



Children Of All Nations



Fostering Guide For Young people Aged (11+)



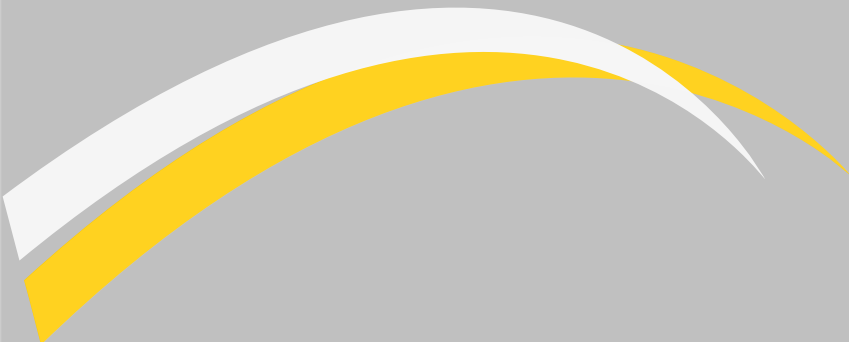
Updated: February 2018



Hello.....

Welcome to the Children of All Nations Fostering Guide Handbook.

This handbook aims to give you all the important information you will need about being in foster care with COAN.



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Welcome to Children Of Nations

Children of all Nations is a fostering in London that aims to provide you with a warm family environment as it is important to us that you are happy, healthy and safe.

At COAN we want you to achieve your very best and grow into strong independent adults.

We want to know if things are going well or not very well – then we can try to sort things out for you.

What is Foster Care?

Foster Care means living with another family because you cannot live with your birth family. Sometimes this is called 'being in care' or 'being looked after'. All children and young people need to live with adults who will look after them, keep them safe and make sure they have everything they need – food, clothes, security, warmth, education and fun.

What is a Foster Family?

Foster families are ordinary families who enjoy looking after children and young people. Some of them have children and some don't. Some of them might even be looking after other fostered children at the same time as you.

You will usually meet your foster family before you go to stay there. We try very hard to make sure you stay with a foster family which is right for you by considering what your needs are and then finding a family for you.

Why do I need to live with a foster family ?

Thousands of children and young people all over the world live with foster families. There are lots of different reasons for this, but it is usually because there are serious problems in their birth family and they might need some time apart from them.

How Long will I stay with a foster family ?

How long you stay with your foster family is depends on many different factors. Some children stay with their foster family for just a just a few days or weeks and others may stay for many months or even years.

In the Box Below Write Down **One thing
you think your New Foster Family Should
Learn **About You****



Your Social Worker and IRO

What is a Social Worker ?

Social workers are specially trained people who work for either the Local Authority (the area you live in) or the Fostering Agency. If you are living with a foster family, you will have your own social worker and you will be able to discuss your wishes and feelings with them.

What is an IRO?

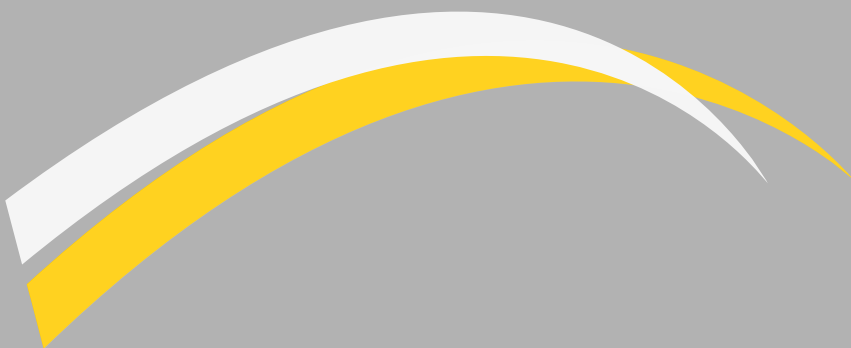
An IRO (Independent Reviewing Officer) is an individual whose key role is to make sure all your needs are being met in terms of your care plan. Your IRO will lead your review and encourage you to voice your opinions, feelings and needs.



What Happens When I Move In With My New Foster Family?



- Like every family, foster families come in all shapes and sizes. They have different expectations and interests.
- Children of all Nations will try to find you a foster parent who is from your background and speaks your language.
- However where this is not possible your social worker, your parents, if it is possible, the Children of all Nations social worker and the Foster Parent will talk with you and ask how they can care for you making sure they can support you and as many of your cultural and religious needs.
- You will have been given some initial information about the foster family. If it is a planned move you might even meet them before you move into their home.
- The Foster Parents will tell you and answer any questions you may have about them, their family or their home.
- You may want to know where they live, if they speak the same language as you, what house rules they have and if they have any other children in their family.





Activity

Together with your new foster family come up with **three** rules that you should follow while living with them.

Once this is finished come up with **one** rule you think your both you and your foster parents should follow

At Children of all Nation you can expect us to do our up most best to maintain your rights as a child in care.

You're Rights

You have the right to be supported to –

- Be healthy
- Stay Safe
- Enjoy and Achieve
- Make a Positive Contribution
- Achieve Economic well being

These five outcomes are identified in the Every Child Matters (ECM) initiative launched in 2003 by the government as the most important outcomes for our children and young people.



You have the right to live in a safe, comfortable home with –

- Enough clothes and healthy food
- Your own place to store your things
- Access to a telephone that you can use to make confidential calls (unless a judge or your care plan says you cannot)

And you have the right to –

- Be treated with respect
- Go to religious services/ceremonies and activities of your choice
- Have unopened mail (unless a judge or your care plan says you cannot)
- Make contact with social workers, probation officers, advocates and supporters
- Be told about your placement by your social worker





Daily Living with your Foster Family

At COAN we understand that living with a foster family is a new experience. For this reason we have outlined some of the basic information surrounding your daily living arrangements while in care.

Bedroom

We aim for all children and young people placed with us will have their own bedrooms so that you can enjoy your own space .

Pocket Money

All children and young people in foster care or children's homes are entitled to pocket money. The amount will be determined by your social worker and vary depending on your age.

Education

Your Foster Family will work with your social worker to ensure you are offered the education that meets your needs.

Life Story Work

We firmly believe that you should have the opportunity to understand your past, be aware of your present and have an active role in determining your future. We have a commitment to Life Story Work and all our children/young people will have access to a life story work programme that will be supported by Foster Parents and resource workers.



Moving back in with your family

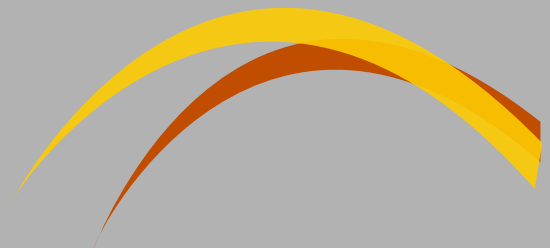
If the difficulties in your family are sorted out then your social worker will help, to make the transition back to your family. If everyone agrees and you want to, you can stay in touch with your foster family.



Will I be able to see my own friends and family?

At Children of All Nations we aim to support contact with friends and family but the reason for you coming into care may affect whether and how often you see them and where you can see them.

Your social worker will talk to you and arrange a contact plan. The contact plan will consider other ways that you can have contact. This will include writing letters and e-mails or speaking to them on the telephone.



What do you if you are being bullied?

If you think you are being bullied tell someone you trust who can help you.

A good person to tell may be your foster parent, friend, social worker or teacher.

NO TO BULLYING



If you are being bullied by your someone who is looking after you, you must tell your social worker or another adult you trust and they will get help.

What if I am not happy or feel worried ?

At Children Of All Nations we understand that sometimes in your new foster family you may feel worried or upset.

We encourage you to talk to your foster parent whenever you feel upset.

However if you cannot speak to them you should always contact your social worker or registered manager & complaints officer which is **Sandra Floode**. Contact her via email at: **Sandra.Floode@childrenofallnations.co.uk** or by telephone on **0203 475 2253**.

When you are feeling unhappy or worried it is also good to remember that there are other people you can contact.

The National Youth Advocacy Service (NYAS) among others are key organisations designed to help you in such situations. Please look at the back of the booklet for their contact details.

Are You Keeping Safe?

At this current time more crimes are happening among and against teenagers more than any other age group in the UK. For this reason COAN has come up with a few questions to ask yourself when you are out:

- Are you alert and aware of what is going on around you?
- Are you still aware of your surroundings when your earphones are in?
- Do you keep on well lit or main roads when you travel?
- Do you stick to the main bus stop surrounded by a lot of people in case of you find yourself in trouble?
- Do you keep your valuables e.g. mobile phones, mp3 and money, out of sight so you do not attract attention?
- Do you have the main contact numbers you need in case you are in trouble?

Try to Keep Some of These in Mind the Next Time You Are Out!!



For your final activity write a message stating **two things that could possibly make you upset while living with your new foster family.**



FOSTERING GUIDE WORD SEARCH

Complete the following word search based on the **key words** from the guide

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

BULLYING

FOSTERCARE

FAMILY

IRO

LIFESTORYWORK

RIGHTS

SOCIALWORKER



SPECIAL CONTACTS **FOR YOU**

Children Of All Nations Director

Angela Johnson

0203 475 2253

Angela.Johnson@childrenofallnations.co.uk

NSPCC Helpline: 0808 800 5000

Coram Voice: 0808 800 5792

ChildLine: 0800 1111

National Youth Advocacy Service (NYAS): 0151 649 8700

(main@nyas.net)

Kidscape (Bully): 020 7823 5430

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**Children's
COMMISSIONER**