



SilverLining
Fostering Agency



A GUIDE TO FOSTER CARE FOR CHILDREN AGES 5-10 YEARS

Dear.....

This handbook is to provide you with important information about being in foster care with Silver Lining Fostering Agency.

IT IS ALSO A PLACE WHERE
YOU CAN WRITE DOWN AND
DRAW THINGS ABOUT BEING
IN FOSTER CARE AND HOW
YOU FEEL ABOUT THAT...



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WHAT IS FOSTERING?

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 may not be 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.

THERE ARE 3 MAIN TYPES OF FOSTERING:



1. EMERGENCY/RESPITE

Emergency/Respite Foster Care is provided for a child/young person over a short period of time, usually somewhere between a weekend to a few weeks. This is usually for children who need to take some time out from their homes. For these children, respite is an opportunity to recharge, a short-time change of routine, and have a rest.

2. LONG-TERM OR PERMANENCY

This is when a child or young person is placed with a foster family for a long time, usually for a number of years or until they have grown up and are ready to move independently.

3. SHORT-TERM FOSTERING

This is when a child or young person is placed into care, which could last from a few days, a few weeks, or sometimes a number of months.

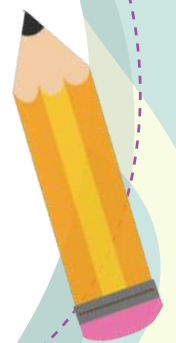
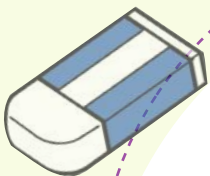
YOUR SOCIAL WORKER:



Your own social worker works for the Local Authority – that is the area you lived in. They are in charge of making sure you are looked after very well. Your social worker will visit you at your foster home to make sure that you are happy.

Your social worker can help you and you should feel happy talking to them about things that are worrying you.

CAN YOU DRAW A PICTURE OF YOUR SOCIAL WORKER?





WHO IS AN IRO?

An Independent Reviewing Officer's (also known as IRO) main job is to make sure that your care plans, which are all about you and where you will be living, meet your needs.

1. They will chair your looked after care review
2. Let you have your say in your review
3. Follow up to make sure that people actually do what they agreed to do.

During your review, it is very important for you to make sure that your IRO knows how you feel and what you do not find right.

Your IRO's job is also to make sure that the Local Authority (for whom your social worker works) knows when everything is going well but also to find out if there is anything they can help you with.

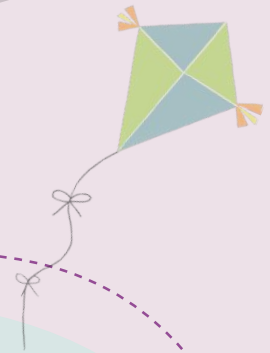
TEN IMPORTANT THINGS TO KNOW ABOUT YOUR IRO:

1. If you are in care (or "looked after") the Local Authority must appoint an IRO for you.
2. Your IRO chairs your case reviews.
3. If you have brothers and/or sisters in care they too will have the same IRO as you do.
4. You should know who your IRO is and how to get in touch with him/her.
5. You should keep the same IRO for the whole time that you are in care.

6. If you are a parent yourself of a child who is also in care, you both will have the same IRO. In some situations, though, you will have a different IRO.
7. You should be given written information explaining the role of the IRO and telling you what you can do if things decided at your review are not carried out.
8. If your IRO leaves (perhaps for another job or retire) they must introduce you to your new IRO.
9. Apart from your first week in care, you should never be without an IRO.
10. Your IRO should meet with you in person before your first review.



HOW TO CONTACT AN IRO?



Your social worker or the Silver Lining Supervising Social Worker can provide this information to you. You can also take your IRO's contact details when you meet him/her at your first review.

Do you know who your IRO is? Write his/her name here:

.....

Do you know how to contact your IRO? Please write down here:

.....

YOUR FAMILY



Your family will be told by your social worker about your foster carers, how you are doing in their care and how you are feeling. You can talk to your foster carer about your family.

You can always talk to your family about your foster carer.



Is there anything you are missing most?

Write down the names of people who are important to you.

WHY NOT DRAW A PICTURE
OF THEM TOO?



SILVER LINING FOSTERING AGENCY

Your foster carers have their own social worker who works for Silver Lining. They are there to make sure your foster carers are getting the help they need and that they are looking after you well.

Do you know the Silver Lining Supervising Social Workers name?

Silver Lining is an Independent Fostering Agency. We have our office in Hounslow. Our staff and foster carers are experienced and have good knowledge about the needs of children and young people.

The children and young people in our care are very important to us and we work hard to make sure that you are happy with your foster carers.

YOUR FOSTER CARERS



Foster carers are people who have been approved specially to care of children and keep them safe. We understand that it can be very difficult moving into a new home and meeting your foster carers for the first time. Your foster carers will make you feel welcome and safe in your new home. You will have lots of questions like:

What do I call my Foster Carers?

You should ask them; they won't expect you to call them 'Mum' or 'Dad'. If you talk about it, then you can find out what everyone is happy with.

My Bedroom?

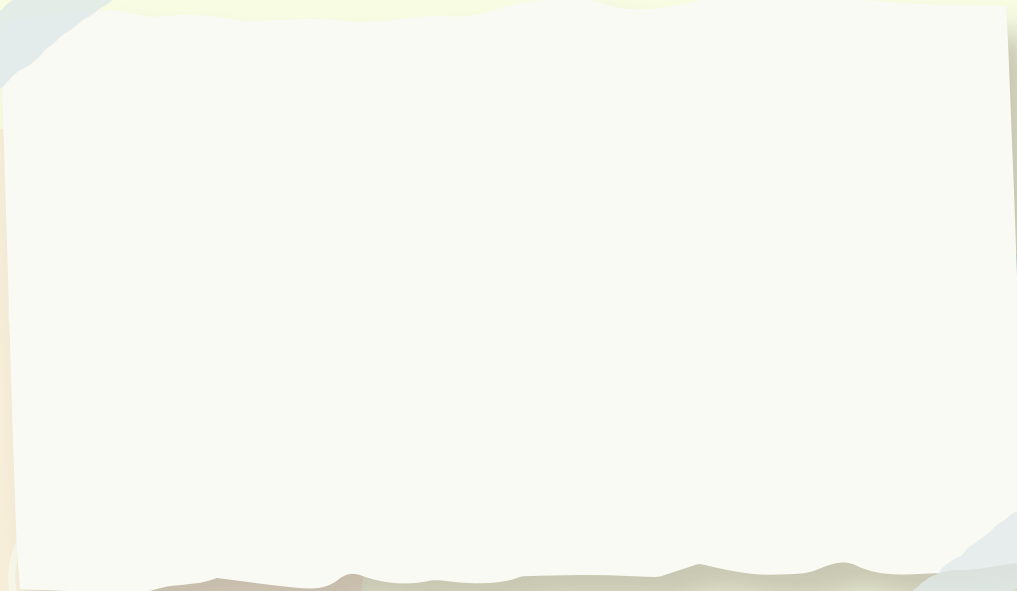
You will have your own bedroom or may share it with your brother or sister. Your bedroom is your own space. You should try to keep it tidy. Your bedroom is your place to keep your personal belongings and anything that is important to you.

YOUR FOSTER CARERS



Your foster carers should do their best to protect you and help you feel safe and happy in their home.

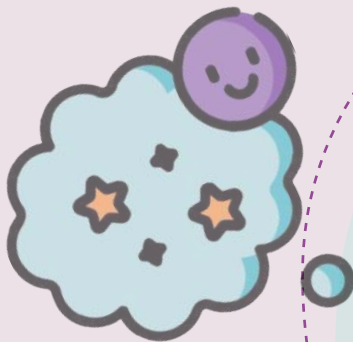
CAN YOU DRAW OR STICK A PICTURE OF YOU FOSTER HOME OR YOUR FOSTER FAMILY? DON'T FORGET TO INCLUDE YOURSELF!!



YOUR FOSTER CARERS

To make life easy for everyone, your foster carers will have house rules which they would like you to follow. These will be things like: Saying please and thank you, to knock on a bedroom door before going into the room and what time you should go to bed.

DO YOU HAVE SOME HOUSE RULES? WRITE THEM DOWN TO HELP YOU REMEMBER:



1. _____

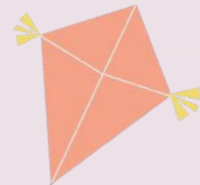
2. _____

3. _____

4. _____

5. _____

YOUR RIGHTS



1. All adults should listen to you and treat you fairly all the time, even when you have done something they are not happy with.
2. When you want to find out about something or need some advice then your foster carers will help you. You can also speak to your social worker or the Silver Lining supervising social worker.
3. You should tell your foster carer about yourself, what your favourite foods are and what you like doing.
4. You have the right to be kept safe at all times.
5. You should receive a healthy and balanced diet and plenty of exercise.
6. When you are 18 you will have the right to read your file.
7. Every child has the right to education.
8. You will receive pocket money, and your carers will save money for you in your bank account.
9. You have the right to know why you are in care.





WHEN YOU ARE WORRIED

Sometimes you may feel worried but you should always talk to your social worker and foster carers. No one should ever hurt you and if you feel sad about something, in particular, we need to know why. There are many people you can talk to or reach out for help. Please see below and some important contacts numbers on the last page:

Your Social Worker (Local Authority)

Your Foster Carer

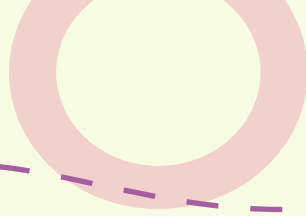
Ofsted (Ofsted is an organization that checks the work of fostering agencies in England and Wales)

Your Teacher

Silver Lining Supervising Social Worker

YOU MAY HAVE MANY DIFFERENT FEELINGS ABOUT BEING IN FOSTER CARE.

The word search has lots of hidden feelings. Can you find them all? Are there any feelings you are hiding?



S A D S I M V S
 C G Y H W T Q T
 A E A A G R Y R
 R O T P P C U O
 E R L P N E L N
 D V K Y X A O G
 Z W O R R I E D
 C O N F U S E D

Happy
 Sad
 Worried
 Scared
 Strong
 Confused
 Safe



YOUR SCHOOL

1. If you are already in school, then everything will be done to make sure you can stay there.
2. Sometimes it is better for you to change school because of the traveling distance.

3. Only your teacher will know that you are in foster care but no one else will.

4. Your teacher is also there to help and if you have any problems in school then you can talk to them.

WHAT DO YOU LIKE MOST ABOUT SCHOOL?



WE CARE ABOUT YOUR VIEWS AND EXPERIENCES....



We hope you have a good experience with your foster family. If you are unhappy, hurt, need help, or wish to make a complaint then it is important to get in touch with one of the people mentioned below. If you need help to get in touch, then you could ask an adult who you trust to assist you.

YOUR CONTACTS TO HELP YOU ANYTIME



1. YOUR FOSTER CARER

2. YOUR SCHOOL TEACHER

3. YOUR SOCIAL WORKER

NAME: _____

PHONE NUMBER: _____

4. SILVER LINING FOSTERING AGENCY:

Vista Business Centre, 50 Salisbury Road, Hounslow TW4 6JQ

PHONE: 020 8150 7238 / 07405 234 222

EMAIL: info@silverliningfostering.co.uk

5. OFSTED

Piccadilly Gate, Store Street Manchester, M1 2WD

PHONE: 0300 123 1231

EMAIL: enquiries@ofsted.gov.uk

6. The Office of the Children's Commissioner

Sanctuary Buildings 20 Great Smith Street London, SW1P 3BT

PHONE: 0800 528 0731

EMAIL: help.team@childrenscommissioner.gsi.gov.uk

WEBSITE: www.childrenscommissioner.gov.uk

7. NSPCC HELPLINE: 0808 800 5000

8. CHILDLINE: 0800 1111

9. CORAM VOICE: 0808 800 5792

10. Advice & Advocacy Service for
Children (NYAS): 0800 616 101