

# A young person's guide to foster care

**For looked after children  
aged 11 to 18**

[www.rbkc.gov.uk](http://www.rbkc.gov.uk)



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



## What is foster care?

Foster care is a family home for young people to live in when there are problems in their own family and there are no other family members or family friends to help at that time. This is called 'going into care' or 'being looked after'. It may be just for a few days or for a longer time, depending on the problems at home.

However you come to be living with your foster family, everyone understands that living with a family you don't know can be worrying and upsetting. This booklet will help answer any questions you have.

## Did you know that the following famous people were fostered?

- Nelson Mandela was fostered by the chief of his tribe when his father died
- Eddie Murphy, US Comedian
- John Lennon, member of the Beatles, was fostered by his aunt Mimi
- Oprah Winfrey was fostered by her grandmother
- Bill Clinton, ex- President of the USA, was cared for by his grandparents after his father died.

## How do young people come to be fostered?

- A young person may ask for help because they are having a bad time at home. They may ask for help from a neighbour, a friend, a teacher, or maybe phone Childline to talk about it.
- Sometimes a young person's parents may contact a social worker to ask for help. There will be many reasons for this: they may be ill and cannot cope, or they may be hurting their child and need help to stop.
- Sometimes other people (teachers, neighbours, another family member) may contact a social worker because they can see that a child is not safe, is not happy, or is not being looked after properly by their parents.
- If a concern has been raised, a social worker will visit your home to see what help can be offered. This may be an agreement with your family that you will live with a foster family until the problem is sorted out and you can go home again.
- If things are more serious, the social worker may go to a court and explain to a judge what has happened. The judge will give their opinion as to what would be in the young person's best interests. The judge may then make an order for the young person to be 'looked after' by the Council - in this case, to live in foster care sometimes until they are 18 years old.

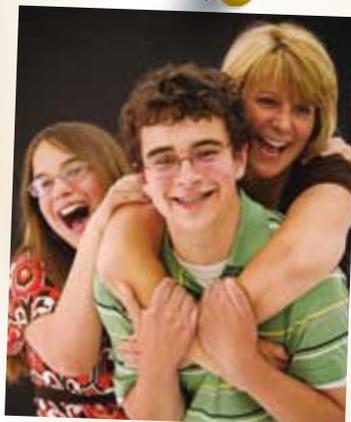


## What is a social worker?

Your social worker works for the Royal Borough of Kensington and Chelsea's Family and Children's Services. It is their job to help children and their families through difficult problems.

Your social worker will see you on your own and will answer your questions about living away from home; they will also explain what will happen next. Your foster carer also has a supervising social worker from the Fostering Team. You will be able to talk to him or her too.

You can always talk to your social worker if there is something you are not happy about.



## Who are foster carers?

Foster carers are people who want to offer a home to young people who cannot live with their own family for a period of time. They are carefully checked and trained to make sure they can offer you a safe and comfortable place to live.

A foster carer may live alone, with a partner, and with or without children of their own. There may be other foster children living there, and they may or may not have pets.

You should be given a foster carer's profile to read before you come to live in their home, and this will tell you all about them.

## How will they find the right foster carer for me?

Social workers know about many foster carers who live in your area and will look for the one who most closely matches your needs. We will try to find a foster carer who shares your language or languages and/or have the same religious celebrations and other parts of your culture. If you are not happy at any time, it is really important that you tell your social worker so they can try to do something about it.





## Will i see my family?

It is natural for you to miss your family and your social worker will be making arrangements for you to see them as much as is safe and appropriate for you. In fact, if you, your social worker and your family plan that you will be going back home quite soon, it is likely that you will be seeing quite a lot of them.

This is called 'contact' and it can happen in the foster home, in your family's home, or somewhere else. It may be best for you to keep in touch by phone as well as (or instead of) seeing your family face-to-face.

If there is someone you do not feel it would be safe for you to see, let your social worker know. You can talk to your social worker about any feelings you have about seeing your family. Your social worker will help decide what will be best for everyone involved.

## Can i see my friends?

Your foster carer will do their best to help you stay in touch with your friends, and make new ones. It will be important for you to agree with your foster carer when you are going to see them.

They will want to talk to their parents if you are thinking of staying overnight with a friend. If your foster carer and social worker agree that it is ok, your friend's parents will want to talk to your foster carer if you invite the friend to stay overnight with you.



## Will i go to the same school?

Most children will go to the same school. If you are going to live with a family for a longer period of time and your school is far away, you may be able to change to a school that is nearer and easier to get to.

School is very important for the future life of every young person. It is important that you go every day and arrive on time. If you are having trouble with your homework, your work at school or anything else in school life, then do speak to your foster carer or social worker; they are there to help you.

You will take part in meetings at school to make your 'Personal Education Plan'. This will list out what you need to make sure you can achieve your best at school.

You will also be able to get help from the teachers at the Royal Borough's Virtual School, who support looked after children in their education. Their details can be found at the end of this booklet.





## What can i expect from my foster carer?

This is your foster carer's pledge (or promise) to you:

- We will ensure that when you come to our home, you are made to feel welcomed and part of the family.
- We will listen to you and hear what is concerning you. If you tell us anything that has caused harm to you or someone else, we will have to report this to your social worker.
- We will help you celebrate holidays and your birthday.
- We will make sure that you are going to school and that you are doing the best you can do.
- We will provide food to you that will keep you healthy. We will try and cook food that you liked from home and that is special to you.
- We will take you to the doctor and dentist regularly.
- We will work with your social worker to make sure that you have contact with your family.
- We will try and keep you safe, so it is important that we know where you are at all times.



## What will my foster carer expect of me?



Your foster carer will expect you to:

- show respect to everyone and their possessions
- join in family meals and activities
- attend school regularly
- complete homework and coursework
- keep to agreed times to come home.

## What is a placement meeting?

A placement meeting is one where you, your foster carer, your social worker and your parents (if possible), meet to decide how you will be looked after day-by-day.

The meeting will discuss many aspects of life in the foster family, including:

- foods you like
- arrangements to have contact with your family
- school arrangements
- routines like mealtimes, TV, bedtimes, homework times and times to come home
- pocket money
- arrangements for you to keep up any hobbies, sports, clubs, or other interests
- medical needs.

All of this will be written down and everyone will have a copy of your placement agreement.

## What is a LAC review meeting?

A LAC review meeting is a chance for everyone to talk about:

- you
- your placement
- the plans that are being made for you while you are being looked after
- how you are getting on.

This meeting is for you, your parents (if appropriate), foster carers and social worker - although there may be times when your teacher will also be able to come along. The Independent Reviewing Officer will chair the meeting, and the plans for how long you will stay in the foster home will be considered. If you need any extra help, this will also be discussed.

The first review meeting should be within four weeks of you becoming looked after; the next one will be three months after that, and then every six months. It is very important that you contribute your feelings on all aspects of your life at the review. If you don't feel you can go along, please make sure you give your views to the social worker so that they can let everyone know how you are feeling.



## Staying healthy

When you move in with your foster carer, you will go and see a doctor for your health assessment. This means that everyone can be sure you are keeping well and healthy.

You can do many things for yourself to make sure you stay healthy - like eating good food, getting plenty of exercise and enough sleep. It is also important to keep up good personal hygiene and to see the dentist and optician on a regular basis.

Your foster carer will help you with all of this. If you have to have any treatment, injections or medicines, your foster carer will also make sure these are taken regularly.

## Your life story book

Your social worker will help you put together your life story book, especially if you are to be looked after for a long time. This can include all kinds of memories about you and your family. This book - and the work you do in putting it together - will help you understand why things happened and why you were unable to stay with your parent(s).

Your foster carer will also be collecting memories for you to remember your time living in the foster family. This may be photographs, video tapes or DVDs, tickets and mementoes of the activities you have enjoyed together. This book will be yours to keep for the future.





## Moving on

When appropriate, young people move on from their foster home to a variety of other places – which could include a return home. When they are older, it's possible for a young person to move to a place where they have more independence, but are still supported to gain some more living skills; this is called 'semi-independence'.

Your foster carer will work with you and the Independence Support Team to help you learn the skills you need to live on your own. This will be written down in your 'Pathway Plan'.

Eventually, a looked after young person will be considered for independent accommodation, but this will not be given until everyone is convinced that the young person will be able to cope alone. This makes sure that they can hold onto the tenancy successfully.

## What can I do if I am not happy with my foster family?

Whether you're feeling good or bad about living away from home, you can always talk about it with your social worker. Your social worker and the foster carers should be able to sort things out. You do have the right to complain if you are not happy.

If you have any problems in your life or in your foster home, you can talk to:

- your foster carer
- your social worker
- another adult (like a teacher)
- you can mention it at your review meeting.

You can also speak to an advocate by calling or sending a text to **07896 272181**. An advocate is someone who helps children to express their wishes and feelings, making sure that they are fully involved in their own care and consulted about decisions which directly affect them.

You can also visit our website ([www.kccentral.rbkc.gov.uk/incare](http://www.kccentral.rbkc.gov.uk/incare)) and send us a message, or call our advocacy worker on **07896 272181**.



## Useful contacts

### Ofsted

Tel: **0300 123 1231**

Web: **www.ofsted.gov.uk**

Email:

**enquiries@ ofsted.gov.uk**

Post: **Ofsted, Piccadilly Gate,  
Store Street, Manchester M1  
2WD**

### Voice

Tel: **0808 800 5792**

Web: **www.voiceyp.org**

Voice offers advocacy to children in care, making sure that they are listened to and their views are taken seriously.

### Rights 4 Me

Tel: **0800 528 0731**

Web: **www.rights4me.org**

This is the website for the Children's Rights Director for England. It's the place to visit if you want to find out about your rights, or ways to get your voice heard.

### Childline

Tel: **0800 11 11**

(free 24 hours)

Web: **www.childline.org.uk**

Childline is a counselling service for all children and young people. You can contact them about anything. No problem is too big or too small.

### NSPCC

Tel: **020 7825 2500**

### Lawstuff

Tel: **0808 8020 008**

Web: **www.lawstuff.org.uk**

Website from the Children's Legal Centre full of information about your rights.

### Who Cares Trust

Tel: **0500 564 570**

Web:

**www.thewhocarestrust.org**

The Who Cares Trust is a voice and champion for children and young people living in care in the UK.

### Social worker

Tel: **020 7373 2227**

Out of hours social workers  
(Emergency Duty Team)

### The Royal Borough's Virtual School

Tel: **020 7598 4392**



## English

Information from this document can be made available in alternative formats and in different languages. If you require further assistance please use the contact details below.

## Arabic

يمكن توفير المعلومات التي وردت في هذا المستند بصيغ بديلة ولغات اخرى. إذا كنت في حاجة إلى مزيد من المساعدة، الرجاء استخدام بيانات الاتصال الواردة أدناه.

## Farsi

اطلاعات حاوی در این مدارک به صورتهای دیگر و به زبانهای مختلف در دسترس می باشد. در صورت نیاز به کمک بیشتر لطفا از جزئیات تماس ذکر شده در ذیل استفاده کنید.

## French

Les informations présentées dans ce document peuvent vous être fournies dans d'autres formats et d'autres langues. Si vous avez besoin d'une aide complémentaire, veuillez utiliser les coordonnées ci-dessous.

## Portuguese

A informação presente neste documento pode ser disponibilizada em formatos alternativos e em línguas diferentes. Se desejar mais assistência, use por favor os contactos fornecidos abaixo.

## Somali

Macluumaadka dokumentigan waxaa lagu heli karaa qaabab kale iyo luuqado kala duwan. Haddii aad u baahan tahay caawinaad intaas dhaafsiisan fadlan isticmaal xiriirka faahfaahinta hoose.

## Spanish

La información en este documento puede facilitarse en formatos alternativos y en diferentes idiomas. Si necesita más ayuda por favor utilice la siguiente información de contacto.

**Family Placement Unit  
Fostering Team**

Tel: **020 7598 4499** Email: **FCSFostering@rbkc.gov.uk**