



Your Children in Care pack



This pack belongs to:

A large, ornate, gold-colored picture frame containing a white sheet of paper with four horizontal dashed lines for writing.



1

Information about me

My name _____

My age _____

My address _____

My telephone
numbers _____

My picture



My school



My hopes and dreams



People who are important to me

My friends



2

What is foster care?

Sometimes your parents can't look after you. This may be because they:

- are unwell
- have problems and need time to sort them out
- have hurt you and this needs to be dealt with.



Your social worker will have decided that it is better for you not to live at home. They will see if you have other relatives or friends who can look after you, if this is not possible you will be looked after by Devon County Council, this is called being in care.

While you are in care your social worker will work hard to try and sort out the problems at home. This may need meetings with other people like teachers

and other social workers, as well as members of your family, but you will always be asked what you think.

You may be feeling very confused, upset and worried about what is happening, but you need to know that you haven't done anything wrong.

Your foster carer and social worker know this. They will talk to you about what is happening, why it is happening and will try to help you understand.

“When I first came into care I was scared. I thought it was my fault when my carer explained to me what was going on I felt better.”



Your foster carers

Foster carers are ordinary people who want to give you a safe and happy home for as long as you need it. Devon foster carers have had lots of training and checks to make sure that they can give you the support you need.

Your social worker should be able to give you some idea of

how long you may stay with your foster carer.

They will be working hard to get you back home as soon as possible, but only if they know that it will be safe.



Your social worker

You will have a social worker or support worker who will support you whilst you are in care. Your foster carer will have a supervising social worker that you can also talk to if you need help. You can write the name and contact details for your social worker on page X.

Foster care is:

“people who look after you”

“where you stay with people because it isn't safe to go home”

“when you go into a different house when your family are struggling”

“somewhere you get looked after”

Your family

Your social worker will talk to you about seeing your family. It is important that you keep in touch with your family and your friends. We will help you to keep in touch with everyone you want to see, unless we think it might be dangerous for you. You will also need to tell your social worker if there is anyone that you really don't want to see.

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Meetings and plans

Review meetings

A review meeting reviews your care plan and makes sure that it is up to date and is working for you. Review meetings will be:

- within one month of coming in to care
- three months after that
- then at least once every six months.

The meeting will look at:

- how you are getting on at school
- if you have any health problems
- hobbies and interests you are doing or would like to start like guides, cadets or football
- if and when you can visit your family.

The review meeting will be run by the independent reviewing officer and will be attended by people like your social worker and your teacher. Your family will be invited and you can attend too. If you don't want to go you can write down your feelings to be read out for you. If you do go you will have time to talk to the independent reviewing officer on your own before the meeting starts.

You can also let people know your thoughts through the MOMO app (Mind of my Own) which is available at www.mindofmyown.org.uk

“Meetings check up on what is going on in your placement.”

“A meeting happens when they check your progress and what you want to do. Parents can come if they are allowed.”



Care Plans

A care plan says how Devon County Council should look after you while you are in our care. When you come into care we will work with you to create your Care Plan.

The Plan will say:

- why you are in care
- how you are getting on at school
- how healthy you are
- hobbies you enjoy doing
- how long you are likely to be in care.

Permanency planning meeting (PPM)

This meeting happens after you have been in care for a few months. It is a discussion that takes place as part of your review meeting, and is to decide the best place for you to live and the best people to care for you if you can't go home. You will be able to say what you want to happen. Some one will be there to help you say what you want if you need them.

“PPM played a big part in my life because of all the uncertainty at that time.”

Personal Education Plan - PEP

When you come into care you will have a Personal Education Plan or PEP. The PEP will be done at school with:

- you
- your teacher
- your foster carer
- your social worker
- and sometimes your parents.

This is a meeting at school to talk about how you are doing. You may get extra help if you need it, or some

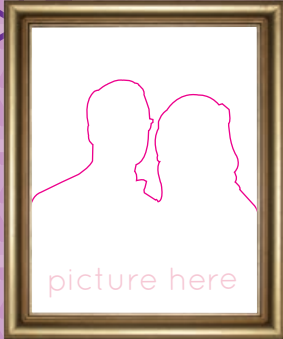
money to do activities. Your school will have a teacher you can talk to who supports children in care.

You may need to go to a different school nearer to your foster home, but we will try and make sure you stay at your normal school. If you are worried about this talk to your foster carer or social worker.



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People I might meet



“Share information about friends and where you are going with your foster carer.”

Your **foster carers** are the people who will look after you while you are in care. Tell your foster carer about the sort of things you like to do and the things that make you happy. Your foster carer will be happy to talk to you and try to help you understand what is happening.

My **foster carers'** name(s) _____

Phone number _____

Email _____

A **social worker** works with you and your family to help you all sort out any problems you might be having and make things better. Your social worker is there to support you and make sure that you are safe and well. You can talk to your social worker if you have any problems while you are in care.

My **social worker's** name _____

Phone number _____

Email _____



“Help your foster carer.”



My **Independent Review Officer's** name _____



Phone number _____

Email _____



An **advocate** will talk to you about any meetings which happen to make decisions about your life. They will help to make sure that the people at the meetings know how you feel and what you want to see happen. They will support you to speak at the meeting or read out a statement you have written. Advocates are independent and don't

work for Devon County Council.

www.standupspeakup.org.uk/advocacy

My **advocate's** name _____

Phone number _____

Email _____



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Being healthy



Being healthy means different things

It includes:

- not feeling poorly
- feeling good about yourself
- having friends
 - feeling safe
 - feeling fit.



When you come into care you will go to the doctor to have a health assessment. Your health assessment and health plan will let people know how they can help you to be healthy.

What can Help you feel healthy?

Exercise

This can be good for your bones and muscles. And it can help you meet friends, get fit and have fun!



notes



Talk to your foster carer and social worker about helping you to do the things you like doing, like swimming, playing football or dancing.

Healthy eating



Eating a healthy diet can make you feel well and give you energy. It is fun to try new foods, especially if you have helped to cook them yourself! You should also drink lots of water because it can help you to concentrate and help prevent headaches.

Z z
Z

Sleep

Sleep is very important to help your body and mind recover and rest.

Sometimes sleep can be difficult if you are upset or worrying about something. To help you get to sleep try talking to someone or writing down all the things that are worrying you. You could also have a warm milky drink or a warm bath before bed. Or try reading a book (not a scary one) before you go to sleep.



Avoid TV and computer games for one hour before bed!



Children in Care nurses

If you ever want more information about being healthy you can speak to your Children in Care Nurse. You can phone, text or email us and we will get back to you.

Southern Devon

Lizzie Cann

Tel: 07814 658544

elizabeth.cann@nhs.net

Eastern Devon Cathy Jermey

Tel: 07814 226 175

cathy.jermey@nhs.net

Alison Bodgin

Tel: 07814 659 027

alison.bodgin@nhs.net

Northern Devon Hilary Corfe

Tel: 07792 169 023

hilary.corfe@nhs.net



Confidentiality

Everything you talk about with the nurse will be confidential - unless you say that it can be shared, or if the nurse thinks you might be harmed.



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What to do if you're unhappy

Sometimes you might feel:

- unhappy in your foster home
- unhappy with things that are happening
- that things aren't working for you
- that people haven't done what they said they would.



You could talk to an adult you trust; like a teacher, a carer, your social worker or support worker.

They might be able to help you to make things better.



If you want to complain you can speak to our Customer Services Team. They can help you and will tell the right people about your complaint.

If you need someone to help you complain we can get you an advocate. This is a person who can help you to say what you're thinking.

Customer Services Team

Send an email to

customer.relations@devon.gov.uk

Write to **Customer Services Team**, CYPS,
Room 120, County Hall, Topsham Road,
Exeter, EX2 4QD

Phone
for free on
08081 683750
to talk to us or we
can send you a
feedback form



Emergencies

An emergency can be:

- when you or someone else is in danger
- when you think that a crime is happening.



If you think there is an emergency you should call straight away. You will speak to an operator who will put you through to the Police, the Fire service or the Ambulance Service.



If you have a problem in your foster home at night, on weekends or in the holidays, and can't get in touch with your social worker you can call the Emergency Duty Team on:

0345 6000 388

and they will try and help you.

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Contacts

There are people
who can help you
and talk to you.

Who Cares Trust

www.whocarestrust.org.uk
The Who Cares Trust wants
to make things better
for children in care.

Young Minds

www.youngminds.org.uk
A website with
information about mental
health and emotional
wellbeing.

Childline

0800 11 11

You can phone this
number free to talk to
someone about anything
that is worrying you.



Brook for Young People

www.brook.org.uk
Brook provides free and
confidential sexual health
services and advice for
young people under 25.

Bullying UK

www.bullying.co.uk
if you are being
bullied or think that
you might be bullying
someone else

Teenage Health Freak

www.teenagehealthfreak.org
This website was created by
two doctors to give children
and young people helpful
information on any health
problem.

Get Connected

www.getconnected.org.uk
0808 808 4994

A service that is available
all the time to help young
people with any problem
they have.



Stand Up Speak Up group

There are lots of different ways you can have your say and get involved. Stand Up Speak Up is the Children in Care Council which helps children in Devon speak up about the things they need to make their life better and issues that are important to them. If you want to join you visit www.standupspeakup.org.uk



The Pledge to Children in Care

The Pledge
The Pledge is a list of promises that we are making to all children and young people in care in Devon. It describes the ways we will work together to care and help them, so that they can live the best life possible.
Look at the list of promises and see how we have been working on it so far. We have made a list of things we should do to make the new Children's Planning Strategy and action plan. The new list of promises are given to you in this pack.
Young People in care took part in a traffic survey and created the new logo and all the adults that work with them.
Look at the promises in the new pledge and see if you can make any more about the Pledge and what to do next for you.

Watch The Pledge Video



Read The Pledge Promises



is a list of promises that we are making to all children and young people in care in Devon. It also tells the adults who work with children in care what they should be doing to support you.

