

Children's
Guide



My name is.....

Welcome to Eastern Fostering Services (EFS)

Who we are....



Elle



Tony



Tricia



Sarah



Julie



Sandra



EFS Foster Care is a team of people who work with foster carers to look after children and young people who cannot stay with their own families.

You may never meet any of the team but they are there helping your foster carers to look after you.

Why do I have to go into Foster care?

Sometimes girls and boys have to be looked after by foster carers because their own family cannot look after them so they go to live with other families for a while.

Sometimes these families will have their own children who will play with you.

Foster carers are there to help to look after you and make sure you are happy. They also help carry out plans agreed for you.

Some young people stay in foster care for a short time and some return home. Some stay with their foster carers until they are old enough move on to live on their own.

Your foster carers want you to be safe and happy. What you say and your opinion is very important.

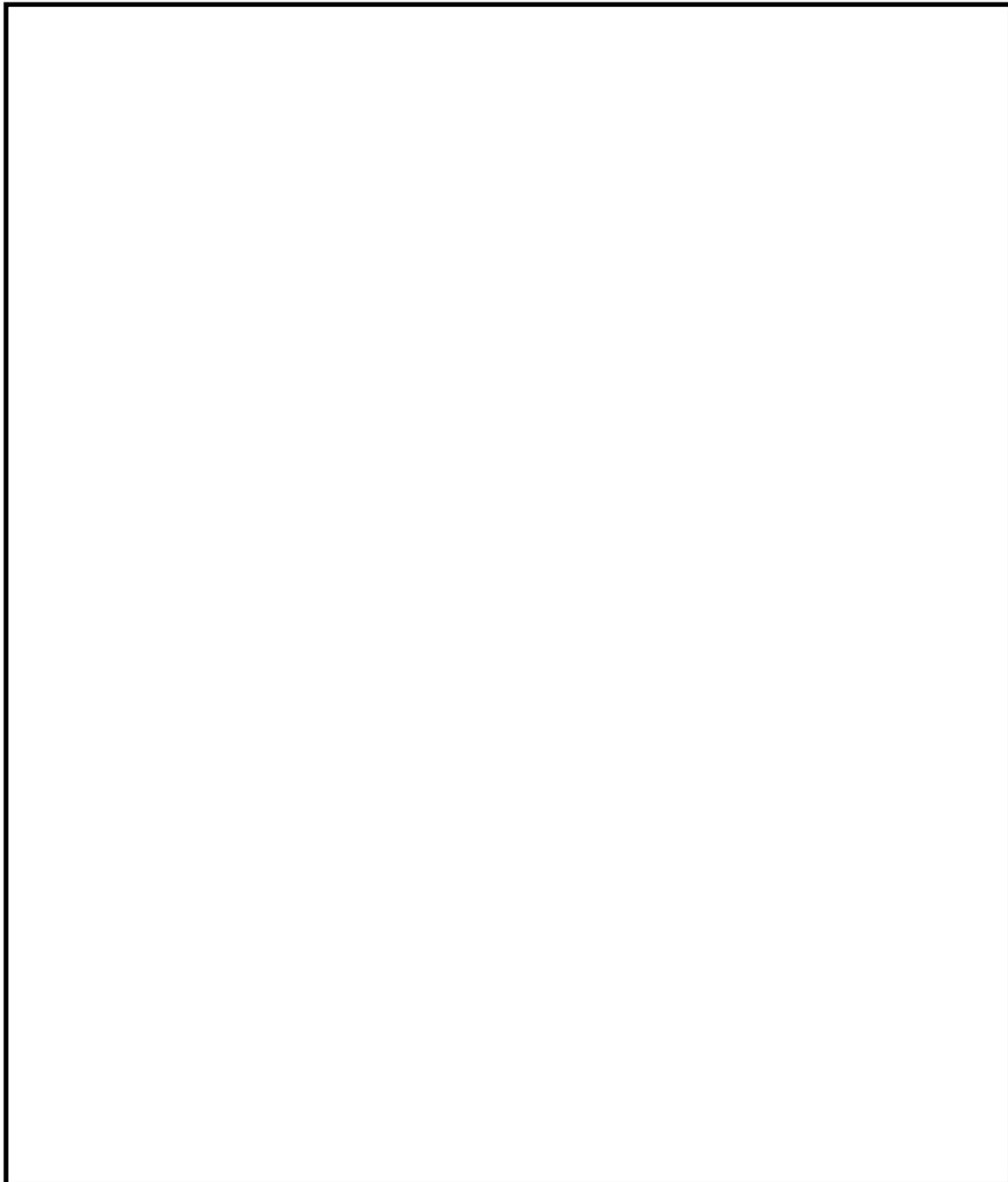


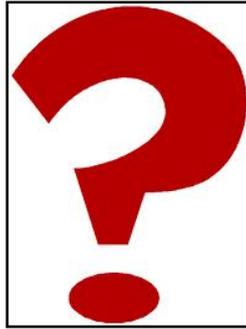


You And your Fostering Family

Your EFS foster carers want you to feel welcome. They will make sure you have the things you need because they want the best for you.

Can you draw a picture of things that make you happy?





Things you might like to ask your Fostering Family

Question	Answer
Can I still see my family?	
What is my bedroom like?	
What time is bedtime?	
Can I bring my toys with me?	
Do you cook the food I like?	
Can I help myself to a biscuit if I want one?	
Can I play outside on my own?	
What happens if I do something wrong?	
Who can I talk to if I'm worried?	



Things you need to know...

A number of meetings will take place whilst you are with your foster carer. These are to make sure everyone is clear about what is going to happen to you and what the best thing is for you. - **You can have your say about what you want to happen too.**

The main people who'll help you settle into your new home

Your foster carers

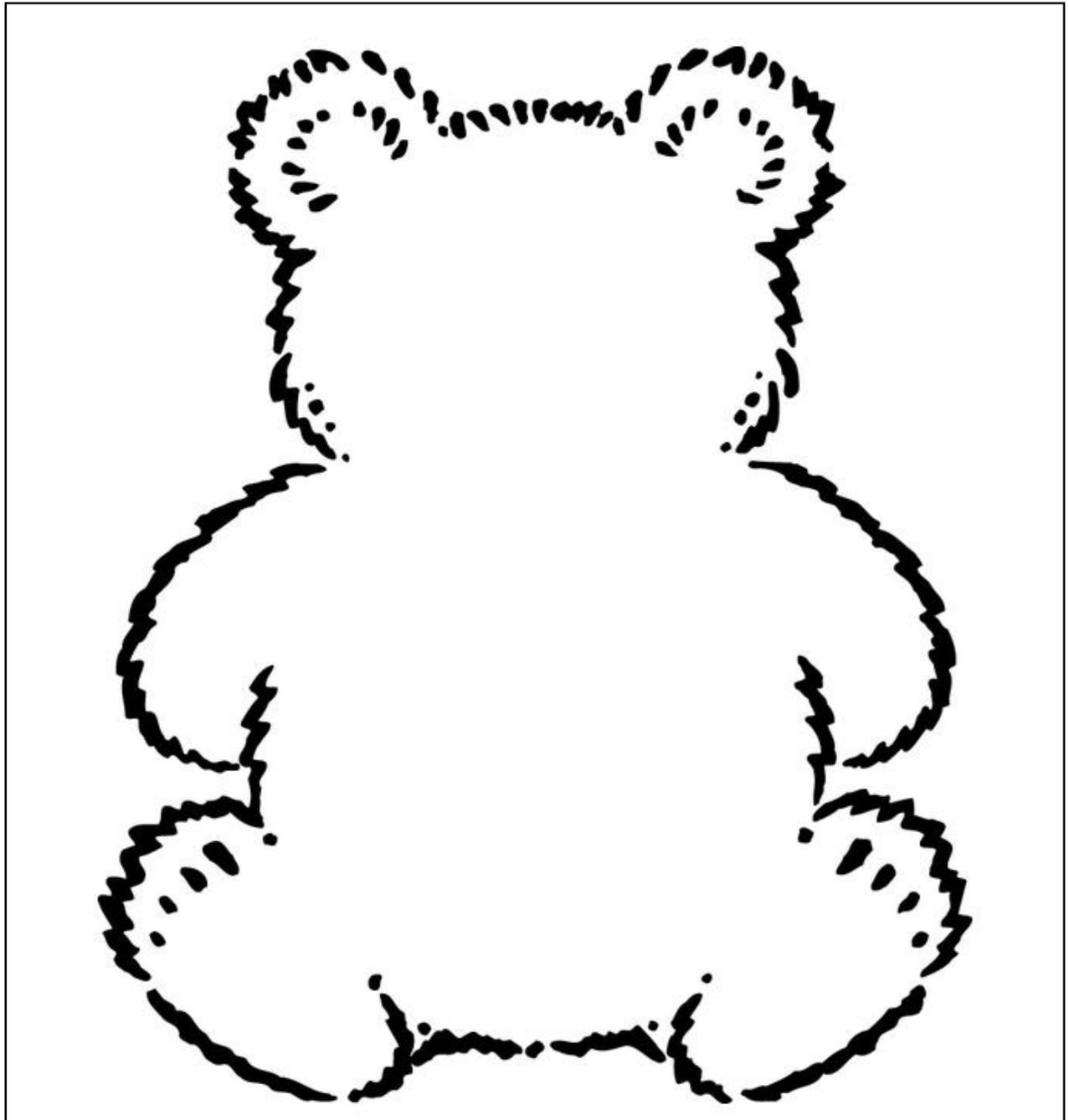
Your social worker

Your foster carer's social worker (EFS)

All these people are here to look after you and your best interests, to keep you safe and happy.

If you are not happy you can talk to them or any other adult you trust.

Will you draw a happy or a sad face on the teddy bear?



People you might like to talk to:

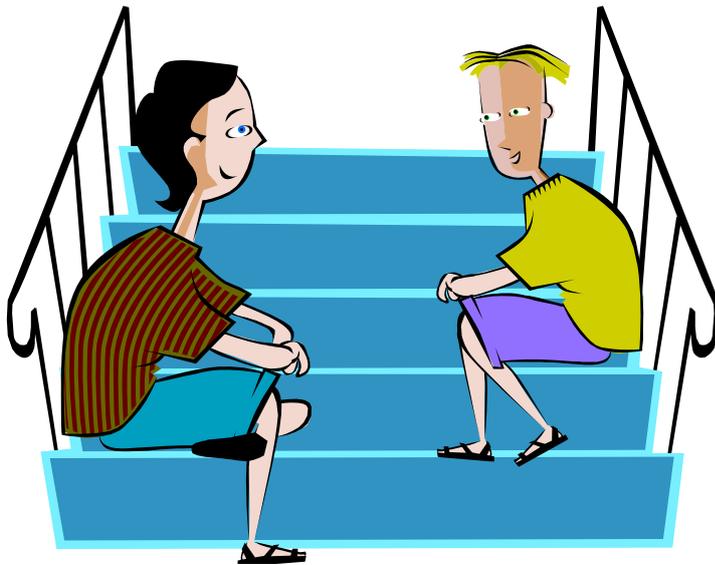
Your Foster Carers: They are called.....

Your Social Worker: Their name is.....

Phone number is.....

School: Teacher is called.....

Us at EFS: ...01206 299775.....



We will do everything we can to make sure you are happy with your Fostering Family, but remember to talk to someone if you are worried about ANYTHING!

What YOU want IS IMPORTANT!

If you can't think who to talk to, these people will help! You can also ask someone to help you contact them and they will listen to you!

Info For Care Kids:

This is a fun website to visit and it will give you advice on being in your new home.

<http://www.info4carekids.org.uk/>

Childline:

This is a helpline and a website that gives you advice on all sorts of things that might be troubling you. Contact them on:

Tel: 0800 1111

Website: www.childline.org.uk

Eastern Fostering Services (EFS):

Unit 1E, TheGattinettes

Hadleigh Road

East Bergholt

Suffolk

CO7 6QT.

Tel: 01206 299775

Ofsted (they make sure EFS are looking after you properly):

Piccadilly Gate,

Store Street

Manchester

M1 2WD

Telephone them on: 0300 123 1231 or text 60085



Email them at: enquiries@ofsted.gov.uk