



My information pack

A guide for children aged 0 to 10



This belongs to:

Hello!

I'm **Willow**, the
WellCare whale



I am your friend and I'm here to support you with whatever you need.
This booklet is for you to keep, and to use for any information.

Let's swim through it and **explore!**

Can you tell me your name?

.....

How old are you?

.....

Can you tell me your favourite colour?

.....

Introduction

This book is just for you. I made it to help you understand what it means when children go to live with foster carers.

You can read this book together with your foster carers. It might help you all get to know each other better. Inside, you'll find some fun questions about yourself and the things you like to do.



Colour me in!



What is foster care?

Foster care is when children stay with a different family, or person, who will take care of them. This might happen if their own family needs some help, or can't take care of them for a while.

In a foster home, you'll have your own cosy bedroom and a nice place to play. The people who take care of you are called **foster carers**. They are there to keep you safe, help you with your homework, and have fun together.



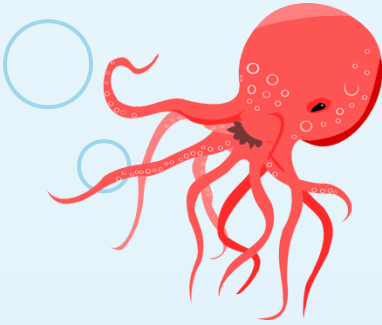
You might even meet other children living there, who can be your friends. You can bring your toys and clothes to make your new room feel special.

Even while you're in foster care, you can still visit your family and friends. Your foster carer will help you stay connected with the people you love.

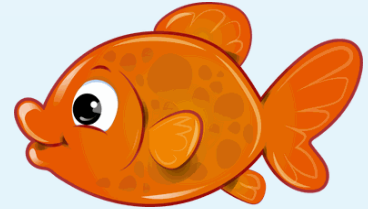
Foster care is all about making sure you are happy, safe and cared for.

Willow's family

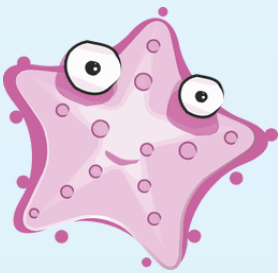
Say hello to my friends under the sea!



Splash



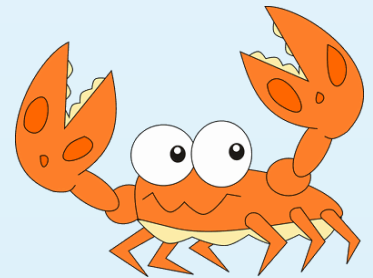
Nemo



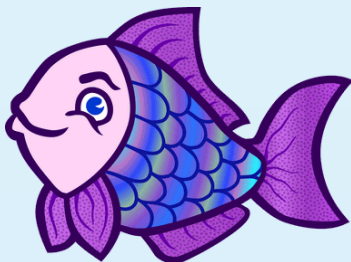
Spot



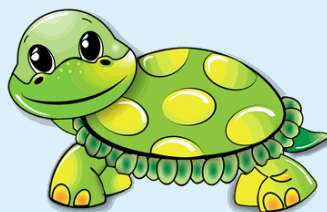
Willow



Mick



Daisy



Leo

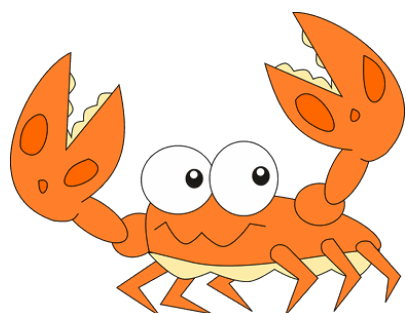


Let's get to know your foster family

Your foster carer's name is:

Sometimes foster carers have other children living with them. Do your foster carers have children who live with you? What are their names?

Does anyone else live with you and your foster family? Who are they?

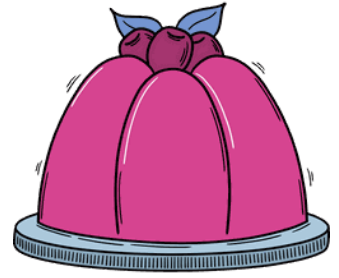


Mick is my pet! Do your foster carers have any pets?

What are their names, and what kind of pets are they? If not, would you like one?

Let's get to **know you**

My favourite food is jelly! What's your favourite food?



.....

What's your favourite book?

.....

What's your favourite film or TV show?

.....

What's something that makes you really happy?

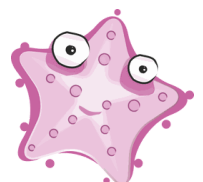
.....

What's something that makes you feel a bit nervous or scared?

.....

Is there something you wish you could do more often?

.....





I'd like to be a superhero when I grow up! What would you like to be?

If you could be a superhero, what would your name be?

My perfect day is going to the beach and playing in the arcades. Draw me your perfect day!

When will I see my family?

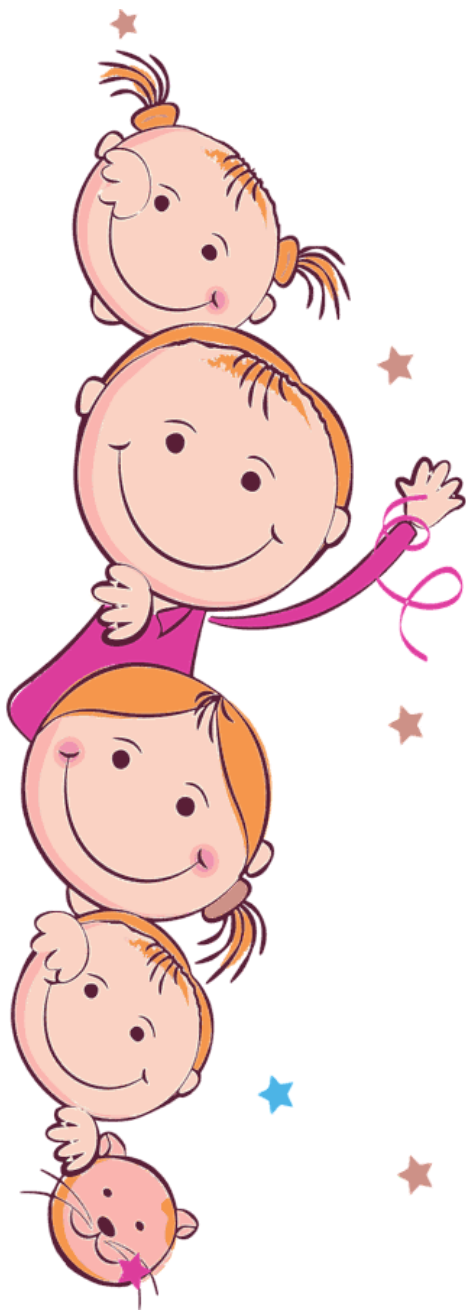
Your family is really important, and it is perfectly normal to want to see them. Living in a foster home doesn't mean you have to lose touch.

We will work together with your social worker to make sure you can visit your mum, dad, brothers, sisters and anyone else in your family you care about.

You might be able to see them in your foster home, or at a safe place where everyone feels comfortable. Your social worker will chat with you about when you can see your family, and how often.

If there are special people you'd like to spend time with, tell your social worker! They're here to help make that happen.





SOMEONE ON YOUR SIDE

Your social worker

Your social worker is a friendly person who wants to make sure you're feeling good and safe.

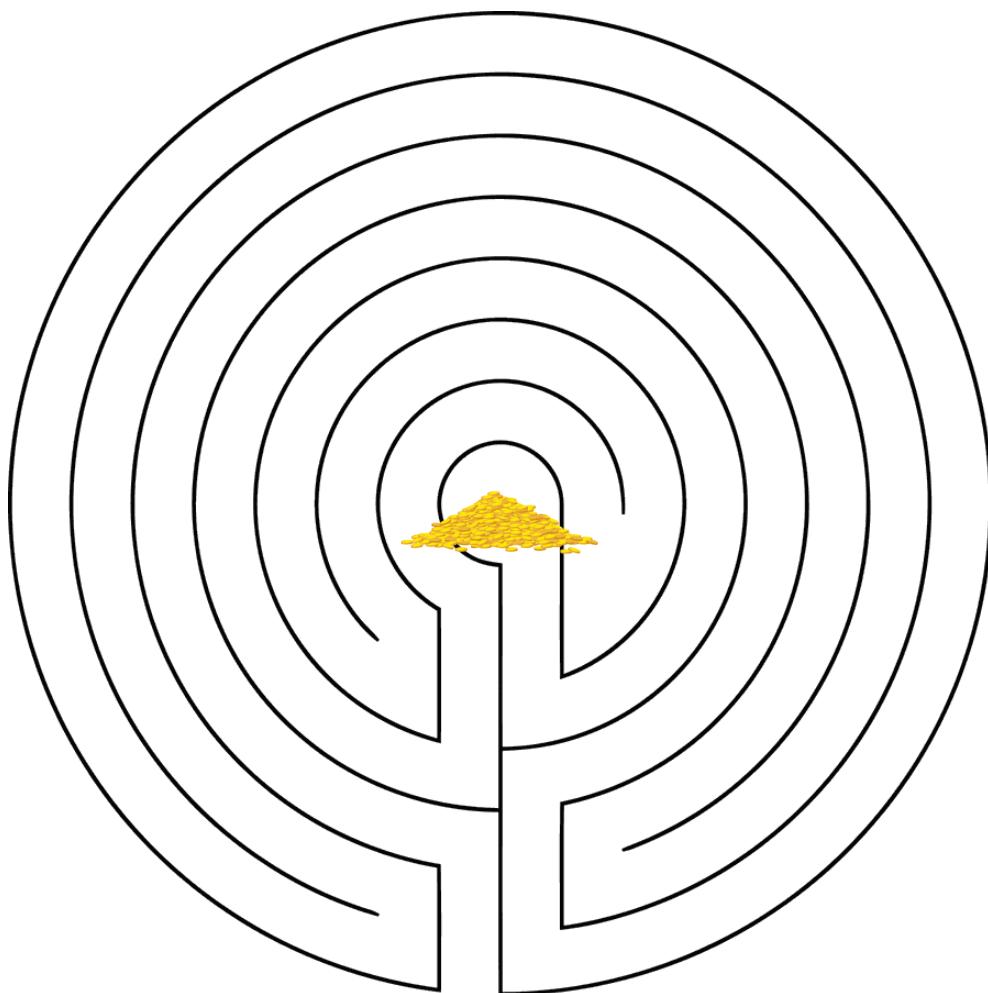
They will come to visit you regularly, and during those visits you can talk about anything that's on your mind. It's okay to share how you're feeling.

Your social worker is here to listen
and support

YOU!

Help Rory get to the gold!

Find the path through the maze



How will my foster carer **take care of me?**

You are very special, and there's a special name for you: a **"looked after child"**. This means there are lots of caring people who will make sure you're safe and happy in your foster home.

Being a looked after child comes with lots of good things! There are certain ways you will always be treated, no matter what. These are called your **rights**. Here are some of them:

To be safe

You have the right to feel safe and secure in your own home.

To be heard

Your thoughts and feelings are important, and you should be listened to.

To have fun

You have the right to enjoy activities, play and make friends.

To get help

If you need support or someone to talk to, people are there to help you.

To see your family

When possible, you have the right to stay in touch with friends and family.



Who decides what will happen to me?

Your foster carers make everyday decisions, like what you'll have for dinner and what time you go to bed. They want to make sure you're healthy and happy.

While you're living with your foster carers, there will be lots of meetings where important plans are made, just for you. These plans help everyone understand what you need and what will help you feel your best.

There are caring adults involved in these plans, like your social worker and your foster carers.



All about school

Your education is very important. Your teachers will know that you're living with foster carers right now. Your foster carers will talk to your teachers to make sure everyone knows how you're doing, and that you feel happy and safe at school.

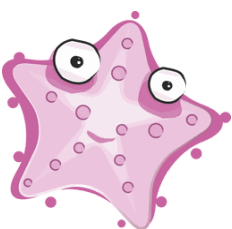
What school do you go to?

My favourite grown-up at school is Miss Wood. Who is your favourite?

Who is your best friend?

Who is your class teacher?

Which year are you in?



What about my wishes and feelings?

Your wishes are really important. They're about what you want to do, what you hope will happen, or what you'd like someone to do for you.

It's okay to share your feelings and wishes, whether they're big or small. Talking about them helps your foster carers and social worker understand you better, and make sure you feel happy and comfortable.

Remember: your thoughts and feelings matter, and everyone wants to listen to you!

How are you feeling?

Circle the face that's most like you today



Sad



Shocked



Tired



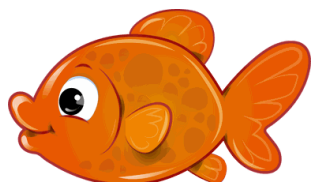
Shy



Proud



Excited



Your support network

There are people and organisations who will help you find out about your rights, and support you to have your say. Here are some of them.

You can contact our fostering manager and complaints officer at any time, about any worries or comments.

REGISTERED MANAGER

Katie Digby

020 3417 9292 · 07423 606321



COMPLAINTS OFFICER

John Dilleyston

07944 440086 · johndilleyston@wellcarefostering.co.uk

OFSTED

They are here to make sure you are taken care of properly.

0300 123 1231 · enquiries@ofsted.gov.uk

Piccadilly Gate, Store Street, Manchester M1 2WD



People who **help me**

Ask your foster carer to help you fill these in

MY SOCIAL WORKER

Name:

Phone:

Email:

MY SUPERVISING SOCIAL WORKER

Name:

Phone:

Email:

MY INDEPENDENT REVIEWING OFFICER

Name:

Phone:

Email:

More people **on your side**

CHILDREN'S COMMISSIONER FOR ENGLAND

Dame Rachel de Souza

Help at Hand: 0800 528 0731 (free)

help.team@childrenscommissioner.gov.uk

INDEPENDENT ADVOCATE

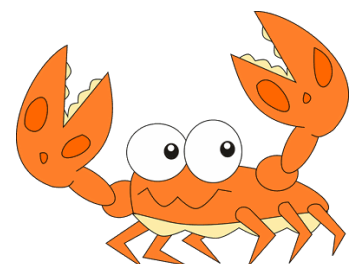
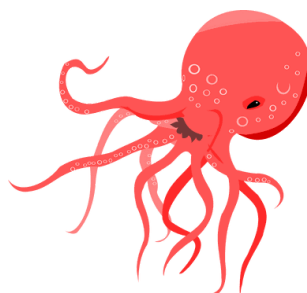
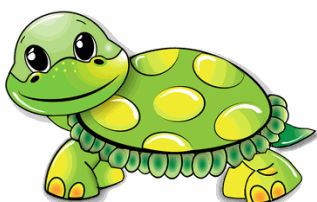
They don't work for the local authority or the fostering agency, and they're there to help you with whatever you need.

Name: _____

01773 820 100 · info@crood.org.uk

Be listened to

You can talk to these people any time, for free.



Comments and complaints form

You can use this form to make a complaint or a suggestion about our services. What you tell us is really valuable, because we always want to do better.

Your name: _____

Phone: _____

Signature: _____

Date: _____