










All about being in care.

This guide is all about YOU!



This guide is for **YOU!**

-  We want you to know that you will be:
-  Given the help you need;
-  Protected from harm;
-  Treated with respect and dignity;
-  Consulted on your views and taken seriously;
-  Supported to participate in making decisions about you;
-  Supported to aspire to be the best you can be!



How will we do this?

We aim to provide you with the best care possible to meet your need.

You may be Looked After for a short time or a long time; but it is our job to work with you and other professionals to create the BEST Plan for your future. We are here to make you happy and have a good life!

Part of your plan will be to decide where you live; it may be that you are the only child in a family or with other foster children in a **foster family**, or that you need other support to get you ready for life after care; but we will work hard to find you a foster family or placement where you are happy and gives you everything that you need.



Pledge to those children and young people looked after by Herefordshire Council

We know that nobody chooses to be in care and that it isn't always easy.

This is our pledge – those things we promise to do our absolute best to do for you.

We will:

- ☀ Listen to you
- ☀ Understand who you are and what you want
- ☀ Offer you support when you need it

Director of Children's Wellbeing

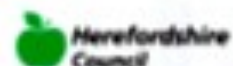
Cabinet Member Young People and Children's Wellbeing

Leader of the Council

Chief Executive



Details of what this means are in the Pledge leaflet given to all looked after children and the people who work with them.



Who are foster carers?

Foster carers are single people or couples who are chosen to work with and care for children and young people when they are not able to live with their birth families.

Foster carers want to support children and young people; helping them be the best they can be.

Foster carers can live in the country, in a town or a city. We will do our best to make sure your foster carers are one that meets your needs.

Our foster carers will;

Support you to reach your goals

Listen to you

Teach you new skills

Have fun with you

Cook for you

Be there for you

Make sure you have clothes, toiletries, essentials and the little things that re important to you e.g. hair gel for you to feel comfortable in yourself



Our foster carers will....

"Listen, talk to you,
help you through
rough patches"

"Look after
me and feed
me well"

"Let me have
fun"

"Befriend you and
give you advice"



"Be someone
to talk to"

"Help me look to the
future"



Will I be safe?

Everyone who supports you has a duty to protect children and young people. Everyone who supports you has special training to help **YOU** make good decisions to keep yourself safe.



This guide is designed for children and young people who are Looked After by Herefordshire Local Authority.

What about my education?

We will make sure that wherever possible you will stay in the same school. **YOU** will have a plan which will keep track of how well you are doing, what support you need and your goals for the future. This will be your education plan. There are a team of people who know about education who can advise and support you if you need it.



What about my health?

We will make sure that you are healthy and that you get all the support you need. Some children and young people need special help because they have a disability. Whatever your needs; we will make sure you have access to a doctor, dentist and optician. And are seen regularly by a Looked After Children Nurse.

(What does the LAC nurse do?)



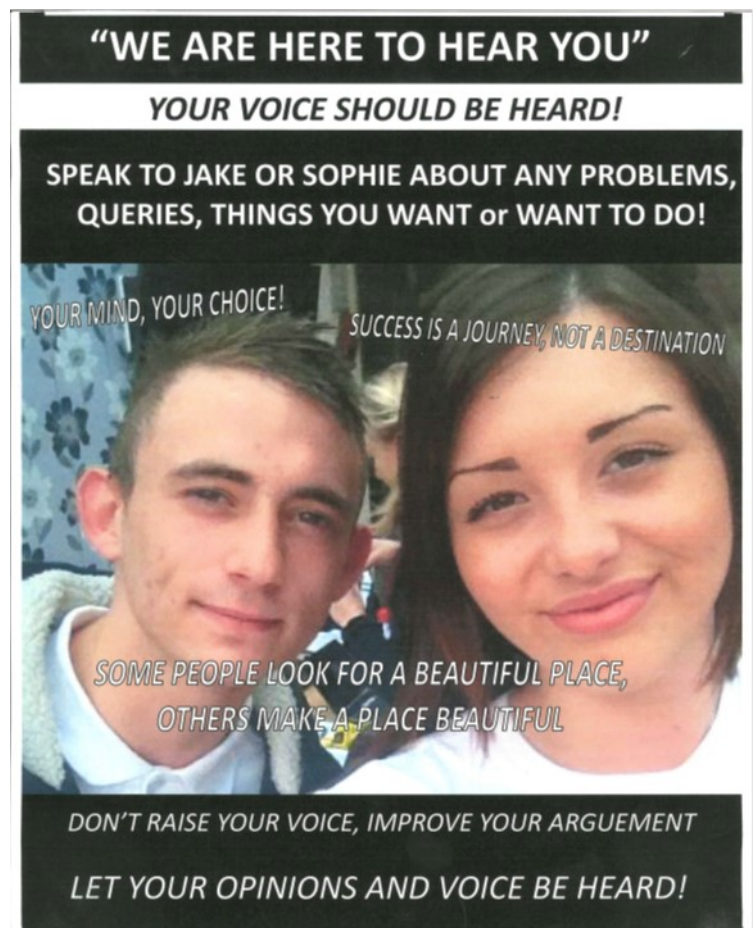
Having a good time?

We think that it is important for you to enjoy yourself. We will try our best to make sure you continue any clubs or activities that you already do; but also help you try new things.

No4!!

•“We really enjoy everything that they put on here...”

LATCCH and Children in Care Council



This guide is designed for children and young people who are Looked After by Herefordshire Local Authority.



YOU have a right to be protected from being bullied. Bullying is not just someone threatening to hurt you physically, but being made fun of or being made to feel small in any way. If **YOU** feel that **YOU** are being bullied; we will make sure that you feel listened to and we will support you to make it stop.

It's Our Turn





YOU have a right to be respected and to be treated respectfully. We support you to express your views and we will listen to you and take you seriously. We will work with you to ensure your views are acted upon.



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What can I do if I am not happy?

I will
be ur
listening
ear...



If **YOU** are not happy for any reason in your foster home there are always

people you can talk to. You may be worried about; something you don't like in your care plan, about the foster carers, about school or your birth family.

We need to make sure that you have someone to talk to, this might be; your foster carer, school teacher, advocate, social worker, STEPS worker or someone else who works with you. Who ever **YOU** choose to speak to, they want to make sure your voice is heard and your rights respected and you are supported to be the best you can be.



If you want to speak to someone independent you can contact:



Children's Rights Director at www.rights4me.org or on 08005280731,



Ofsted on 030001231231,



NYAS (advocacy) at help@nyas.net or on 0808 808 1001,



The Participation Team on 01432 383 326.



Out of Hours duty team on 01905 768 020



Childline on (Free phone) 0800 11 11 (open 24/7)



If you want to make a complaint you can contact 01432 260 535.



Often in life we forget the things
we should remember and remember
the things we should forget

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So here is a space for you to write
down things to remember....





And some more space.....





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