

Hello

WELCOME!

to

time out

FOSTERING

**FOSTERING GUIDE
FOR YOUNG PEOPLE**



WHAT IS A MISSION STATEMENT?

A mission statement is a short explanation of Time Out's values and goals. It explains our ethics as a Fostering agency, and we expect everyone in this organisation to follow our mission statement.

OUR MISSION STATEMENT



Time Out Fostering will place you with a family that is kind, caring and will accept you and respect you.

It is important that you experience family life that is warm, loving, and safe and that helps you to make a positive change.

You will be given support to help you develop your own identity, confidence and self-worth.

Your foster carers will understand how important family time is and will support you through this when appropriate.

Your foster carers will give you the opportunity to experience an exciting, fun filled family life.

If you have any disabilities or specific needs, these will be understood and taken into account.

You will be valued as an individual and given personalised support in line with your individual needs and background. You will be treated equally within your foster home.

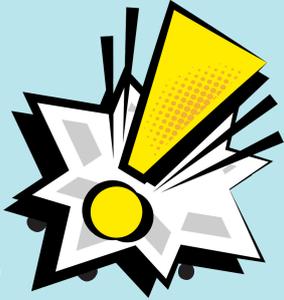
Time Out Fostering will help and support you if you want to make a compliment or complaint and will give you any contact details you might need to do so, Time Out will also provide you with appropriate documents talking you through how to issue a compliment or complaint.

Questions and Answers



WHEN CAN I SEE MY FAMILY?

Every situation is unique. If there are people you'd like to visit, like grandparents or friends, please tell your foster carer or social worker. How you feel is important! You, your social worker and fostering family will chat about this together, and if it is best for you to see your family, they will help you organise it.



WHAT IF MY CARERS HAVE A DIFFERENT FAITH TO ME?

Our foster carers are very diverse and love learning about new cultures and religion. You will still be able to practice your faith however you would like to, you could also teach your carers about it!



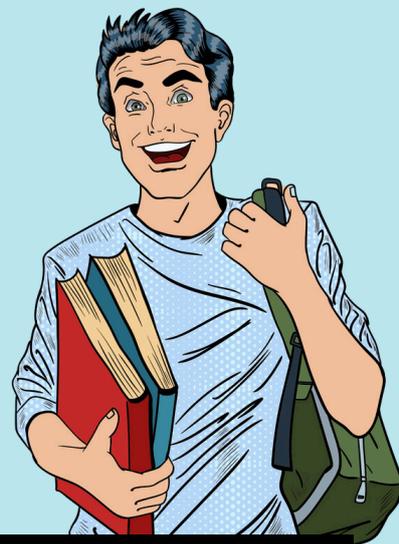
WHAT HAPPENS IF I AM NOT HAPPY IN MY FOSTER HOME?

Depending on the problem, we will usually try to fix the issue. Make sure you always let your social worker know if you are unhappy or having problems in your home. If the issue can't be resolved, we would look at moving you somewhere better suited.





WHAT ARE THEY TALKING ABOUT?



A CARE PLAN

A care plan is like a roadmap for your future. Parents, carers and Social Workers all work out what they think is best for you; who you will live with and how long for, what might happen next, where you go to school and if you need any help with anything. Everyone will listen to you and where possible try to do as you ask!

YOUR FILE

We keep a file about you on our secure website. It is kept very safe and it contains records kept by your foster carer, also information about your health and education. You are welcome to see your file and add to it, just speak to your supervising Social Worker or ring the office and we can organise this.

Once you turn 18, you will have the opportunity to receive a copy all of your files. There are also websites like <https://www.familyconnect.org.uk/> that can help you access records.

LIFE STORY WORK

Life story work is a way of helping you understand your life so far. It goes from when you are born to now. It involves gathering memories, experiences and significant events in your life. Life story work can really help you to make sense of your past, it can also help you to understand your identity and improve your wellbeing, you may also find out things you did not know or had forgotten which may help you understand your situation better.

CARE PLAN REVIEW

This is a meeting that happens at least twice a year. Lots of people who are involved with you, including your family, are invited to see how you are getting on. These meetings are organised by an Independent reviewing officer.

FAMILY TIME

Family time is when one of our team comes with you to meet your family. We are there to make sure everything goes smoothly and safely so you can enjoy yourself!

PERSONAL EDUCATION PLAN (PEP)

This meeting is about your education. Time out works with you, your foster carer, your social worker and a teacher from your school. PEP's help us to see what is going on and work out how to help you get the most out of your education.

LOCAL AUTHORITY

A group of people that work for the government to support children and adults in the place they live. The name of the team of people looking after you whilst you are in foster care is the social services team.

MEDICAL

A medical is a quick visit to the nurse to check you are fit and healthy. They will check your weight, height and blood pressure once a year.

THERAPY/COUNSELLING

This is going to talk to someone privately to help you think about any problems or worries you may be experiencing.

GUARDIAN

This is the person who listens to you and speaks for you in a court of law. The guardian has to be involved in sorting out where you are going to live and with whom. They are there to help you.

How will people look after me in my foster home?

You are very special and important. A looked after child has lots of good things for them. There are certain ways looked after children are treated no matter what. These are called your rights.

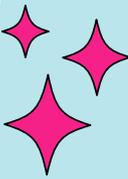
You have the right to...

The graphic is a large outline of a house. Inside the house, various rights are listed in different orientations and sizes. The rights include:

- TREATED FAIRLY** (along the roofline)
- medicine** (along the roofline)
- NEVER TO BE HIT**
- BE RESPECTED**
- SPECIAL HELP YOU NEED**
- never to be called names**
- FOOD** (written vertically on the right side of the house)
- PROTECTED** (written vertically on the right side of the house)
- health care** (written vertically on the right side of the house)
- BE bullied**
- SLEEP**
- CULTURE**
- SAFE information**
- education**
- never to be shouted at**
- WARMTH**
- RELIGION**
- SECURE**
- NOT TO BE MISTREATED**
- to see your friends and family (if it is safe to)**
- advice**
- TO GROW**
- to not be afraid**
- SAFE**
- TO ACHIEVE**



MAKING A COMPLAINT AND INDEPENDENT ADVOCATES



AN ADVOCATE HAS 3 ROLES:

- To listen to you.
- To give you information on your rights and options.
- To help support you and let others know how you are feeling and what you want to happen.

AN INDEPENDENT ADVOCATE IS SEPARATE FROM TIME OUT FOSTERING, THE LOCAL AUTHORITY AND SOCIAL SERVICES. THEY ARE THERE TO SUPPORT YOU TO EXPRESS YOUR VIEWS, WISHES AND FEELINGS.



MAKING A COMPLAINT

Contact your supervising Social Worker or a member of staff if you would like to make a complaint. You can email your Supervising Social Worker, their email address will be their first name followed by @timeoutfostering.co.uk, you can call their mobile or ring the office line 01903 259900.

You can get help making a complaint from your foster carer, social worker or independent reviewing officer.

Alternatively, fill in a complaints form on the back of this book and give it to a trusted adult.

NUMBERS FOR INDEPENDENT ADVOCATES, ADVICE AND COMPLAINTS

- OFSTED 0300 123 1231
- National youth advocacy service (NYAS)- provides advice when important decisions are being made about you. 0808 808 1001 or email help@nyas.net
- Coram voice- Helpline for young people in foster care. 0808 800 5792
- Become charity- Care advice helpline 0800 023 2033 or email advice@becomecharity.org.uk
- Childrens right alliance England- promotes childrens rights 020 3174 2274
- The Children's commissioner for children in care 0800 528 0731

FOR ANY SERIOUS CONCERNS

If you believe your concern is serious and you want to go directly to the managers and directors of Time Out, contact jeremy@timeoutfostering.co.uk alison@timeoutfostering.co.uk



ANYTHING ELSE YOU MIGHT WANT TO WRITE DOWN

For example your new address,
email addresses you might need,
anything you want to say etc.



NAMES AND NUMBERS

My Social Workers name is

.....
and their number is

.....
My Foster Carers name is

.....
and their number is

My Supervising Social Workers name is

.....
and their number is

.....

Our website:

www.timeoutfostering.co.uk

COMPLAINT FORM

Please hand this form in to an adult you are comfortable with. This could be a teacher, social worker or anyone you trust!

Your Name _____

What is making you feel unhappy?

Can you explain what has happened?

Is there someone you trust that you'd like to talk to?

Yes _____

No

What Happens Next?

- We will listen carefully to what you've said.
- A trusted adult (like your social worker or someone else you choose) will talk to you about your concerns.
- We will do our best to help make things better for you.
- Thank you for sharing your thoughts—we want to make sure you feel safe, supported, and heard.

If a young person gives you this form, please return it to Time out fostering by calling 01903 259990 and speaking to a member of staff.

Thank you for reading our guide. If there's anything you'd like to ask us or change about this guide, please get in touch- we'd love to hear from you. We are looking forward to meeting you soon and hope you settle in your new home.

From all of the team at Time Out Fostering

time out
FOSTERING

01903 259900

www.timeoutfostering.co.uk