



indigo

Children's Guide to Being in Foster Care

A boy with a green nose and a girl on a skateboard. The boy is on the left, wearing a blue shirt and holding a black book with a green circle. The girl is on a blue skateboard, wearing an orange shirt and a red cap. There are white starburst shapes around them.

This booklet belongs to:

What is Indigo Fostering?

We are a group that helps kids find a safe and caring home when they can't be with their own families.

We work with foster families who are excited to have you join.



Activity: Color in the Indigo Fostering logo! *

indigo





What is Foster Care?

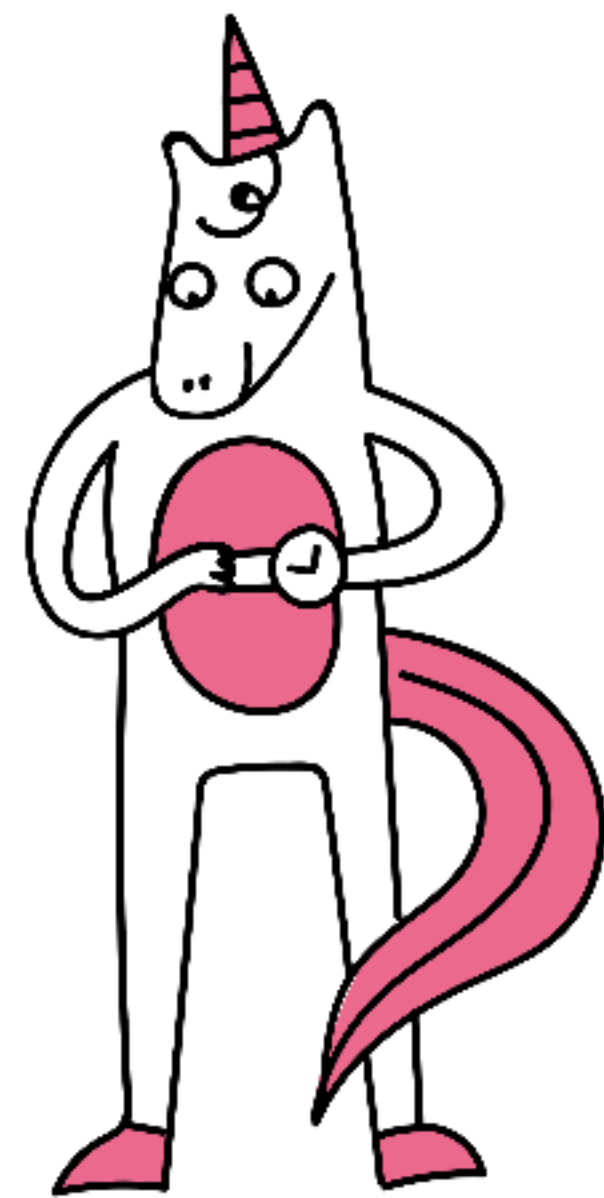
Sometimes, mums, dads and family members can't give you all the things you need to grow up safe and healthy.

When this happens, you may need to be looked after by another family. They are your foster carers and they are chosen by social workers.

Children live with foster carers for all sorts of reasons, but it's not because of anything you have done.

You may feel worried about that, but your foster carer will help you feel at home by finding out about you and what things make you happy.

Foster carers have their own social worker (called a Supervising Social Worker) who you will also meet. They will meet with your foster carers regularly and see that they are supported to look after you in the best way possible.



What does my social worker do?

You have a social worker who is like a guide on this journey. They'll chat with you, explain things, and make sure you are okay. It's good to remember their name and how to reach them. You can also phone, so it is good if you keep a note of their name and phone number.

My **social worker** is called:

I can speak to my **social worker** by calling on:

Or email them on:





Wishes and Feelings



Wishes are what you want to do, what you want to happen or what you want someone to do for you. **Feelings** are about being happy, sad, OK, worried or frightened about something even if you don't understand what is happening.



Your wishes and feelings are very important and your social worker, foster carer and supervising social worker want to know what you think and feel.

Your social worker will also explain to you what is happening and what is going to happen in the future. Your social worker will visit you regularly and also help you to keep in touch with the people who are important to you.



How long will I have to stay?

Your social worker will make a plan for you.

This is called your 'care plan' or a 'child plan' and includes everything that is important to you such as your school, your health, when you see your family and friends, and how long you will stay with your foster family.

Do you have any questions?

1

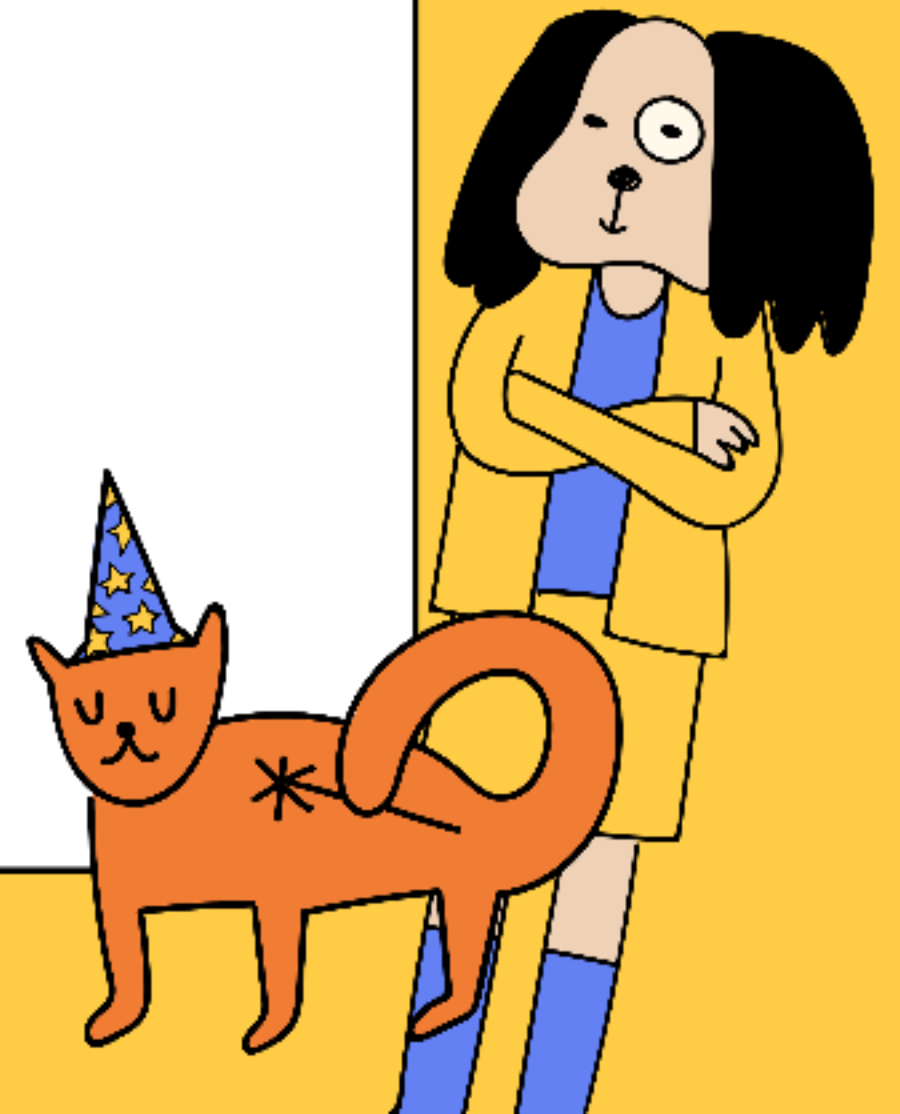
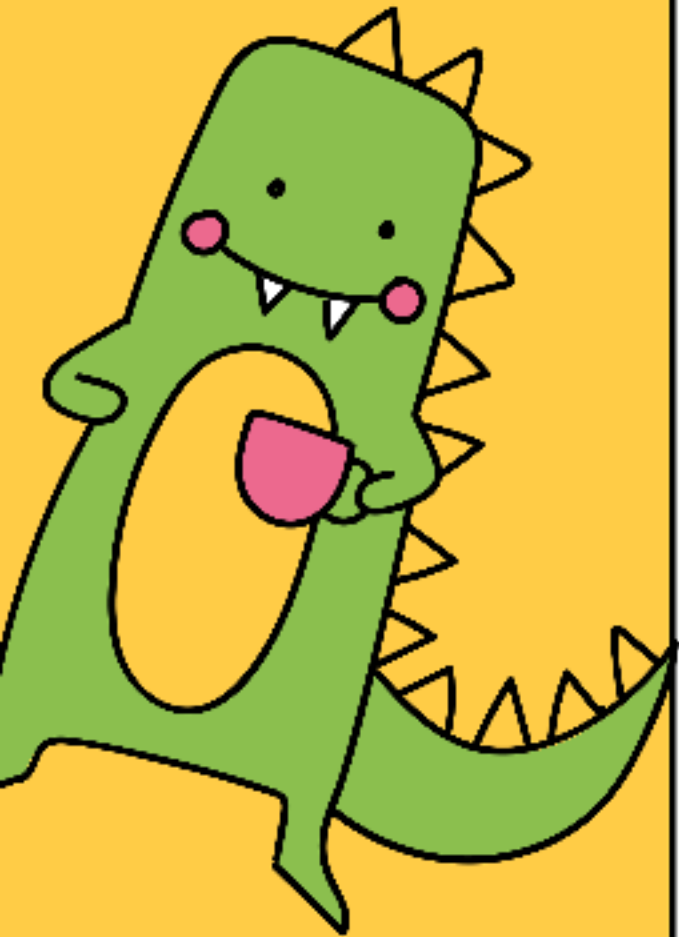
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What I can Expect in my Foster Home?



Every fostering family is different...

Foster carers will look after you if you are ill, make sure you go to school or pre-school, help you keep in touch with your family and friends and make sure you feel safe and well.

You can also expect:

- Celebrations on special days.
- Time with friends and loved ones.
- A cozy room to call your own.
 - Help with school stuff.
 - Some pocket money.
- A quiet spot to chat with your social worker.

Tell us what you like and what you don't like:



Your Rights

Being with a foster family means you have certain promises:

You'll be safe and cared for.
People will listen to you.
You'll get the help you need.
You can ask for someone to speak on your behalf.
You can celebrate your culture and beliefs.
If you need extra help, you'll get it.

Activity: Circle the right that feels most important to you today.

At Indigo Fostering we promise:

- To do everything we can to make you feel cared about
- To make sure you are listened too and that we get to know you.
- To make sure you have opportunities to achieve and succeed.
- To help you keep in touch with your family.

What if I have a problem or I am unhappy?



There are lots of people who you can speak to. You can speak with your social worker, supervising social worker, teacher or I.R.O. (Independent Reviewing Officer).

Your I.R.O. is in charge of your review meetings. You can also talk to them between your review meetings if you want to.

My I.R.O.'s name is: _____

My I.R.O.'s phone number is: _____





OFSTED

Ofsted is a big group that checks to make sure kids in foster care are being looked after well. They might visit and chat with people to see how things are going. They also like to hear from kids like you. Sometimes, they might ask you to fill in a form or chat with them.

If you want to talk to Ofsted or learn more, you can!

Your foster carer is not allowed to hurt you in any way and nor is anyone else. If you are worried about anything at all, please don't be afraid to speak up as there are lots of people who care about you and want to help.

Address: Piccadilly Gate, Store Street, Manchester, M1 2WD

Phone number: 0300 123 1231

Email address: enquiries@ofsted.gov.uk

Website: www.ofsted.gov.uk

The Office of the Children's Commissioner

Address: The Office of the Children's Commissioner, Sanctuary Buildings, 20 Great Smith Street, London, SW1P 3BT

Phone number: 020 7783 8330

Website: www.childrenscommissioner.gov.uk



USEFUL NUMBERS



Ofsted is the government body responsible for upholding standards in foster care. They inspect and regulate fostering agencies such as Indigo Fostering.

Address: Piccadilly Gate, Store Street, Manchester, M1 2WD
Phone number: 0300 123 1231
Email address: enquiries@ofsted.gov.uk
Website: www.ofsted.gov.uk



Childline is a free, private and confidential service where children and young people can talk about any issues they're going through. They provide support through phone calls, online chat, and emails.

Website: www.childline.org.uk
Phone number: 0800 1111



The Office of the Children's Commissioner is a national body that promotes and protects the rights of children.

Address: The Office of the Children's Commissioner, Sanctuary Buildings, 20 Great Smith Street, London, SW1P 3BT
Phone number: 020 7783 8330
Website: www.childrenscommissioner.gov.uk



Coram Voice is an organisation that ensures the voices of children and young people in care are heard. They provide advocacy services, helplines, and other support to children in need.

Website: <https://coramvoice.org.uk/>
Phone numbers:
0808 800 5792 / 07758 670369