

Ethelbert

Fostering Services

Inspiring children to succeed!



welcome guide





WELCOME

Ethelbert's have lots of foster carers in England. We look after children and young people just like you, to make sure you are happy and safe.

Your social worker will visit you at your new foster home and will speak to your foster carer and Ethelbert Social Worker to make sure you are okay.

You can contact us at:
Ethelbert Fostering Services
17 Leigh Road
Ramsgate
Kent
CT12 5EU

Tel: 01843 823762
Email: tell-us@ethelbert.net
You can ring anytime, and someone will always be available to listen or help you with any worries or problems

MEET THE TEAM!



Jenny Beraet
Registered Manager



Siobhan McAree
Practice Manager



Louise Davies
Senior Supervising
Social Worker



Peggy Kimpton
Supervising Social
Worker



Kim Clifton
Supervising Social
Worker



Lee Cornwell
Supervising Social
Worker



Cheryl Bates
Supervising Social
Worker



MEET THE TEAM!



Emma Jack
Referrals Manager



Carrie Martin
Health Promotions
Specialist



Michelle Knell
Annual Reviewing
Officer



Harriet Jackson
Supervising Social
Worker



Julie Egan
Education
Champion





SOCIAL WORKER

Your Social Worker is there to make sure you get looked after properly. They will visit you regularly to get to know you and help you with any problems. It is their job to:

- Talk to you and find out how you are, what you're thinking and what you need.
- Make plans about how you are going to be cared for.
- Help you get the most out of your education.
- Help you stay in touch with your family, if it is safe to do so.
- Make sure you are happy and healthy.
- Explain things to you and make sure you understand what is happening.

Your Ethelbert Supervising Social Worker is someone that looks after the foster carers and make sure that they are looking after you and that you are okay. If you have any problems, you can ask to speak to them.





Foster Carers

Are there to:

- Listen to your story and try to understand and support you to make sense of this and your feelings, whatever they might be, like your culture, religion, family and relationships.
- Help and support you and listen to your views and wishes.
- Work with your Social Worker to help you keep in touch with people that are important to you.
- Do their very best to encourage and support you to achieve at school or in other activities that are important to you.
- Be involved with the day-to-day decision about your care.

Your foster carer must NEVER:

- Smack you or physically hurt you.
- Stop you from seeing your family.
- Lock you in a room.
- Stop you from having food or drink.
- Take all of your pocket money.
- Humiliate or shame you.



RULES

House Rules and Safer Caring

Every fostering household has what is known as a safer caring plan which may also detail household rules. This could include getting up times, bed times, meal times, playing with pets and going out/coming home times.

Ask your foster carer and/or Social Worker to explain to you about their household and safer caring rules.

Bedroom

Everyone has a right to space and privacy and therefore you will have your own bedroom whilst you are staying with your foster carers, unless it has been agreed that you share with your sibling.

Generally, members of the household will knock before entering anyone's bedroom and we shouldn't touch each other's things unless we have permission and personal items should not be shared or touched unless agreed.

We appreciate that having your own space is important but sometimes there may be occasions where your foster carer may need to enter your bedroom.



RULES

Sometimes there may be occasions where a foster carer may have to ask to search your bedroom, but generally this would only happen if the foster carer had concerns about your welfare or safety. They will ask your permission wherever possible before any search occurs. The foster carer will also talk to your Social Worker and their Supervising Social Worker about this.

If you want to share a bedroom (with your blood related/biological brother or sister) then you will need to talk to your foster carer who will listen to you, but they will need to talk to your Social Worker to make sure this is okay. This means you might not get an answer straight away so try to be patient. Your foster carer will do their best to get an answer as soon as possible for you.

Privacy and Confidentiality

It is important that you can get some privacy when you need it. This might be time on your own to think or a place to sit quietly to do your homework or play your music. It is also important that you have the right to privacy when for example, using the telephone or the bathroom.

Using the Telephone

You should be able to use the telephone in private especially if you need to talk to your Social Worker or the IRO. As long as it has been agreed by your Social Worker, you should be able to phone and receive calls from your family.



MEETING

Meetings and Reviews

You will find that while you are in foster care there will be lots of meetings and lots of paperwork being filled in. This is important as it ensures that everyone who is working with you is talking to each other and checking that they are providing the best care for you.

A review, sometimes called a Looked After Child (LAC) Review or Child in Care (CIC) Review, is a meeting to make sure that you are being cared for properly and is a chance for everyone to talk about:

- You
- Your foster home
 - Family time
- The plans that are being made for you
 - How you are getting on

It is important that you attend this meeting. These meetings are chaired by an Independent Reviewing Officer (IRO). You will be told who your IRO is and how you can contact them.

There are other types of meetings that discuss things like your school, health and diet. These are held to make sure you are settled in your foster home. Your Social Worker will talk to you and explain a bit more about these meetings. You can also ask questions about them at any time.





FAMILY TIME!

When will I see my family?

This is an important question, but the answer is not the same for everyone. In most cases, you will be encouraged and helped to see your family as often as possible, but sometimes there may be reasons why this is not possible, which may be hard to understand. These reasons should be explained to you. You can discuss with your Social Worker about seeing and speaking with your family.



MONEY



You will receive pocket money and a clothing allowance.

Your foster carer and Social Worker will discuss these allowances with you and how these will be managed.

Age	Pocket Money (Weekly)	Clothing Allowance (Weekly)	Total Weekly Allowance	Birthday Allowance (Annual)	Christmas or Festival Allowance (Annual)
12	10.00	18.50	28.50	130.00	130.00
13	10.00	20.00	30.00	140.00	140.00
14	10.00	21.50	31.50	140.00	140.00
15	10.00	23.00	33.00	150.00	150.00
16+	15.00	25.00	40.00	155.00	155.00





YOUR OPINION MATTERS

Whilst living with your foster carer you should have the opportunity to talk about the way the household is run.

There may be favourite meals that you would like to have or interests, clubs, and organisations that you may wish to be involved in. When foster carers are making decisions that impact all the family, they should encourage you to take part in the decision-making process. You are encouraged to voice your opinions.

You should also be able to carry on with any activities or interests you had before you came to live with your foster carer as long as they are in the area.

If you would like to go to Church, a Mosque, a Synagogue or any other place of worship to practice your faith, talk to your foster carer or Social Worker about arranging this for you.



IMPORTANT INFORMATION

My Social Worker is _____

Telephone/Mobile number _____

Email address _____

My foster carer is _____

Telephone/Mobile number _____

Email address _____

My carer's Social Worker is _____

Telephone/Mobile number _____

Email address _____

My IRO is _____

Telephone/Mobile number _____

Email address _____



A vibrant background of rainbow-colored paint splashes in shades of blue, purple, green, yellow, and orange, set against a light blue sky.

KNOW YOUR RIGHTS

Whilst you are living with your foster family it is important for you to know that you have rights and there are certain things that your foster family should support you with.

You have a right to:

- Be listened to and consulted
- Follow your chosen culture and religion
- Have contact with your family and friends (if safe to). You can talk to your Social Worker about this
 - Phone your Social Worker if you need to
- Eat a special diet/foods that are part of your culture/religion
 - See your Social Worker if you need to
 - Have pocket money
- See a dentist and doctor when you need to
 - Go to school and have an education
 - Have suitable clothing to wear
 - Your own bedroom
- Make a formal complaint
 - Share your views





Useful Contacts

If you do not feel happy with the care you are receiving in your foster home and do not feel your Carer will be able to help you, then you should speak to your Social Worker or IRO.

You may want to talk to an Advocate or Independent Visitor who can visit you and support you to get your view across, ensuring you are respected and taken seriously, for example in a meeting or to make a complaint about how you are being cared for.

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 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.

You will not get into any trouble if you make a complaint.

Voice Ability Advocacy

Telephone Number: 0300 303 1660

Independent advocacy and help for children and young people with additional needs.

Coram Voice:

Telephone Number: 0207 833 5792

www.coramvoice.org.uk

National Youth Advocacy Service:

Telephone Number: 0808 808 1001

www.nyas.net

Ofsted:

You also have the right to talk directly to the organisation Ofsted. Ofsted inspects fostering services in England.

Clive House, 70 Petty France, London, SW1H 9EX

Email: martyn.oliver@Ofsted.gov.uk



Useful Contacts

Childline:

Telephone Number: 0800 1111
www.childline.org.uk

NSPCC:

Telephone Number: 0808 800 5000 or Email: help@NSPCC.org.uk
www.nspcc.org.uk

Barnardos:

www.barnardos.org.uk

Become:

Telephone Number: 0800 023 2033
www.becomecharity.org.uk

Children's Commissioner:

You can contact the Children's Commissioner for England who promotes and protects children's rights in England.
Telephone Number: 0800 528 0731
www.childscommissioner.gov.uk
Email: help.team@childrenscommissioner.gov.uk

Emotional wellbeing help and guidance

Kooth - www.kooth.com - free, safe and anonymous online platform providing digital mental health and wellbeing advice, support, and guidance to all young people aged 10-18

Samaritans:

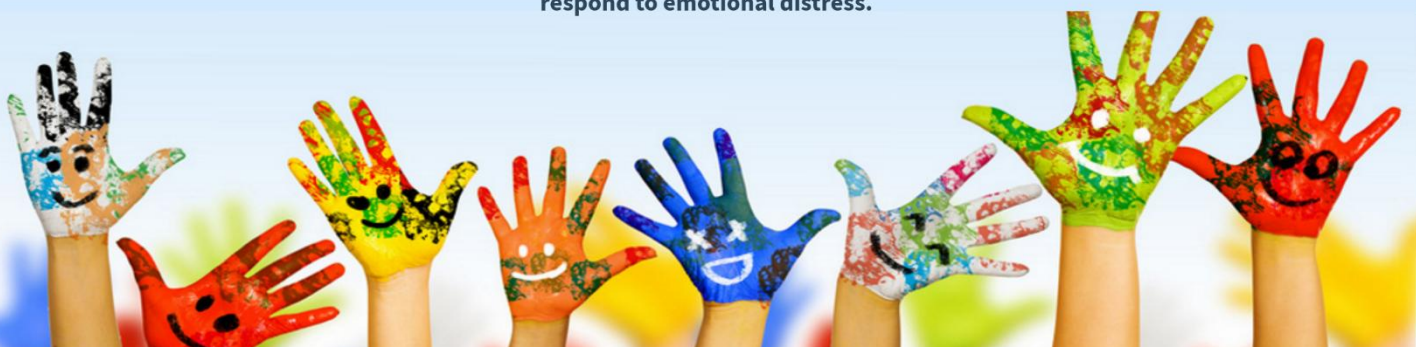
Telephone Number: 116 123
www.Samaritans.org

Mood spark - www.moodspark.org.uk - A space created by young people for young people to help navigate and learn about emotions.

Big white wall - www.bigwhitewall.com - Offers anonymous support for ages 16+

Young minds - www.youngminds.org.uk - We provide young people with tools to look after their mental health.

Papyrus - www.papyrus.org.uk - Equipping young people and their communities with the skills to recognise and respond to emotional distress.





WE ARE HERE TO HELP

Online Safety

Think you know - www.thinkyouknow.co.uk

Bullying

Kidscape - www.kidscape.org.uk - Providing practical support, training, and advice to challenge bullying and protect young lives.

National Bullying Helpline - www.nationalbullyinghelpline.co.uk/children - Offering free advice to anyone in the UK experiencing some form of bullying.

Sexual health and identity

The mix - www.themix.org.uk - Provides free, confidential help for under 25s struggling with anything. Here to help you with money worries, family issues, sexuality, relationships & more

Young peoples wellbeing—www.youngpeopleswellbeing.org - Provide young people with information so that they can support themselves and find extra support if necessary.

SH UK - www.sh.uk/welcome - offers a range of free sexual health service.

The Proud Trust - www.theproudtrust.org/young-people - Free Digital Support Service For LGBT+ Young People.

Essex Sexual Health - www.essexsexualhealthservice.org.uk - Free information, support and treatment needed to stay safe, healthy and protected.

Get it - getit.org.uk - Offering free condoms, STI tests & advice

www.brook.org.uk - National charity to offer both clinical sexual health services, education & wellbeing services for young people





Doodle Page

MINDFULNESS DAILY

Journal

Date: _____

(M) (T) (W) (T) (F) (S) (S)

Today I CHOOSE TO FEEL

Today's FOCUS

Today I FEEL INSPIRED BY

Today's GOOD HABITS

To Do

Self Care

Today I'm GRATEFUL for:

Today (Small or Great) VICTORIES:

Today I LEARNED:

NOTES



Ethelbert

Fostering Services

Head Office Address & Contact Details:

17 Leigh Road,

Ramsgate,

Kent, CT125EU.

01843 823762

fostering@ethelbert.net / tell-us@ethelbert.net



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