

Pilgrims Corner

Children's
Welcome
Guide
Under 11's



WHATS IN THIS GUIDE?

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We all want to welcome you to Pilgrims Corner Fostering, if this is the first time you have lived with Foster Carers, you may have lots of questions. We hope that this book will answer some, if not all of your questions.

This is your book so please write anything in it that is useful to you.

This book belongs to:

My new foster carers names:

My new address and phone number:

My school's called:

My social worker is: her/his number is:

Other important numbers:

Who are Pilgrims Fostering?

We are social workers and foster carers who are very experienced at looking after children and young people.

Your social worker is someone who is trained to make sure children and young people are safe.

They will visit you lots in your new home and they will be able to help you to keep in touch with your family and important people.

A Pilgrims Corner social worker is someone who looks after the foster carers to make sure they are looking after you. Information about you is needed by the agency to make sure we are looking after you. Your social worker will also have information about you that they will share with the foster carers.

Foster Carers are special people who have been carefully chosen to look after children and young people. All our Foster Carers have had training before they look after any foster child, regardless of age.

Pocket Money

You will get pocket money every week, your foster carers will also open a savings account for you.

Ask your carers how much pocket money you will get and which day they will give it to you.

Like Pocket Money, the amount of Clothing Allowance depends on how old you are. The Clothing Allowance includes all

sorts of things such as, underwear, every-day clothes, best clothes, shoes, school clothes and equipment etc.

Food

Tell your foster carers what foods you really like to eat, remember to always try to eat healthy food and to try new foods.

About Me

My family:

If you have are worried or want to know more about why you're not living at home with your family, please speak with your foster carers or your social worker and they will be able to help answer any questions you may have.

My religion:

If you would like to go to church, a mosque, synagogue or any other place of worship, talk to your foster carers and this can be looked into and arranged.

My social worker and meetings:

There will be meetings with your social worker and sometimes members of your family. But also with YOU. You can decide if you want to attend meetings or if you're feeling worried about them.

My feelings:

We want you to feel at home with your foster carer and be able to tell them how you feel.

When you move in with your carers they will be given your CARE PLAN which they need to follow. Ask you carers about your plan.

Your Independent Reviewing Officer:

Your IRO will attend your review meetings, they check your plan is being followed and they make sure you are okay and happy. They will always listen to your wishes and feelings.

Your Rights

There are certain ways you should be treated. These are called your 'Rights':

- You have the Right to be safe, secure and protected from harm.
- You have the Right for grown-ups to listen to you and treat you equally and fairly
- You have the Right to be helped to express how you feel and what you want
- You have the Right to be offered Education, Health Care, play and leisure activities
- You have the Right to know why you live in a foster home and when you will next see your family
- If you have a disability you have the Right to any help you need with it.

If you have a complaint or concern:

If you are unhappy in any way then you should speak to someone, then we can try to sort it out.

All of the team at Pilgrims Corner will take your concerns seriously and we will do all we can to sort things out for you.

School and Friends

You may carry on at your school or you may have to start a new school. Your social worker and your foster carers will help you with this if you need to change.

If there are any clubs you would like to attend let your foster carers know.

If you would like to invite any friends round to your new home, talk to your foster carers and they can arrange this for

you.

It is important your foster carers always know where you are so that they don't worry about you. If your foster carers are worried and don't know where you are, they may have to call the police and your social worker to let them know.
Your Health and Keeping Safe

When you come into care you will have a "Health Assessment". This is nothing to worry about. A doctor will meet you; measure your height, weight and heart rate. This is to make sure that you are healthy and that you get all the medication or treatment that you may need.

You will have a Health Assessment every year. There is no need to be scared about this. It is a good chance to ask the doctor any questions you may have about your health.

You will also be helped to see the dentist regularly and have your eyes tested.

Remember Everyone just wants to make sure you are fit and well.

Bullying:

If someone makes you feel sad or unhappy you need to speak to your teacher, foster carer or your social worker. They will be able to help sort things out for you.

When you are on the computer:

Do not give out your address or phone number. If you are worried about anything you have seen on your computer show your foster carer.

Never arrange to meet anyone that you do not know.

IMPORTANT NUMBERS:

Ofsted: 0300 123 1231 www.ofsted.gov.uk

Childline: 0800 1111 www.childline.org.uk

Children's Commissioner: 0800 528 0731 advice.team@childrenscommissioner.gsi.gov.uk

Coram Voice 0808 800 5792 help@coramvoice.org.uk

Voice for the Child in Care 0808 800 5792 info@vcc-uk.org

Every child has rights.

To be happy, to be given a hug. To be able to play and have freedom of expression.

To be safe, have nice food and medical care.

To go to school, to be heard and listened too.

CONTACT PAGE

If you are unhappy with your care or the services you are receiving you can contact any of the following:

Your Social Worker:

Name: _____

Tel: _____

Your Independent Reviewing Officer:

Name: _____

Telephone number: _____

Email address: _____

Ofsted: 0300 123 1231
www.ofsted.gov.uk

You can contact anyone in the Fostering Team at:

Pilgrims Corner
185 Sea Street
Herne Bay
CT6 8JY

Tel: 01227 283696

Other Contacts:

Child Line: 0800 1111

www.childline.org.uk

NSPCC: 0808 800 5000

www.nspcc.org.uk

Office of Children's Rights: 0800 528 0731

www.rights4me.org

Coram Voice

Freephone 0808 800 5792 to find out about your rights or to get support, or to be listened to

WhatsApp +44 (0)7758 670369 contact us using WhatsApp (add us to your contacts and send us a message free with WiFi)

Text 07758 670369 (you can send a text to this number and ask for someone to call you back, texts to this number are at your standard rate for sending texts, calls to this number cannot be answered)

Email: help@coramvoice.org.uk.

All about me

I like to be called:

I like to eat:

I don't like to eat:

I like to wear:

My favourite TV programme is:

In my spare time I like to:

(Attend clubs etc.)

What else do we need to know about you?

Things you might need to know

Important things you need to know

Name of my Foster Carers

Other people in the house

When will I see my family?

The name of my new school is

The date I will start school is

The name of my Doctor

The name of my Dentist

Animal Word Search

Name _____ Date _____

GBRZGRJNLGZHTFKYSU
AIGAUNIPOCLDNBRTNS
LZREBHKRDSCOAAPOOV
LTLAPBICRNRGHWOCGB
IWYLFLIFE00APESUOM
GIOULFETGICAEDBVQC
ADQAWOELILODLJUEEB
TMONKEYNTCDOEJYCNN
OHWXAAEOALINRSWJKV
RSQTYXUTIALKDGDLOM
GUMRWXWYGHEERREKN
USMOGRRABAQYGDIREE
UOFKHSYRPCIHRATBNA

ALLIGATOR BEE BIRD
CAT COW CROCODILE
DOG DOLPHIN DONKEY
DUCK ELEPHANT FROG
GIRAFFE GORILLA LION
MONKEY MOUSE RABBIT
RAT TIGER

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