nurture FOSTERING LTD

Nurture Fostering Children's Guide

An information guide for children and young people aged between 11 - 15

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My Details

This guide belongs to: .....

Address: .....

.....

Phone Number: .....

My Foster Carers: .....

My Social Worker: .....

Nurture Fostering Supervising Social Worker: .....

.....

Introducing Nurture Fostering to you

This is a guide to try and help you understand moving from your family to foster carers. If you would like to learn more please ask us or your foster carers we would be delighted to help you.

Sometimes, your mum or dad or who normally looks after you, can be prevented from giving you the care you need. There may be many reasons why they are not able to look after you. A foster carer is 'someone who is able to look after you when your mum or dad, or whoever normally looks after you; no longer can. Your foster carer will make sure you are well looked after, and will help you feel part of their family, while understanding that you may also have your own family, they will support contact with your family when this is planned. Nurture Fostering understands that every child is different and will do their best to find the right family for you.

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 will help you to keep in touch with your family and people who are important to you. It is important that you tell your social worker about the people you want to see. You may hear the word 'contact' and that means keeping in touch with members of your family and those people important to you, where it is safe and possible to do so. Different types of contact include:

- Face to face visits.
- Overnight stays.
- Outings or events.
- Telephone calls.
- Exchanging of photos, videos, emails or letters.

Your Views

It is important that you tell us what you think and what you want, use the meetings to do this, also talk to your social worker, and your foster carer. Tell people what you like, and what you do not like. You can write your views in the 'Have your say' at the end

of this guide, or ask your carer or social worker to write them for you.

Let's hear it from you, join us at the Kids Zone to have your say!

www.nurture-fostering.co.uk/kids-zone

Nurture Fostering would love to hear from you about your own dreams and aspirations! You may be a very good swimmer and dream of representing your Country in national competitions. You may be a talented musician with a desire to perform. Tell us the best way for us to help you achieve your aspirations and goals.

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?

Your foster carer will do lots of things to make you feel happy and comfortable whilst you are living with them. Wherever you live, you will be treated with respect and you should respect your carers and other young people you may live with. They will make you feel as if you are part of their family.

- ✓ Support you to attend 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.

Dealing with Worries

‘Do they know I don’t like certain foods? Can my friends come round? Will I have to move again?’

Your foster carers will not mind you asking them about these sorts of things. They will try and help you with any worries you may have. If you would rather talk to someone else you can contact your social worker or your carers’ supervising social worker.

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. If you have anything of value (e.g., jewellery, savings book) you need to let your foster carer know, so it can be kept safe. Your foster carers may need to go into your room from time to time but they will always knock first. Remember that you should never go into someone else’s room without permission.

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:

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All family homes have their own rules and these might be a bit different to what you are used to.

The family will help you to settle and support you throughout this.

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. You need to attend school regularly and if you have any difficulties, talk them through with your foster carer and your social worker. If you don't go to school at the moment, your foster carers and your social worker will look at why, and work out how to solve any problems so you can return to school. You might be pleased about this or you might not but everyone needs a good education. If you haven't been to school for a while, you may feel about returning but your foster carer will help you overcome any worries Remember that school isn't just about the lessons, it's also about making friends and taking part in after school activities.

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. They will also ensure that a health record is completed for you.

Bullying

Tell someone: teacher, foster carer, social worker or someone at Nurture.

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

It will depend who or what you would like to complain about, but the first thing to say is nothing bad will happen to you for speaking out. Problems at school we would suggest you talk to your foster carer first so that they can speak to the school on your behalf and try and resolve the issue.

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: 07939 836277

Send us an e mail to the kids zone on our website: 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 senior a 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.

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.nurture-fostering.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

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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Your Details

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

Foster Carer's Name:.....

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

Enjoying Life & Achieving

What activities do you like to do?

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Health

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

Staying Safe

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

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

Making a Positive Contribution

Are you given the opportunity to make your own choices? .....

For example, clothes to buy and wear? .....

Do your foster carers help you develop practical skills for everyday life, like cooking or washing up? .....

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Don't forget!

Use this page to write down the things you would like to discuss with your social worker or supervising social worker.

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Nurture Fostering Ltd

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