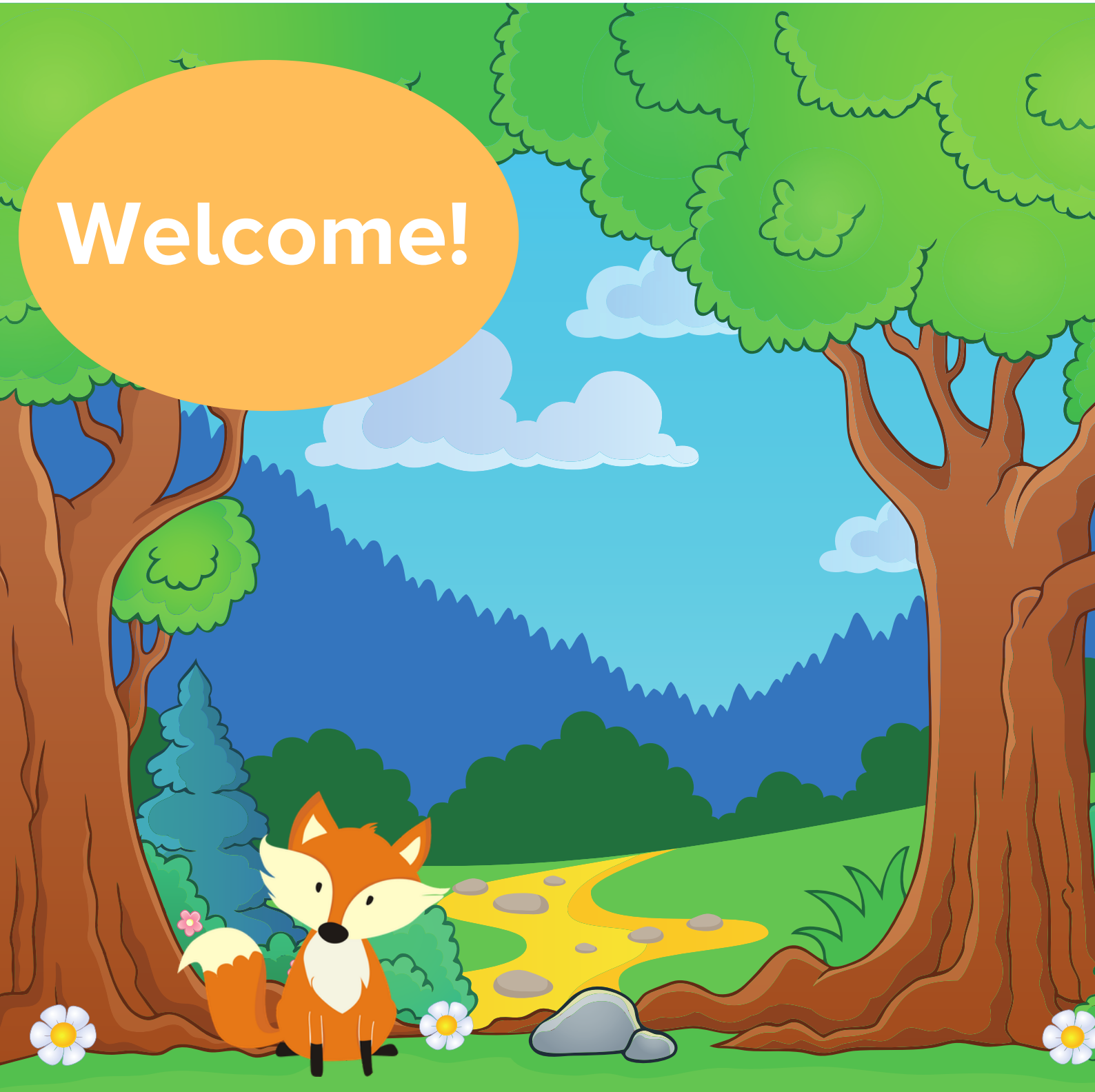
Fair Ways
FOSTERING

A Guide Book for Young Children in Foster Care



Children's Guide

FairWays

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"Hello! My name is Freddie the Fox and I am here to tell you all the important things about Fair Ways Fostering and your new home."

Welcome to Fair Ways!

"Hello! I have also recently moved home, so I'm here to tell you about this experience!"

"This guide is yours to keep and use whenever you want to find something out."

"Make sure you keep this little guide in a safe place!"

This Guide belongs to...

My name is:

I am years old:

3 things I like to do

Fostering Team

Natalie Merriman
Deputy Director of Fostering & Family Services

Sarah-Jane Hawkes
Fostering Manager

Paula Lewis
Fostering Recruitment Manager

Abbie Harding
Deputy Manager

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Supervising Social Worker

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Supervising Social Worker

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Fostering Support Worker

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Fostering Recruitment & Compliance Officer

Hollie Simmons
Assistant Social Worker

Karen Lawrence
Senior Administrator

What is Foster Care?

Foster care is when you live with an adult or family who will look after you when you are unable to live with your own family

Why do I have to move?

Children have to live in foster care for many different reasons. This is not because of something they have done. Children move into foster care, where they will be safe, when they can not live with their family.

Foster care means staying in a home with another person or family who will look after you.

You will have your own bedroom and space to play. There may be other children in the home who are older or younger who can also play with you.

Can you help colour in the tree house ?

My Foster Carers

Foster carers are special people who have been carefully chosen to look after children who can't live with their family.

Your foster carer will look after you and make sure that you are happy, healthy, safe and feel part of their family.

My carer looks after me by helping me
understand new routines,
taking me to school
and making me delicious meals.

My Foster Carers' names are:

Can you draw a picture of your foster family

Can you draw a picture of your foster home

What is a social worker?

Your Own Social Worker

- Your own social worker works for the Local Authority, this is the area that you live in, you can ask your social worker more about this if you want.
- Your own social worker is someone who can help you and keep you safe and happy
- They visit you regularly and see you by yourself

Name

Telephone number

Fair Ways Social Worker

- Your foster carer has their own social worker who works for Fair Ways
- They make sure your foster carers are looking after your properly and have all the help you need.
- They will visit and talk to you to make sure you're happy and cared for.

Name

Telephone number

Family and Friends

"It is important for you to have access to your friends and family."

"Your foster carer and Fair Ways social worker will support you with visiting your family and friends."

"Your own social worker will speak to you about when you can see your family and friends."

"You should talk to your own social worker about who you want to see and how often so they can try and make sure this happens."

How long will I stay here for?

Your social worker will have written a plan for you, this is called a 'Care Plan' and includes everything that's important to you such as your school, your health, and when you see your family and friends and how long you will stay with your foster family for.

Education and Health

What about nursery or school?

If you are already at nursery or school, we will try to work out if it is best for you to move to a new nursery or school or stay at your old one.

Your teacher will know that you have gone to live with a foster carer, but it is your choice if you want to tell other people.

If you have any problems or difficulties at school, you must tell your teacher, family, foster carer, or your own social worker.

If you are feeling poorly your foster carer will take you to the Doctors. You may have to see a nurse too. The nurse is for all children in foster care to make sure you are healthy and happy.

"I like school because it is where I learn new things and make new friends. I can play with my friends and take part in sports activities and clubs after school."

Can you draw your school or nursery?

Happy Household

Like every family, your foster family will have rules for inside and outside of the house which they may ask you to follow.

These are in place so everyone can live together in a safe and happy way.

"I have to follow rules in my new home. My foster carer asks me to brush my teeth twice a day and my bed time is at 7 o'clock."

What are your foster carer's rules?

Can you write them down in the stars to help you remember?

Wishes and Feelings

What if I am sad?

We want to know if you have any problems at all, whether you are worried about something in your foster home or at school or with your own family.

There are lots of people you can talk to if you are feeling worried, frightened or sad, for example:

Foster Carer

Ofsted

Teacher

Fair Ways Social Worker

Your own Social Worker

" I felt sad when I moved in with my foster family, and you also might find be feeling sad to leave your family. I spoke to my foster carer and social worker about how I was feeling and this helped me a lot."

If you find it difficult to talk about how you feel, you can circle the face which shows how you're feeling today:

Sad

Confused

Happy

Who else can you talk to?

Sometimes there may be a problem that you don't feel able to share with anybody you know. You may want to talk to someone who is not from Fair Ways. You can always talk to an adult at school that you trust, a support worker that visits you or any adult you feel comfortable speaking to. There are also other people who would be happy to talk to you, we have put their numbers below.

Ofsted

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

The Children's Commisioner

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

BECOME

Freephone 0800 023 2033
email advice@becomecharity.org.uk

Childline

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

Contacting Fair Ways

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

Email: hello@fairways.co

Telephone Number:
02380 230 400

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!

We can call, visit or email at any time in the future. 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.

Social media - Fair Ways Fostering on Facebook
Email - fostering@fairways.co
Phone our office and ask to speak to one of us - 02380 230 400

Call social workers directly

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