



PACFS

# MY CHILDREN'S GUIDE TO FOSTER CARE

MY NAME IS: \_\_\_\_\_



HI I'M PETER PANDA AND MY FRIENDS ANIKA AND BILLY ARE HERE TO TELL YOU ALL ABOUT FOSTER CARE THIS BOOKLET IS YOURS TO KEEP! SO TELL US SOMETHING ABOUT YOU AND WE CAN BEGIN!



**I AM A:**



**CIRCLE ONE**

**MY FAVOURITE GAME TO PLAY IS:**



**WHEN I GROW UP I WANT TO BE A:**



**I AM**

**1 2 3 4 5 6 7 8 9 10**

**YEARS OLD**

**MY FAVOURITE COLOUR IS:**

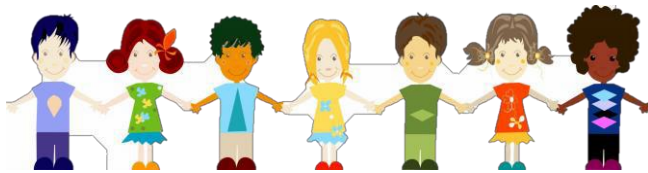


SO, WHAT  
IS FOSTER  
CARE?



All children deserve to be **safe** and **feel happy**. Sometimes, when children live at home, their mum, dad or whoever usually looks after them may not be able to look after them.

When this happens, someone called a **Social Worker** will visit. They will talk and listen to what you have to say.



They will also talk to your parents or whoever looks after you at home

There can be lots of reasons why those caring for you might not be able to at that moment. The Social Worker will try to **help** your family but sometimes children and young people might have to live somewhere else for some time.

When this happens, the children go to live with **Foster Carers**.



PETER  
PANDA, WHAT  
DO SOCIAL  
WORKERS  
DO?



A **Social Worker** is someone that is specially trained to help you and your families through **difficult times**.

It is a Social Worker's job to make sure you are OK. You should think of them as someone who is there to **help you**. Your own social worker will visit you regularly and talk to you about what is happening in your life. They care about you and you can talk to them about anything you are **worried about**.

Your Foster Carer(s) will have their own **Parent and Child Fostering Service (PACFS) Supervising Social Worker**. Their job is to make sure your carers are looking after you properly and have all the help they need to do so.

They will also talk to you to make sure you're **happy and well cared for**.



**NOW YOU KNOW WHAT A SOCIAL WORKER IS, TELL PETER PANDA WHO YOUR SOCIAL WORKERS ARE**

**MY SOCIAL WORKER IS CALLED**

\_\_\_\_\_

**THEIR NUMBER IS**

\_\_\_\_\_



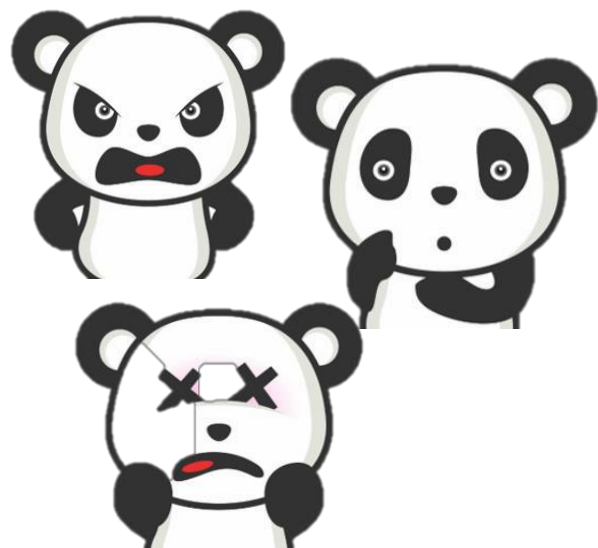
**SUPERVISING SOCIAL WORKER IS CALLED**

\_\_\_\_\_

**THEIR NUMBER IS**

\_\_\_\_\_

Don't forget, you can talk to your social worker(s) about anything - if you're happy, sad, angry, confused or scared. Tell them! Their job is to help you.



PETER  
PANDA, WHO  
ARE FOSTER  
CARERS?



Foster Carers are **ordinary families** who look after children and young people who cannot live at home. Our foster carers have had **training and have been 'checked'** to make sure that they can offer you a safe place to live.

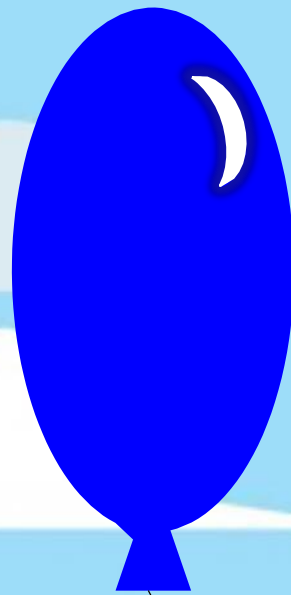
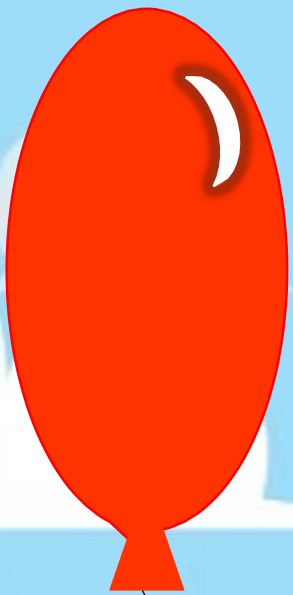
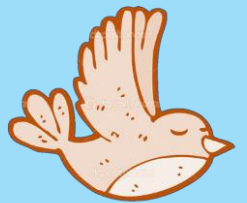
Some foster parents **will live on their own, some are married.** Some will be looking after **other children.** Some will have their **own children,** and some may even have **pets.**

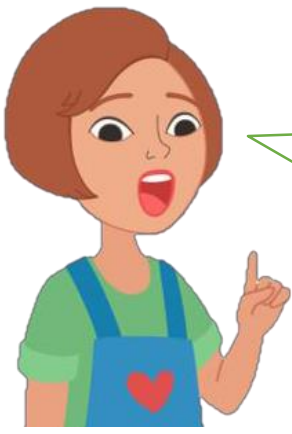


Your Social Workers will tell you all about the foster carer(s) and may even arrange for you to **meet them** before you have to live with them.

# LET'S PLAY A GAME

CAN YOU SPOT THE **5** DIFFERENCES IN  
THE TWO PICTURES?





## HOW WILL FOSTER CARERS HELP ME?

Your Foster carers are trained and approved to keep you safe in a warm, clean house. Your Foster Carers will also:

- Help you settle in your new home 
- Ensure a baby monitor is used so babies are kept safe and monitored
- Provide healthy food for you to eat 
- Provide clean clothes for you to wear 
- Provide space for your personal belongings
- Provide a bed for you to sleep in 
- Make sure you attend school 
- Make sure you see doctors if you are poorly
- Make sure you attend church or places to worship if you want to 
- Make sure you have leisure time 
- Make sure you have contact with people important to you if agreed by your social worker.







"EVERY FAMILY HAS **RULES**  
THESE ARE ABOUT HOW TO  
TREAT EACH OTHER, ABOUT  
LISTENING TO EACH OTHER  
AND KEEPING SAFE  
**WHAT ARE YOUR FOSTER  
CARERS' RULES? YOU CAN  
WRITE THEM DOWN TO  
HELP YOU REMEMBER"**



Some of my Foster Carer's Rules are:



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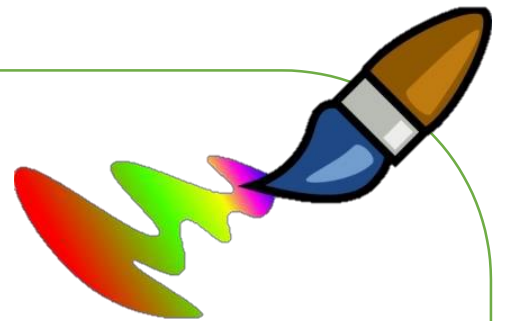
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**WHAT DOES  
YOUR  
FOSTER  
FAMILY  
LOOK LIKE?**

**SHOW US BY  
DRAWING A  
PICTURE OF  
YOUR FOSTER  
FAMILY BELOW**





**PETER PANDA, WHAT  
CAN I TAKE TO  
FOSTER CARE?**



You can take almost  
anything with you when  
you go to live with **foster  
carers**.

You will be able to bring  
your **clothes, games,  
books, toys** and any  
other special things that  
are **important**

**PETER PANDA, HOW  
LONG WILL I BE IN  
FOSTER CARE?**



**This depends on what is best for  
you.**

You may stay in foster care for a  
very **short** time. Or you may need  
to stay for **longer**.

The social worker would normally  
have some idea of how long this  
could be.

Your Social worker will work hard  
to get you back home as soon as  
possible, but only if they know  
that it will be **safe** for you to do  
so.





WHAT  
ABOUT IF I  
MISS MY  
FAMILY?

Whilst you are in foster care you may **miss** your mum, dad, brothers, sisters, grandparents, friends and pets.

Your social workers will help children to stay in **contact** with people important to them and in some cases they may even arrange someone to **go with you** to see your family to make sure you are safe.



# LET'S PLAY A GAME

HOW MANY **YELLOW** STARS DO YOU  
SEE IN THE SKY?





YOU MAY BE  
WONDERING  
ABOUT HOW ALL  
OF THESE  
DECISIONS ARE  
BEING MADE

Whilst living in foster care, there will be meetings called **Reviews** that your social workers, your foster carers and your parents will attend to talk about **the best plan for you**. Everything that happens in these meetings are written down by your social worker. This is called a **Care Plan**. Everyone must do exactly what is agreed in the **Care Plan**.

If you have **any worries** in between these meetings, you can talk to your social worker or the person who is in charge of the reviews, who is called the **Independent Reviewing Officer**.

Can you spot  
someone  
hiding from  
Peter Panda?

If you want to go to these **meetings** and you are old enough, you must tell your social worker who will arrange this for you.<sup>14</sup>



**OK, NOW LETS  
TEST YOUR  
KNOWLEDGE!**

**WHAT IS A REVIEW?**

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**WHAT IS A CARE PLAN?**

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**WHO IS THE PERSON IN CHARGE OF THE  
REVIEWS?**

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**IF YOU WANT TO ATTEND A REVIEW WHO SHOULD  
YOU TALK TO?**



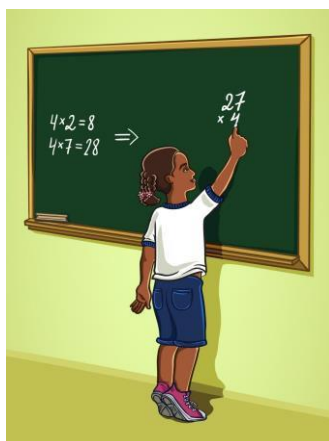
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NOW LETS  
TALK ABOUT  
SCHOOL




Social workers will do everything possible to make sure that you **stay in the same school**. They will also let your school know that you are living with foster carers. You do not have to tell anyone else that you are living with foster carers

**School is very important** because it's where you learn about subjects, growing up, making new friends and it allows you to take part in activities and hobbies after school.



Your teacher will know that you have gone to live with a **foster carer**, but it is your choice if you want to tell other people. If you have **any problems**, difficulties or are being **bullied**, you must tell your teacher, social worker or foster carer.





When you are in foster care you will get **pocket money** for you to spend on treats and things you like - **games, books, toys.**

Your Foster Carer and Social Worker will tell you what pocket money you will get.

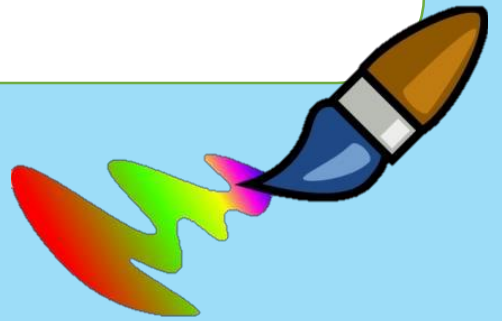
It is good to **save** your pocket money and **buy something you like.**

**PETER PANDA,  
WHAT ABOUT  
IF WE WANT  
TO **BUY**  
SOMETHING?**



**PETER PANDA THINKS HIS FUR  
COULD BE MORE COLOURFUL**

**CAN YOU HELP BY COLOURING  
HIM IN?**





NOW LETS TALK  
ABOUT **YOUR**  
**RIGHTS!**



When in Foster Care you have the right to...

**Be healthy**

**Be allowed to say what you want**

**Be allowed to use the telephone**

**Be kept from getting hurt**

**Be allowed to choose your friends**

**Be allowed to write letters**

**Be given your own space**

**Be heard**



It is very important that you feel you can **talk to people regarding your feelings** about being in foster care.

Your Social worker and foster carer will **listen to you** and can speak with you about meetings or anything you want to talk about. If you have **a problem** or are not happy with something, you can also **talk to someone from the list of useful numbers on the next page:**

# USEFUL NUMBERS



## CHILDLINE

*ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything -no problem is too big or too small.*

**0800 1111**



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



## CHILD LAW ADVICE SERVICE

*The Child Law Advice Service provides legal advice and information on family, child and education law affecting children and families. They cover legal issues that may arise following relationship breakdown as well as Local Authority intervention and child protection issues.*

**0300 330 5480**



[www.childlawadvice.org.uk](http://www.childlawadvice.org.uk)



CORONAVIRUS: Covid-19

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

## THE WHO CARES TRUST

*The Who Cares? Trust is a voice and a champion for children and young people in the UK living in care.*

**02070178901**



[www.thewhocarestrust.org.uk](http://www.thewhocarestrust.org.uk)



Ask your social worker about an **Advocate** -- A person who will speak up for you.



**WHAT IF I'M NOT  
HAPPY ABOUT  
SOMETHING AND I  
WANT TO MAKE A  
COMPLAINT?!**



**It is your right to make a complaint  
and you should not be treated any  
differently if you make a complaint.**

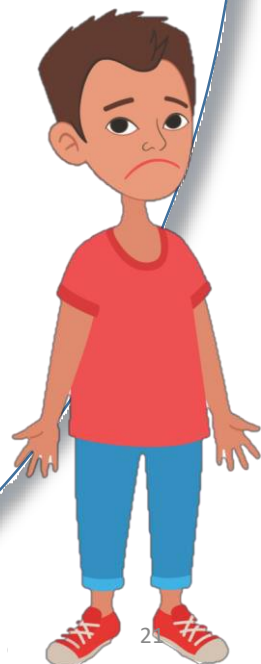
If you have a complaint about the foster carer you live with, you can speak to anyone you think can help, such as your **Social Worker or your teacher.**

You can also ring **Wendy** - She's a Registered Manager at PACFS and her number is **07572 378258.**

You can also **fill in the form on the next page** and give it to someone you trust.

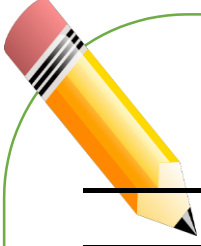
If you make a complaint, we will:  
**Listen to you and take you seriously**  
Try to **put things right** for you if something has gone wrong.  
**Find ways to stop mistakes happening again**

If this does not help we will ask an independent social worker to look at what we can do better.



# COMPLAINT FORM

My Name Is: \_\_\_\_\_



Please write about your complaint

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If you need more space to write please continue on a separate page.

How do you think this issue can be resolved?

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**OTHER USEFUL CONTACTS IF YOU WANT TO MAKE A COMPLAINT**



**CITIZEN ADVICE BUREAU (BRENT)**

0845 050 5250



<https://www.citizensadvice.org.uk/about-us/contact-us/complaints/>

**OFSTED**



0300 123 1231

OFSTED, Piccadilly Gate, Store Street  
Manchester, M1 2WD

enquiries@ofsted.gov.uk



<https://contact.ofsted.gov.uk/onlinecomplaints>

**CHILDREN'S COMMISSIONER**



020 7783 8330



<http://www.childrenscommissioner.gov.uk/help-at-hand>

email: [help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)

How many phone numbers do you see?

1

2

or

3

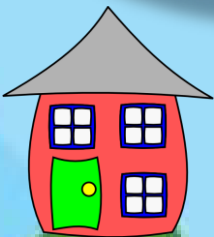
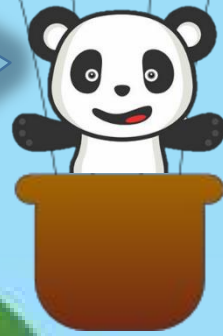
Circle the correct answer

Going into foster care can be a scary thing **but, you should not feel scared.**

However, **if you are scared, sad, angry or if you have any questions,** don't be afraid to ask someone for **help**

Your social workers, your teachers, your foster carers, your family, your friends and Peter Panda all want you to be safe and happy

**SO NOW YOU KNOW  
ALL ABOUT FOSTER  
CARE, HELP ME TAKE  
ANIKA AND BILLY  
TO THEIR NEW  
FOSTER HOMES**





## Policy Statement

PACFS will work to ensure that all children and young people placed with our carers have the best chances in life to achieve their full potential.

### **Key Outcomes**

These can be summarised under 5 key outcomes for children and young people:

#### **Being healthy**

All children and young people have the right to have their physical and mental health safeguarded and promoted. They also have the right to live a healthy lifestyle.

#### **Being safe**

All children and young people have the right to be safe and secure, protected from harm and neglect and to live in an environment that enables them to develop to their full physical, mental, spiritual, moral and social potential.

#### **Enjoying and achieving**

All children and young people have the right to the best possible education and training which meets their identified needs and equips them to live full adult lives. They also have the right to time and support to pursue appropriate leisure interests, especially children acting as young carers.

#### **Making a positive contribution**

All children and young people have the right to family life wherever possible and to be supported to take part in community life. They have the right to a continuity of care wherever possible and to develop and preserve their own identities. They also have a right to information and to make choices about their lives, having regard to their age and understanding. Through these, they will be enabled to make a positive contribution to their community and to society.

#### **Economic well-being**

All children have the right to live above the poverty threshold and to be equipped with the skills and knowledge that will help them overcome socio-economic disadvantage where necessary.

### **Key Principles**

Consideration of children's welfare and best interests will always be at the centre of our work.

PACFS will work closely with placing authorities to try and ensure the above outcomes are achieved, by providing skilled experience foster carers and facilitating services to support this arrangement, wherever this is possible and in line with the child's safety and well-being.

**On Coronavirus.** We all need to keep safe and follow current government guidelines. We need to continue washing our hands frequently, use antibacterial hand gel, cough into our flexed elbows and wear face coverings, particularly when in crowded areas and with those we don't know. We should remember the HAND, FACE, SPACE, FRESH AIR slogan. Ask your carer and Social Worker about vaccination and current updates. Click on link below for guide for children by the Children's Commissioner, copy of which can be printed for you. <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>



**Parent and Child Fostering  
Service (PACFS)**

**Address:** Continental  
House 497 Sunleigh  
Road Wembley  
Middlesex  
HA0 4LY

**Contact numbers:**

0208 733 8213

07956 924 625

**Email Address:**

[enquiries@parentandchildfostering.com](mailto:enquiries@parentandchildfostering.com)  
[wendy@parentandchildfostering.com](mailto:wendy@parentandchildfostering.com)

**Website:**

[www.parentandchildfostering.com](http://www.parentandchildfostering.com)