

Children's Guide

My name is.....

Who we are

Hi

Welcome to Eastern Fostering Services. We are a team of people who will be working with your new foster parents to help look after you. You might not get to meet all of us, but we are here if you ever need us 😊



El – The Boss!



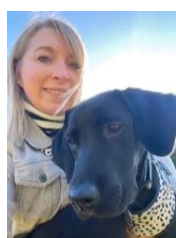
Stan – Team Mascot



SARAH



DAISY



JO



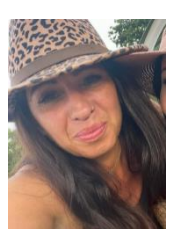
JODIE



SUE



SAM A



SAM G



EMILY



MIA



PAUL



LOUISE



ALISHA



YVETTE



SANDRA



Who you are

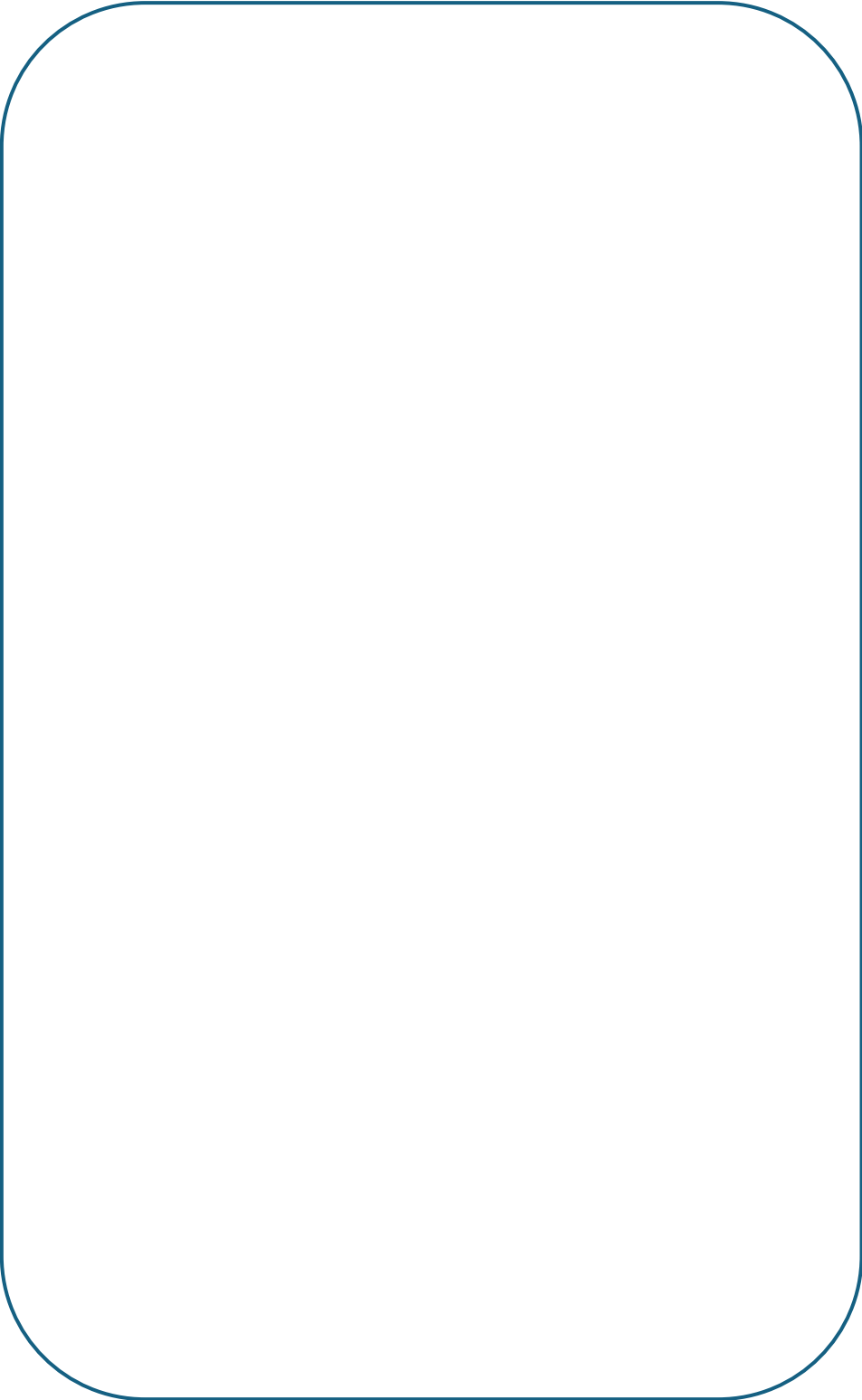


Can you draw a picture of yourself!





Can you draw a picture of what makes you happy?



Things you might like to ask your fostering family

Can I still see my family?

Answer.....

What is my bedroom like?

Answer.....

What time is bedtime?

Answer.....

Can I bring my toys with me?

Answer.....

Would you cook the food I like?

Answer.....

Can I help myself to a snack if I want one?

Answer.....

Can I play outside on my own?

Answer.....

What happens if I do something wrong?

Answer.....

Who can I talk to if I'm worried?

Answer.....

Why can't I live with my family?

Sometimes girls and boys have to be looked after by foster carers because their own family cannot look after them, so they go and live with other families for a while.

Sometimes these families will have their own children that will play with you.

Foster carers are there to help look after you and make sure you are happy. They also help carry out plans agreed for you.

Some young people stay in foster care for a short time and some return home. Some stay with their foster carers until they are old enough to live on their own.



Things you need to know

A number of meetings will take place whilst you are with your foster carer. These are to make sure everyone is clear about what is going to happen to you and what the best thing is for you – **You can have your say about what you want to happen too.**

The main people who will help you settle into your new home ...

Your foster carers

Your social worker

Your foster carers social worker (EFS)



All these people are here to look after you and your best interests, to keep you safe and happy.

If you are not happy, you can talk to them or any other adult you trust.

Some things to look forward to.

We aim to have lots of fun here at EFS!

Paul is one of our children's champions, and he organises great days out for our children and families 😊 He may also come and visit you at your foster family's home and take you out for the day!



Hi! I am Paul! There are pictures below of some of the fun activities we do!



People you might like to talk to.

Your foster carers

They are called:

Their telephone number is:

Your social worker

Their name is:

Their telephone number is:

Your School

The teacher's name is:

The school telephone number is:

My foster carer's social worker (EFS)

Their name is:

Our telephone number is: 01206 299775

We will do everything we can to make sure you are happy with your fostering family but remember to talk to someone if you are worried about anything.

What you want is important!

If you struggle to talk.

If you are struggling to let an adult know how you are feeling, why not show them by pointing out the emoji's below!

 **How Am I Feeling?** 



Happy



Sad



Angry



Scared



Tired



Calm



Excited



Upset



Surprised



Unwell

Or maybe you could draw an emoji below!

A large, empty rounded rectangle with a red border, intended for drawing an emoji.

Here are some other people you could talk if you need help

Online Safety-For any worries you might have about the way someone may have been communicating with you online, do contact CEOP-they have loads of really useful guidance and they know how easy it can be to make a mistake, look up <https://www.ceop.police.uk>

Childline – 0800 1111 or <https://www.childline.org.uk> Childline can help with lots of things (like bullying for example) and there are options to speak to someone direct or send a message if you don't want to do that. If you need help with communication, there is an option to chat direct to a counsellor who has a British Sign Language Interpreter with them

Mental Health- Young Minds is an organisation that can help with all kinds of information to give you the tools to help you look after your mental health. Their website has real-life stories, and lots of useful links. If you need urgent help, you can text Shout Textline which offers you free 24/7 text messaging support. Just text SHOUT to 852258 to start a chat. Their website is <https://www.youngminds.org.uk>

Ofsted – They make sure EFS are looking after you properly. Their address is Picadilly Gate, Store Street, Manchester, M1 2WD. You can call them on 0300 123 1231 or email them on enquiries@ofsted.gov.uk or visit their website www.gov.uk

