



WELCOME TO STEPPING STONES  
FOSTERING Ltd

**CHILDREN'S GUIDE**  
**(13-18 years old)**

**THIS BOOK BELONGS TO**

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



We are pleased you have come to live at Stepping Stones .Fostering. We are fostering agency. Our main aim is to help you in your current situation.

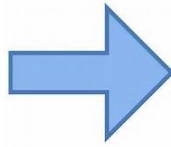
## Foster Family



Our foster carers are people who want to share their home and family with young people like you, who at times need a safe and caring home because you are unable to be with your own family.



It can be quite scary turning up to somebody's house that you do not know, wondering what the people are going to be like, will they like me, what if their children don't like me... are they strict, will they let me see my mum and dad?



Our foster carers will not judge you but instead they will make you feel welcome by involving you in the everyday things that families do. Both the foster carers want you to make sense of the situation you find yourself in and be there for you when you feel lonely, upset and in need of a shoulder to cry on.

We are here to help you. Always you can talk to us.



Occasionally things do go wrong. We all get into difficult situations with friends, family or at school, even sometimes with the police. Our foster carers have an ability to work through these difficulties with you and don't give up on you by ending the placement.

There is no problem that cannot be resolved. We will try our best to support you with resolving your problems and to be happy.

### **Problem Solving Unit**



2nd-12th Grade Bundle:

- Problem Identification
- Brainstorming
- Pros vs Cons
- Overcoming Obstacles
- Action Steps
- Reflection

Writing & Drawing Prompts

**3-Page Unit Guide Included:** Problem Solving Cycle rationale and suggestions to increase engagement.



Rules based on respect.



We will always respect you, your rights, needs and feelings. You also need to respect other people. It is important to show respect for each other in the house (including visitors), and towards each other's belongings and space. Each person's bedroom is their own private space so we ask permission before entering other people's bedrooms.

However, sometimes your foster carers need to be able to say 'no' as easily as they can say 'yes' to you! This means that good care of children and young people includes fair, consistent boundaries and rules. Finally, our carers will not disrespect or talk bad about your parents but instead help you get the best out of your relationship with them.

You have the right to be safe.

When people live together there have to be some rules to keep everyone safe.



As part of a family it is important that everyone helps out with chores around the house, such as dusting, hoovering, washing up etc. Depending on your age, you may be responsible for keeping your bedroom tidy (maybe with some help!). Safety applies also to your activities outdoors and the risk taken needs to be assessed and when possible reduced.



**Behaviour.** We expect you to try and behave in the best way that you can but understand it can be difficult sometimes so we will try and help you at sad times. You will be praised for good behaviour and may have the chance to earn extra treats as part of a reward. If your behaviour was not so good, your carers will explain why they feel your behaviour was not right and they will try and help you learn different ways to cope with things that make you unhappy.





Your foster carers can have respite, which means they have a holiday. We will find you another family to stay with while your carers are away, who you will meet before going to stay with them.

### You are not alone.

Whilst you are living with your Foster Carers It's important to know that you are not alone and there is always someone you can talk to and who will listen to your opinions. 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 is going on" and to help you to make your own decisions.

### You have the right to have a friends and enjoy your life.

They will ensure that wherever possible that you are able to continue to do the activities that you enjoy. They will support you to continue seeing your friends and family if possible.



They will make sure that you do well at school and will offer support where needed. They will take you to the doctors, dentist and any other health appointments. They will make sure that you have pocket money and will encourage you to make savings.

You have the right to eat what you really like.



It is important to us that you eat a balanced diet with lots of different types of food (including fresh fruit and vegetables) to make sure you are healthy and keep growing! We also like eating meals together at the dining table so we can spend some time talking about our day. Depending on your age, we might ask you to help prepare some meals with the help of your carer.

You have the right to be healthy



When you move to your new home we will make you an appointment with a doctor for a check-up. We will also make appointments for you to see an optician and dentist to make sure your eyes and teeth are healthy. Every year we will organise for you to have a full medical check. This will help us in making sure you are growing and healthy.

You have the right to go school and to develop your talents.



When you move in to your new home we will organise for you to attend school. If you need to move schools, we will try and arrange for you to go somewhere near to your foster home. Sometimes children are taught at home for a short time while until we find the right school for you. If you need it. Your carers will help you with your homework and will make sure there is somewhere suitable for you to complete it. It is up to you if you would like to take some additional classes or undertake some activities of your interest. Your learning and organising your leisure time is important to us.

## Pets



The family you live with may have animals and we expect that you treat them with kindness and respect. You might be able to help care for the animals, helping to walk and feed them, but your carers will be responsible for making sure you & the animals are always safe. If you already have your own pet, you may be able to bring it with you but you need to check this with your Social Worker.

## Meetings



When you live in a foster family it is important that you have chance to meet with the people involved in your care to talk about and understand plans being made for you.

A Review Meeting is held when you move in and every 6 months afterwards. They might be more often if needed. You will be invited to your Review Meetings and we will talk about your foster placement, school, family, friends, health and your free time. It is important that you feel able to tell us how you feel but it is ok if you want to ask someone to help you explain what you would like if you don't feel able to.

You will meet new people:

**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 help you to understand the term of "LAC"

**LAC** – this means "Looked after Children" .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, and happy and how to help you resolve some problems.

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

## Suggestions and Complaints

You have the right to talk, ask for advice and be supported whatever your needs are.



If you feel worried about something please let us know. There are many people who are happy to support you, answer for your questions.

**THAT IS HAPPENING-WITHIN YOUR FOSTER HOME OR SOMEWHERE ELSE, THERE ARE ALWAYS ADULTS WHO WILL BE ABLE TO HELP YOU WITH THIS.**

We want to know if you are unhappy about something. Here are a few things that we think should help:



- 1) Talk to your Foster Carer First If you can.
- 2) If you can't talk to your foster carer talk to your social worker or teacher or someone else who you think might be able to help.
- 3) In the end of this guide there are some numbers you can call to talk to someone.

## Advice & Private Phone calls



When you move into your foster placement a plan will be made about contact with your family, friends & Social Worker. You can make telephone calls after school and on weekends once you have asked permission from your carer(s). If you are not in school for any reason, calls can be made after school hours. Although you will not be prevented from contacting people who are important to you. If you have your own mobile phone, a contract will be drawn up to make sure you use it responsibly.



## Pocket Money

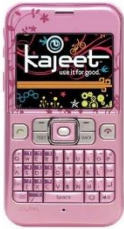


You earn your pocket money each week, the amount depends on how old you are. You might be able to earn extra pocket money through a behaviour reward chart or by doing some extra chores, decided by you and your carer. You can have some or all of your pocket money but your carers will help you to learn to budget so that you can spend and save for bigger things you would like in the future, so you have money when you go on holiday or to buy gifts for family and friends at special times, like Christmas, birthdays, Easter and other festivals. Your carers will explain how much pocket money you will be getting and when it changes. We will also make sure you have money for clothes and to do some activities.

## 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

Ilford

IG1 1QP

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

## 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

Tel: 020 7833 5792

[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

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)