nurture
FOSTERING LTD

Nurture Fostering
Children's Guide

An information guide for children and young people aged between 5 - 10

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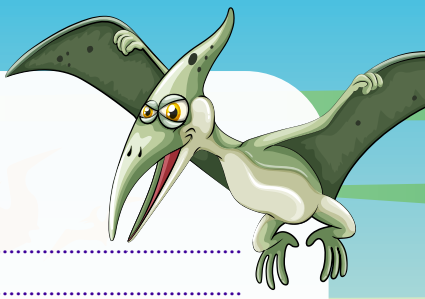

My Details

This guide belongs to:

.....

Address:.....

.....

Phone Number: .....

My Foster Carers: .....

My Social Worker:.....

Nurture Fostering Supervising Social Worker: .....

.....

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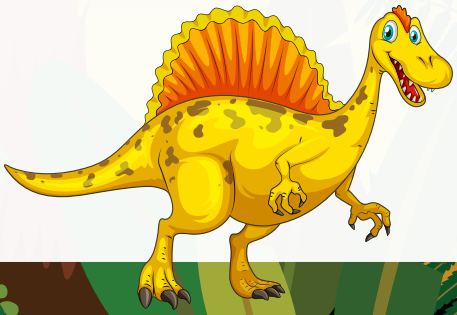

Introducing Nurture Fostering to you

Sometimes children can no longer stay with their families and have to move to a foster carer. A foster carer and their family, is someone who is able to look after you when this happens. Whilst you are with your foster family, they will help you to feel part of the family and settle into the family, making you feel safe and secure.

Social Workers and Supervising Social Workers

Your social worker will support you, they will discuss any plans with you, and will want to know what you think. Supervising social workers work with the fostering family supervising and guiding them.

Keeping in Touch

Your social worker, your foster carer and the people at Nurture Fostering will help you to stay in touch with your family and people that are important to you, it's important we know who you would like to see and we will try and organise this for you.

Your views and let us hear from you

It is important that you tell your foster carer and us what you like and what you do not like. This could be:

- Food
- Sports
- Games you like to play
- How you would like your bedroom
- Talk about whether your friends can come over

Let us know, email (or ask your carer to email) your dreams and aspirations to info@nurture-fostering.co.uk

What should i expect from my foster carers and their family?

Your foster carers and their family will do lots of things to make you feel happy and comfortable whilst you are living with them.

They will:

- Take you to school
- Listen to any concerns you may have or anything that is troubling you
- Organise activities and days out with you
- Support you with your school work
- Help you to ensure that you practice and understand your religion
- Play games with you
- Help you with your homework
- Listen to you when your angry, sad or happy
- Help you with your homework
- Help you keep your bedroom, clean, neat and tidy.

Bedrooms and Personal Belongings

Whilst living in your foster carer's house, you will be given your own bedroom. This is a place where you'll be able to spend some quiet time where you can relax or do some home work. It is your own space where you can keep all of your personal belongings.

House Rules

When you first arrive at the foster carers house, there may be some rules that you need to follow; these rules maybe different to the rules in your family home, so use the space below to write down things that you will need to remember:

.....

.....

.....

.....

.....

Education and School

Your foster carer will help and support you in your education by making sure you have what you need, including a quiet place to study.

Health Care

Good health is cool! Eating healthy food, taking part in physical exercise and things you enjoy. Your foster carer will make sure you're registered with a new doctor and a new dentist if you live too far away from your family home.

Bullying

Bullying includes:

- People calling you names.
- Making things up to get you into trouble.
- Hitting, pinching, biting, pushing and shoving.
- Taking your things.
- Damaging your property.
- Threats and intimidation.

You should:

- Tell someone: teacher, foster carer or social worker.

What do i do if i am not happy or want to complain?

Whatever is worrying you we can always try and sort it out, it is always best to speak to an adult who will be able to look at the best way of dealing with things and support you through this.

You can telephone us on 0208 690 9012

Text us: You can text whatever is worrying you to 07939 836 277

Send us an e mail to the kids zone on our website: http://www.nurture fostering.co.uk/kids-zone/

You can speak to us, when we come and see you in the home.

Stage 1:
This is the first stage where you speak to your foster carer or social worker about what is bothering you. If you don't feel comfortable speaking to them, you can speak to us. You can have support from your foster carer, friend, advocate or someone that you trust to do this. We will acknowledge your problem within 48 hours and try and resolve it at this stage.

Stage 2:
If you still think that there is a problem, The Registered Manager at Nurture will look into it for you. This is a formal investigation and you should be told within 20 working days about what will happen. A report will also be written up and a senior manager will go through this with you.

Stage 3:
If you are still not happy then the Registered Manager will refer this to a company Director, who will look into this for you. The Director or Responsible Individual will try to sort the problem within 20 working days and will let you know the result.

There are some other contact details to the rear of this booklet that may be able to help you.

Your Details

Name: ..... Date: .....

Foster Carer's Name:.....

Supervising Social Worker's Name: .....

Enjoying Life & Achieving

What activities do you like to do?

.....

How often do you get to do these activities? .....

Do you like school?.....

What's your favourite subject?.....

Health

Do you understand what is meant by a balanced diet?

.....

Do you have any specific needs or worries in respect to your health?

.....

Staying Safe

Do you feel safe in your foster placement?.....

Do you feel safe at school? .....

.....

Is there anything we can do to make you feel safer?

.....

.....

Making a Positive Contribution

Do you choose your own clothes? .....

Do you tell your foster carer what food you like?.....

Useful Contacts

Useful telephone numbers for you or your foster carer can make these calls on your behalf:

Organisation	Telephone	Website/Email
Nurture Fostering	0208 690 9012	www.nurturefostering.co.uk
The Children Commissioner for England	0207 7838330	Info.request@childrenscomissioner.gsi.gov.uk www.childrencomissioner.gov.uk
The Children's Rights Director for England	0800 528 0731	www.rights4me.org
Ofsted (Standards in Education, Children's Services and Skills)	0300 123 1231	enquires@ofsted.gov.uk www.ofsted.gov.uk
ChildLine 24 hours helpline	08001111	www.childline.org.uk
The Who Cares	207 7251 3117	mailbox@thewhocarestrust.org.uk www.thewhocarestrust.org.uk
Voice	0808 800 5792	minfo@voiceyp.org www.voiceyp.org
Rights 4 Me	0800 5280731	www.rights4me.org
NSPCC – National Society for the Prevention of Cruelty to Children	0800 1111 – child helpline	www.nspcc.org.uk
Check out Nurture's Kids Zone at www.nurturefostering.co.uk/kids-zone to access your information hub		

NSPCC

If you need help or advice, or are concerned that you or another child may be at risk.

The helpline is open 24 hours a day.

Tel: 0808 800 5000
Website: www.nspcc.org.uk

Nurture Fostering Agency

If you need to contact us then our details are:

340 Lewisham High Street,
London, SE13 6LE
Tel: 0208 690 9012

Independent Review Officer
write the name and contact number of your IRO below.

Name: .....

Contact: .....

Number: .....

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