



www.5fostering.co.uk

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My 5

5FOSTERING

KS3&4 YOUNG PERSONS' GUIDE



getting on with each other : growing up growing strong

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2. Starters

Hi, this booklet is about;

- what we can do for you,
 - you telling us what you think,
 - what you want,
 - as well as what you 'need'.

3. What we're about

Our passion is that we do everything with young people and children in mind.

We try hard to . . .

. . . give great **training** for carers to help them give the best . . .

. . . **care** possible so that . . .

. . . you **grow** up in a caring, stable home having a **safe** and **enjoyable** time so . . .

. . . you **do REALLY well**, are . . .

. . . able to **get over any problems**, and

. . . you're **respected** by everyone.

3.1. What we want is . . .

for everyone to have a good chance to . . .

 get the best care from us . . .

 that gives you what you need, and

. . . some of what you want, and is

 by people who are good at their job, and . . .

 who are trying to get better at it.

 People who get on with everyone, like;

- you and your carers,
- and all the carers get on,
- and staff get on with you
- and people like your social workers and teachers, work well together to

 give you great care, so you can get better at things now and be happy and positive in the future to deal well with any problems you face.

3.2. What looking after you is about . . .

We want Children and Young People to have the greatest chances to;

 Keep safe but love a bit of challenge;

 Stay healthy and happy, but enjoy trying hard to get better at things;

 to respect yourself, your friends and others;

 Enjoy doing and learning new things;

 Have dreams of what you want to do and try to get them with the help of others;

 Be helpful and respected especially by those around you.

4. Our Fostering Agency

4.1. People in our team.

Rob and Katie are the ones who run the agency but they are helped by a team of people including Richard, Lonnie, Harry and Sarah. We also have a group of people who keep an eye on them called the 'Quality Assurance Committee' (or 'QAC' for short). You can join this group! - we'd love it if you wanted to join the QAC – just let us know and we will try to arrange it.



Lonnie's team look after carers and their families. Lisa assess people who want to be 5F carers, then when they become 5F Carers, Lonnie looks after them.

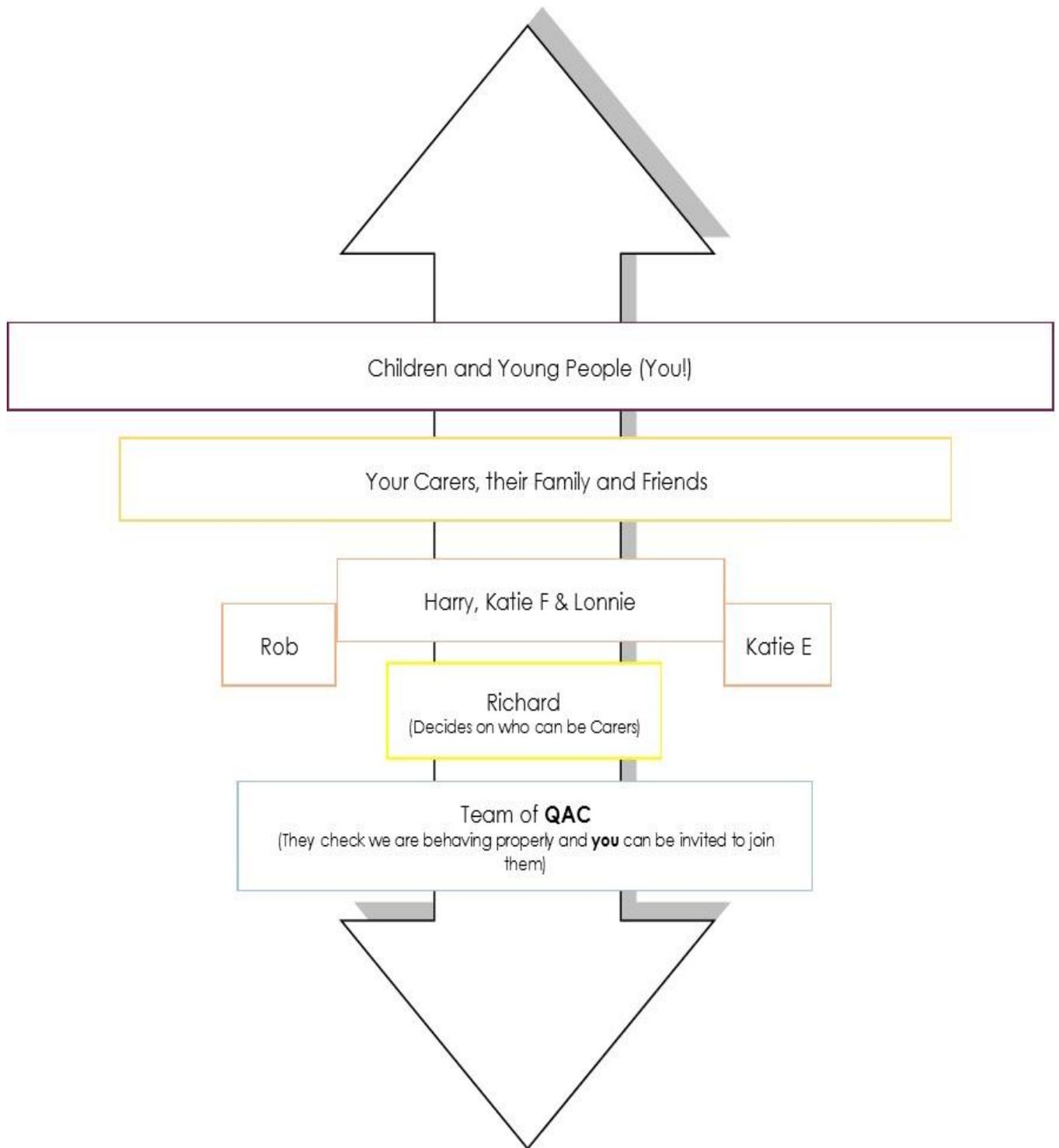
Harry and Sarah's team help people to know about 5Fostering, they look after the office and help the carers keep records.

4.2. What we all do

We give children and young people all kinds of families to be a part of – for a few days, or right through to when they are old enough for an adult world. The children and young people 5Fostering work with could be disabled or fully able, they could be on their own or with their brothers and sisters, they could be given a home in an emergency or move to a family after setting it up over a few weeks, or sometimes we look after children with their mum and/or dad.

In the diagram below, the reason there is an arrow going both ways is because we all aim to support and help you, you can help yourself, and you can help us to do our jobs by giving us feedback on how we are doing or how we can do thing better.

4.2.1. Personnel Diagram



4.2.2.Things for children

We can do loads of things if it's OK with your Social Worker. We choose your carers carefully to match you're interests and then we can help with school stuff, seeing your family, having a go at new things, help you stay fit and healthy, build your life story, offer a buddy to talk to and take you out if you want. You can even get involved in running 5Fostering as a part of the QAC and, most importantly ~ have fun! We usually start of staying with a family with a trip or great visit – like going to see the real dinosaurs at the Natural History Museum, or go to watch Brighton play at the Amex Stadium, or one young person recently went to see One Direction at the O2 with their new family.

4.2.3.Things for carers.

We do lots of helpful things for your carers helping them to give you professional care, but one thing we hope for is that we can also have some fun. We do things like making sure the carers will be the right ones for you, we help them with new skills and they can share their skills with us. All to make sure your carers and you have the best chance to get on with each other.

4.3. Complements and Complaints

We are really keen on knowing what you think of what we do for you. For example; Is 5Fostering doing its job properly? What are we doing well? How could we do better? What can we do to help you with any worries?

If you have anything **good** to say, or something we do that makes you **cross**, or have a **worry** about **ANYTHING** – make sure you **tell** someone. There is **NO WAY** that you will be in trouble – in fact we will thank you for being honest (as long as you are!). Someone may be able to talk on your behalf (they are called an 'advocate') and will keep you in mind and try to make things better for you.

You could tell

1. your carer,
2. your befriender/buddy (if you have one)
3. anyone in 5Fostering
4. your social worker
5. your teacher or classroom helper
6. lunchtime supervisor or play leader
7. in fact, **anyone** you feel you can trust



They may not be able to keep it a secret because it might be too important, but please, please tell someone – you will be doing the RIGHT THING and you will ALWAYS be believed if you think you are right.

You could also let us know by calling or texting 01424 211 122 or 07592 202 873, or email rob@5fostering.co.uk or office@5fostering.co.uk, or just tell someone when you meet them.

We will deal with it and tell you what we have done.

If you are still not happy with what we have done you can contact our **Quality Assurance Committee** (you could write a note or letter to them – we won't read it) and they will ask us what has been done.

You can also talk to someone outside of our agency. Someone like

 your Social Worker, or

 your **Independent Reviewing Officer (IRO)** (your carer or Social Worker will have their number),

 The Children's Rights Director 0800 528 0731.

Ofsted, Aviation House, 125 Kingsway, London, WC2B 6SE,

 **Child Line** (0800 11 11) the

 **NSPCC** (0808 800 5000) or

 **Barnardo's** (0808 800 5000)

or **Ofsted** on 0300 123 1231 or enquiries@ofsted.gov.uk

Ofsted
Piccadilly Gate
Store Street
Manchester
M1 2WD

But we would have hoped to have sorted it out long before then.

A few other numbers you might find useful are national children and young people's support agencies

4.4. Standards of care and National minimum standards

We aim to do better than the national standards.

4.5. Safeguarding

Safeguarding is about making sure you are **SAFE - YOU** have a big part to play in this. We will be doing lots of things to help those around you keep you safe, but you've got the biggest part to do as you will always be there!!! We hope to help you in keeping yourself safe but enjoy a bit of challenge that won't do you damage. If anything happens to you that you are not happy with, we hope you will talk to anyone in 5Fostering who can pass on your worry. It will ALWAYS be the right thing to talk to one of us about it.

4.6. Fire safety

Fire is incredibly dangerous and can sneak up on you. Along with the other things to keep you safe, we make sure your carers know how to keep you safe from fires. We also make sure your home is safe from anything that can set alight to things.

4.7. Care plans

The plan for your stay in fostering is made up of what you want to happen, and the decisions of the judge, your social worker's team and 5Fostering. It's important that you know what the plan is and so it will be shared with you.

We'll check to see if you're OK every few weeks, but your social worker may be coming to see you as well, but you or your carers can always ask to meet in the meantime.

4.8. Being fair – equal chances

We believe everyone should have the same opportunities in life despite any differences or disabilities. Although some people may require more care and attention, it is only fair that everyone is given an equal chance.



Figure 1; From <http://legal-aware.org/>

4.9. Thanks for being with us.

We really hope that you enjoy your stay with us and that you feel confident enough to allow us to help you to strive for great things. We hope you will use our extended family and 'positive partnerships to develop resilience so that you can deal with any stuff of your past and become proud members of your family and community, and a great mum or dad of your own family.