

My Fostering Guide



bythebridge
with Cambian

This guide tells you about being in foster care with By the Bridge.

We hope it is helpful to you.



My name is:

My birthday is on:

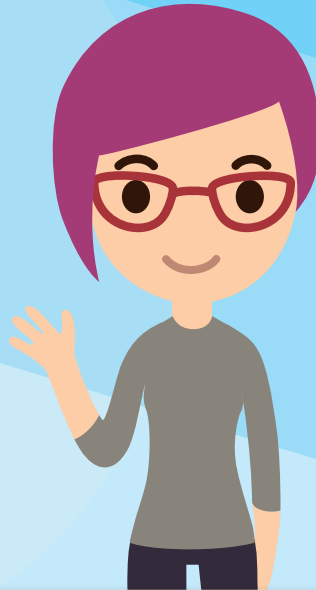
A fun fact about me is:

Hi, welcome. This book is for you to keep, you can read it yourself or ask someone to read it to you.




What is Fostering?

Hello, my name is Jordan. I can't live at home with my family so I live with Sara and Dean. They are foster parents, some people call them foster carers.



Some children stay with foster parents for a short time and others for longer. Your Foster Parents will make sure you are safe, happy and healthy.

A cartoon illustration of a young girl with long, wavy blonde hair, wearing a blue t-shirt. She is smiling and holding a black and white soccer ball with both hands. The background consists of light blue and teal circular patterns.

Hi, my name is Leah. I am happy you have joined us at By the Bridge. Sometimes new places can be scary but it's their job to try to help you feel safe, happy and settled.

By the Bridge also have workers called Eagals whose job it is to organise lots of fun activities and events, we hope you will join us for some fun.

Foster Parents

Hi, my name is Muhammed and I am going to tell you about Foster Parents. They have been chosen to look after children who can't live at home with their family. All foster families are different, some have lots of children, some just have one.



Some questions you might have:

What do I call my Foster Parents?

Some are called carers, some are called by their first name and other children like to call them mum and dad. You can talk about it together.

My Bedroom?

You will have your own bedroom or you may share with your brother or sister. Your bedroom is your own space.

Hey, my name is Mia and I am going to tell you about your Social Worker. They make sure you are being looked after well. They visit you at your home to make sure everything is okay, please talk to them if things are worrying you.



My Social Worker is:

Foster parents have a Social Worker too. They make sure your foster family has everything they need to take care of you properly. They visit you and your Foster Parents often and they are another good adult to talk to. Together they will make a plan to keep you safe.



My Supervising Social Worker
from BtB is:

My Eagal is:

You have an independent reviewing officer (IRO) who makes sure your care plan is all about you. You will see them at your review meeting. They make sure everyone is doing their best to look after you.



**My Independent
Reviewing Officer is**

Contact number

My Family

Your Social Worker will tell your family how you are doing and how your Foster Parents are looking after you.

It's okay to talk to your foster family about your family and to your family about your foster family. You may want to talk to or see your family, check with your Social Worker what the plan is for you.

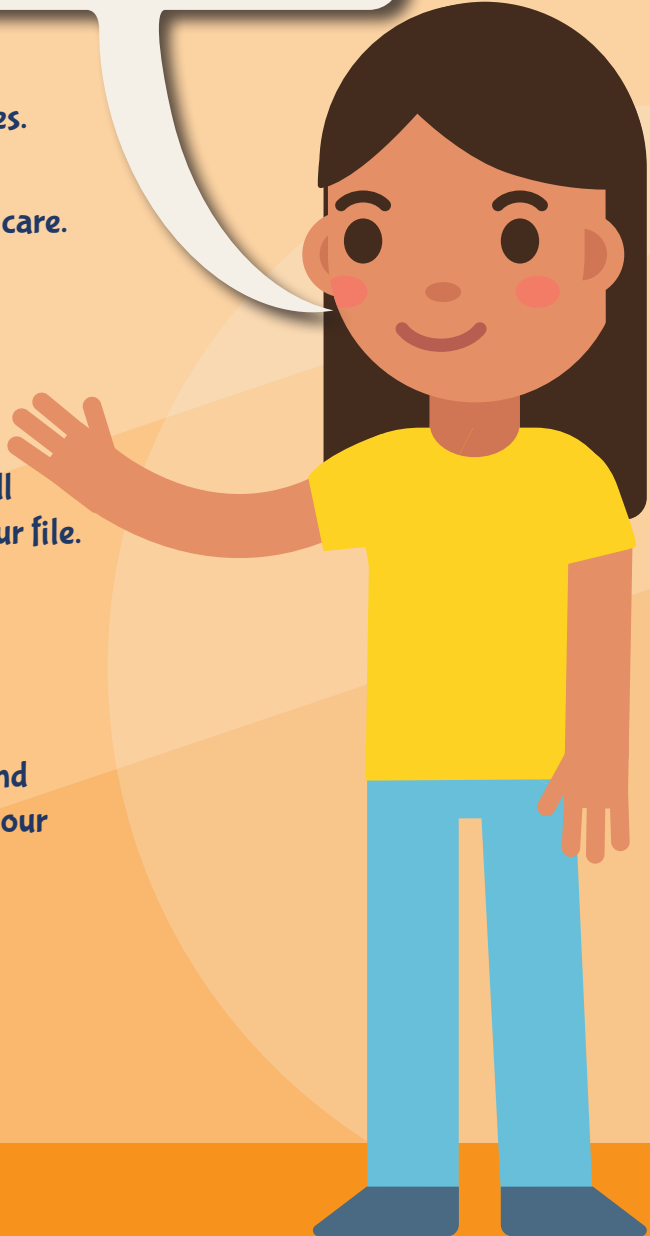


Write down names of people who are important to you.

My Rights

Here are a list of some of the rights you have.

- ★ To be kept safe at all times.
- ★ To know why you are in care.
- ★ You will have a healthy and balanced diet and plenty of exercise.
- ★ When you are 18 you will have the right to read your file.
- ★ Every child has the right to an education.
- ★ Receive pocket money and a savings account from your foster parents.



Who I can talk to

When I am worried I talk to my Social Worker or foster family. No one should ever hurt you. If you feel sad, we need to know so we can help you. You can talk to:

Your Social Worker

Your foster family's
supervising Social Worker

Your teacher

Your IRO

(This person helps you with any difficult issues you may have to get the care and support you need. They make sure adults listen to you)

Your By the Bridge Eegal



If you don't want to speak to any of these people, some other people you can talk to are:

The Children's Commissioner for England

The Children's Commissioner for England speaks up for children and young people so that policymakers and the people who have an impact on their lives take their views and interests into account when making decisions about them.

www.childrenscommissioner.gov.uk/about-us/the-childrens-commissioner-for-england/

Advice and help for children in care or living away from home. If you have an enquiry about Help at Hand, our advice service for children in care, living away from home or receiving social care services, visit Help at Hand or freephone 0800 528 0731.

Child Line

This is the free 24-hour helpline for children and young people in the UK.

You can call the Helpline on 0800 1111 about any problem, at any time day or night. www.childline.org.uk

Ofsted

An organisation called Ofsted checks the work of fostering agencies in England and Wales.

Contact Them: Ofsted Royal Exchange Buildings St Ann's Square, Manchester M2 7LA. Call: 0300 1231 231 www.ofsted.gov.uk

Independent Advocate

It is an Independent Advocate's job to make sure you are listened to. They are adults who will speak up for you and make sure your views are heard about any decisions that affect you. You can let your social worker or IRO know if you would like an advocate.



OUR PARTICIPATION PLEDGE

We promise to:

- ☀ Help you **understand your rights** and make sure that adults working with you listen when making decisions which affect you
- ☀ Give you **a chance to be involved** with activities which shape how our organisation works, with extra help if you need it, making you feel welcome and included whilst recognising we are all different
- ☀ Recognise **you are the expert**, and **listen** to you and use what you tell us to help make decisions which make your life better
- ☀ **Work with you**, respecting that sometimes we will disagree but we will be honest about the difference your voice will make and clear about what is possible
- ☀ **Keep in Touch**, we will let you know what opportunities, activities and events are available and also give you a chance to have your say through national and regional events

ARTICLE 12

United Nations Convention on the Rights of the Child

"Any child or young person has the right to express their views and have them given due weight in decisions affecting them in accordance with their age and maturity"

This means that you have a right to say what you think, and be listened to



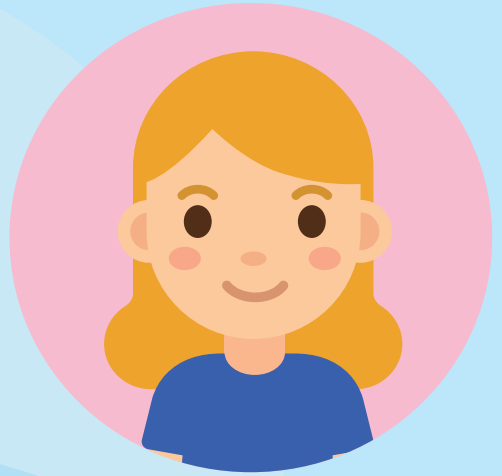
Mind of my Own

We use Mind of My Own so you can tell us how you are feeling. You can send your wishes and feelings to us anytime you want.

You can download the app here...
one.mindofmyown.org.uk

The By the Bridge team is here for YOU, we want to hear what you have to say (good or bad) about being in care with our foster parents. If you would rather talk to someone you can call our Head Office on 0800 644 6230 or speak to your local branch. You can make a complaint to BtB by emailing childrencomplaints@bythebridge.co.uk. Mind of My Own is not an emergency or out of hours service but you can contact our out of hours team on 07967 738924 You can use Mind of my Own to make a formal complaint if you are unhappy.





**We hope this guide has been useful.
Don't forget to let someone know
if you have any other questions.**





My Fostering Guide Reply Slip

Name

I have read my fostering guide Y N

Was the handbook helpful? Y N

Do you understand your rights? Y N

Do you know how to make a complaint if you need to? Y N

Do you have any questions? (use the blank space below to write your questions)

Please return to the By the Bridge Supervising Social Worker.

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