



MY JOURNEY THROUGH CARE

11 - 15 YEARS



THIS BELONGS TO

This book is for you to keep as you take your journey through care.

It might answer some questions that you may have about being in care.

Anything you don't understand, your carer or social worker can help to explain more.



ABOUT YOU

Where will you be living?

Who will be your foster carers?

Who will be your social worker?

Who will be your foster carers social worker?

Where do you go to school?



YOUR JOURNEY THROUGH CARE

Sometimes for reasons beyond your control you may have to be moved out of your family home and taken to live with a different family.

In many situations you may still get to see your family and friends. Your social worker can talk to you about having 'family time' with your loved ones.

Your carer and social worker will help support your learning at your school and will support your education

The people you will live with are called your foster carers. They are trained individuals employed by the fostering agency to look after you and support you in your journey through care



IMPORTANT TERMS



What is a Care Plan?

This is a meeting where adults involved in your life meet to speak about what support is needed for you while you take your journey through care.

What is the meeting that happens at school?

This meeting is called a PEP (Personal Education Plan) and this is when you, your teacher and your social worker along with your carer meet up and speak about how you are doing at school.



What is a Child Review Meeting?

This is a meeting which happens regularly where all the professionals that you see during your journey through care come along with you and your carer to talk about your journey and if there are any problems and how you can be supported

WHO IS ACORN FOSTERING?

Your foster carer works for an agency called Acorn Fostering. Along with your own social worker, another professional will visit your home and this will be your foster carers social worker, also known as a Supervising Social Worker.

WHY ARE THERE TWO SOCIAL WORKERS?



YOU



**YOUR SOCIAL
WORKER**

Your social worker will help and support you while you are on your journey through care.



**SUPERVISING
SOCIAL WORKER**

The Supervising Social Worker is there to support your carers to make sure they are looking after you

LIKES AND DISLIKES

WHAT ARE YOUR LIKES?...



WHAT ARE YOUR DISLIKES?...



YOUR EMOTIONS

What makes you happy?



What makes you sad?



What makes you angry?



What makes you anxious?



DREAMS AND WISHES



What are your dreams?

If a genie was to grant you 3 wishes what would they be?

- 1.
- 2.
- 3.



IMPORTANT CONTACTS

Below are some important contact that you may need during your journey through care

National Youth Advocacy Service (NYAS)

This services provides guidance on your rights

Free Helpline Number: 0808 808 1001

or visit www.nyas.net



Office of the Children's Commissioner

The Children Commissioner has a department called **HELP AT HAND** which offers advice and representation for children and young people in care.

Free Helpline Number: 0800 528 0731



ChildLine

This service is provided by **NSPCC** and is a service which provides support and counselling for children and young people.

Free 24 Hours Helpline: 0800 11 11



Coram Voice

This is a service which provides support and guidance to children and young people in care. They are a service who make sure your voice gets heard through an **Advocate**

Advocacy Helpline Number: 0808 800 5792



**If your life is in danger,
you can contact your local
Police Force by calling 999**

Here at Acorn Fostering, we want the best outcomes for each and every child that comes to our agency

Your feedback is very much appreciated, if you have any suggestions or ideas on how we can improve this children's guide please get in touch with us

You can phone us on 0116 251 3550

