

# Welcome Guide



Ethelbert

Fostering Services

Inspiring children to succeed!



Hi my name is  
Ethel



And my name is  
Bertie and we  
would like to  
welcome you to  
Ethelbert  
Fostering Services



Our Foster Carers have  
been chosen to care for  
you.

They will help you  
with school, health,  
hobbies and interests,  
and keep in touch with  
the people you care  
about.








Foster Carers provide children  
with a safe, loving home when  
they cannot live with their birth  
family.

Foster Carers will look after you  
and do things such as help you with  
homework and make sure you make  
good choices and eat  
healthily.





We understand that  
sometimes you may find  
your memories difficult  
which may make you feel  
sad.

Don't worry, your  
Foster Carer and Ethelbert  
Fostering Services will make  
sure you have  
someone there for you if  
you need to talk to  
Someone.



# Feelings Thermometer

## How Are You Feeling?

This feelings thermometer belongs to: \_\_\_\_\_



angry



sad



nervous



happy



calm

5

4

3

2

1

When I feel  
angry, I can...

When I feel  
sad, I can...

When I feel  
nervous, I can...

When I feel  
happy, I can...

When I am  
calm, I can...





What do I call my  
Foster Carers?

Some are called carers, some are called by their first name, but you can talk about this together.



What about my  
bedroom?

You will have your own bedroom or you may share with your brother or sister. Your bedroom is your own space.





# My foster family

My foster carers names are

---

---

Who else lives there?

---

---

---

---

---

---

---

My foster family lives  
at? \_\_\_\_\_

---

---

---

---

---

---

---

My foster family's phone number is?

---

---



They make sure you are being looked after. They will visit you at home to make sure everything is okay. Please talk to them if something is worrying you.



My Social Worker is

Contact number is



Foster Carers have Social Workers too.  
They make sure your foster family has  
everything they need to look after you.

My Foster Carers Supervising  
Social Worker from Ethelbert's is  
.....  
Contact number is  
.....





You have an Independent Reviewing Officer (IRO) who makes sure your Care Plan is all about you. You will see them at your review meetings. They make sure everyone is doing their best to look after you.



My Independent  
Reviewing Officer is

Contact Number





Write down the names of the people that are important to you.

---

---

---

---

---

---

---

---

---

---



# MEET THE TEAM!



Cassie Martin  
Registered Manager



Julie Egan  
Education Champion



Carrie Martin  
Health Promotions Specialist



Siobhan McAree  
Practice Manager



Emma Jack  
Placements Officer



Jenny Beraet  
Senior Supervising Social Worker



Louise Davies  
Senior Supervising Social Worker





Peggy Kimpton  
Supervising Social Worker



Michelle Knell  
Annual Reviewing Officer



Lee Cornwell  
Supervising Social Worker



Kim Clifton  
Supervising Social Worker



Lynn Griffiths  
Supervising Social Worker



# Your rights are:

- ♥ To be kept safe at all times.
- ♥ To know why you are looked after.
- ♥ To have a healthy balanced diet and plenty of exercise.
- ♥ To read your file when you are 18.
- ♥ To access education.
- ♥ To receive pocket money and have a savings account.





- ♥ Your Foster Carers.
- ♥ Your Social Worker.
- ♥ Your Foster family's Supervising Social Worker.
- ♥ Your Teacher.
- ♥ Your IRO.



## You can also talk to -



Ofsted is the Office for Standards in Education, Children's Services and Skills. They inspect services providing education and skills for learners of all ages. They also inspect and regulate services that care for children and young people.

You can contact them if you have any concerns at

[martyn.oliver@ofsted.gov.uk](mailto:martyn.oliver@ofsted.gov.uk)

Or talk to them on:

0300 123 1231

Coram Voice will help you if you are in care, leaving care, have or need a social worker. They will get your voice heard, tell you about your rights, give you the support you need through their advocates and work with you to improve the care system.

Contact them on:

Coram Voice, Coram Campus, 41  
Brunswick Square, London, WC1N 1AZ

Telephone: 020 7833 5792

Email: [info@coramvoice.org.uk](mailto:info@coramvoice.org.uk)





Childline is a free, private and confidential service where you can talk about anything. They are there for you online, on the phone, anytime.

You can call the helpline on 0800 1111

or

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



Become, work with care experienced young people to create change. They want to create opportunities where your views can be shared directly with decision makers to improve and challenge systems and structures.

Visit their website at:

[becomecharity.org.uk](http://becomecharity.org.uk)

Or

talk to them on: 0800 023 2033



Barnardos is the UK's largest children's charity.

Our services include providing counselling, support for children and specialist mental health services.

Visit their website at: [www.barnardos.org.uk](http://www.barnardos.org.uk)

Or

talk to them on: 0800 008 7005





The NSPCC is the leading children's charity in the UK, specialising in child protection and dedicated to protecting children today to prevent abuse tomorrow.

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

Or call them on 020 7825 2505



The Children's Commissioner for England takes on an important role. She speaks up for children and young people in England and stands up for your rights to make sure that the people in power listen to what you need and want.



Help at hand is the children's commissioners advice and assistance service for children in care, children who have a social worker or are working with social services, children living away from home and care leavers.

Speak to them confidentially about any questions you have or anything that is troubling you - no issue is too big or too small.

Email them at: [help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)

Talk to them on:

0800 528 0731





## Independent Advocate

It is an Independent Advocates' job to make sure you are listened to. They are adults who will speak up for you and make sure your views are heard about any decision that affects you. You can let your Social Worker or IRO know if you would like an advocate.

Ethelbert is here for you. We want to hear what you have to say. If you want to call our Head Office to speak to someone you can contact us on

01843 823762.

Or you can email us at:

[tell-us@ethelbert.net](mailto:tell-us@ethelbert.net)

Ethelbert's also have a complaints procedure. Should you want to make a complaint please speak to your Foster Carer, Supervising Social Worker or a trusted adult.



# MY BOOK or MOVIE REVIEW

Name\_\_\_\_\_

Age \_\_\_\_\_

Book Title \_\_\_\_\_

Author \_\_\_\_\_

Did you enjoy the book?

Rate the book out of 5, with 5 being amazing.



What was your favourite part and why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you recommend this book, why or why not?

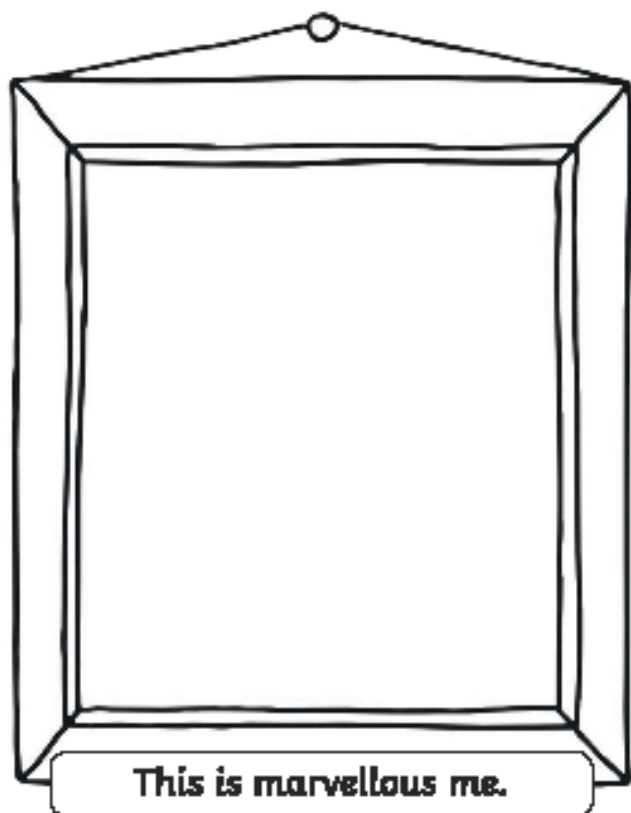
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Marvellous Me!

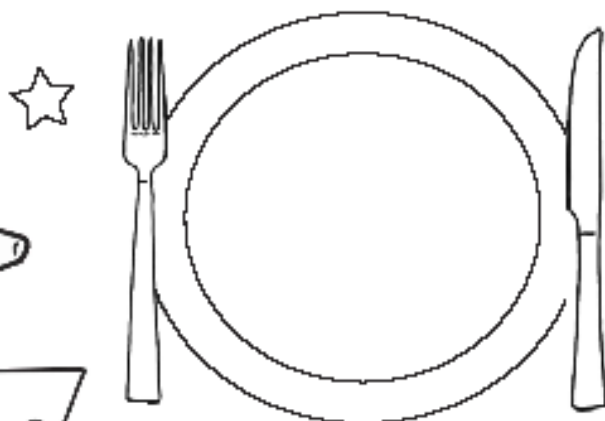


My name is:

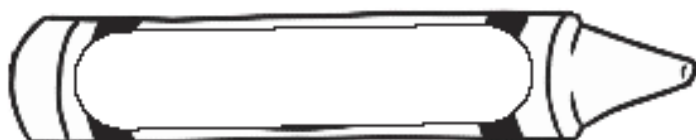
I am  years old.



My favourite food is:



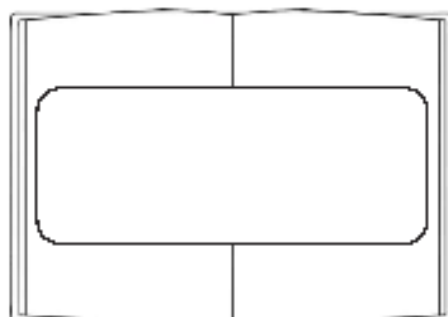
My favourite colour is:



My favourite animal is:



My favourite book is:



My favourite toy is:



# Ethelbert

## Fostering Services

Head Office Address & Contact Details:

17 Leigh Road,  
Ramsgate,  
Kent, CT125EU.

01843 823762

[fostering@ethelbert.net](mailto:fostering@ethelbert.net) / [tell-us@ethelbert.net](mailto:tell-us@ethelbert.net)



Inspiring children to succeed!