

**StCHRISTOPHER'S**  
**CREATING BRIGHTER**  
**FUTURES**



# **A YOUNG PERSON'S** **GUIDE TO FOSTER** **CARE**

**(10-13)**

If English is not your first language and you would like a summary translation of this document contact a member of St Christopher's staff or telephone Head Office on 020 8780 7800.

Nëse Anglishtja nuk është gjuha juaj e parë dhe ju e kishit dashur përkthimin e një përmbledhjeje të këtij dokumenti, kontaktoni ndonjërin prej nënpunësve të St Christopher's ose telefononi në Zyrën Kryesore në 020 8780 7800.

ALBANIAN

إن لم تكن الإنجليزية لغتك الأولى ولرُدت ترجمة ملخص هذه الوثيقة فاتصل مع عضوا من موظفي سينت كريستوفر أو اتصل مع المكتب الرئيسي على هاتف: 020 8780 7800 ؟

ARABIC

ইংরেজী যদি আপনার প্রথম বা মূল ভাষা না হয় তাহলে এবং আপনি যদি অনূদিত আকারে এই লিফলেটের একটি অনূদিত অনূদিত চান তাহলে দয়া করে সেন্ট ক্রিস্টোফারের স্টাফ মেম্বারের সাথে যোগাযোগ করুন অথবা হেড অফিসে 020 8780 7800 এই নম্বরে ফোন করুন।

BENGALI

如果英语不是你的第一语言，而你希望获得这份文件的摘要中文文，请与圣基道院 (St Christopher) 的一位职员联络，或给总部打电话，号码 020 8780 7800。

CHINESE

ਜੇ ਅੰਗਰੇਜ਼ੀ ਤੁਸਾਰੀ ਆਪਣੀ ਪਹਿਲੀ ਭਾਸ਼ਾ ਨਹੀਂ ਹੈ ਅਤੇ ਤੁਸੀਂ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਸੰਖੇਪ ਸਮਾਂ ਅਨੁਵਾਦ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸੇਂਟ ਕ੍ਰਿਸਟੋਫਰ ਕੋ ਸਟਾਫ਼ ਕੋ ਕਿਸੀ ਸਦਸ਼ਯ ਸੇ ਸੰਪਰਕ ਕਰੋ ਯਾ ਹੈਡ ਆਫਿਸ ਕੋ 020 8780 7800 ਪਰ ਫੋਨ ਕਰੋ।

GURMUKHI

यदि अंग्रेजी आपकी पहली भाषा नहीं और आप इस दस्तावेज़ का संक्षेप में अनुवाद चाहते हैं तो सेंट क्रिस्टोफर को स्टाफ के किसी सदस्य से सम्पर्क करें या हेड ऑफिस को 020 8780 7800 पर फोन करें।

HINDI

ਜੇਕਰ ਅੰਗਰੇਜ਼ੀ ਤੁਹਾਡੀ ਪਹਿਲੀ ਭਾਸ਼ਾ ਨਹੀਂ ਅਤੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਸੰਖੇਪ ਅਨੁਵਾਦ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਸੇਂਟ ਕ੍ਰਿਸਟੋਫਰ ਕੋ ਸਟਾਫ਼ ਕੋ ਕਿਸੀ ਸਦਸ਼ਯ ਨਾਲ ਸੰਪਰਕ ਕਰੋ ਜਾਂ ਹੈਡ ਆਫਿਸ ਨੂੰ ਸਿੱਧਾ ਫੋਨ ਕਰੋ 020 8780 7800 ।

PUNJABI

Haddii aan afka Ingiriisku ahayn afkaaga koowaad, islamarkaasna aad jeclaan lahayd inaad heshid tarjumaadda xogta halkan ku qoran oo la soo kooba , la xiriir mid ka mid ah shaqaalaha St Christopher ama ka wac Xafiiska Xarunta teleefoonkan: 020 8780 7800.

SOMALI

Eğer asil diliniz İngilizce değilse St Christopher's personeline başvurup ya da 020 8780 7800 numaradaki Genel Merkezimize telefon edip bu belgenin Türkçe bir özetini isteyebilirsiniz.

TURKISH

Nếu quý không biết tiếng Anh và muốn bản tóm tắt bằng tiếng Việt tài liệu này, xin liên lạc với nhân viên St Christopher hoặc điện thoại tới van phòng trung ương số 020 8780 7800.

VIETNAMESE

## What we do with the information we keep about you

While you are living with your foster carer, they and your supporting social worker will need to keep information about you in order to care for you and keep you safe.

This information will include your name, birthday, and your gender, your photo, who your family is, what you like to do outside of school and how we can care for you, what you think about things, how you like to be cared for and what you want to do in the future and if you have been sick or need to see a Doctor, Nurse or Dentist.

We will keep this information safe and will only share it with people who need to see it including your Social Worker.

If you would like to see any of the information we keep, your foster carer or your supporting Social Worker will be able to help you to do this.

For more information, please see the privacy statement in your Welcome box."



## Useful telephone numbers

At times some children and young people feel unable to express or share their fears and worries with those around them and they do not know who they can turn to or trust. Here is a list of some of the organisations there to help and support children and young people

Childline	0800 1111
Kidscape	020 7730 3300
NSPCC	0808 800 500
Brook Advisory Service	0800 0185 023
Children's Rights Office	020 7278 8222
National Youth Advocacy Service	0800 616 101
Dame Rachel de Souza (Children's Commissioner)	0800 528 0731
Office of the Children's Commissioner	0800 528 0731
Chief Inspector OFSTED or <a href="mailto:enquiries@ofsted.gov.uk">enquiries@ofsted.gov.uk</a> or Piccadilly Gate, Store Street, Manchester M1 2WD	03001231231

St Christopher's  
Fellowship  
1 Putney High Street  
London SW15 1SZ  
[www.stchris.org.uk](http://www.stchris.org.uk)  
020 8780 7800

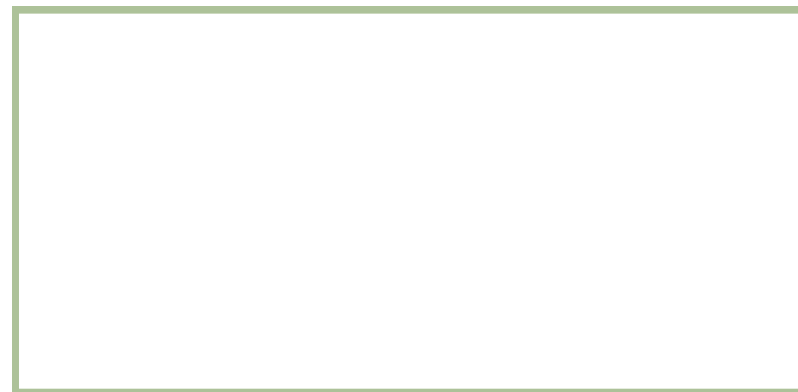
St Christopher's  
Fostering  
Kinder \house  
Lombard St  
West Bromwich  
B70 8SD  
0121 525 3738

St Christopher's  
Fostering  
Waterhouse Business Park  
2 Cromar Way  
Chelmsford  
Essex  
CM1 2QE  
01245 392 102  
4 Viewpoint  
Babbage Road  
Stevenage  
Herts.  
SG1 2EQ  
01438 572257



**THIS BOOK BELONGS**  
To.....

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## INTRODUCTION - ST CHRISTOPHER'S FELLOWSHIP

Founded in 1870, St Christopher's Fellowship is a registered charity and housing association. It offers a range of services including residential care, fostering, supported housing and leaving care support. Our services are continually reviewed and developed to ensure they meet the needs of the children we look after. Drawing on our broad experience, we help build brighter futures for young people.

Our mission is to support and encourage children, young people and vulnerable adults to recognise and achieve their potential.

- ☆ Safeguarding the people who use and provide our services
- ☆ Consultative and always ready to listen and learn from our young people who use our services
- ☆ Honest and always acting with integrity
- ☆ Respectful of diversity, equality and individuality
- ☆ Innovative in our search for new and better ways to do things

St Christopher's also endorses and upholds the United Nations Convention on the Rights of the Child. We encourage children to express their views and listen to what they have to say; we treat everybody equally and do not discriminate; when making decisions we put the best interests of children first.



## EDUCATION

We value education highly, as a result foster carers will encourage you with your education and your education placement.

Foster carers will attend open evenings and social events when possible.

If you are already in school, your teachers, social worker and you will work with you staying at that school. Sometimes, because of lots of different reasons, schools have to be changed but we always try to keep you at your school wherever possible.

If you don't go to an education provision at the moment they will look at why, and work out how to solve any problems, so that you can return to education.

If you haven't been for a while this could make you feel a bit nervous. We will help you with this. Remember, school isn't just about lessons, school can help you make new friends or give you a chance to take part in activities after school.

You will have access to the internet for education and games.

## PARTICIPATION

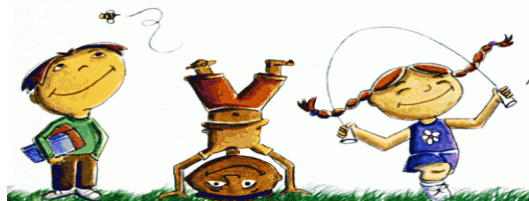
At St Christopher's we do a lot of fun things. You will be invited to take part and you decide yes or no! These events can be activities like day trips or an Arts and Crafts session. Taking part is fun and also helps us to learn about what you like. We also ask you for feedback on what we do so we can learn and be the best we can.

## POCKET MONEY AND SAVINGS

You will receive pocket money every week. The amount will be agreed when you join the foster family.

Pocket money is for you to save or spend. You may buy some sweets (hopefully not lots!), a comic, toys, credit for a phone, or downloading music etc. or you can save your pocket money and buy larger items.

St Christopher's will make sure you have a bank account and they will save a weekly sum of money for you. The amount will be agreed at the start of your placement. These savings are for when you are older to help if you want to learn to drive or if you move into your own accommodation so you can buy what you like.



## HEALTH

Whilst living at your foster carer's house we will encourage personal hygiene. This will range from having regular baths/showers to brushing your teeth. We will encourage you to look after yourself with eating healthily, doing activities and encourage you to talk and share your feelings.

You will have regular eye and dental checks too.

## ABOUT ST CHRISTOPHER'S FOSTER CARE

Foster care is when a child or children is/are cared for by a person or people who are not members of their own birth family. In most cases the foster child or children live with their foster carers full time but the length of their stay will depend on their individual needs and circumstances.

### Our aim:

Our aim is to create the best opportunities for you.

We think this means:

- \* Keeping you healthy.
- \* Keeping you safe.
- \* Helping you with learning.
- \* Encouraging you to have fun and enjoying being you.
- \* Staying in contact with people you care about.
- \* Making friends.
- \* Asking what you think– and listening to you.
- \* Helping you stay out of trouble.
- \* Helping you grow up.



## YOUR FOSTER CARER/S

Your Foster Carers are:

.....

They are approved foster carers with St Christopher's. They are responsible for caring for you. They will make sure you have the things you need because they want the best for you.

They have children called:

.....

They have pets called:

.....

## SUPERVISING SOCIAL WORKER

Your foster carers' supervising social worker is there to help your foster carers. This worker is employed by St Christopher's. You will see the supervising social worker quite often because they will visit you and your foster carer regularly. The supervising social worker will talk to your social worker and to people concerned with your well-being, health and education.

This is so that everyone knows what is happening and what you need.

## BULLYING

Bullying includes such things as: threats, name calling, pinching, hitting, pulling hair or other types of physical intimidation or action which deliberately upsets you.

If you feel that you are being bullied at school or at an activity or somewhere else, you can talk to a teacher, your foster carer, social worker, supervising social worker or another adult you feel safe with.



## MIND OF MY OWN/COMPLAINTS

Better care happens when children are better listened to. Mind Of My Own (MOMO) helps this happen by giving young people a voice. Mind Of My Own is a great way to put down your thoughts and send them to those who need to know. The supervising social worker will support you to set up an account. If you are unhappy about something, you have a right to be heard. If you can, try to discuss your complaint with an adult you can trust. If this doesn't sort the problem out you can complain by using MOMO, by phoning 020 8780 7800, by emailing [complaints@stchris.org.uk](mailto:complaints@stchris.org.uk) or through your local authority.

Your Social Worker or Independent Reviewing Officer:

Name.....Contact Number.....

Name.....Contact Number.....

You can also complain to OFSTED on 0300 123 1231



## WILL I BE ABLE TO DO ANYTHING I WANT?

Probably not? Your foster carers have to promise to keep you safe. That means they might not always let you do what you want to.

Everyone has rules. There are rules about how we treat each other, rules about listening to each other, rules about keeping safe and taking care.

Sometimes there are rules about not going in other people's rooms or about looking after the home. There could be rules like, no shoes in the living room or no running around at teatime. This is because these make things better for everyone. Older kids will have rules about going out and what time you come in.

Having rules doesn't mean your foster carers don't want you to have fun, because they do. They just want to keep you safe as well.



## CONTACT

When can I see my family again?

This is a very important question but the answer is not the same for everyone. Your social worker will talk to you and your family about arrangements for you to see them. Your foster carers will help with this as much as they can. If possible we will arrange for you and your family to meet your foster carers before the placement starts.

Sometimes you might be able to see some of your family even if you can't see everyone at once. We do understand that you will want to keep in touch and your carers will support you to phone and have a visit whenever your social worker and your family say this is ok.

Sometimes people get upset if they can't see their family or if they don't know what plans are being made. Everyone understands that you want to know what plans are being made. We will try to find out what is happening as soon as we possibly can.

