

A vertical column of colorful illustrations is positioned on the left side of the page. From top to bottom, the items are: a yellow calculator, a pair of colorful headphones, a smartphone with a red notification bubble, a yellow paint palette with blue and purple spots, a paintbrush, and a black and white soccer ball. The background behind these items is a dark blue with a white, pixelated or starburst pattern.

MY JOURNEY THROUGH CARE

16+ YEARS



THIS GUIDE BELONGS TO

PRONOUN

This booklet is for you to keep and follow your journey through the care system and beyond.

It will answer questions that you may have about being in care and where to find support if you need it.



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?

What school/college do you attend?

What is your dream job?



YOUR JOURNEY THROUGH CARE

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



Your time in care will depend on your situation. You could be in care for a matter of months or longer. Your Social Worker can discuss this with you.



Your carer along with your social worker can help to support you in having contact with your family. They will make sure that you are listened to when you want contact with family/friends



Your carer and social worker will support and guide you through education. They will be there to make sure that your voice is heard when it comes to your own education, whether your studying at school or college



IMPORTANT TERMINOLOGY

What is a Care Plan?

This is a plan which is created after a set of meetings between various professionals which helps to provide and guide what specific care should be provided to you. This care plan is specific to you and your needs and will help guide your carers if there are any problems which arise while you are living with your foster family.



What is a PEP Meeting?

This meeting is a Personal Education Plan meeting and is always attended by you, your social worker, your carer and members of the education department of either your school or college.

These meetings specifically focus on your education and look at future support for you



What is a Child/Young Person Review Meeting?

This is a meeting where everyone who is involved in your care come together to speak about progress you have made, any achievements or issues and discuss plans for your future. This is a meeting that happens regularly and it is recommended that you attend so you can voice your feelings and opinions with all involved.



WHO IS ACORN FOSTERING?

Acorn Fostering provide foster carers to look after children who are not able to live with their birth family.

Your foster carer is registered with Acorn Fostering who have their own social worker like you will have your own social worker who will visit you regularly to make sure that you are being looked after and listened to.

WHY ARE THERE TWO SOCIAL WORKERS?



YOUR SOCIAL WORKER



YOU



FOSTER CARER SOCIAL WORKER

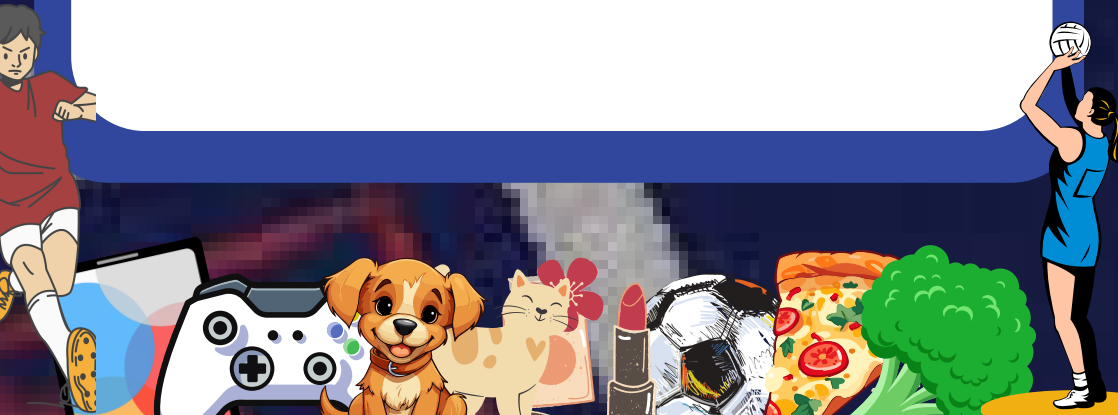
Your Social Worker will visit you regularly to support you and listen to your views to make sure your voice is heard

Your Foster Carers Social Worker supports and guides your carers to make sure they are meeting your needs.

LIKES AND DISLIKES

Things that you like...

Things that you dislike...



YOUR EMOTIONS

What makes you happy?



What makes you sad?



What makes you angry?



What makes you anxious?



DREAMS AND AMBITIONS

What are your dreams?



What are your ambitions?



INDEPENDENCE TOOL KIT

Here at Acorn Fostering we have created a 'Independence Toolkit' which you will be given along with this guide.

This toolkit will help you develop the skills that you may need when you enter adulthood.

Your carer can help and guide you through this toolkit and you wont need to fill this toolkit in by yourself



IMPORTANT CONTACTS

Below is some important contact details for organisations who help and support children and young people who don't live in their family home. Remember your first point of contact would be your social worker. Your social worker is there to support you through your time in care and should help and guide you through any problems that you may have.

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

