



**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 that you can ask your foster carer, social worker or someone you trust to help you.

## About me:

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

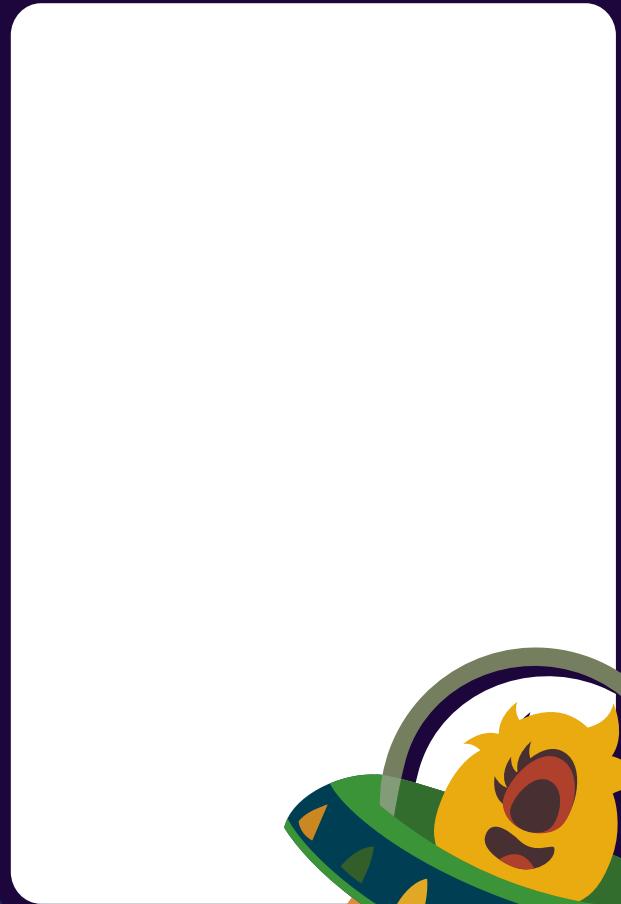
My name is .....

I am ..... years old

The things that I like to do best are:

.....  
.....  
.....  
.....  
.....

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



# What is a Foster Carer?

Foster carers are special adults who have been chosen to look after children who can't live at home with their family. Some foster carers live on their own and others live in large families with other children in care. Some foster carers will have their own children as well.

## Who are Caldecott Fostering?

Caldecott Fostering are the people who find foster parents for children that need a place to live.

***Why don't you draw a picture of your foster carer in the box below?***



We also have Supervising Social Workers who work with foster parents to help look after children really well. More about them later!

## My Supervising Social Worker is:

.....

They will visit you every few weeks and also telephone your foster parents to see 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 your Supervising Social Worker and we can hopefully work something out so that you feel much better.

Caldecott Fostering also holds teaching sessions for foster parents so that they can be excellent at their job.

We also provide classes for children too, in exciting things like First Aid. We also give you lots of interesting information.

We also provide Holiday Clubs which are when we meet up with other families and we have a great time playing and having lots of fun. We hold activity days too, like parties, BBQ's, picnics, dog walks and lots of others. You will always be invited to join us in the fun!

# Moving In

Before they find you a family, your social worker will tell them everything they need to know about you so they can find the right family for you.

When you first go to live with your foster carer they will take you around your new home. They will show you where you will sleep, where you can play and where you will eat your meals. You will also meet any other grown-ups and children who will live in the house with you.

## 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 Carers 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.

**What rules do your carers have?  
List them in the box below**

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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 so that they can be cared for and go to school and be able to enjoy themselves.

## Your Foster Parents

Your social worker will tell you all about the family they have found for you. They may even have a photograph of them to show you.

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 Supervising Social Worker

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

They will make sure that they speak to your social worker about your health and about how well school is going, so that everyone is aware of how things are going.

If you want to chat to them, you can ask to see them or give them a call.

## 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.

You may have contact with members of your family, it is important to remember that this has been arranged by your social worker and you should tell them how you feel about the contact you have.

Your Foster Carers should support you in going to contact, you should discuss your feelings with them so they can support you.

# Keeping Healthy

## School

We have to make sure that you can go to school. If you do not have a school, we will help you to find one.

Going to school is really important. The teachers will know that you live with a foster family and will help you a lot. You can speak to them about anything that upsets you.

Your teacher will come to your review 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 home. This is just to make sure that you are okay. You will also see the optician and the dentist.

### Eat Well:

Your foster carers will make sure that you eat well and that you have a balanced diet. They may ask you to try new foods too....try them, you may like them.

### Exercise:

Exercise is very important and your foster carers will encourage you to exercise as much as possible. They may also ask you to join a club like football, karate or swimming.

***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 know how you are feeling so that we can make the right plans for you.

**Please complete our "feelings" wordsearch below, see if you can find all of the words**

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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. But remember that everyone is here to listen and help you to settle in as quickly as possible.

Your foster 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 such things as being called names, pinching, hitting, pulling hair or other types of action which upsets you.

There are many types of bully and many types of bullying. At the back of this booklet there are some contact details in case you are being bullied or know someone who is being bullied.

If you feel that you are being bullied at school, please talk to a teacher you like. If you feel that you are being bullied, you can also tell your foster parents, Supervising Social Worker or your Local Authority Social Worker. They can 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?

An advocate can help you to make a complaint or suggestion about your care; for example issues around contact with birth families or placement moves. They can accompany you to reviews or other meetings and ensure that your voice is heard.

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 in saying 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

Your Independent Reviewing Officer (you will hear people call them 'IRO') runs your review meeting and is responsible for making sure that your Social Worker and Caldecott are all doing what the law says they should and are listening to your wishes, opinions and feelings.

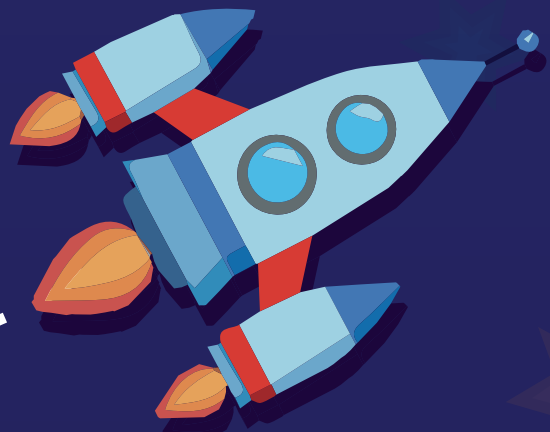
You can ask to see your IRO at any time. You do not have to wait for a review meeting.

Your foster parents and social worker can all help you to get in contact with your IRO if you wish to speak to them.

If you still feel that you are not being listened to you can make a complaint. The next page in this guide will tell you how to do this.

My IRO is called

.....





# How to make a complaint

If you are unhappy with something and you don't feel like you are being listened to then you can make a complaint on the complaints section of our website. There you can fill out a complaints form that gets sent straight to us.

**CALDECOTT FOSTERING: 01303 760433**

## **OUR OFFICE ADDRESS:**

**Caldecott House**

**Hythe Road**

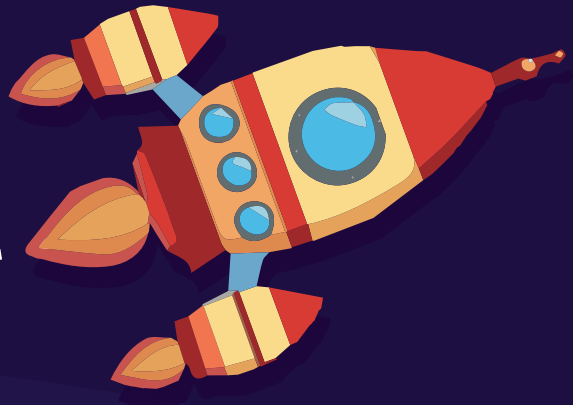
**Smeeth**

**Ashford**

**Kent**

**TN25 6SP**

**[www.caldecottfostering.co.uk](http://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:**

**Piccadily Gate, Store Street**

**Manchester,**

**M1 2WD**

**[enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)**

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

**Sanctuary Buildings**

**20 Great Smith Street**

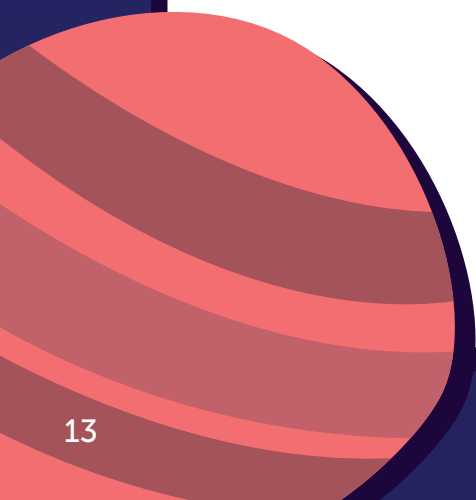
**London**

**SW1P 3BT**

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

# Explore your creativity

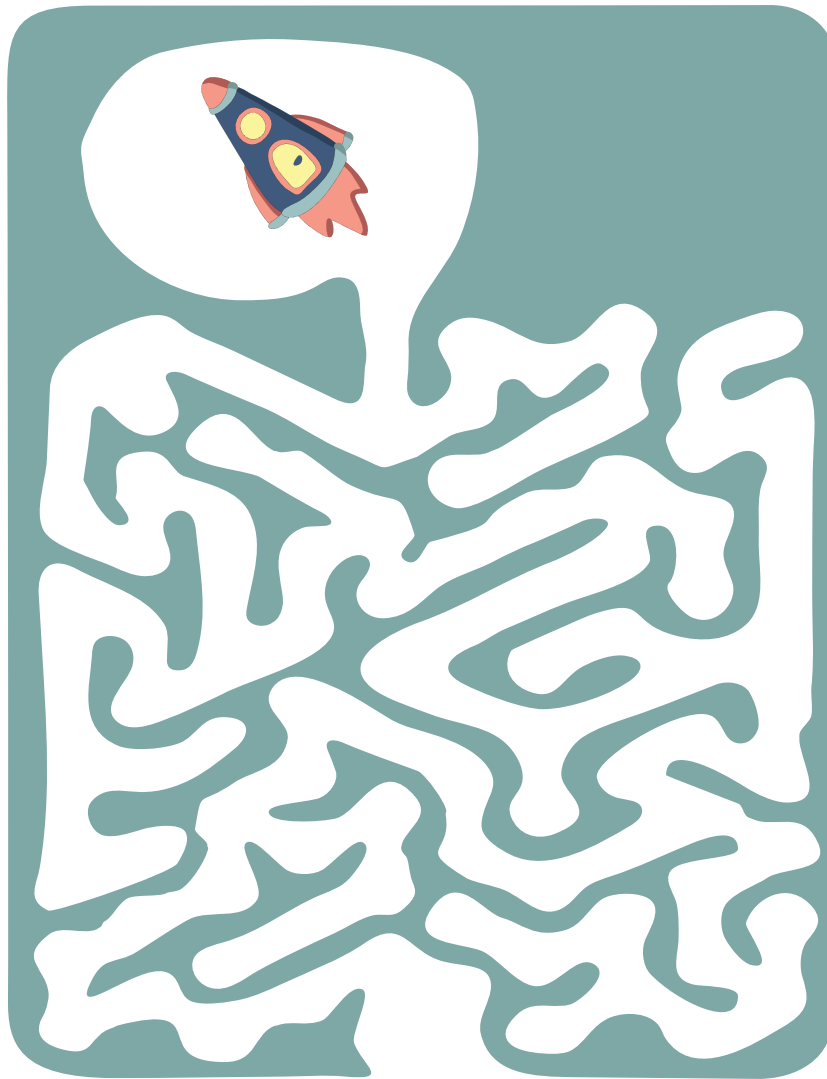
*Draw a picture of your space rocket to explore  
the galaxy in. The adventure starts here!*



# 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?

