Fair Ways FOSTERING

YOUNG PEOPLE'S GUIDE

A guide book for young people in Foster Care

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This is a guide to help you understand more about Fair Ways & Foster Care

If you do not understand any of the information in this guide or if you're not sure about something - just ask anyone from the team

Welcome to Fair Ways!

Your Fair Ways social worker is

Their email address is

Their phone number is

Your foster carers and everyone at Fair Ways are here to help look after you during your stay with us.

As well as your own social worker, you will also have a Fair Ways social worker.

This guide is for you. It will help explain what fostering is, why you might be living with a foster family, and what to expect along the way. It's here to help you feel informed, supported, and reminded that your thoughts and feelings matter.

There may be many different reasons why you are staying with us and your length of stay will depend on your circumstances.
We understand that you may be feeling nervous or worried about moving to a new home, and it helps to have someone to talk to about your worries.

Your foster carers and social workers are here to listen, so if there's anything on your mind, please feel free to talk to us.
Together, we can try to come up with the solution that's best for you.

In this guide you will find lots of information about the kind of things to expect during your foster care placement.

After reading this guide if you still have questions, you can ask your social worker or your foster carer's social worker for help.
You can also get in touch with the a member of the Fostering team on 02380 230400

You will also find some other useful phone numbers, in case you would like to speak to someone outside of Fair Ways.

Meet the team!

Natalie Merriman
Deputy Director of Fostering & Family Services

Sarah-Jane Hawkes
Fostering Manager

Paula Lewis
Fostering Recruitment Manager

Abbie Harding
Deputy Manager

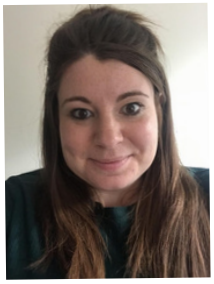
Yorgos Madikopoulos
Deputy manager

Rosie Jones
Supervising Social Worker

Nicola Wills
Senior Supervising Social Worker

Kelly Goode
Supervising Social Worker

Faith Smales
Fostering Support Worker



Noami Kemp
Fostering Recruitment & Compliance Officer

Hollie Simmons
Assistant Social Worker

Karen Lawrence
Senior Administrator

Your Foster Carers

Foster carers are adults who provide a safe and supportive home when you're not able to live with your own family for a while. Their role is to look after you day to day - things like food, school, routines, and helping you stay healthy and safe. They're there to support you, listen to you, and work with other adults involved in your life to make sure your voice is heard and your needs matter.

Every family is different. There may be other foster children living with you in your new home, or the foster carer's own children. You may be the only young person living in the home. As you settle in to your new home, it may be possible to negotiate changes to some boundaries, for example, with regard to time spent with friends and times that you are expected home in the evening. If you are not sure about any of the rules and boundaries or if you feel that they are unfair, you can talk to your foster carer or Fair Ways social worker. They will be able to explain the rules to you, and the reason that they were put in place.

Each household will have its own set of rules and boundaries. Your foster carer will talk to you about rules and boundaries in your new home, and the kind of things that may be expected of you (keeping your bedroom tidy etc.).

If needs be, we can all work together to make sure that the rules are fair for everybody. It is important that you and your foster carers trust each other, so try to be honest with your carers, and talk to them about anything that may be worrying you. Remember that they want you to feel safe and happy in your foster home.

If you are nearing your 18th Birthday you may wish to chat with your carer/s about your Pathway Plan to independence. Some carers are able to offer a Staying Put arrangement which means you can stay in your fostering home after your 18th Birthday. This will need to be explored with your carers and your Social Worker as early as your 17th Birthday. Fair Ways can help and guide you in the area.

Supervising Social Workers

As well as your own social worker, you will also have a Fair Ways social worker who will visit you and your foster carers.

They will talk to you on your own to ensure that all your views and wishes are heard.

They will work with your social worker to help meet your needs and support you.

They are always happy to have a chat and listen to how you are getting on.

Our pledge to you

- To treat you as an individual and with respect.
- To help you stay in touch with family and friends.
- To ensure you are listened to and your voice is heard.
- To have a Fair Ways social worker who will take the time to get to know you, keep in contact and listen to what you say.
- To help find you the best available home, where you feel cared about, safe and fairly treated.
- To listen to your feedback on what you would like to change about the care system.
- To be open and honest and share any information or changes with you.
- To involve you in any decisions, plans and changes that affect you and your future.
- To help you be the best that you possibly can.

Telephone:
02380 230400

Here to listen, Here to help

During your stay with us at Fair Ways, we would love to know about the things that you like and if there are things that you are not happy about. It is our hope that you can share these feelings with us.

You can talk to your foster carer, but if this is difficult you can also talk to your family, social worker, teachers or Fair Ways social worker.

If you have talked to one of these people and you do not feel you are being heard then you can talk to Natalie, our Deputy Director or Sarah-Jane, the Fostering Manager. Their telephone number is 02380 230 400.

Future goals and support

We would love to hear about your hopes and wishes for the future.
Using a rating of 1 to 10 please rate any areas where you would like some advice or support. Your Fair Ways Supervising Social Worker and Foster Carer are here to support you.

What are your hopes and wishes for the future?	

	1 10
Confidence & Self-esteem	
Education & Learning	
Friends	
Feelings & Behaviour	
Being safe	
Physical Health	
Relationships	
Where you live	

Things we will provide for you

In your new foster home we will get all the things you need for your day-to-day life.

Food

We will help you to make sure you are eating a healthy, balanced diet. If you are going out for the day (e.g. school trip), you will be given lunch money or a packed lunch. Your carers will do all they can to ensure any dietary needs linked to your religious beliefs are met.

Clothes

Your foster carer will put aside a certain amount of money each week that is only to be spent on clothing. They will take you shopping regularly so you can use this to buy your own clothes.

Travel

Your carer will ensure that you are able to travel to school, outings, etc. either by giving you a lift, or helping you with public transport.

Toiletries/Personal Care

Toiletries such as toothpaste, shower gel, shampoo, etc. will all be provided for you.

Pocket Money

You will get pocket money every week and you may need to buy some non-essential items out of your own pocket money. If you are unsure, talk to your foster carer.

The amount of money you get will depend on your age. For example, a fifteen-year-old will receive more pocket money than a six-year-old. You are free to spend your pocket money on any items, providing they are legal and age-appropriate. You may want to save up your pocket money to buy more expensive items.

Your Own Space

You will have your own bedroom and somewhere to keep your things.

If you think of anything else that you might need, please ask your foster carer or Fair Ways social worker.

Health Care

It is important that you enjoy good health whilst you are staying with us. We will make sure that you have a balanced diet, have the opportunity to do activities, and that you receive regular check-ups at the doctors, dentist and opticians.

If you are feeling unwell, we will help by contacting your doctor, and giving you medicine, if necessary. If you have been prescribed any medication, we will ensure that you continue to get it. Fair Ways will also offer support, guidance and advice around E-safety and cyber bullying. If there is something you need to ask or you are worried about you can talk to your carer or Supervising Social Worker.

If you need any advice or information on E-Safety or health matters, you can either talk to your foster carer, your social worker or Fair Ways social worker. We can arrange for you to talk to someone independently if you want to.

We also have access to the Fair Ways Hub who are really helpful if you need to talk to someone about your wellbeing. Your Supervising Social Worker can help you with this.

Family & Friends

It is important for you to have contact with your friends and family

There may already be a plan in place that lets you know how you will stay in contact with your family. This may include telephone calls or seeing your family at a suitable place. If you would like to change the way that you have contact with your family please talk to your foster carer, your social worker or your Fair Ways social worker.

They can discuss with you whether this is possible and, if so, will work with you towards making the changes. If there is a reason why your contact plan cannot be changed, then your foster carer or one of the social workers will talk to you and try to help you understand the reasons why.

We also understand that you may have friends that you wish to keep in contact with and where it is possible, we will support you with this.

Education

We want you to learn new skills, and improve on the things that you are already good at.

It may be that school has not always been a pleasant experience for you, and you may have missed out on some opportunities. Don't worry – between us all, we can find the right place for you to get your education, somewhere that you feel safe and comfortable and able to learn.

We want you to have fun, make new friends and try new things while you are learning. Your foster carer and Fair Ways social worker will help support you in school and will have regular contact with your teacher. We will ensure that you have everything you need for school – uniform, pens, paper, calculator etc.

If you think of something you might need for your education, please ask your foster carer or Fair Ways social worker.

Participation

It is important that you have a voice in the care you are given, we will work to empower you to use your voice. We like to gather regular feedback from you on various topics. We will provide safe places for you to share, give feedback or listen to what other young people have to say

We run fun participation days throughout the year, these are designed to to hear your feedback, and for you to build heathy relationships with other young people in similar circumstances as well as the fostering team. Every year we also ask foster children to interview prospective foster carers. This means you can have your say about what makes a great foster carer.

Your contributions are always respected and often rewarded with recognition and vouchers.

Activities

Your foster carer will encourage you to do the activities you enjoy, and to try new activities as well.

Football
Rugby
Sailing
Horse Riding
Basketball
Canoeing
Tennis
Golf
Dance
Music
Art
Drama
Climbing

Compliments & Complaints

Unhappy with the service provided by Fair Ways?

We are always seeking to improve and value all feedback! If you're unhappy with the service provided by Fair Ways, or feel you have been treated unfairly, you should:

Talk to your Supervising Social Worker or Manager to resolve your issue, if you feel comfortable. If you don't feel you can speak to either your Supervising Social Worker or the Manager, or are unhappy with their response, you should email Complaints@fairways.co. A member of our team will get back to you to try to resolve the issue

Fair Ways welcome positive feedback

If you have been particularly happy with something, please let us know so we can pass on your compliments!

To let us know, please either talk to a staff member or send an email to Compliments@fairways.co who will pass this on for you.

Who else can you talk to?

Ofsted

Telephone number: 0300 123 1231
enquiries@ofsted.gov.uk

The Children's Commisioner

Telephone number: 020 7783 8330
info.request@childrenscommissioner.gov.uk

BECOME

Freephone 0800 023 2033
advice@becomecharity.org.uk

Childline

24 hours helpline for children in distress
Telephone number: 0800 1111

Your Independent Reviewing Officer (IRO) is also able to listen to you and help you say things that you may not feel able to. Your supervising social worker will be happy to put you in touch with your IRO.

For your information, Amanda Spielman, Her Majesties Chief Inspector of Education, Children Services and Skills (HMCI), can be found at Sanctuary Buildings, Great Smith Street, London, England.

Contacting Fair Ways

Telephone number: 02380230400

Email: hello@fairways.co

@Fairways

Office Address:
Fair Ways
Ground Floor,
Building 1000,
Western Road,
Portsmouth,
Hampshire,
PO6 3EN

Other Useful Contacts

FRANK is a free service that offers advice, counselling and information on drugs and alcohol. It's totally confidential and there's also lots of
information on their website: www.talktofrank.com
03001236600

Coram Voice are a charity that support children in care. They want to ensure that all children in care feel safe and supported. They can help you to get your voice heard if you feel that nobody is listening.
www.coramvoice.org.uk
08088005792

Moving on

At Fair Ways we couldn't be prouder of you on your journey towards adulthood. We know that one day you will move on from Fair Ways and we would love you to keep in touch with us.

Our friendly team have been here for over 10 years, we aren't planning on leaving any time soon and we will always remember who you are!

Here are the many ways that you can keep in touch with us:

Visit us (at the address on the previous page), Wednesdays are the best day, but it's best to call us to make sure we will be in.

Facebook- Fair Ways Fostering on Facebook
Email- fostering@fairways.co
Phone- 02380 230 400

Call social workers directly:

Nicola - 07469 391711
Rosie - 07483425473
Abbie - 07970627879
Yorgos - 07808351178
Kelly - 07596860508