



**Caldecott
Fostering**



Childrens' Guide to Caldecott Fostering

Helping Children Reach The Stars

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WELCOME

We have made this booklet to help you while you are living with your Caldecott Foster Family

Some of the words in this booklet may be new to you or hard to read. So don't forget you can ask your foster carer/parents, social worker or someone you trust to help you.

ABOUT ME:

Tell us all about you. You can ask your foster carer/parents or social worker to help you fill this in.

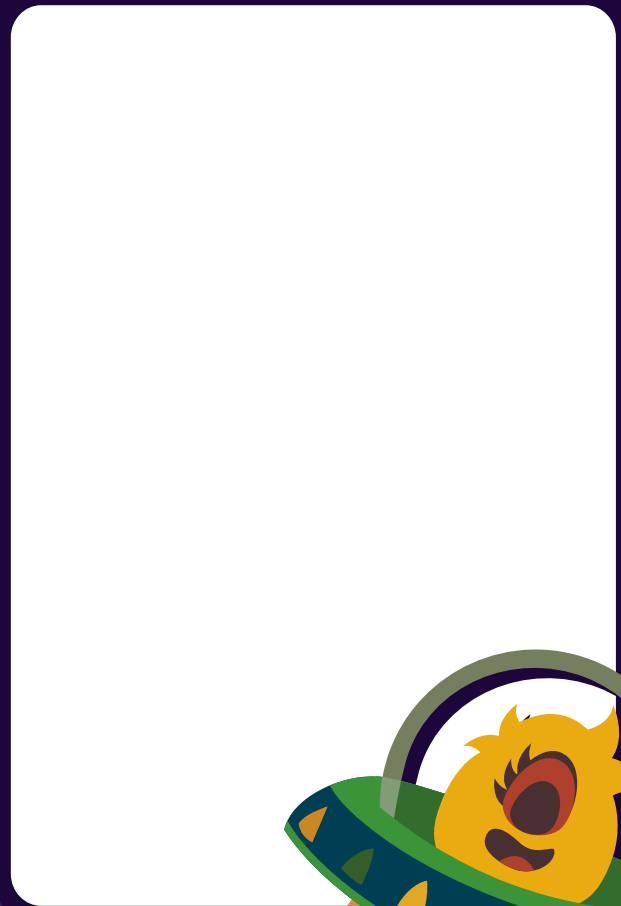
My name is

I am years old

The things that I like to do best are:

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Draw a picture of yourself in the box. Have fun!



WHAT IS A FOSTER CARER/PARENT?

Foster carers/parents are special adults who have been chosen to look after children who can't live at home with their family. Some foster carers/parents live on their own and some live as families with other children including other children who are looked after. Some foster carers/parents will live with their own children (unless they have grown up and live somewhere else).

Who are Caldecott Fostering?

Caldecott Fostering is a place where people work together to find foster carers/parents for children that need a place to live for a while.

Why don't you draw a picture of what your foster carer/parents looks like here?



Social workers also work at Caldecott Fostering. They work with foster carers/parents and help them look after children really well.

My Caldecott Fostering social worker's name is: :

.....

The Caldecott social worker will visit you in your foster home every few weeks and also call your foster carers/parents to check that everything is okay for you. They want the very best for you and it will be really good when you get to know them well.

If you ever feel unhappy, you can tell the Caldecott social worker and they will work hard to work something out so that you feel much better.

At Caldecott Fostering we give foster carers/parents lots of help and show them how they can be excellent at their job.

We also offer lots of exciting activities for all the children to do and you can try new things.

We hold holiday clubs for children and we arrange trips out so children and their foster families can see each other and have a great time playing and having fun. We do things like beach BBQ's, picnics, dog walks, parties, trampolining and loads more. You will always be invited to come and join in the fun!

MOVING IN

It's really important that the right foster family is found for you. If your social worker thinks they've found the right family, your social worker will tell them some things they need to know about looking after you. It's really important that you know some things about them too, before you make up your mind.

You can tell your social worker what you think and ask questions. Caldecott Fostering will send you a book with some pictures so you can see what the foster family looks like and where they live.

When you first go to live with your foster family they will show you around the home. They will show you your bedroom and where you can put your things. They will show you all the rooms so you know where they are like where everyone eats, and the places you can play and have fun. You'll get a chance to meet any other grown ups or children that live in the house too.

Your Bedroom

Your bedroom should be warm and welcoming. Keep it clean and tidy so that you have a nice place to relax.

House Rules

Your foster family will have some house rules for everyone in the home. These will be things like knocking on doors, speaking to each other nicely. Your foster carers will explain these to you.

You can write the house rules you have in your foster home here

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WHY DO I HAVE TO LIVE WITH A FOSTER FAMILY?

There are many types of families. Some children live with both parents. Others live with either just Mum or just Dad or go back and forth between their parents' homes. Others might live with a grandparent.

And some children live with a foster family. They go to live with a foster family when they can't live at home for a while. This can be for lots of different reasons and your social worker will explain why this is. Going to live with a foster

family means you will be looked after by safe adults, you can still go to school and do all the things you like to do.

Your Foster Parents

Your social worker will tell you all about the foster family they have found for you. They will show you some pictures of them and the foster home.

If it is possible, you will get the chance to meet them before you move in with them.

Draw your foster family in the box below.





YOUR CALDECOTT SOCIAL WORKER

Your foster family will have their own helpful social worker. This person is called a Caldecott Supervising social worker. You will see them often as they will visit you and your foster family a lot.

They will make sure that you are happy and safe. They will also speak to your social worker and together they will look at how things are going at school and that you are healthy and doing all the things you enjoy.

You can talk to them whenever you want. Just ask to see them or you can call or text them or write them a letter.

Seeing your family

Your social worker will ensure that your family or anyone important to you know how you are and that you are safe.

If plans are made for you to see your family it's important that you let your social worker know what you think about family time.

If plans are made for you to see your family then your foster carers/parents will help you and take you. If you are worried about this, you can talk to them and they will help you. They want you to have a nice time and not be worried about anything.

KEEPING HEALTHY

School

We make sure that you can go to school. If you have to change schools then we will talk to you about this and help you find a new one.

Going to school is really important. The teachers will know that you are living with a foster family and will help you a lot. You can speak to them about anything you're not sure of or anything you might be worried or upset about.

Your teacher will come to meetings and tell everyone how well you are doing in school.

We want you to be whatever you want to be when you grow up, so it is important to do really well in school and try your hardest.

Keeping fit & healthy

You will be asked to visit a doctor when you move into your new foster home. This is just to make sure that you are

fit and healthy. You will also visit the Optician to check your eyes are healthy and the Dentist to make sure your teeth are healthy too.

Eat Well:

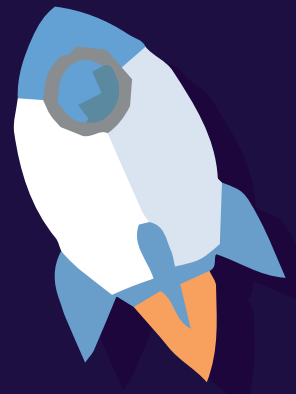
Your foster carers/parents will make sure that you eat well and eat food that's good for you. They may ask you to try new foods you've not had before ...it's really good to try new things you might find a new favourite!

Exercise:

Exercise is very important as it helps you stay strong and healthy. Your foster carers/parents will encourage you to do lots of fun things that include exercise. They may encourage you to join clubs like swimming, football, karate, gymnastics, or dancing. Tell your foster carers/parents what you'd like to try and have fun!

Draw a picture of your favourite food below.





TALKING ABOUT HOW YOU FEEL

It is not good to hold in your feelings. Always speak to someone you trust about how you are feeling.

They will always try and listen to you and make you feel better. Everything that has happened to you and all of the changes

in your life might make you confused and no one will mind explaining things to you.

We want to listen to you and understand how you're feeling. That way we can help you and make the right plans for you.

See if you can find the words in yellow below in the word search

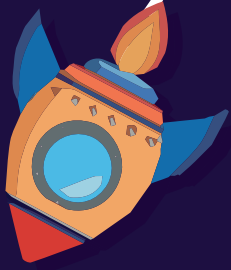
W	Q	U	T	S	A	F	E	V	C	D	A	P	M	S
O	K	A	Q	Z	C	B	W	T	E	Y	R	U	U	A
R	O	I	N	J	K	T	F	V	C	X	E	R	Y	D
R	H	H	F	V	M	B	C	Z	L	J	F	A	P	I
I	R	W	Q	E	T	U	H	A	P	P	Y	J	L	X
E	N	R	Y	I	O	F	J	K	L	Z	C	B	M	I
D	Q	H	P	Y	G	B	C	K	L	E	W	L	F	C
V	J	Y	C	O	N	F	U	S	E	D	E	O	I	L
O	A	G	T	H	S	B	G	E	K	D	Y	N	T	L
D	K	J	Q	T	G	B	N	O	M	M	Q	E	Z	C
A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

HAPPY
SAD

ANGRY
SCARED

WORRIED
CONFUSED

LONELY
SAFE



WHAT TO DO IF YOU ARE FEELING SAD

We understand that leaving your own family and moving in with a new one is very upsetting, and everything is different and strange. Remember that everyone is here to listen and help you to settle in as quickly as possible.

Your foster carers/parents want you to feel happy in their home and will help with any problems you may have.

You can ask to talk to an adult you trust about why you feel sad, and they will do their best to make this better for you.

What to do if you are being bullied

Bullying includes things like being called names, pinching, hitting, pulling hair, or people being nasty to you and saying things to you that upsets you.

There are many types of bullying and many ways of bullying. At the back of this guide there are some telephone numbers you can call in case you are being bullied or you know someone who is being bullied.

If you feel that you are being bullied at school, please talk to a teacher you like and trust. If you feel that you are being bullied, you can also tell your foster carers/parents, Caldecott social worker or your own social worker. They will listen and really help you.

There are other agencies that can help you such as *Childline on: 0800 11 11*.

There are more names and contact numbers of people who can help you with any worries or problems that you may have at the end of this booklet.



WHAT IS AN ADVOCATE?

Sometimes it is good to be able to talk to someone who is not in your foster family or who works for Caldecott Fostering. One of the people you can speak to is called an advocate. They can help you

to say the things that you want to say or when you want to do something that you think might upset somebody.

An advocate can:

- Come to meetings with you and help you say the things you would like to say
- Help if you are unhappy about the way you are being treated or you are worried about plans being made for you
- ★ Help you to understand what people are talking about in meetings
- Make sure people listen to what you have to say
- ★ Give you advice and information about your rights

What to do if you feel that **no one is listening**

You will have someone called an Independent Reviewing Officer that makes sure everyone is looking after you properly. This includes your social worker and Caldecott Fostering. They will check that everyone is listening to what you think and feel about things.

Sometimes they are called 'IRO' for short. The IRO may come to your foster home to see you and talk to you. They will call a meeting that everyone will come to to talk about how things are going for you.

You can ask to see your IRO at any time too so you don't have to wait for the next meeting.

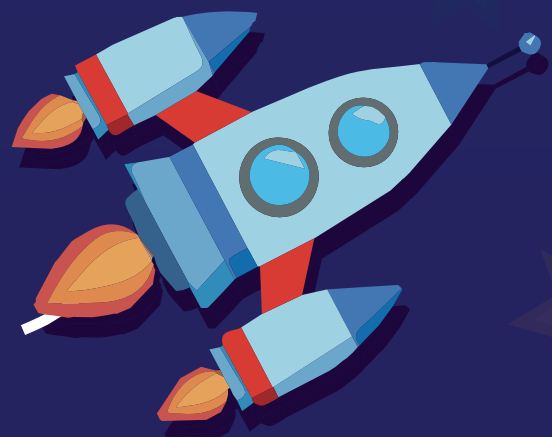
Your foster carers/parents and social worker or Caldecott Fostering will help you get in contact with your IRO if you want them to.

If you are unhappy about anything and feel you are not being listened to even after talking to people about this, (like your IRO or social worker) you can make a complaint. You will not get in any trouble for making a complaint. It's important that people hear what you have to say and try their hardest to make things right.

The next page will tell you how to do this.

My IRO is called

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HOW TO MAKE A COMPLAINT

If you are unhappy with something and you don't feel like you are being listened to, you can make a complaint. You can write us a letter, at the address below, phone us on the number below or use our website www.caldecottfostering.co.uk.

On our website you can tell us about your complaint by filling in the 'Get in touch' section and clicking on 'send.' Please remember that you will not get in trouble for telling us if you are feeling unhappy. We will look into your complaint and let you know what we have done.

CALDECOTT FOSTERING: 01303 760430

OUR OFFICE ADDRESS:

Caldecott Fostering Ltd

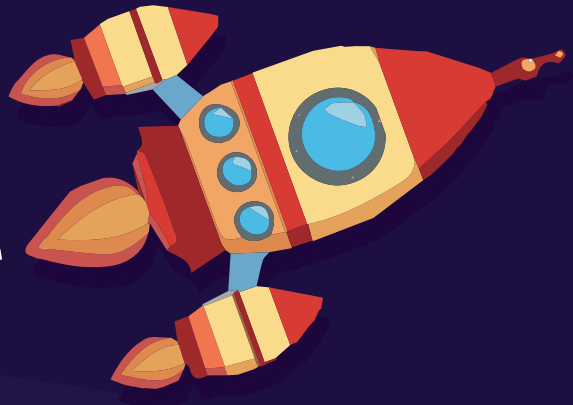
Caldecott House

Hythe Road

Smeeth

Ashford TN25 6SP

www.caldecottfostering.co.uk



HELPFUL CONTACTS

NSPCC HELPLINE: 0808 800 5000

CHILDLINE: 0800 1111

VOICE FOR THE CHILD IN CARE: 0808 800 5792

ADVICE & ADVOCACY SERVICE FOR CHILDREN (NYAS): 0808 808 1001

OFSTED: 0300 123 1231

OFSTED OFFICE ADDRESS:

**Piccadilly Gate, Store Street
Manchester,**

M1 2WD

enquiries@ofsted.gov.uk

THE OFFICE OF THE CHILDREN'S COMMISSIONER: 0800 528 0731

**Sanctuary Buildings
20 Great Smith Street**

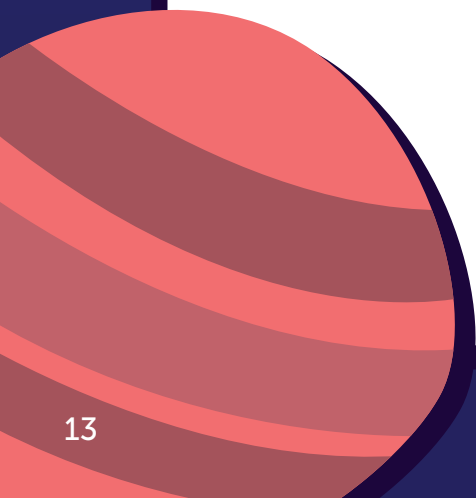
London

SW1P 3BT

advice.team@childrenscommissioner.gsi.gov.uk

EXPLORE YOUR CREATIVITY

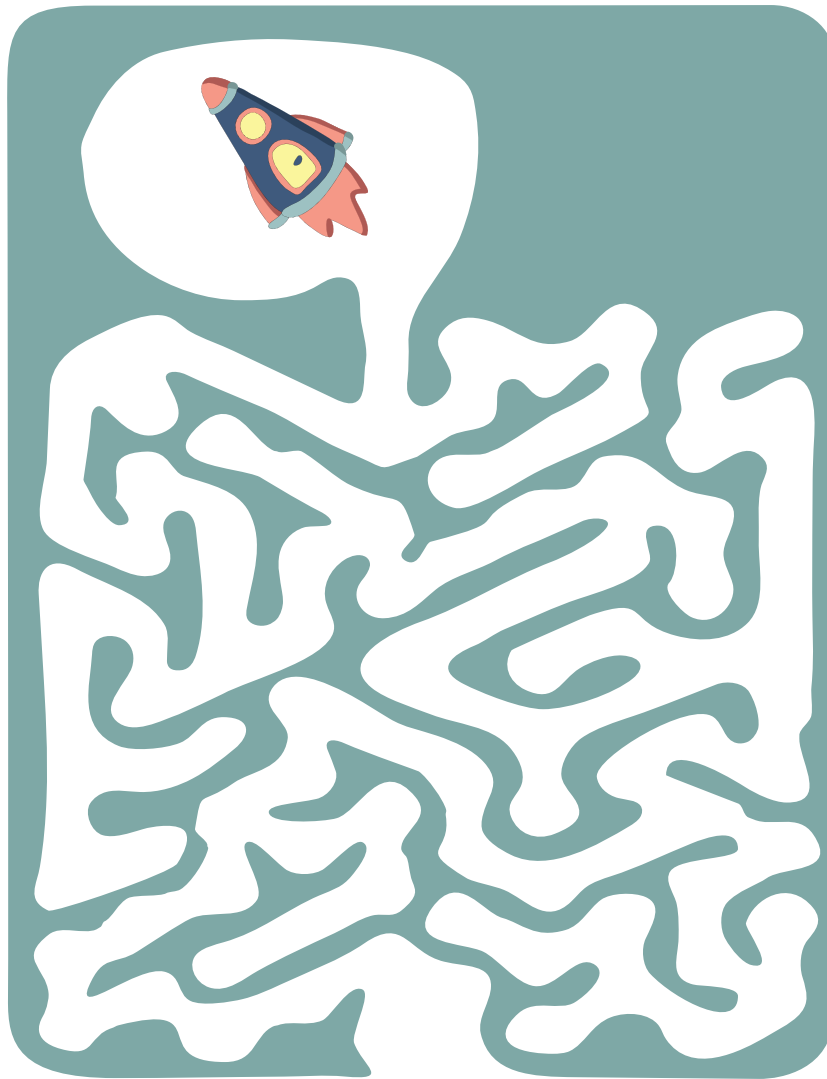
*Draw a picture of your space rocket to explore
the galaxy in. The adventure starts here!*



SOLVE THE PUZZLE



The Astronaut has lost his rocket ship. Help him get back to it by finding a pathway through the cave.



Hey! Can you help me get back to my ship?

