



New Life
Fostering

Celebrating 10 Years

newlifefostering.co.uk

WELCOME TO your new FOSTER FAMILY AND TO New Life Fostering

This booklet is yours to keep and use whenever you want to find something out about fostering.

THIS BOOKLET BELONGS TO _____

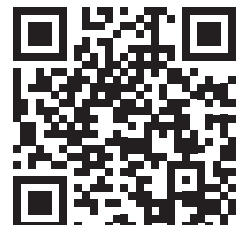
MY SOCIAL WORKER IS _____

THE NEW LIFE FOSTERING MANAGERS IS _____

We provide foster carers that have been specially chosen for you. They will help you with school, health, hobbies, and interests, and keep you in touch with the people you care about.

The staff at New Life Fostering help find foster carers to look after children who can't live at home.

We have lots of foster carers who look after children just like you to make sure you are happy and safe.





New life fostering understands that sometimes you may find your past hard to deal with.

AT TIMES YOU MIGHT FEEL:

SAD



WORRIED



ANGRY



But don't worry, your foster carers and New Life Fostering will make sure have someone there for you if you need to talk about anything.



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 and your family.

NEW LIFE FOSTERING SOCIAL WORKER

A New Life Fostering supervising social worker is someone who looks after the foster carers and makes sure that they are looking after you and that you are ok.

They will regularly talk to you and your social worker.



YOUR NEW FOSTER HOME

We hope you are going to enjoy living in your new foster home. Your foster carers may have children of their own, there may be other children looked after, or you may be the only child in the house.

While you are living at your foster carers, it is your home. We want you to be safe, happy, and to be able to try new things. Maybe there is something you have always wanted to do or have enjoyed before. Let your foster carers know.



CAN I USE THE TELEPHONE?

YES!!!

You can use the telephone to call your family and friends as long as your care plan says its ok. You need to let your foster carers know that you are going to be using the telephone.



POCKET MONEY

You will get pocket money every week. Ask your foster carer how much you will get and when.



FOOD

You can tell your foster carer what you like to eat, and your foster carer will talk to you about foods that are good for us to eat. You will be able to go shopping with your foster carer so you can choose some of your favourite foods.



YOUR BEDROOM

You will have your own bedroom and you can arrange your toys and other belongings however you would like to. Your foster carers will always knock on your door before they come into your bedroom unless they are worried about you.

If so, they may come into your room to make sure you are ok



ABOUT YOU

Your family – 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 carers will help you to understand why decisions are made and what happens now.

You may be missing your friends and family and be wondering when you will be able to see them again. – Talk to your social worker and foster carers about this and ask if you can contact your friends and family.

Your 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.



YOUR RIGHTS

While you are living with your foster family it is important for you to know that you have rights and there are certain things that your foster family should support you with. Here are some examples to help you understand your rights:

YOU HAVE THE RIGHT TO:

- BE LISTENED TO AND CONSULTED WITH
- FOLLOW YOUR CHOSEN CULTURE AND RELIGION
- HAVE CONTACT WITH YOUR FAMILY AND FRIENDS (IF SAFE TO DO SO, TALK TO YOUR SOCIAL WORKER ABOUT THIS)
- TELEPHONE YOUR SOCIAL WORKER IF YOU NEED TO
- SEE YOUR SOCIAL WORKER IF YOU NEED TO – AND IN PRIVATE
- EAT A SPECIAL DIET/FOODS THAT ARE PART OF YOUR CULTURE/RELIGION
- HAVE POCKET MONEY
- SEE A DENTIST AND DOCTOR WHEN YOU NEED TO
- GO TO SCHOOL AND HAVE A STATE EDUCATION
- HAVE SUITABLE CLOTHING TO WEAR
- PRIVATE TIME (PRIVACY)
- YOUR OWN BEDROOM
- COMPLAIN
- SHARE YOUR VIEWS

Talk to you – You have the right to be “consulted” about decisions that made about you. This means people will ask you for your views and listen to what you say. It doesn’t mean you will always get what you want, but you will be told the reasons why.

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 sort it out. We listen to children and young people and take on your views.

You can also tell your foster carers or social worker if you have any problem.



SCHOOL AND FRIENDS

Your school – it may be that you go to your usual school, or you may have a new school closer to your new home. Your foster carer and social worker will talk to you about this.

Your friends – while you are at your foster carers, we hope you will make friends that you will 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 may have to tell the police and your social worker.



KEEPING SAFE

Bullying – we want you to be happy and safe whilst living in foster care. We know that sometimes bullying can happen.

If someone is making you feel sad or unhappy, we want you to tell someone. You can tell your foster carer, your social worker, or a teacher. They will talk to you about this and try to sort out the problem.

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

When you are playing outside – when you are outdoors playing with friends or an adult you must NOT talk to strangers.

When you are near animals - you must not approach or stroke an animal that you do not know.

When you are on the computer – if you are on the computer, make sure you do not give anybody your address or phone number. ALWAYS let your foster career know if anybody has asked you for your address or phone number. **NEVER arrange to meet anybody off the internet.**



RACE, EQUALITY, AND DIVERSITY

Race equality means that all people (of any colour) have the right to be treated fairly, and that everybody should have the same chance.

Equal rights no matter what – there are many different religions celebrated in Britain. For example, Hindu, Catholic, Muslim, Protestant, Sikh, Jehovah's witness, Judaism, and Buddhism.

The word "customs" is used to describe how people from different countries and backgrounds do things. It's interesting to find out how other people live, what they believe, what they eat, and what they wear.

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, find out about them, and tell them about you.

YOU CAN ALSO CONTACT TO COMPLAIN:

Ofsted

Ofsted is the government body responsible for upholding standards in foster care. They inspect and regulate fostering agencies such as New Life Fostering Service. **Address:** Piccadilly Gate, Store Street, Manchester, M1 2WD **Phone Number:** 0300 123 1231 **Email Address:** enquiries@ofsted.gov.uk **Website:** www.ofsted.gov.uk

The Office of the Children's Commissioner Address:

The Office of the Children's Commissioner, Sanctuary Buildings, 20 Great Smith Street, London, SW1 3BT **Phone Number:** 020 7783 8330 **Website:** www.childrenscommissioner.gov.uk

NSPCC HELPLINE: 0808 800 5000 **ChildLine:** 0800 1111



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