



*Friends  
of  
FOZ*

Fusion **Fostering** **CHILDREN'S GUIDE**



# ***FUSION FACT BOOKLET***

*This book belongs to*

# ***All about me!***

***Before we start use this part to tell us all about yourself***

# ***So what is fostering?***

***All children deserve to be safe, and feel happy at home. Sometimes this doesn't happen and children cannot live with their own families.***

***They might not be safe or feel happy at home, or their families may have problems which mean that children sometimes don't get looked after properly.***



***When this happens the children go to live with foster carers. Foster Carers are adults who are specially trained to look after children and keep them safe. When you are in foster care you will have a social worker who is someone who is specially trained to help children and families through difficult times.***

***Your social worker will explain more to you about foster care and make sure you understand what is going on.***

***If you are worried or upset your social worker or foster carer will help you. When you are in foster care you might also hear it being called being in care or looked after.***





*Your foster carer can help you fill this page in.*

**Who is in my foster family?**

**What do I call them?**

**Their address is?**

**Their telephone number is?**

**Can I go anywhere in the house?**

**Are there any pets and what are they called?**

## ***How long will I be in foster care?***

***This will depend on what is best for you.***

***It is a good idea to talk to your social worker about how long you might be in foster care. They will be able to tell you what the plans are.***



## ***Can I stay in touch with people who are important to me?***



***When you're living with your foster family, you might miss your mum, dad, brothers, sisters, grandparents, friends and your pets.***

***Don't worry you can stay in contact with the people you miss and your social worker will help you arrange this.***

# ***This is called contact!***

***There are lots of ways to keep in touch.***



***Visits***

***Letters***



***Calls***

***Sometimes someone will have to come with you on a contact visit –  
this is to keep you safe.***

# MEETINGS!

**Your social worker, your fostering family and your birth family will meet to plan the best future for you.**

**You can be part of these meetings too! Here are the meetings that will take place.**

**Planning meetings happen when you first come to live with your foster family. The things that will be talked about are, who you are living with and where, contact with your family and friends, your school, the things you like, your health and also any activities you might want to do. They will also talk about pocket money. This all gets written down by your social worker in your Placement Plan.**

**You will also have reviews, these are meetings that are arranged to talk about your progress and anything you may need help with. You will get your own REVIEWING OFFICER – This person will be in charge of these meetings and they will check that you are happy. All of this information gets written up onto your CARE PLAN.**

**PEP meetings are meetings just for school. Everyone will check that you are happy at school and make sure that you have all the help you need. This will be written up onto your Personal Education Plan.**

# Contacts you need!

**Your foster carer can help you fill this in!**

**My foster carer is:**

**Their phone number is:**

**My social worker is:**

**Their phone number is:**

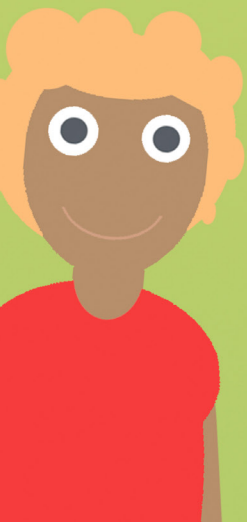
**My foster carer's social worker is:**

**Their phone number is:**

**Their emergency contact is:**

**Their manager is:**

**My Reviewing Officer is:**



# **Are people listening?**

**It is super important that you feel you can  
talk to people who you trust.**

**Your social worker and foster carer  
will listen to you and will speak  
up for you in meetings  
if you don't feel able to.**

**You can  
also ask for an advocate,  
this is someone just for you who will help you  
with all sorts of things,**

**You may want them to go to  
meetings for you if you don't want to.  
Later in the Fusion Fact Booklet there  
are the telephone numbers and  
addresses of all the people  
you can go to for support!**



# HELPING HANDS

**make your own helping hands  
with your foster carer.**

**This is great to keep with you because it will  
remind you who you can go to for support.**

**Please take photos of what you  
have made and send them to us.  
We would love to see yours.**



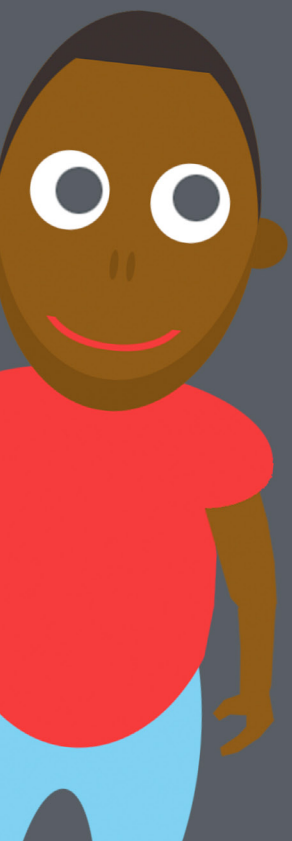
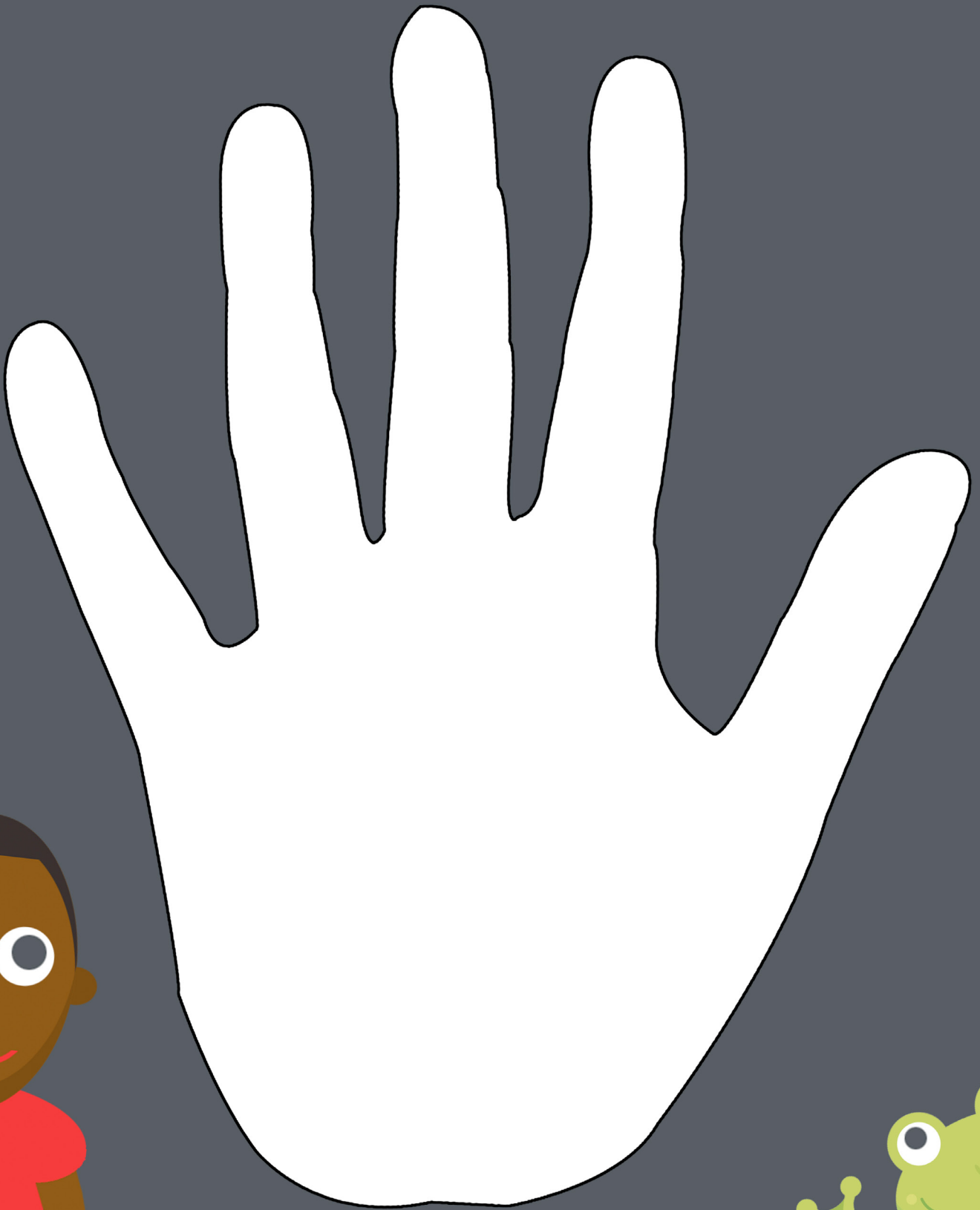
*"I can't wait  
to see yours!"*

*"Here  
is  
mine!"*



**Who are on your fingers – remember to  
make a note of how you can contact them too!**

# ***HELPING HANDS***



***This is something fun  
you can do with your foster carer!***



# ***What do I do if I am not happy?***

***We don't want you to be unhappy so it's really important that you know who you can speak to.***

***Whether you're feeling good or bad about living away from home, you can always talk about it with your social worker and foster carer.***

***You can also talk to us at Fusion too we are happy to listen to you.***

***Hopefully our social worker and the foster carers should be able to sort things out that are making you unhappy so it's important to let them know.***

***You do have the right to complain if you are not happy.***

***If you have any problems in your life, if you are unhappy with your social worker or you are unhappy in your foster home.***

***Please let someone know.***



**Here are the people you can talk to:**

- **Your foster carer**
- **Your social worker**
- **Another adult you may trust  
(like a teacher or family member)**
- **You can mention it at your review  
meeting or to your reviewing officer.**

**You might want to send us an email at  
[Fusioncontactus@fusionfostering.co.uk](mailto:Fusioncontactus@fusionfostering.co.uk)  
You can also complete a complaints  
form which is part of this guide.**

**Please do not worry about letting us know  
there is a problem or a complaint.**

**You will NOT be in any trouble for telling us.  
We know that not everyone gets things right all the time,  
but we do need to know if you have any  
worries or complaints.**

**We can then make sure that  
things are better for you and other young people.**



**Fusion  
Fostering**



# ***Fusion's Fostering Promise:***

# ***WE WILL!***

***Find you a foster family who can  
provide the kind of care needed.***



***Help your foster carer to  
give you the best care available.***



***Talk to your social worker and your foster carer  
to make sure you get the help you need.***



***Work in partnership with any other  
people involved in your life  
to ensure we all do  
what is best for you.***



***Talk with you and listen to what you  
have to say about  
what you want to happen in your life.***



***Deal with any complaint you have  
about your care quickly and thoroughly.***



# Other useful contacts

**Childline Tel: 0800 11 11 (free 24 hours)**

**Web: [www.childline.org.uk](http://www.childline.org.uk)**

**Childline is a counselling service for all children and young people.  
You can contact them about anything. No problem is too big or too small.**

**Fusion Fostering Tel: 03301 239355**

**Web: [contactus@fusionfostering.com](mailto:contactus@fusionfostering.com)**

**Fusion is the fostering service  
that provides your foster carers,  
you can get in touch anytime  
you want to.**

**NSPCC Tel: 0808 800 5000**

**Frank Tel: 0800 77 66 00**

**Website: [talktofrank.com](http://talktofrank.com)**

**You can talk to frank about any questions or  
worries you have about drugs and alcohol.**

**Ofsted, Piccadilly Gate, Store St, Manchester M1 2WD**

**Email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)**

**Tel: 0300 123 1231**

**Anne Longfield, The Children's Commissioner for England,**

**Sanctuary Buildings, 20 Great Smith St,**

**London SW1P 3BT. Tel: 0207 783 8330**

**Help with finding an Advocate:**

**Coram Voice - Helpline: 0808 800 5792**

**[www.coramvoice.org.uk/alwaysheard](http://www.coramvoice.org.uk/alwaysheard)**

**Help with Bullying:**

**Bullying UK - [www.bullying.co.uk](http://www.bullying.co.uk)**

**Kidscape - Tel: 020 7730 3300**

**[www.kidscape.org.uk/childrenteens](http://www.kidscape.org.uk/childrenteens)**

# ***My Foster Family***

***Use this part to draw a picture of your foster family!***

