



A child's guide to foster care

For looked after children
aged five to 11



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

www.rbkc.gov.uk

What is foster care?

Foster care is when you go to stay with another family because there are problems at home and other family members cannot help at that time.

Who are foster carers?

Foster carers are adults who have been specially checked out to make sure they can offer you a safe and comfortable place to live. There are many types of foster carer: some foster carers live by themselves; some live in a big household with lots of children; and some have pets. You can read all about your foster carer in their profile which your social worker will give you.

What is a social worker?

A social worker is an adult who works with you and your family to help sort out the problems. Your social worker will see you on your own and answer any questions you have about living away from home. They will also answer any questions you have about what will happen next. If you are not happy, your social worker will listen and try to help.

Will I see my family?

It is natural for you to miss your birth family. Most children in foster care will keep in touch with their birth family by talking on the phone, or by seeing them regularly. Your social worker will talk to you about this.

Can I see my friends?

Foster carers will do all they can to help you stay in touch with your friends, and help you make new friends.

Will I go to the same school?

Most children will go to the same school. If you are going to stay with your foster carer for a long time and your school is far away, you may be able to change to a school that is nearer and easier to get to. Everyone will make sure that you are asked what you want and will help you with the changes.

How will they find the right foster family for me?

Your social worker will try and make sure that your foster family speaks the same language as you and is from the same background, so you have the same religious celebrations and so on.



What can I expect from my foster carer?

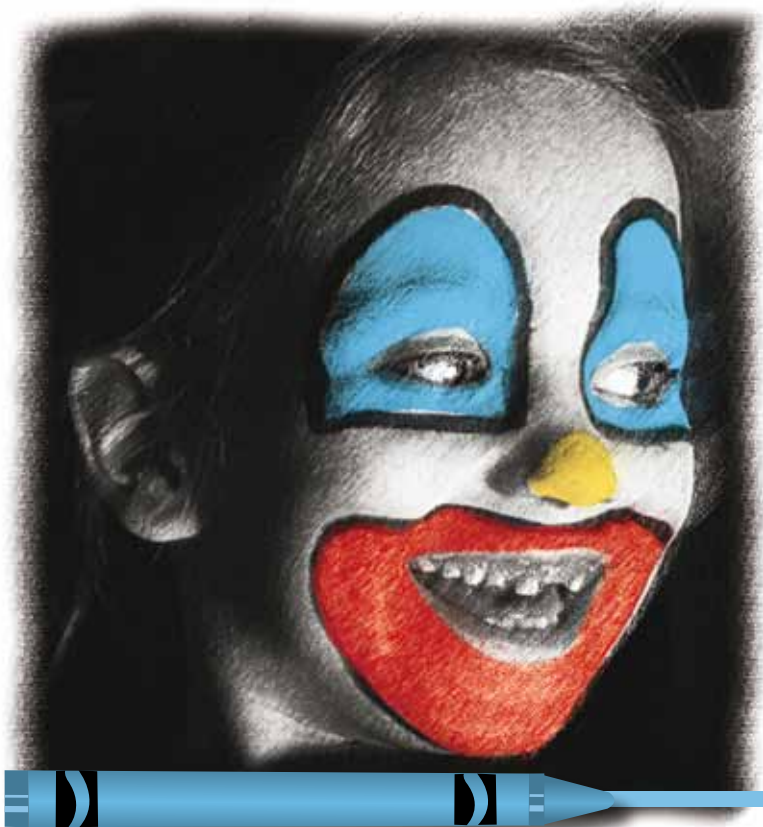
This is your foster carer's pledge (or promise) to you:

- We will ensure that when you come to our home, you are made to feel welcome and treated like a member 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 develop your own unique identity.
- We will help you celebrate holidays and your birthday.
- We will make sure that you are going to school, doing your homework and doing the best that you can do.
- We will help you develop your skills and talents out of school
- We will provide food for you that will keep you healthy. We will try and cook food that you like from home and 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.
- We will provide you with clothing, travel money, personal care items, save for you and give you holidays.
- We both have to respect each other and house rules.

What will my foster carer expect from me?

Your foster carer will expect you to:

- show respect to everyone and their possessions
- join in family meals and activities
- attend school regularly
- stick to 'coming in' times.



Will I have to go to any meetings?

You will be invited to meetings to make sure you are being well cared for and that your foster home is still the right place for you to live.

It is important that everyone knows how you feel and what you want. If you don't want to go to the meeting, you may ask your social worker to say how you feel about things.

What can I do if I'm unhappy?

If you want to talk about problems in your life, or in your foster home, you can:

- talk to your foster carer
- talk to your social worker
- talk to another adult (like a teacher)
- mention it at your meeting

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

You can also visit our website (www.kccentral.rbkc.gov.uk/incare) and send us a message, or call **07896 272181**.

Agencies to contact

Ofsted

Tel: **0300 123 1231**

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

Email:

[enquiries@ ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

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

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.

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.

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.

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.



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 أخرى. 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 لطفاً 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**