



WELCOME TO STEPPING STONES  
FOSTERING

**CHILDREN'S GUIDE**  
**(6-12 years old)**

**THIS BOOK BELONGS TO**

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This is for children and young people. You can read this book (guide). It will tell you all about living with a foster family. If you do not understand any part of this book ask your social worker or foster carer to explain it to you. This guide will help you understand what fostering means for you.



You are in foster care because you cannot live with your birth mum or dad at the moment. There are many reasons why children and young people need to come into foster care and your social worker and foster carer are there to help you understand the reasons why.

**We want you to be happy.**

child ♥ family  
placement happiness  
court case worker plan  
heart **Foster care**  
support healing trama  
home hope ♥  
♥ loved ♥  
safe  
♥



It might feel a bit different to be looked after by adults who are not in your birth family (mum or dad), but this is what happens when you are in foster care. Foster carers are adults who want to look after children and young people who need a place to stay.



They have their own social worker - just like you - and need to prove that they can look after children and young people safely.



You are not alone. We are here to help you. We will be pleased to support you



Always you can talk to someone. We would like to know how do you feel.



You will meet new people. We want to tell you what do they do.

**Child's Social Worker**- this person's job is to help you and to make sure that you are well, safe and happy with your foster family.

**Supervising Social Worker**- this person is the foster family's social worker and help them to look after you.

**Independent Officer (worker)** - this person can meet you to spend time with you, have a chat and to find out if you need anything or if you are O.K.

It may be helpful to understand what "LAC" is.

**LAC** – this means "Looked After Child". You may have LAC meeting or review .This means that you will meet people who want to understand you and your foster family situation. They together with you and your foster carers may find the way how to help you to be healthy, safe, happy and how to help you resolve some problems.





You have a right to be safe in your foster family.



We will support you to feel safe and secure at home and outside of the house.



You have a right to be well.



We will help you to make appointment with your doctor (GP), nurse, dentist, optician and other people who may help you with your health and wellbeing.

Stepping Stones Fostering Limited SSFL, Telephone: 02084780840, Emergency/ Out of office hours/ 24 hours – contact mobile number – 07957308088

Reviewed March 2023

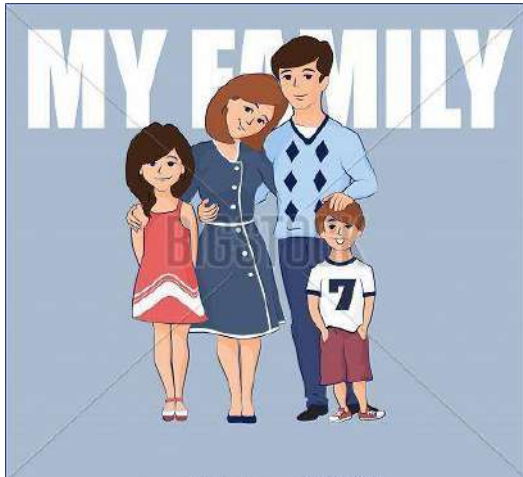
You have a right to play and enjoy activities that you like.



It is important to spend time with friends and to make new friends.



You may have meetings with your family (mum, dad and other relatives). This is called contact. Your social worker will talk with you and tell your foster carers about how they can support you with this.



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You can also make a phone calls, write letters or emails to be in touch with people who you know, love and trust.



Your foster carers will support you to make these contacts if you need help.



You have a right to eat food which you like.



You can talk to your foster carer what kind of food or drink do you like, what you do not like and plan together you menu .It will be good if you can learn how to prepare some drinks and simple meals.

You have the right to have a pocket money.



You have a choice how you want to spend your money. You may save some money and buy something which you really wish to have. Foster carers will help you to ensure that you monies are safe.

We want you to be happy and we would like to know if you are not happy for any reason.



Your foster carers are there to listen and care for you whenever you need them. Your social worker is there to talk to, to help you understand what's going on and to make decisions with you. Your teachers at school will want to help you if they can. There is also other support available in Stepping Stones Fostering Ltd. You can find details at the back of this guide.





We will do everything to help you to resolve your problem. I will feel much better if you speak about something that worries you.



There are many people around you to assist you because you and your feelings are important to us.



## USEFUL CONTACTS:

### **STEPPING STONES FOSTERING LIMITED**

Your view is very important to us. Let us know if you need to talk about how we can help you. Is there anything else that you would like to say or ask. Please call us on telephone number:



0208 478 0840 and talk to Neeta or Esther

You can email us:



[manager@steppingstonesfostering.co.uk](mailto:manager@steppingstonesfostering.co.uk)

[neeta@steppingstonesfostering.co.uk](mailto:neeta@steppingstonesfostering.co.uk)

Write the letter:



Stepping Stones Fostering Limited

106 Sir Robert Peel House,

344-348 High Road

Stepping Stones Fostering Limited SSFL, Telephone: 02084780840, Emergency/ Out of office hours/  
24 hours – contact mobile number – 07957308088

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You can ask anyone to contact people who will help you



- + Your Social worker  
Phone number:

- + **INFORMATION CHILD LINE**

Phone: 0800 1111

Website: <http://www.childline.org.uk/>

**SPEAKING TO CHILDLINE**

When you call us on 0800 1111 you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

You can also send us an email from your locker. We'll try to answer this within a day, but sometimes it can take a little longer.

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time. But we might not be able to talk for as long when it's after midnight.

- + **NSPCC**

Website: <https://www.nspcc.org.uk/>

Post: The NSPCC Weston House, 42 Curtain Road, London, EC2A 3NH

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk) Phone: 0808 800 5000

Text phone: (for people who are deaf or who have a hearing impairment) 0800 056 0566

- + **CORAM VOICE – SPEAK TO AN INDEPENDENT ADVOCATE**

Website: [www.coramvoice.org.uk/](http://www.coramvoice.org.uk/)

Free Phone from landline or mobile: 0808 800 5792

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24 hours – contact mobile number – 07957308088

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## Interpreters

Interpreters are available - through Language Line - to allow young people who speak little or no English to access the support of the helpline.

### **Email an advocate**

You can contact an advocate by emailing [info@coramvoice.org.uk](mailto:info@coramvoice.org.uk)

### **Send a text to an advocate**

If you want to speak to an advocate, you can ask for someone to call you back by sending a text to 07758 670 369.

### **Write to an advocate**

If you want to write to an advocate, then please send your letter to; Coram Voice, Coram Campus, 41 Brunswick Square, London WC1N 1AZ

### **THE CHILDREN'S LEGAL CENTRE**

Website: [www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

E-mail: [info@coramclc.org.uk](mailto:info@coramclc.org.uk)

### **CHILDREN'S COMMISSIONER FOR ENGLAND**

You can get in touch with the children's Commissioner

Dame Rachel de Souza

By Email: [info.request@childrenscommissioner.gov.uk](mailto:info.request@childrenscommissioner.gov.uk)

Phone: 020 7783 8330 Freephone: 0800 528 0731

Address and location: Children's Commissioner for England

Sanctuary Buildings

20 Great Smith Street

London

SW1P 3BT

### **OFSTED**

Website: [www.ofsted.gov.uk](http://www.ofsted.gov.uk)

Email: [CIE@ofsted.gov.uk](mailto:CIE@ofsted.gov.uk)

Phone: 0300 123 4666

## **We don't ignore complaints!**

### **Children's Rights and Advocacy**

If you have any questions or problems that you feel you cannot discuss with your foster family or social worker, there is an Independent Advocacy service

### **N.Y.A.S. (NATIONAL YOUTH ADVOCACY SERVICE)**

Website: [www.nyas.net](http://www.nyas.net)

Email: [help@nyas.net](mailto:help@nyas.net)

Helpline: 0808 808 1001

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You can contact the advocacy worker whenever you need to. The advocacy service can support you in reviews, help you speak up about decisions that affect you and support you in making a complaint, as well as offering advice and information on your rights in care.



Care advice line

In care or a care leaver? Looking for help and advice? Talk to us in confidence – online or over the phone.

You can call us on 0800 023 2033 between 10:30am and 3pm, Monday to Friday, or email us at [advice@becomecharity.org.uk](mailto:advice@becomecharity.org.uk)