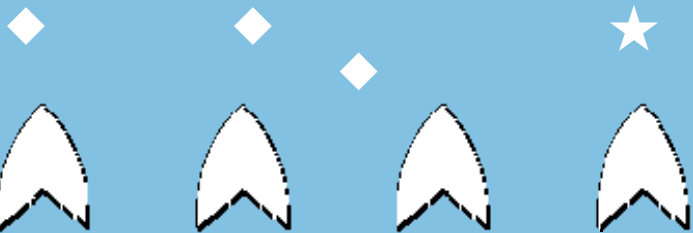
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MY SOCIAL WORKER WILL:

- ✓ Try to help me and my family
- ✓ See my family and tell me about them
- ✓ Arrange for me to keep in touch with people from my own family and my friends
- ✓ Come to see me and my foster carer
- ✓ Talk to me about why I am staying with my foster carer
- ✓ Help me to get things off my chest and clear my head
- ✓ Talk to me about how long I will be staying with my foster carer
- ✓ Talk with my foster carer and together they will make plans for my care
- ✓ Talk to other important people about what is best for me
- ✓ Discuss my care plan with me
- ✓ Arrange a meeting called a review

MY FOSTER CARER WILL:

- ✓ Take care of me
- ✓ Help me to settle in to the family home and talk to me about what I can and can't do
- ✓ Make sure that I have food, clothes and pocket money from a certain amount of money that they get from Leeds Children and Young People's Social Care to pay for what I need
- ✓ Make sure that I go to school and they will talk to my teachers to support me in school
- ✓ Talk with my social worker about how I am doing
- ✓ Listen to me and help me to talk about anything that is important to me
- ✓ Look after me and support me



What do you like to wear?

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How do you like your hair doing?

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Is there anything you are frightened of?

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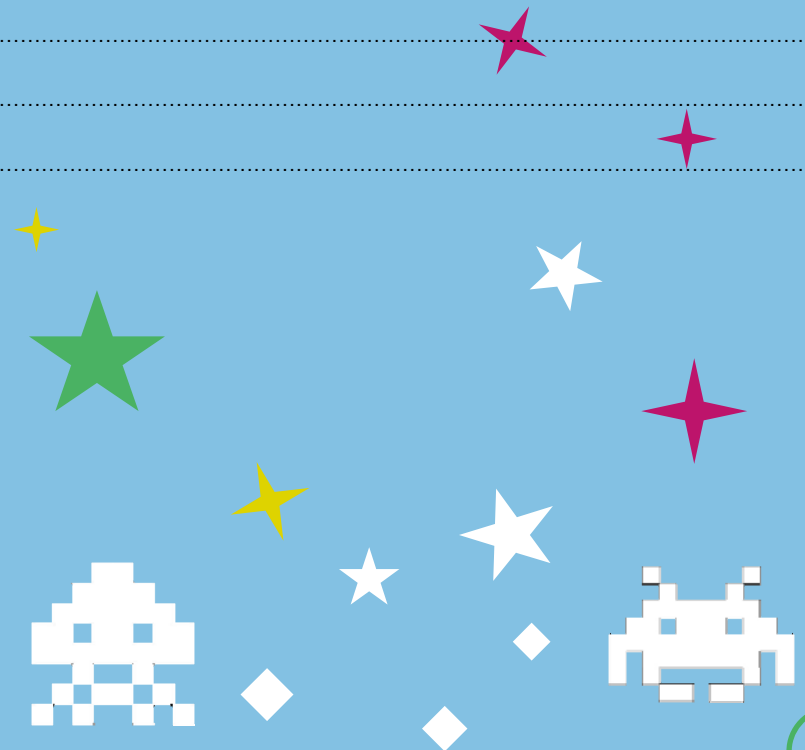
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What else would you like them to know?

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MY FAMILY

Draw a picture of your family:



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This will help your foster carer get to know about your own family.

Your family will be important to you. You can talk to your foster carer and social worker about your family whenever you like.

You will need to tell your foster carer and social worker who you want to see or talk to in your family .

Your social worker will see your family and help you to keep in touch.

Is there anyone else you want to see or keep in touch with?

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