

# Facts about being in Foster Care

A Young Persons Guide to Fostering

Make the Difference  
Foster for the Vale  
for the Vale

VALE of GLAMORGAN



BRO MORGANNWG



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## 1. What's this booklet about?



This booklet will provide you with information that you need to know about going to live with a foster family.

## 2. What the Fostering Team can offer you

We produce what is called a 'Statement of Purpose'. This contains information about what the fostering service in the Vale of Glamorgan can offer you. It is reviewed each year and sometimes changes are made to it.

**The Statement of Purpose says:**

**"The Vale of Glamorgan's Fostering Team will..."**

- Ensure the best possible care that you need
- Make sure that your foster carer is approved to foster you and support you. They will also have access to training.
- The manager of the team will make sure you are receiving the best possible service.

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# What the Fostering Team can offer you

- **Make sure that staff are qualified and are experienced for their job, and that they receive training to provide you with a good service.**
- **Have information on how you can be supported.**
- **Help you to make a complaint if you feel you may need to.**



**What the Fostering Team can offer you**

### 3. What is Foster Care?



Foster care is when you are carer or couple, who can day to day care when it is no to live at home with your birth parents.

placed with just one offer you full-time, longer possible for you

You may have been placed in foster care by your parents, by someone who has parental responsibility of you, (often referred to as PR), or by the local authority in which you live.

There are many reasons why children can no longer live with their family. Some of these reasons mean a child may come into foster care for a short time. Other children may be placed in foster care for much longer if they are unable to return home.

While you are living with a foster carer, your parents still have responsibility for you, and will be expected to be involved in

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your life. If possible you will remain in the same school (if you are of school age), and keep in touch with friends.

The term foster parent is sometimes used instead of foster carer, the foster carer will be looking after you and keeping you safe whilst you are in their home.

While in foster care you may still see members of your birth family. This contact with your birth family could take place in a contact centre, or may involve your parents collecting you from your foster carers and returning you afterwards. Your family may also stay in touch through letters, phone calls and emails.



**Facts**  
about  
being in  
**Foster  
Care**

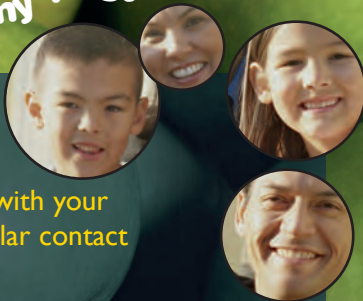
## 4. What is the role of my Foster Family?

Your foster family are responsible for your care while you are staying in their home.

Your foster family will work together with your social worker to ensure you have regular contact with your family and your friends.

Foster carers will look after your health and make sure things are OK for you at school.

Foster carers will make sure that you are kept safe from harm, and will be able to attend your reviews and meetings with your social worker.



## 5. What are the different types of Foster Carer?

### Long Term

Long-term foster carers may have the same child living with them for many years. Perhaps they arrived at a very young age, remaining with the same foster carers throughout childhood, even whilst at college or university.

### Short Term

Short-term foster carers can have children placed with them for anything from one night or weekend, to a few weeks or months. It may be the case that the child's birth family are trying to cope with some difficult times, and cannot have the child home until things are stable again.



### Respite Care

Respite foster carers look after children usually as a planned break from the birth family. This can be for many reasons, perhaps the parents are ill. Similarly, if a child is placed in a long-term placement, they may need a break or the foster parents may also need a break! When this is the case, respite can be planned and introductions made to the respite carers beforehand.





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## Emergency

Some foster carers are approved for emergency care. This means that if a child is removed from their birth family because they are not safe, whatever time of day or night, they can be placed with emergency carers. This type of placement is usually only for a few nights, until alternative foster care can be found or the child is returned home.

## Relative and

## Friends Carers

Sometimes it is possible that a relative or friend of the family can be approved to look after a child for the short or long term. These are called kinship carers. It can be grandparents, aunts, uncles, cousins or older siblings of the child who come forward to offer a place to the child.

## 6. What does my Social Worker do?



The responsibility of your visit you, approximately weeks, to see how you are placement and if you have any

Your social worker will have given your foster family some details about you before they meet you, and they will keep your foster family up to date on any changes to that information.

He/she would be able to offer you support while you are living in care, should you have any problems or need advice or information.

Your social worker would be able to talk to you about having contact with your parents and brothers and sisters, and may take you to contact sessions.

social worker is to once every six coping in your questions. Your social worker will also contact your foster family to see how they feel your placement is going, and if they have any questions.

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What does my Social Worker do?

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If you have any problems at school or with your health, he/she can act on your behalf to resolve these. They can also help you to apply for passports or bank accounts and to complete forms.

When you are ready to leave care your social worker will be able to introduce you to another worker from a team called the '15+ Team.' At this point, your social worker and your foster family will be working with you on becoming more independent and how to manage daily living skills.

While you are in care your social worker can help you to make a complaint if you feel you need to, and give you support to do that.



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## 7. How to complain and seek advice

If you feel that you are not being listened to then you can ask for the support and advice of an advocate.

An advocate is the name for a person who can give you information about your rights and will ensure that your views are heard.

If you are unhappy and have a complaint that cannot be sorted out by your carer or social worker, you can contact the Complaints Officer.

The Complaints Officer will try and sort out your complaint. You can pick up a complaints leaflet from your social worker or you can telephone the complaint's officer on the telephone number over the page.



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**Amanda Green, Vale of Glamorgan Council, Docks Office,  
Subway Road, Barry, Vale of Glamorgan**

**Tel: 01446 704800**

**email: [commservices@valeofglamorgan.gov.uk](mailto:commservices@valeofglamorgan.gov.uk)**

Other people you can contact if you have a complaint or problem are:

**Care and Social Service Inspectorate Wales - 03000 628800**

**NYAS - 0800 616101**

**The Children's Commissioner's Team - 01792 765600**

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## ● The Role of the Children's Commissioner

The Children's Commissioner for Wales was appointed to represent the interests of children and young people through talking and listening with them and the adults who work with them.

There are a team of people who work with the Children's Commissioner to help promote your rights in Wales. The staff you are most likely to meet work within the 'communications team' who are often out and about across Wales. The team will listen to your views about things happening that concern you. The team is also keen to hear from you if you have something positive to say about how children and young people are treated in Wales.

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If you have something you would like to share with the Childrens Commissioner or the team, you could contact:

**Childrens Commissioner for Wales**

Oystermouth House  
Charter Court  
Phoenix Way  
Llansamlet  
Swansea SA7 9FS

Tel: 01792 765600

Fax: 01792 765601

email: [post@childcomwales.org.uk](mailto:post@childcomwales.org.uk)



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## 8. Useful stuff and numbers

### ● Children and Young People Services

Haydock House, Holton Road, Barry, CF63 4HA

Tel: 01446 725202

email: [commservices@valeofglamorgan.gov.uk](mailto:commservices@valeofglamorgan.gov.uk)

We work to safeguard the well being of children and young people in need within their families and where this is not possible, to provide good quality alternative care.

### ● Childline

45 Folgate Street, London

Tel: 0800 1111 (24 hours a day); 0800 884 444 (special helpline for children living away from home)

email: [info@childline.org.uk](mailto:info@childline.org.uk) Website: [www.childline.org.uk](http://www.childline.org.uk)

CHILDLINE is a free confidential helpline available anytime.



## ● Kidscape

2 Grosvenor Gardens, London

Tel: 08451 205204

email: [info@kidscape.org.uk](mailto:info@kidscape.org.uk) Website: [www.kidscape.org.uk](http://www.kidscape.org.uk)

Bullying of any kind by other young people or adults is unacceptable. If you are being bullied don't keep it to yourself, speak to your social worker/carer or an adult you can trust. Get more information on bullying and how to cope from us.

## ● NSPCC

44 The Parade, Roath, Cardiff, CF24 3AB

Tel: 029 20445200

email: [info@nspcc.org.uk](mailto:info@nspcc.org.uk).

The NSPCC provides a free confidential service offering advice and support to any child who needs help.

## ● Youth Access

1 & 2 Taylor's Yard, 67 Alderbrook Road, London

Tel: 020877 29900

email: [Admin@youthaccess.org.uk](mailto:Admin@youthaccess.org.uk) Website: [www.youthaccess.org.uk](http://www.youthaccess.org.uk).

Youth Access is a National Membership organisation that can provide young people with advice, counselling and support services.

## ● Care and Social Services Inspectorate Wales

Government Buildings,

Rhydycar, Merthyr Tyfil, CF48 4UZ

Tel: 03000 628800

The Care and Social Services Inspectorate Wales are a government body that inspect fostering services to ensure children are well cared for and safe with their foster family.

**● NYAS**

Tel: 0800 616101

**● MEIC**

Tel: 08088 023456

TEXT 84001

## 9. Feedback

If you have any comments on this booklet, or ideas for the next one, please let us know. Fill in your comments here (and on a separate sheet if you need) and send them to us at the address below...

...now send your comments to us at...

**Placements and Permanency Team  
Vale of Glamorgan Council, Haydock House, Barry**