

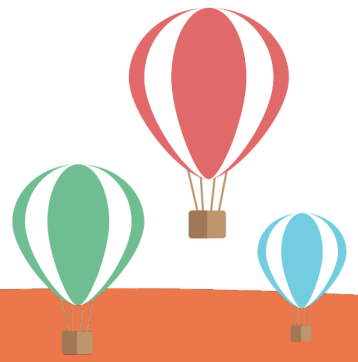


CHILDREN'S GUIDE

Ages 5–10 years

Sunbeam Fostering (Northwest)

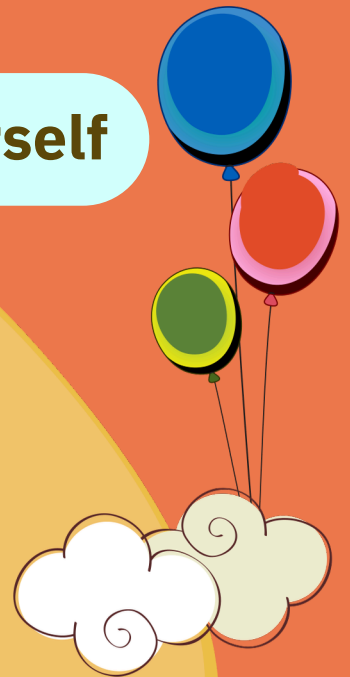




Dear.....

This handbook let's you know about our Fostering Agency.

Draw a picture of yourself





Contents

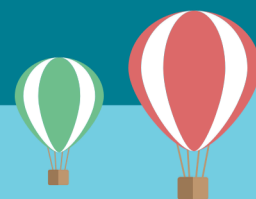
-  **What is fostering**
-  **Your Foster Carer**
-  **Your Social Worker**
-  **Your family**
-  **Your Independent Reviewing Officer**
-  **Foster Carers Supervising Social Worker**
-  **Your school**
-  **When you are worried**
-  **We care about your views and experiences**
-  **Contacts**
-  **Reply slip**
- 





WHAT IS FOSTERING?

Fostering is a special service set up to look after children and young people who for many different reasons are unable to live with their family.



How long will I be with my foster carer?

1 When you first arrive

Sometimes children come into foster home quickly, and it can feel a bit scary. We just want you to know – we're ready for you, and we'll take good care of you

2 Staying for a little while

After a short time, things will start to feel more settled. This home will be your safe place while your social worker works out what's best for you next.

3 Maybe staying for longer

Sometimes, it's decided that you'll stay with your foster carer until you're grown up. That's a big decision and it takes time to decide.





YOUR FOSTER CARERS

A foster carer is someone who is there to help take care of you and keep you safe when you can't be at home right now.

When you move into a new home, it can feel a little strange at first – that is totally normal.

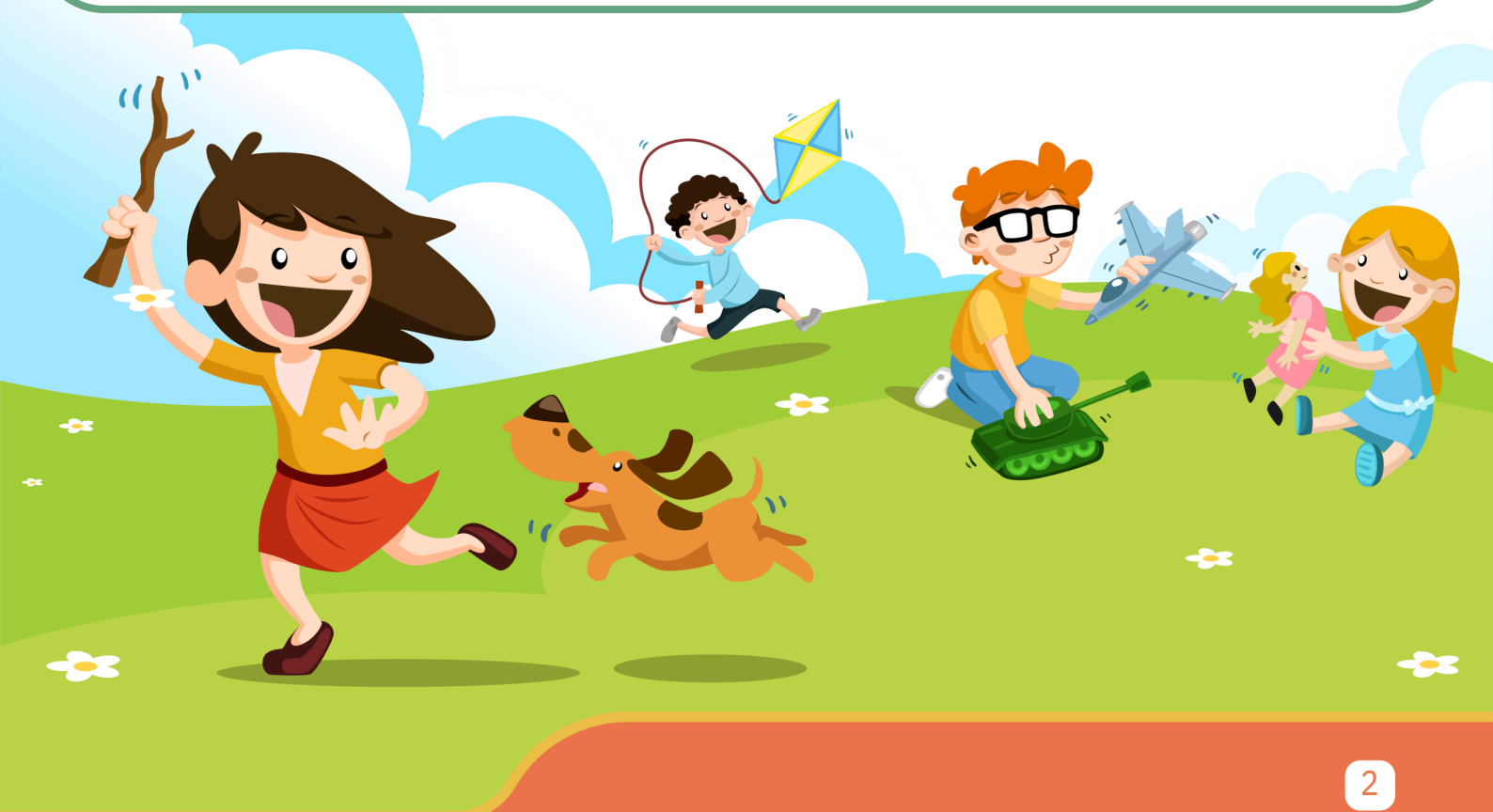
This beginning time is called the settling in period and its time for:

- Getting use to your new home.
- Learning where things are now
- Finding out about house routines (like bedtime or meals).
- Getting to know your foster carer and everyone living in the home and them getting to know you!

They will help with things like:

- Making yummy meals for me
- Helping you get ready for school
- Making sure you're warm and safe and comfortable
- Helping you to see your family

They want you to feel welcome, listened to, and cared for – just like being part of the family





YOUR FOSTER CARERS

What do I call my Foster Carers?

You can just call them by their name. A lot of children like to start with this, especially when they're still getting to know their foster carer. Over time you might have a different name for them but the most important thing is that you feel happy and safe with what you call them.

Do I have my own bedroom?

You will have your own bedroom or you may share with your brother or sister. Your bedroom is your safe space for all your things, toys, clothes and, books.

If you didn't get to bring everything, tell your foster carer or social worker and they'll try to help.

You may want to add something to your room like a poster, night light or a picture. You can talk to your foster carer about this.



CAN YOU DRAW A PICTURE OF YOUR FOSTER HOME?



YOUR FOSTER CARERS

In the settling in period you will find out about house routines and rules for:
bedtime, meal time, going to school,
Knocking on bedroom doors, saying please and thank you



Do you have some house rules?
Write them down to help you remember :

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





YOUR FOSTER CARERS

Can you draw a picture of your foster family - don't forget to put yourself in the picture too...





YOUR SOCIAL WORKER

You have your own social worker – they work for the people in charge of helping children in the area where you live.

They come to visit at your foster home to make sure you are safe, happy and being looked after well.

You can talk to your social worker about:

- What it is like living in your foster home
- Anything that is worrying you or making you feel upset
- Things you like or want to change.

They are here to listen and help.

Add the name of your Social Worker and the contact details below:

.....

.....

.....



CAN YOU DRAW A PICTURE OF YOUR SOCIAL WORKER?



YOUR FAMILY

Your family will be told by your social worker about your foster carers. How you are doing in their care and how you are feeling.

You can talk to your foster carer about your family.

You can talk to your family about your foster carer.

Is there anything you are missing the most?

Write down names of people who are important to you.



WHY NOT DRAW A PICTURE OF THEM TOO?





Who is an Independent Reviewing Officer?

You are a very important person, and the Local Authority want to make sure that everything that needs to be done for you is happening.

This is why there is one person, a bit like the Head Teacher, who makes sure that everything is done properly.

The Independent Reviewing Officer is also known as an IRO.

Their job is to make sure that everyone is taking good care of you, listening to your wishes and doing what's best for you.

They will not be part of your daily life but they will find out what is going on at Review Meetings.

You can talk to your IRO if you're worried or if there's something you want to say about how things are going.

They will share what you say at the Review meeting.

You may not know the name of the IRO when you first join your foster family but very soon you will be told.

Why don't you write down their name once you are told:

My IRO is called

I can contact my IRO by calling them on

Or e-mailing them on



Your Foster Carers has their own social worker who works for Sunbeam Fostering, Northwest whose job is to help the foster carer take good care of you.

We call them a Supervising Social Worker and sometimes we say SSW.

They don't live with you, but they visit to check how things are going and to make sure your carers have everything they need to help you feel safe, happy and looked after.

They talk to your foster carers and give them advice, kind of a coach or a helper, so your carers can do the best job possible.

Even though they mostly work with your carers, they also care about how you are feeling. You can talk to them too if you want to share something or if you're worried about anything.





YOUR RIGHTS

All adults should listen to you and treat you fairly all the time.

Adults are here to help you so you must ask

You should tell your foster carer about yourself, what your favourite foods are and what you like doing.

CHILDREN'S COMMISSIONER



www.childrenscommissioner.gov.uk



YOUR RIGHTS

You have the right to be kept safe at all times.

Eat healthy food and keep fit.

When you are 18 you will have the right to read your file.

To learn and play

You will receive pocket money, and your carers will save money for you in your bank account.

You have the right to know why you are in care.



WHEN YOU ARE WORRIED

Sometimes you may think that you need to talk to someone else because you have already told your foster carer and your social worker and you are still worried.

Shams Zaidi is in charge of Sunbeam Northwest as he is the Registered Manager, a bit like a Head Teacher. If you have any worries or upset you can ask to speak to Shams. You will also meet Shams at our great events for children.

Shams Zaidi – Complaints Officer / Safeguarding Lead

There are also other people you can speak to and that's the **Children's Commissioner** and the person who is in charge is **Rachel De Souza** and they can be e-mailed at info.request@childrenscommissioner.gov.uk

You may have many different feelings about being in foster care.

The word search has lots of hidden feelings. Can you find them all? Are there any feelings you are hiding?

s	a	d	s	i	m	v	b
c	g	y	h	w	t	q	g
a	e	a	n	g	r	y	i
r	o	t	e	p	c	u	l
e	r	l	o	n	e	l	y
d	v	k	f	x	a	o	b
z	w	o	r	r	i	e	d
c	o	n	f	u	s	e	d

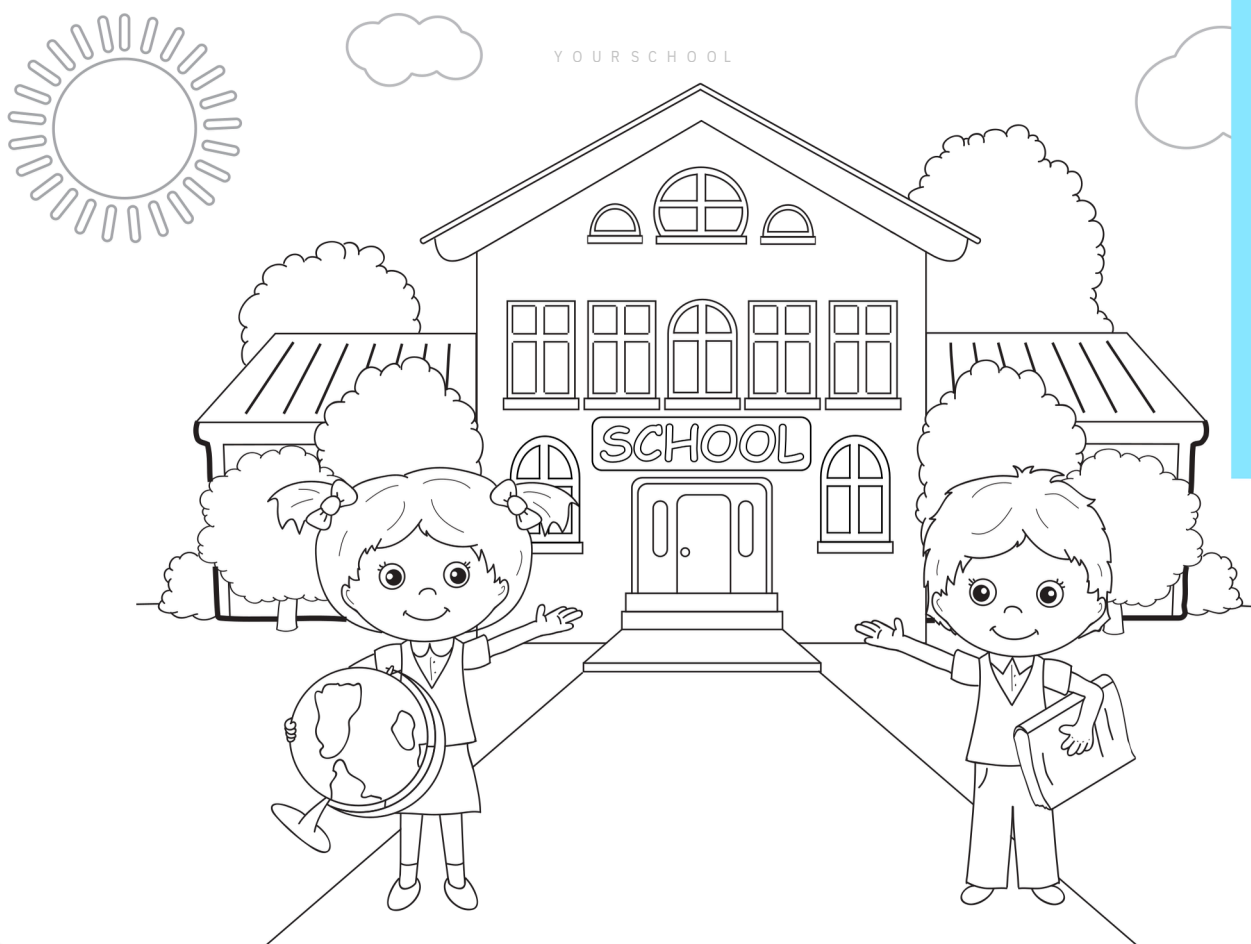
sad
scared
angry
worried
confused
lonely
safe



YOUR SCHOOL

- If you are already in school then everything will be done to make sure you can stay there.
- Sometimes it may be better for you to change school because it takes too long to get there.
- Only your teacher will know that you are in foster care but no one else will.
- Your teacher is also there to help and if you have any problems in school then you can talk to them.

CAN YOU COLOUR IN THE PICTURE BELOW ?





We hope you have a good experience with your foster family. If you are unhappy or wish to make a complaint then it is important to get in contact.

You can contact the agency **Complaints Officer** his name is **Shams Zaidi**.

If you need help to get in touch then you could ask an adult who you trust to assist you. You can contact **Shams Zaidi** on **0125 43113 22** or write to him at

Sunbeam Fostering (Northwest)

 Suite 3 The Beehive Lions Drive Shadsworth
Business Park, Blackburn BB1 2QS

 dutynorthwest@sunbeamfostering.com

Your feedback is really important and we are keen to ensure that all children feel happy and supported in their foster home.

You can also discuss your concerns with your social worker or your teacher.



Please see the next page for contact details



Sunbeam Fostering Agency Complaints Officer



Sham s Zaidi

012 5431 1322

✉ ShamsZ@sunbeamfosteringnorthwest.com

OFSTED

📍 Piccadily Gate, Store Street
Manchester, M1 2WD
☎ 0300 123 1231
✉ enquiries@ofsted.gov.uk

The Office of the Children's Commissioner

📍 Sanctuary Buildings
20 Great Smith Street
London, SW1P 3BT
☎ 0800 528 0731
✉ advice.team@childrenscommissioner.gsi.gov.uk

✿ NSPCC HELPLINE : 0808 800 5000

✿ CHILDLINE : 0800 1111

✿ VOICE FOR THE CHILD IN CARE : 0808 800 5792

✿ Advice & Advocacy Service For Children (NYAS) : 0808 808 1001

Children's Guide

Reply slip

● Your Name : _____

● I have read my handbook

☐ YES ☐ NO

● Was the handbook helpful?

☐ YES ☐ NO

● Do you understand your rights and allowances?

☐ YES ☐ NO

● Do you know how to make a complaint if you need to?

☐ YES ☐ NO

● Do you have any questions?

Please return to the Sunbeam Northwest Supervising Social Worker