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**01254 244700**





## **What's in this guide?**

**Welcome to your new foster family**

**Who are CANW?**

**My Foster Home**

**About Me**

**My Social Worker & Meetings**

**Your Rights**

**Activities**

**My School**

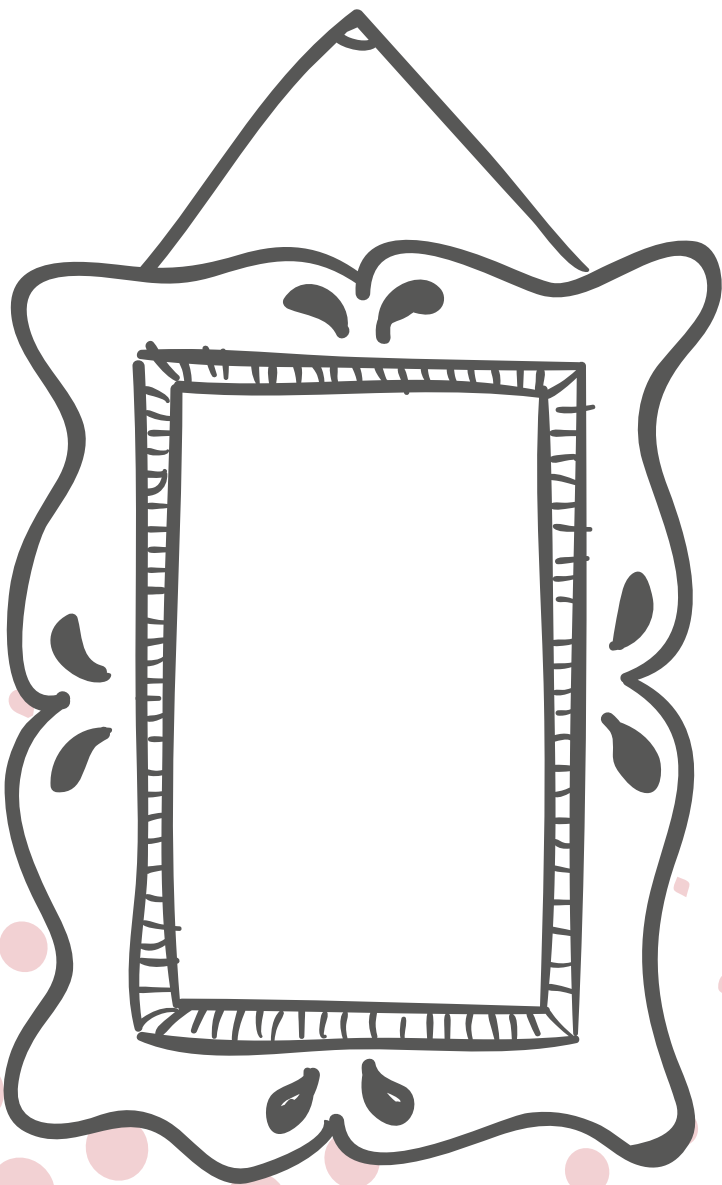
**Keeping Safe**

**Race, equality & diversity**

**If you are unhappy**

**Jargon buster**

# WELCOME TO YOUR NEW FOSTER FAMILY



We know you are going to like living with your foster carers for a while. They are friendly and kind people here to help you.

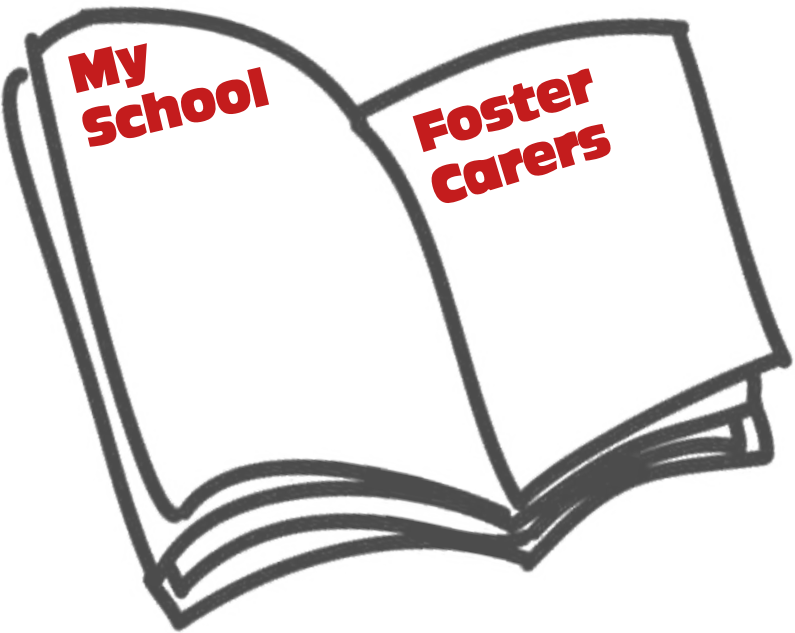
You might be feeling be a little bit confused why you are staying with a foster carer and not your own family, but hopefully your social worker will have talked to you about this. If not, tell your foster carer and they will help you to understand.

This little book has lots of useful things in it and has been made especially for you.

## All about me

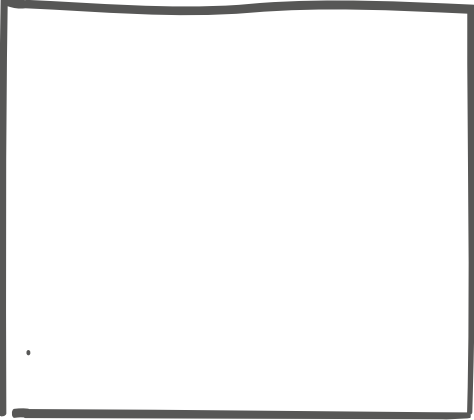

**NEW home**  
Address:  
  
Number:  

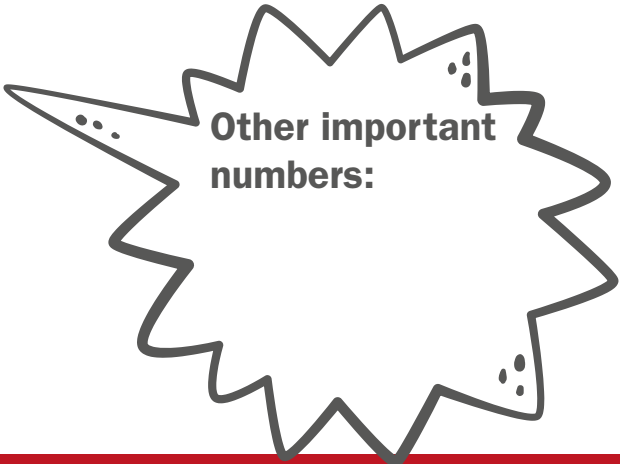

**Social Worker**  
Name:  
  
Number:  

**Birthday**  
Date:  
  
Age:  


**Independent Reviewing Officer**  
Name:  
  
Email:  


  
**My Foster Carer**  
Name:  


**Other important numbers:**  




## WHO ARE CANW?

CANW are a foster care charity. We are here to help children and young adults live with a foster family.

**We are a charity who have a been team of foster carers.**

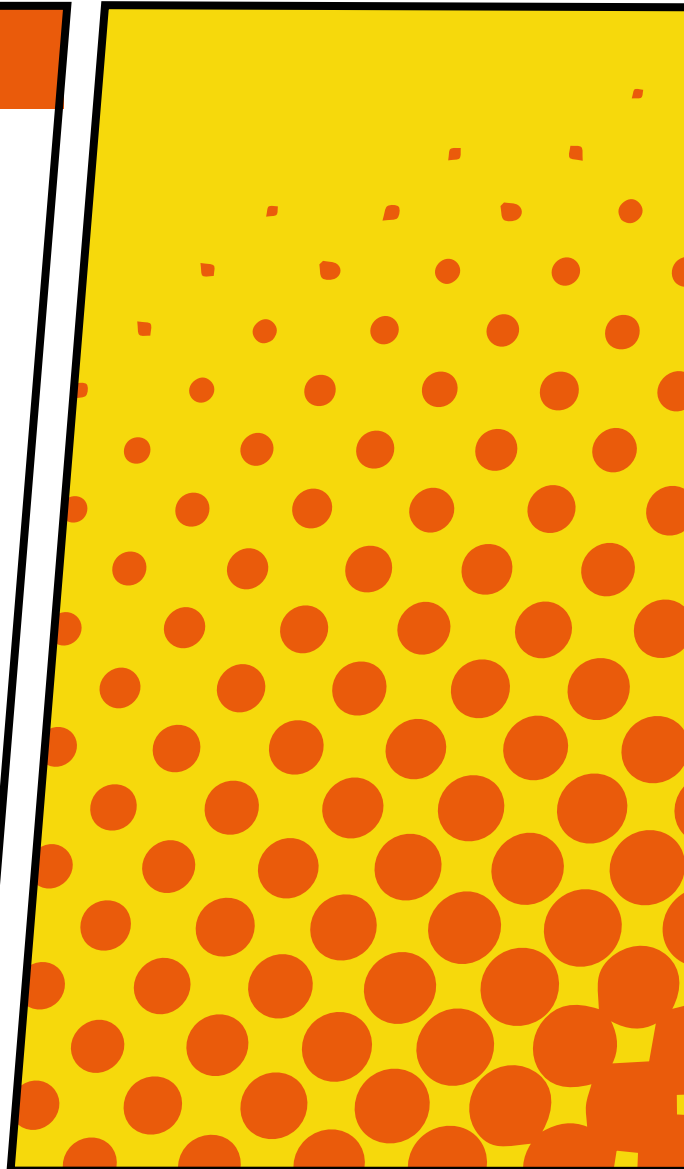


### Information about me

CANW have to keep information about all the children who live with their foster carers to make sure you are looked after properly.

If you ever want to see any of the information about you, ask your foster carer or their social worker.

Your social worker will also have information about you, and you can ask them to see this as well. You are also allowed to write notes in your file if you want to.



## Your Foster Carer

A foster carer is a person or couple who are just ordinary people who have chosen to care for a child or children who need a family to care for them. Sometimes this is just for a short period and sometimes this will be until a child is 18. Foster carers have been trained and have their own social worker to make sure that they are providing a lovely family experience.

**Our foster carers are very kind and nice and are very experienced at looking after children and young people.**

## Your Social Worker

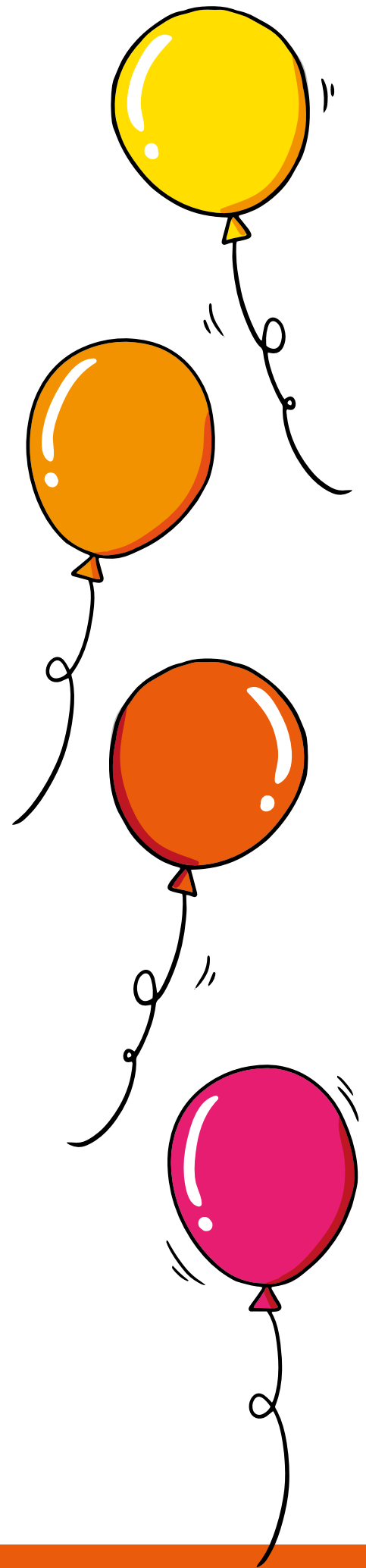
**Your social worker is someone that has been specially trained to work with children and their families.**

They will visit you regularly and keep in touch with your family and your foster carer. YOUR social worker is there to help YOU.

## CANW Social Worker

A CANW social worker is someone who looks after the foster carers and makes sure that they are looking after you and you are OK.

**They will also talk to YOU and YOUR family.**



## MY FOSTER HOME

**We hope you are going to enjoy living in your new foster home.**

Your foster carers might have their own children living at home or there might be other children who are looked after in the house.

While you are living at your foster carers' it is your home. We want you to be safe, happy and be able to try new things.

If you have any problems or worries, remember you can always tell your foster carer or your social worker.

Sometimes you may go and stay with other CANW carers for a few days. This is known as respite and is like a little holiday or sleep over for you.

## Pocket Money

You will get pocket money every week. Your foster carer will tell you how much and what days you get your pocket money.

You may choose to save some of your money each week for special occasions such as holidays.

When you have your welcome visit you will be told how much your pocket money will be and when you will receive it.

If you don't already have one, your foster carers will try and open you a bank account. Your carers will also put some money aside for you every week, into a special account known as a 'savings account'. The foster carer will save money that they will keep for you until you are aged 18. But they will help you save for things that you really want that you can buy once you have the right amount.



# Food

You can tell your foster carer what you would like to eat and your foster carer will talk to you about what foods are good for us to eat.

You will be able to go with your foster carer to do the shopping so that you can choose some of your favourite foods.

**My favourite foods are:** \_\_\_\_\_

\_\_\_\_\_

**Foods I don't like:** \_\_\_\_\_

\_\_\_\_\_

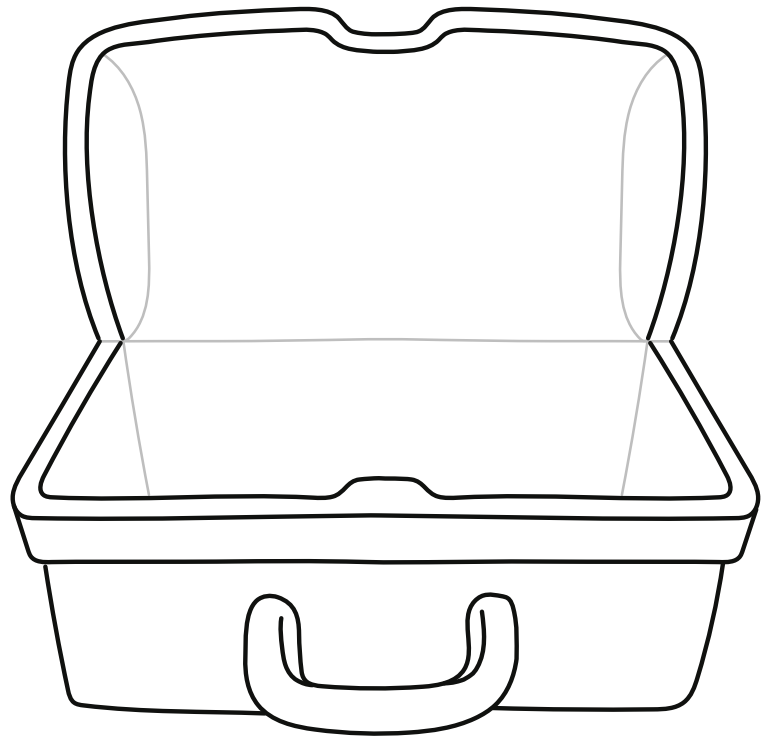
**I can recognise and colour in these healthy foods:**

Cherries | Apple | Grapes | Banana | Pineapple | Pear



# MY LUNCHBOX

Can you show and write what foods you like for your lunch?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

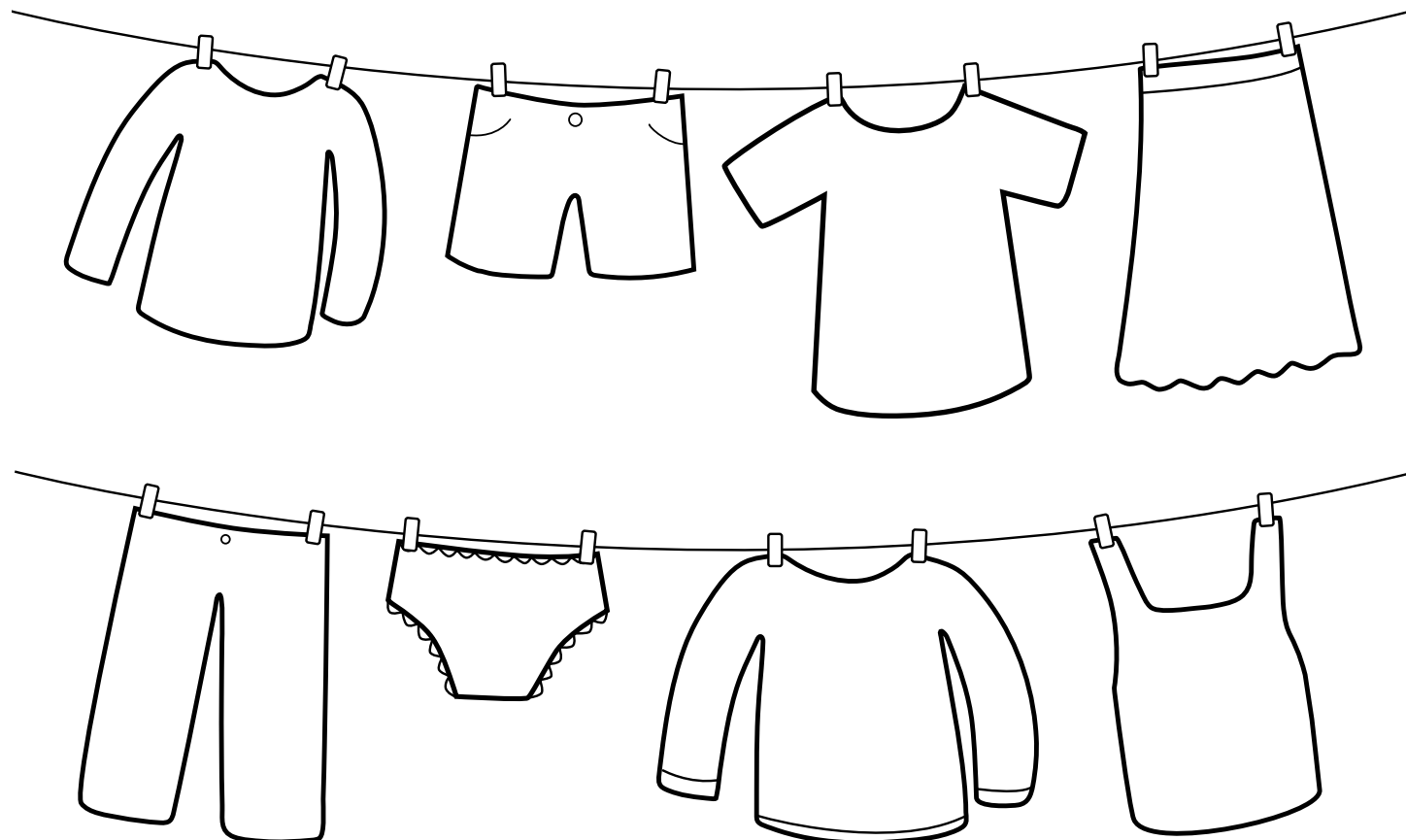
\_\_\_\_\_

\_\_\_\_\_



# SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



## My bedroom

You will either have your own bedroom, or a bedroom that you share - where you will have your own space, to arrange your toys and other things just as you want.

Your foster carer will always knock on your door before they come into your bedroom, unless they are worried that you may be doing something dangerous that might hurt you. If so they may come into your room to make sure that you are safe.

Some children like to have a light on whilst they go to sleep, let your foster carer know if you do.

The questions that you might like to ask are:

**What time is my bedtime on a school night?**



**What time is my bedtime on a non school night?**

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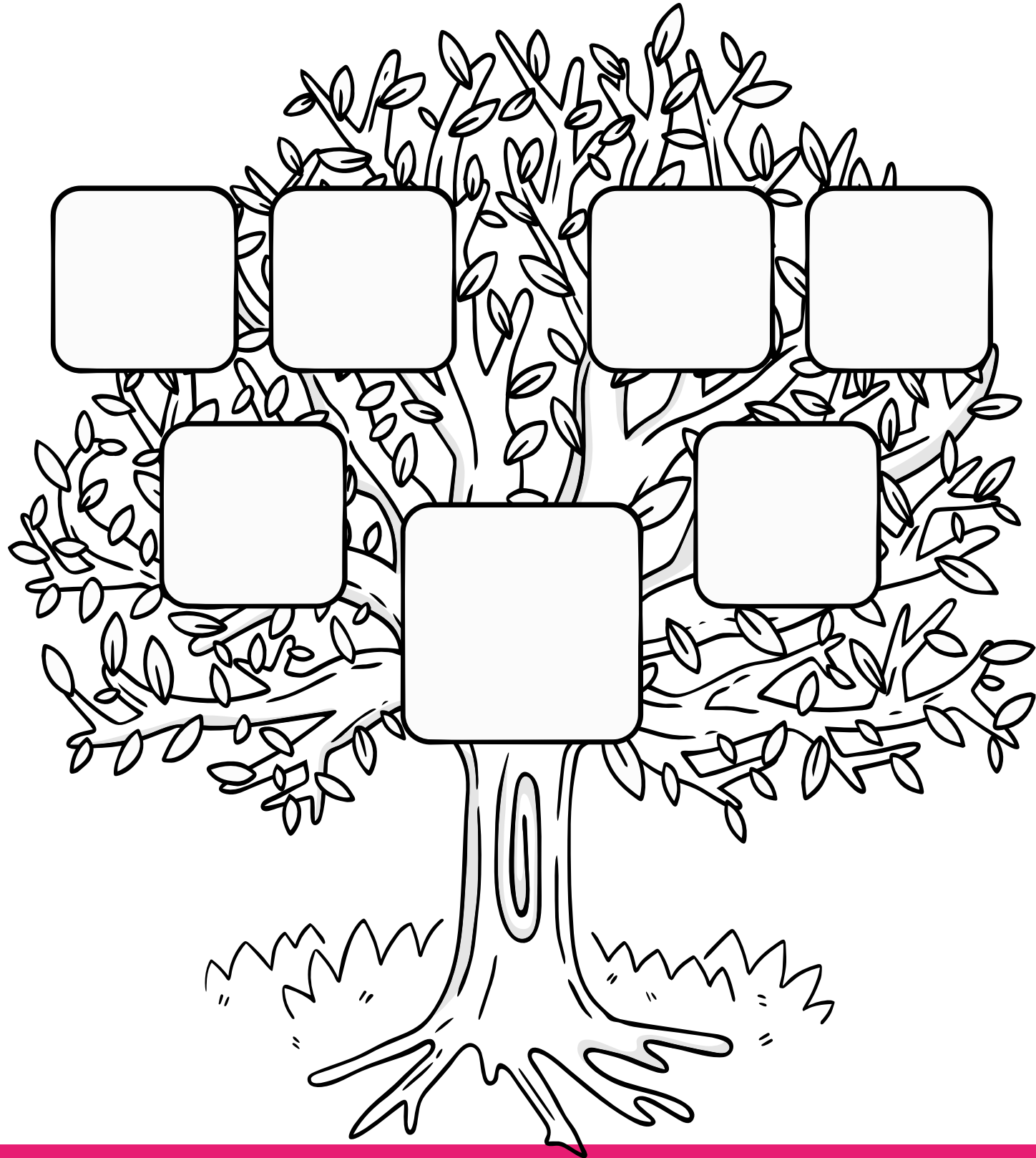
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## ABOUT ME

There may be lots of different reasons why you are not living with your family at this time, but we know that they are still very important to you. Your social worker and foster carer will help you to understand why decisions are made and what happens now.



**You may be missing your friends and family and wonder when you will be able to see them again.**

Talk to your social worker and your foster carer about this and if you can visit, telephone, email or write to friends and family. You may hear people talk about Family Time this is all about you keeping in touch with significant people.



## My Religion

If you would like to go to a church, a mosque, a synagogue or any other place to practice your faith, your foster carer or social worker will help you.



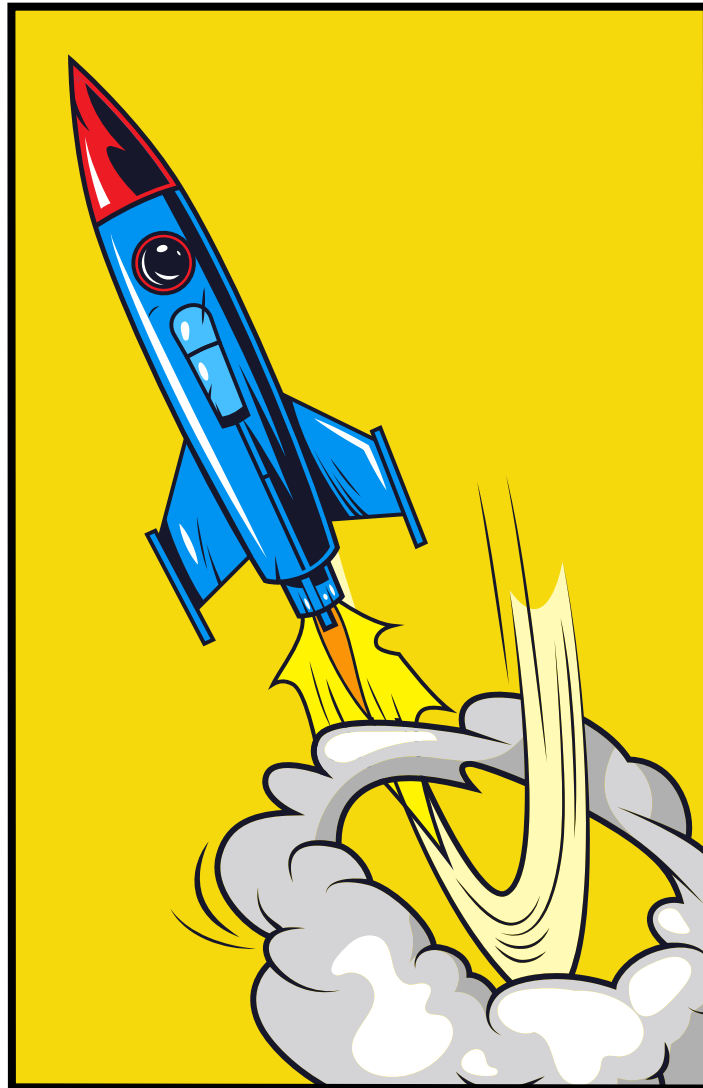
# MY SOCIAL WORKER & MEETINGS

**There will be meetings with your social worker and sometimes members of your family. But most importantly, with YOU.**

You can decide if you want to go to the meetings or not.

You may decide to tell your foster carer what you want or what you are feeling and they can tell the meeting.

These meetings are to check that things are going well and that you are happy with your new foster family. They will also talk about other things like your school, your health and how well you are doing.



## Feelings & Emotions

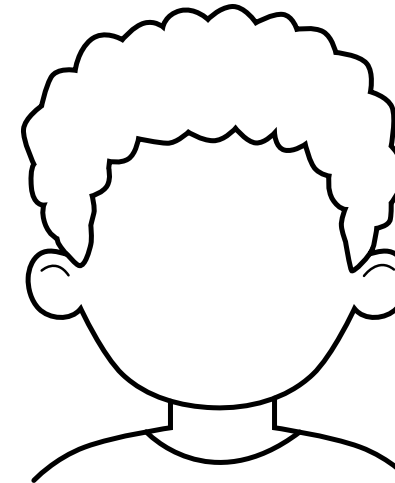
**We want you to feel at home with your foster carer, be able to tell them if you are unhappy and if you are happy.**

Whilst you are living with a foster carer you will have a Care Plan, which tells all the adults what they need to do to make sure you are looked after properly. If you think that we are missing something or you want to make changes to the Care Plan then please tell us or if you want to see your Care Plan and have it explained to you.

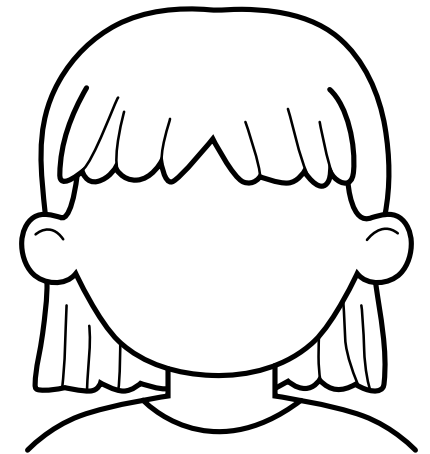
**Draw faces on these people to match the emotion they are feeling.**

Discuss with an adult these different feelings and think about what might make you feel a certain emotion.

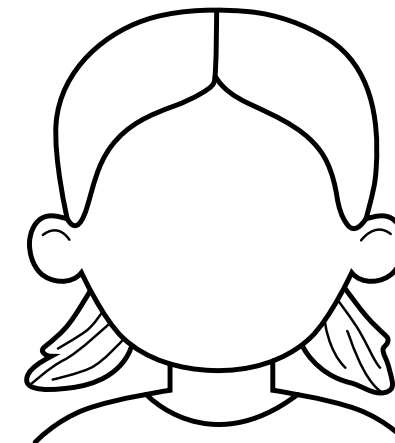
.....



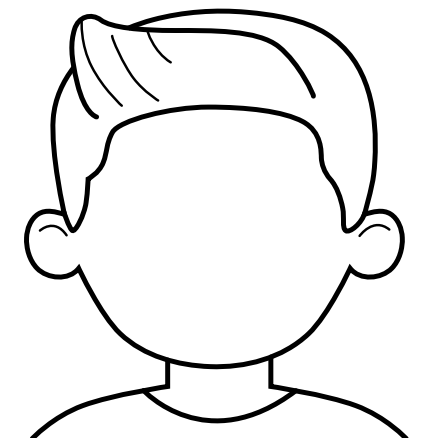
**angry**



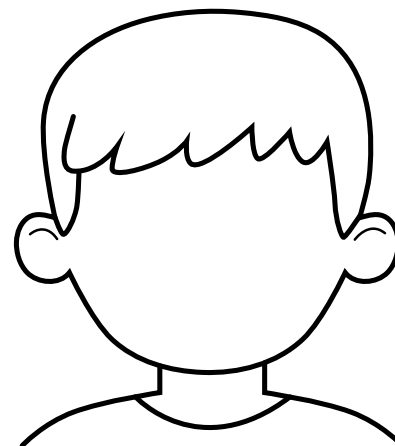
**excited**



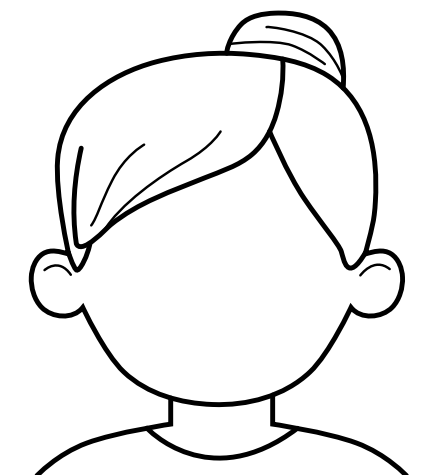
**sad**



**tired**



**happy**



**scared**

## YOUR RIGHTS

**Everyone  
has  
rights.**

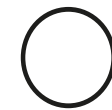


### You have the **RIGHT TO:**

- Be listened to and asked what you think
- Follow your chosen culture & religion
- Have contact with your family and friends if it is safe for this to happen.
- Telephone your social worker if you need to
- Eat a special diet/foods if that is part of your culture/religion
- Have pocket money
- See your social worker if you need to - and in private
- See a dentist and doctor when you need to
- Go to school and have an education
- Have suitable clothing to wear
- Private time (privacy)
- Your own bedroom
- Complain

## SHAPE MONSTERS

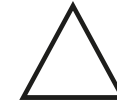
Use the code to work out what colours to use on these monsters!



Blue



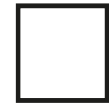
Red



Green



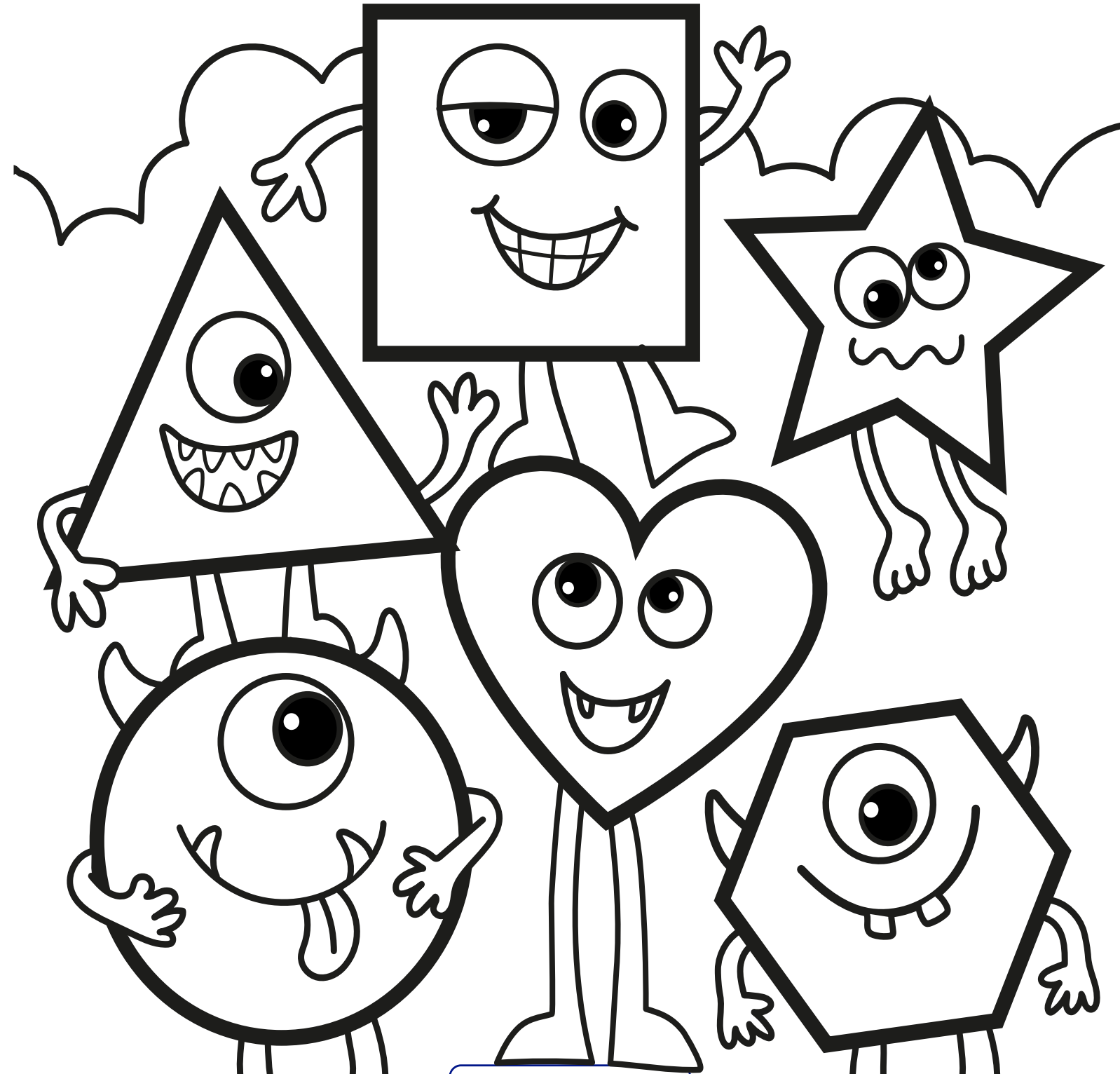
Orange



Yellow



Pink



# Independent Reviewing Officer



# HELLO

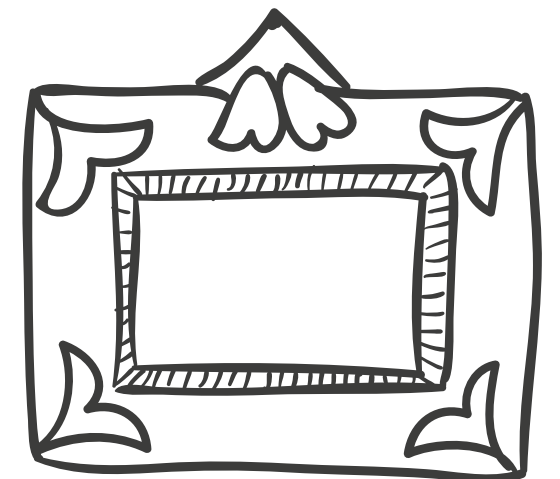
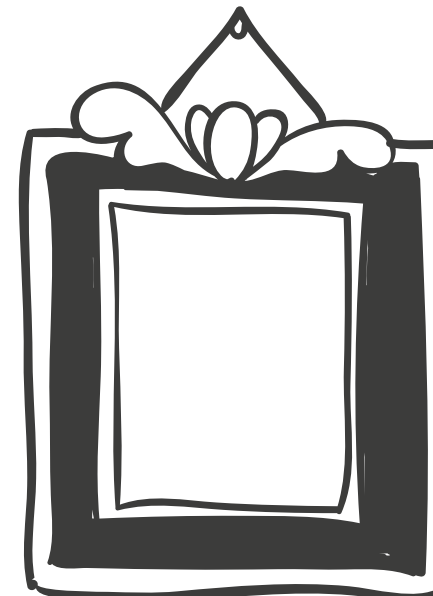
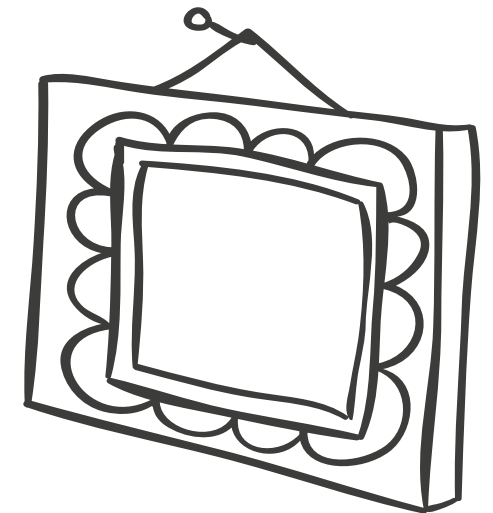
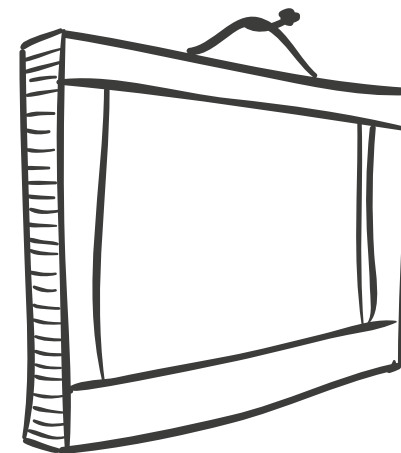
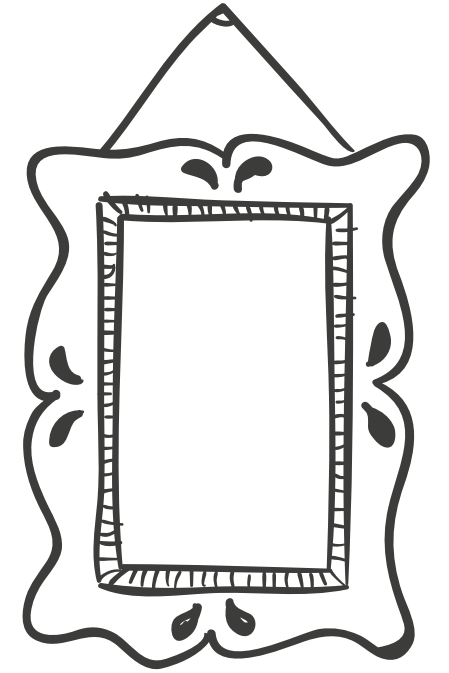
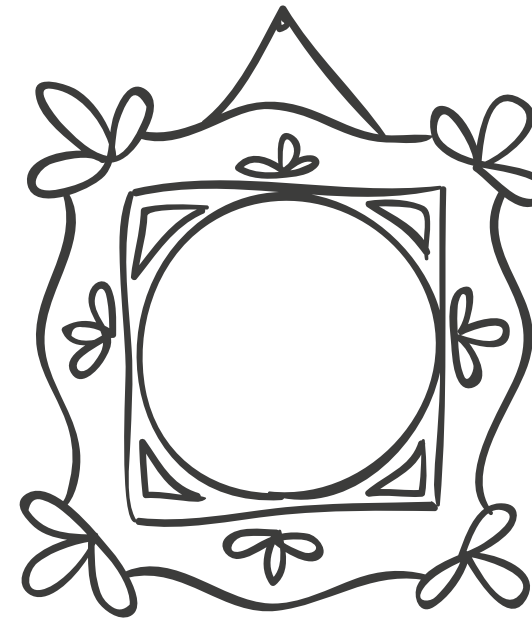
**Independent Reviewing Officers (IRO) are people working with children in care as well as their social workers.**

Each child in care should have an IRO. It is the IRO's job to check that the local authority is doing what it should be doing for children while they are in care. The IRO is in charge of your review and checks that all the adults are doing what is in your Care Plan, and that your wishes and feelings are being listened to.

You will see your IRO at your reviews at least twice a year, or if you want to speak to your Independent Reviewing Officer. We have hopefully given you the name and email of your IRO but if we do not know please ask your social worker how you can contact them.



**My friends and people that I care about are called:**





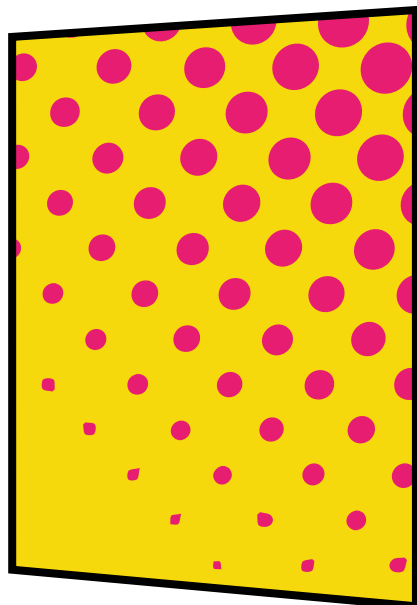
# ACTIVITIES

**Are there any clubs or activities you would like to go to?**

**Your foster carer can help you with this.**

CANW also run activity clubs for you and other young people during school holidays. Attending CANW activities is a great way to make new friends.

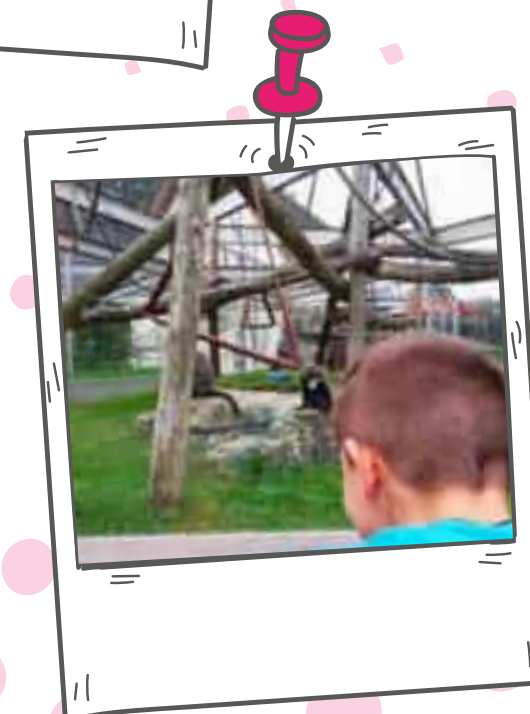
While you are at your foster carers we hope you will make friends that you may want to invite to play or to tea. Talk to your foster carers about your friends coming to visit.



## Remember:

If you are going to play with a friend it is important that an adult knows where you are at all times or else we will all be worried about you.

If your foster carers do not know where you are they will have to tell the social workers at CANW who will have to tell the police and your social worker. Your birth family may also be told.



## MY SCHOOL



It may be that you go to your usual school or you may have a new school closer to your new house.

Your social worker and foster carer will talk to you about this.

## Living Together

**We want you to live together happily and safely in your new home.**

If someone is making you feel sad or unhappy, we want you to tell someone. You can tell your social worker, a teacher, your foster carer or a member of staff from CANW. They will listen to you and try to help with any problems.

It is important that you are able to share what is making you sad and what is making you happy.

You may choose to tell someone by drawing a picture, writing it down or talking to them.



## Uniform

Colour the uniform in the colours your school uses.

You could even draw the school logo on the book bags.





## KEEPING SAFE

### When you are playing outside

When you are outdoors playing with friends or with an adult you must NOT talk to strangers or wander off without permission.

### When you are near animals

You must not approach or stroke an animal that you do not know. But we know that animals often make us happy so let us know if you are missing a pet that you used to care for.

### When you are on the computer

If you are on the computer, make sure you do not give anyone your address or phone number.

ALWAYS let your foster carer know if anyone has asked you for your address or phone number.

NEVER arrange to meet anyone you contact through the internet or share any photographs of yourself. Please let us know if you see anything on the computer that upsets or worries you.



## RACE, EQUALITY & DIVERSITY

Equal Opportunities means that all people have the right to be treated fairly and that everyone should have the same chance. So, if you think that your gender, sexuality, race, disability or something else is meaning that your needs are not being met or you are not being listened to... **please SHOUT and tell us!**



**There are many different religions celebrated in Britain**



**Christianity**



**Islam**



**Sikhism**



**Buddhism**



**Hinduism**



**Judaism**

When children come to Britain from other countries they sometimes feel frightened, uncomfortable, sad and lonely. Everything is new to them. You could make them feel better by welcoming them and making them feel happy to be here. You could play with them, talk to them, make friends and invite them to tea. Find out about them, and tell them about you. This maybe you ... we want to make you feel welcome because we really care about you.



**Sometimes even adults get things wrong and it's really important that you know who to talk to if you are unhappy or worried about something.**



You can always talk to your social worker, teacher or IRO and all their numbers or emails which are already in this booklet. But you can also contact any of these people who will try and help you if you need to make a complaint or just share a concern.

**If you have a complaint or need to talk to someone...**

If you are not happy with the way you are being looked after, you must tell someone. You should tell us how you feel so we can try and sort it out.

If you do have a complaint, CANW will take everything you have to say seriously.

You can also tell your foster carer, social worker, teacher, or your parents if you have any problems.



**Joanne Lever**  
Human Resources Manager

**01254 244700**

Email: [youngpeoplescomments@canw.org.uk](mailto:youngpeoplescomments@canw.org.uk)



**childline**

ONLINE, ON THE PHONE, ANYTIME

**0800 1111**

NSPCC Weston House, 42 Curtain Road, London EC2A 3NH



**CHILDREN'S COMMISSIONER**

**0800 528 0731**

**[help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)**

**Sanctuary Buildings | 20 Great Smith Street, London, SW1P 3BT**



**Ofsted**

**| 0300 1231231**

**Ofsted is somewhere else you can tell people that you are not happy.**

Ofsted come regularly to check the fostering service and the Local Authority who employ your social worker so they will be really interested in your views

# JARGON BUSTER

## What some words mean:

**CLA** - This stands for 'Child Looked After' and it means any child that is in care.

**CLAR** - Child Looked After Review is a big meeting where your IRO makes sure all the adults are looking after you properly. Your wishes and feelings are always included.

**IRO** - This stands for 'Independent Reviewing Officer'. Your IRO will chair your CLAR and is in charge of making sure all the adults are looking after you properly.

**LASW** - This stands for 'Local Authority Social Worker'. This person is YOUR Social Worker.

**SSW** - This stands for 'Supervising Social Worker'. This person is your foster carer's social worker.

**PEP** - This stands for 'Personal Education Plan'. All children in care must have a PEP. This makes sure your school is doing everything it can to support and teach you properly. Your wishes and feelings are always included.

**CLA Medical** - All children in care must have a medical once a year. This is done by a special nurse and can happen at a doctor's surgery or in the home.

**SENCO/Inclusion Manager** - This is somebody in school who makes sure any children who need extra support in school get the help they need.

**EHCP** - This stands for Education, Health and Care Plan. This is a plan that sets out exactly how a child will be supported in school. Your wishes and feelings are always included. Not all children need an EHCP.



@ChildActionNW



@TeamCANW



@child\_action\_northwest



Child Action Northwest