



Following Whispers Children's Guide to Living with Foster Carers

This book belongs to:

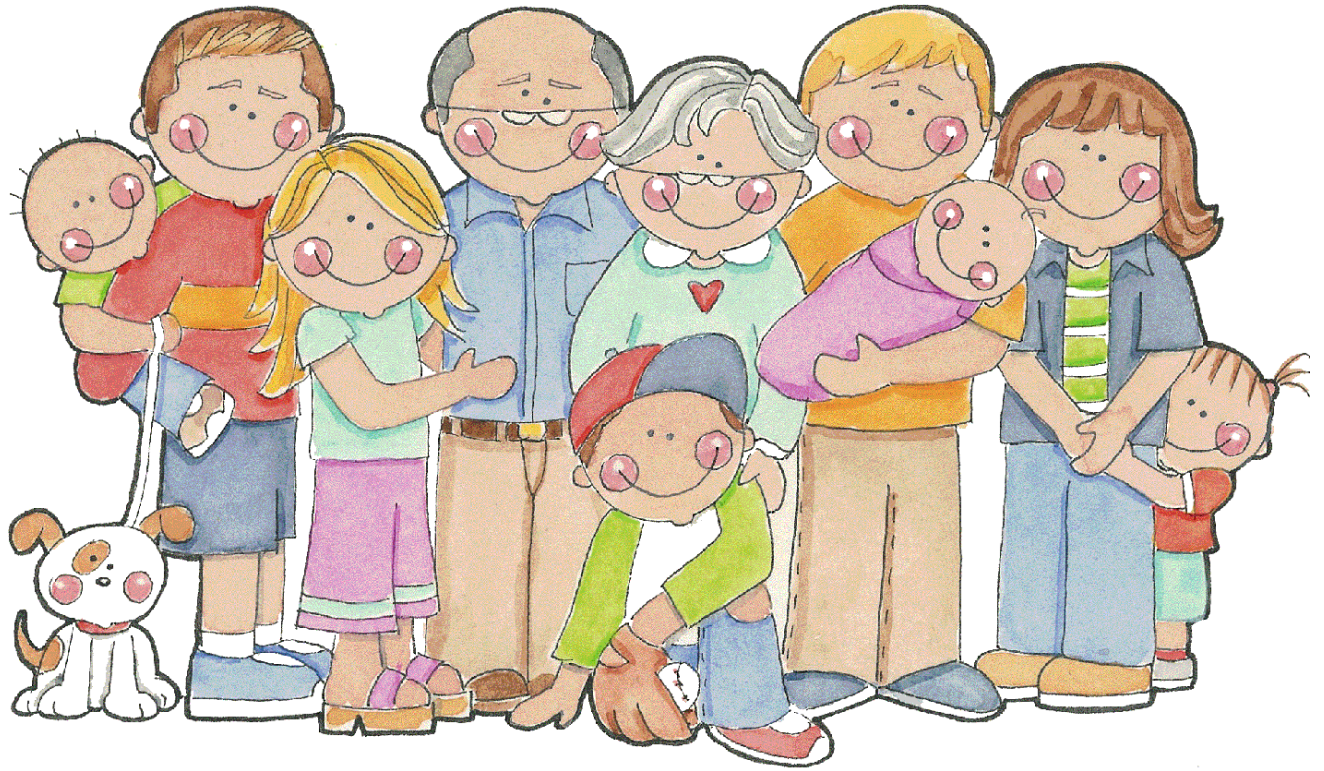


What are Foster Carers?

Children who cannot live with their own family for any reason may go and live with a foster family. Your foster family will look after you and take good care of you. Your foster family will make sure you are healthy and safe and will help you go to nursery or school.



All foster families are different. Some have one grown up looking after you and some have two. They may have their own children or be looking after other children who are also fostered, just like you. You will all live together as one foster family.



About My Foster Carers

My Foster Carers' Names:



Draw a picture of something you don't like eating



Draw something you like doing or would like to do with your foster family

Who else is there helping to look after you?



You might see your own family
sometimes and you will be able to tell
them all about your new home



Your social worker will still come to see you to check you feel okay. Their job is to make sure you are happy and help you if you are sad

 You can ring them on

.....



You have another person called an Independent Reviewing Officer (IRO) who you will see sometimes. Their job is to make sure you are happy, feel safe, feel healthy and that you have fun at nursery or school. They also meet with everyone who helps look after you and they make plans that will help you



You can ring them on

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Your foster carers will also have a Supervising Social Worker. They help your foster family take good care of you and they are there to see you and talk to you too.



You can ring them on

.....**01843 263461**.....

Your supervising social worker and foster carers come from our agency called Following Whispers. It is our job to make sure your foster carers follow the rules, look after you well and make sure you have fun on days out with other children. We arrange fun days out for you and your foster carers, and we look forward to seeing you on these!

You can ring Following Whispers on



.....01843 263461.....



If you feel worried or unhappy



If you feel worried or sad about anything you can tell your foster carer, social worker, Independent Reviewing Officer (IRO), and your supervising social worker or someone at nursery/school.

It is important you tell people how you feel so we can all help make you feel better.



Useful numbers

Child Line

You can call the Helpline on Tel: 0800 1111 (on the O2network 116 111). You can call the helpline about any problem, at any time, day or night. Child Line's counsellors are there to help you find ways to sort things out. Child Line is confidential which means they won't tell anyone about your call unless you want them to talk to somebody for you, or you are in danger.

Website: www.childline.org.uk

Become Charity

The national charity for children in care.

Tel: 0800 023 2033

Website:

www.becomecharity.org.uk

Email:

advice@becomecharity.org.uk

The Children's Commissioner for England

Dame Rachel de Souza
Children's Commissioner for England

Tel: 0800 528 0731

Email:

help.team@childrenscommissioner.gov.uk

Website:

www.childrenscommissioner.gov.uk

NSPCC

If you need help or advice or are concerned that you or another child may be at risk.

Tel: 0808 800 5000

This helpline is open 10.00 am to 8.00 pm Monday to Friday.

Website: www.nspcc.org.uk

Email: help@NSPCC.org.uk

Coram Voice

Confidential advice and help
for children and young people
in care or leaving care.

Tel: 0808 800 5792

Website:

www.coramvoice.org.uk

Email: info@coramvoice.org.uk

Ofsted

An organisation called Ofsted
checks the work of fostering
agencies in England and
Wales.

OFSTED

Picadilly Gate, Store St,
Manchester, M1 2WD

Tel: 0300 123 4666 (Monday
to Friday from 8.00am to
6.00pm).

Email:

enquires@ofsted.gov.uk

[Whistleblowing@ofsted.
gov.uk](mailto:Whistleblowing@ofsted.gov.uk)

Website: www.ofsted.co.uk

My useful numbers

My Social Worker's Name Is:

My Social Worker's Telephone Number Is:

My Foster Carer's Name Is:

My Foster Carer's Telephone Number Is:

My Supervising Social Worker's Name and Telephone Number Is:

Following Whispers' Telephone Number: 01834 263461

My IRO's Name is:

My IRO's Number is:
