

**Welcome**

**to**



**Apex Fostering**

Childrens Guide (5-11)

# All about me

Name:

Age:

Birthday:

## My Favourite

Food:

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Colour:

---

Animal:

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Movie:

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Sport:

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Subject:

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# What does Apex Fostering do?

- 
- We provide foster
- carers for children
- who need a foster
- family.
- 
- 
- 



We want every child to dream big, to reach for the stars and to enjoy life.



Apex will give support to you and your foster carer to make sure that you are happy in your foster home.







We also keep in touch with your social worker to make sure that everyone works together to help you achieve the very best!









## How can my foster carer help me?

 Your foster carer will try to help you as much as possible where you need care, help and advice. 


 Your foster carer understands that leaving your own family, and being looked after by children's services can be very upsetting for you, and for your family. 

 Your foster carer knows that staying with a foster family and meeting new people is scary. They will try and help you settle in until you get more used to things. 


 Your foster carer will try to answer any questions you may have, and allow time for you to become more familiar with your foster family and the home. 




## What else will my carer do?



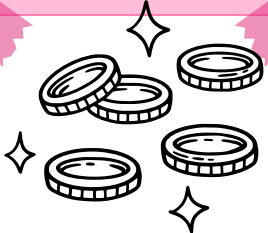
Celebrate  
your birthday!



Make sure you are  
healthy and take  
you to the Doctors,  
Dentist and  
Opticians.



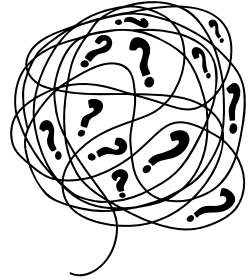
Be there for you if  
you are feeling sad  
and find things to  
help cheer you up.



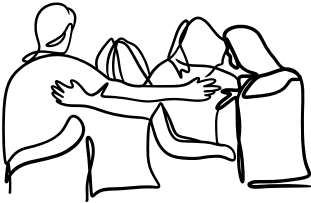
Give you pocket  
money.

## Why am I being fostered?

- If you do not understand why you are staying in a foster home instead of your own home, your social worker will be able to tell you the reasons for this.
- Your foster carer may also be able to explain this.
- If you have difficulty in getting in touch with your social worker, your foster carer can make arrangements for you to see your social worker.



## What about my family and friends?



- It is important to tell your social worker about everyone you would like to see. If it's safe for you to do so your social worker will help you keep in touch with your family and friends.
- Seeing your family (contact) is talked about in a meeting called a Placement Planning Meeting which is held when you first move to a foster family. Contact with family and friends are also talked about at a Review Meeting.



# What is a review meeting?

This meeting is all about you! It is to talk about how things are going and what you need to reach for the stars!



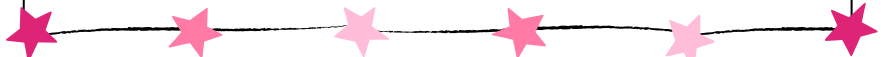
## People who usually come are:

- You (if you want to)
- Your mum/dad or another family member
- Your social worker
- Your Apex Foster Carer
- Your Apex Fostering social worker

The Review Meeting will have a Independent Reviewing Officer. They will write down what everyone thinks is best for you and what is going to happen next.

This person will make sure that you are able to say what you want for the future, including anything you want to change.

If you don't want to speak in the meeting, you can write your views down or ask for someone to speak for you.





# What can I do if I am unhappy in my foster family?

We want to make sure you are well looked after and happy in your foster families. If things are not right please tell us so that we can look into it and try to put things right immediately.

## Tell us if you feel:

You are not listened to.

You are not happy with  
the care that you get.

You need more help.

You are not happy with the  
things people do for you.

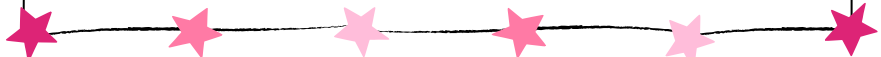
Anything else that is  
making you feel unhappy.

All children have the right to

Be safe.

Speak out and be  
heard.

Get help when  
they need it.



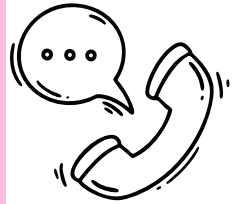
## How to complain.

If you need help to complain or share your views, you can request an advocate.

This is someone who will listen to you and help others understand what you are unhappy about.

### You can complain to:

- Your foster family
- Your social worker
- Apex Fostering
- Your Local Authority
- Ofsted



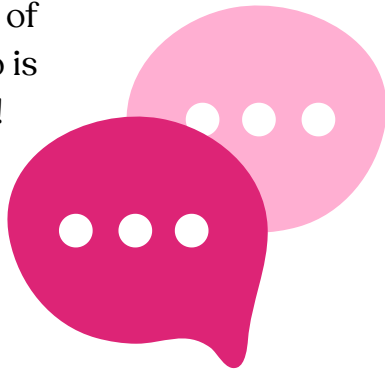
All the contact details you need are covered in this guide and there is a glossary to help you understand what each person does!

If you complain to Apex we will look into things for you, and let you know as soon as possible how we can try to help.

The details for the manager of Apex Fostering are in the next section.

# IMPORTANT INFORMATION

Use the next page  
to keep track of  
everyone who is  
here to help!



**My Social Worker:**

Name:

Telephone Number:

Email:

**My Independent  
Reviewing Officer:**

Name:

Telephone Number:

Email:

**Apex Fostering Manager**

Name: Louise Ridley

Telephone Number:

074763 345716

Email:

[louise.ridley@apexfostering.uk](mailto:louise.ridley@apexfostering.uk)



**My foster carers social  
worker:**

Name:

Telephone Number:

Email:

**Ofsted Inspector:**

Tel: 0300 123 1231

Address: Ofsted, Piccadilly Gate,  
Store St, Manchester, M1 2WD

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





## Who are Ofsted?

It is Ofsted's job to make sure that Apex Fostering are providing safe, loving homes to children in care. They also make sure that the Local Authority are keeping children safe. If you have made a complaint but are still unhappy, you can contact them and let them know.



## Other Useful Information!

Children's Rights Commissioner- Dame Rachel de Souza  
Her job is to protect the rights of children and young people and make sure your views are heard. Her contact details are below:

0800 528 0731



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

Website: <https://www.childrenscommissioner.gov.uk>



Childline and the NSPCC provide free helplines where children can find support to work through problems and worries:

**NSPCC**

**childline**  
ONLINE, ON THE PHONE, ANYTIME



**Childline Tel: 0800 1111** (24 hour free phone line)  
**NSPCC Tel : 0808 800 5000** (24 hour free phone line)



Coram voice is a special information service for children in care who want to understand their rights:

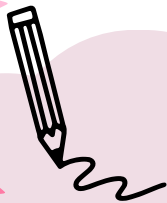
<https://coramvoice.org.uk>

**coram  
Voice**  
getting young voices heard



# YOUR SPACE

Use this space to write or draw the other people who support you:





# GLOSSARY

Everything explained!

Social Workers can use lots of funny words and have names for different people.

Hopefully this list will help you but if there is anything not included just ask us, Apex Fostering are here to help!

## **Local Authority Social Worker:**

This is your Social Worker! It's their job to make decisions which keep you safe and to help you achieve your very best. They must listen to your wishes and feelings and will visit you at your foster home.

## **Supervising Social Worker:**

This is your foster carers Social Worker, but it is also their job to make sure you are happy in your foster home and to keep you safe. They will help your foster carer to give you all you need to feel safe, happy, and secure.

# GLOSSARY

## **Independent Reviewing Officer:**

This is the person who will lead your review meetings. These are sometimes called 'Child in Care Meetings'. These meetings are usually every six months, but may be more regular when you first come into care, or if things need discussing. There is information about these meetings in your booklet.



## **Advocate:**

This is someone who will listen to you and explain to others what your wishes and feelings are. They can represent you at meetings if you do not feel able to speak out. If you feel that you need an advocate, just let us know!

## **PEP meetings:**

These are meetings that will be held at your school to talk about how you are getting on. Your school will normally lead these meetings, but your social worker and foster carer should also come along. It's a chance to look at what's going well at school, what extra help you need and who will provide this.



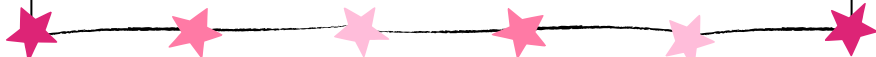
# GLOSSARY

## **Ofsted:**

Ofsted are the people who make sure everyone is doing their absolute best to keep you safe, to help you grow and develop and to provide you with a loving foster home. You may have heard the word Ofsted before, as they also visit schools to carry out inspections. It's just the same for fostering agencies and the Local Authority (which is who your Social Worker works for).

# ALWAYS

## Ask!





## THANK YOU

Thank you for reading this  
booklet.

Is there anything we can do to  
make it better?

Let us know!

You can ask your carer to tell  
us or you can e-mail:  
[louise.ridley@apexfostering.uk](mailto:louise.ridley@apexfostering.uk)

thank  
you