

# A CHILDREN'S GUIDE TO BEING IN CARE

Colour me  
in!



# HELLO FROM YORK'S CHILDREN IN CARE COUNCIL

Hello! We are Speak Up, the Children's Rights and Advocacy Service in York. We spoke to children in care who told us that they wanted a book that told them more about coming into care, so we put together this booklet for you!

You may want to read this with an adult.



A message from York's Children in Care Council:

If you are reading this, you have most likely just come into care.

Coming into care can be scary! But there is lots of support around you to help you understand what is happening now and in the future.



## OUR GUARANTEE TO YOU

The City of York Council has made a promise to children in care. It's called York's Guarantee. York Council are in charge of making sure you and other children in care are looked after properly. In order to make sure this is done right, we have a Children in Care Council who have their say on important issues that affect you.

The Guarantee outlines everything you should receive. If you don't feel like any of these statements are true, you can either let your Foster Carer or Social Worker know or you can contact Speak Up and they will help you make sure this happens.



# FUN FACTS ABOUT ME



My birthday is:



Draw yourself here!

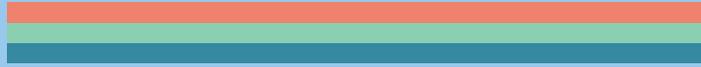
My favourite  
colour is:

My favourite  
TV programme  
is:

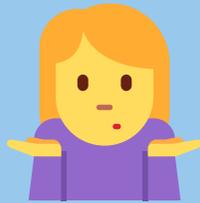
Who I like to  
play with:

My favourite  
foods are:

# BEING IN CARE

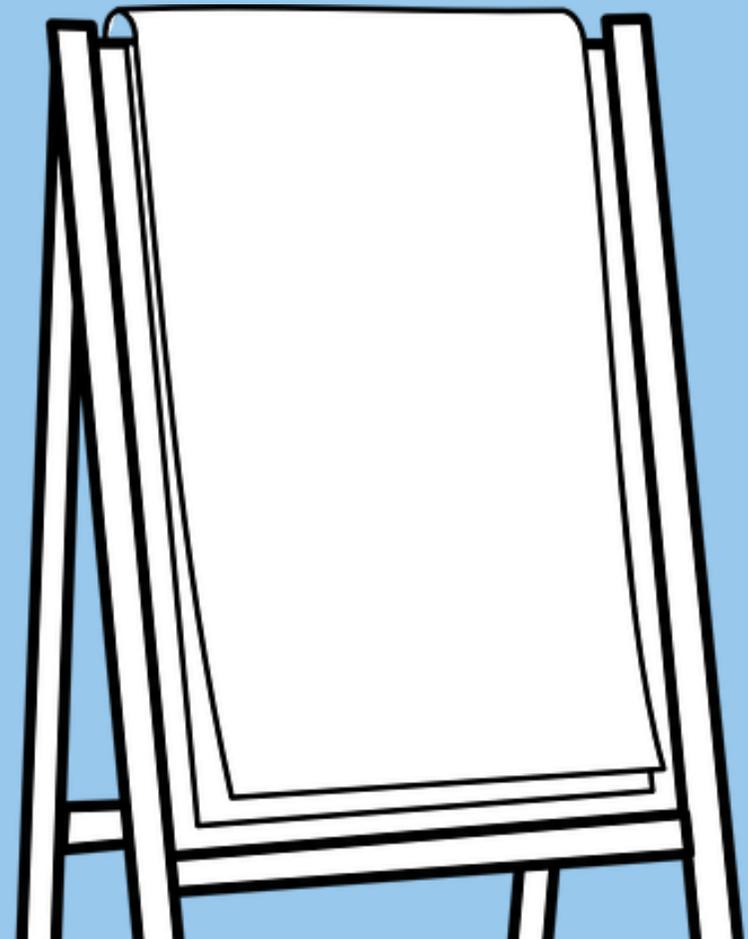


There are many different reasons why children may not live with their family. Some children live with Foster Carers or other family members from being very small, others come into care when they are a bit older. Whenever it happens it can be a difficult and confusing time.



You may have lots of questions and it is really important that you talk to people about how you are feeling. Hopefully this pack will help to answer some of your questions and make sure you know who you can talk to.

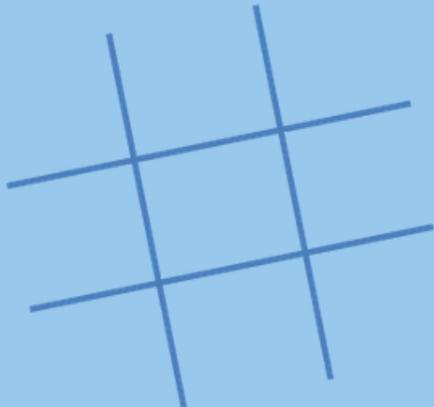
Maybe you would like to stick a photo or draw a picture of yourself or your family in here?



# WHAT IS A FOSTER CARER?

Most children who can't live with their family go to live with Foster Carers. They may be adults living on their own, with their own children or with other children who are also in care. They should be kind and caring and look after you well.

Maybe you could ask your Foster Carer to play noughts and crosses with you?

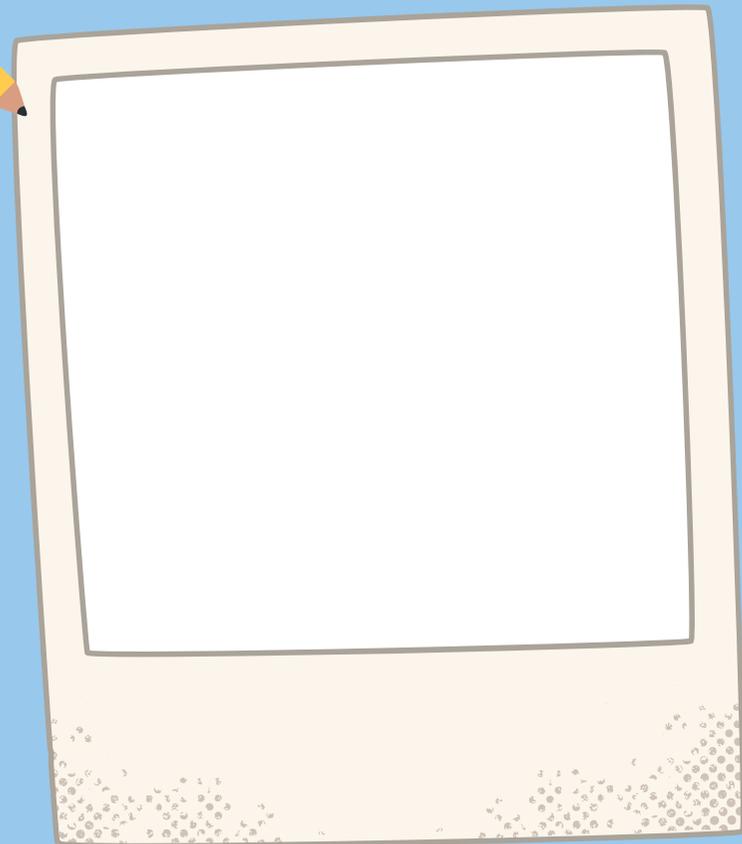


My Foster Carers are called:

.....



Have you got a photo of your Foster Carers, if not can you draw a picture of them here?



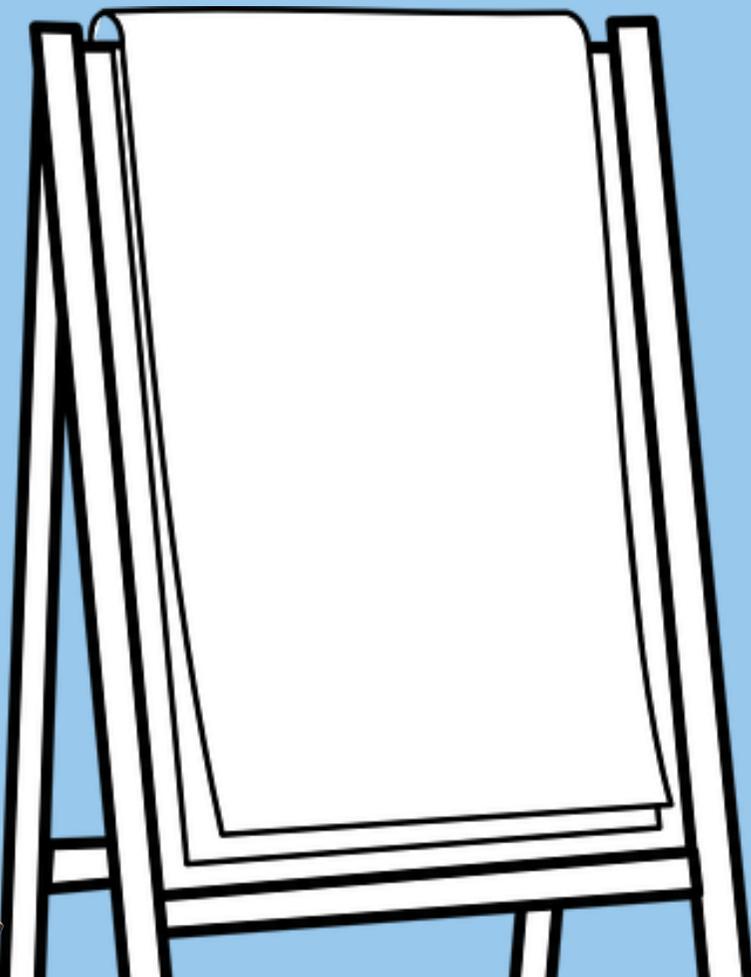
# MY SOCIAL WORKER



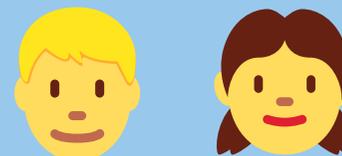
My Social Worker is called:

.....

If you want, you can draw a picture  
of your Social Worker here...



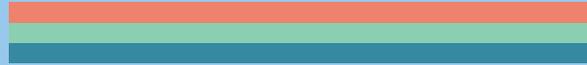
You will have a Social Worker whose job it is to make sure you are properly cared for and make decisions about what should happen in the future. They will get to know you and talk to you about what you would like to happen.



Your Social Worker will know the reasons why your family were finding it hard to look after you and can talk to you about this. You may also have an Assessment and Contact Worker who can help you understand why you came into care by doing some Life Story work with you.



# MY FAMILY



We know that seeing your family is important, so unless there are very good reasons why you can't see them, you will be able to still see family who are important to you.

You may see them at Hamilton House or go out to places with them. You may have an Assessment and Contact Worker to help out and check everyone is ok when you meet with your family. Even if you can't see someone, you may be able to send and receive letters.

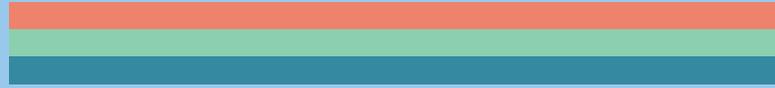
## Hamilton House



Can you list the people that are important to you?

### MY LIST OF IMPORTANT PEOPLE

# WHAT HAPPENS NEXT?



A Judge might be asked to decide what should happen next and who should care for you until you are grown up. A Judge is someone who will speak to your Social Worker, your parents and other grown ups. The Judge will listen to them and decide what would be best for you.



This can take a long time because the Judge has to talk to a lot of people and make sure the right decision is made.

This is because you are **VERY** important!



If you are worried or confused about any of this, you can talk to your Foster Carer or Social Worker .

# FUN THINGS TO DO...



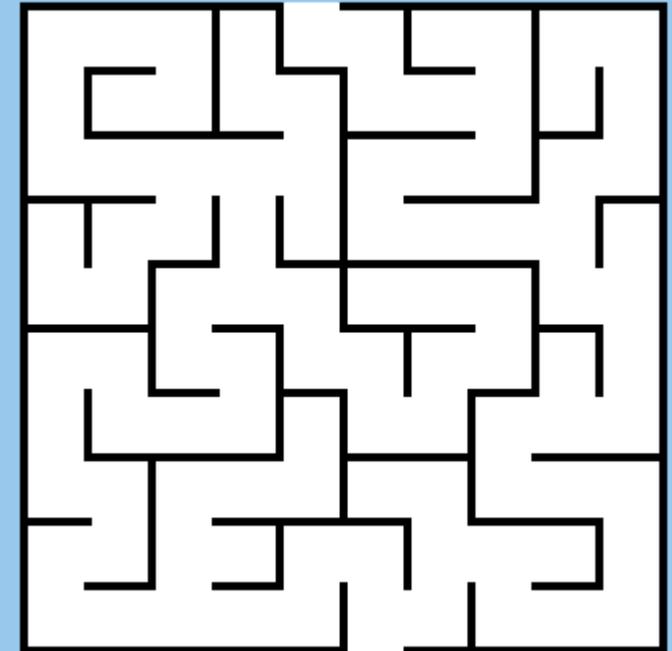
Spot the difference

can you spot 8 differences in these two pictures?



Can you find your way out of the maze?

Start



End

Did you spot me? In this booklet there are 6 ducks hiding, go back and see if you can spot them!



# MY FRIENDS



You can write the names of  
your friends on this hand



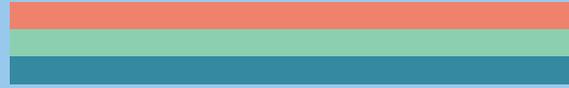
Or you could write about the  
things that make a good friend.

We know that having good friends is very important. Your Foster Carers will help you to keep in contact with friends and make sure you still have time to see them.

You might also make new friends when you come into foster care.



# FEELINGS



There are lots of different feelings, some that feel good and some that feel bad.

It is ok to have lots of different feelings, but it is good to talk about them with an adult, especially if you feel upset, angry or confused.

Can you match up the faces with a feeling by drawing a line?

How are you feeling today?



Happy

Upset



Confused



Angry



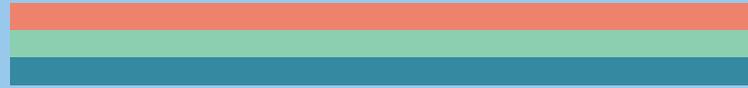
Excited



Today I am feeling...



# WHO CAN I TALK TO?



Can you draw a circle around all the different people you could talk to?

My Foster Carer



A Family Member



An Advocate



My Social Worker



An Independent Visitor



A Friend



WHO CAN I TALK TO?

My Teacher



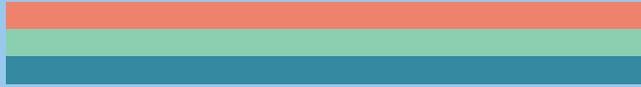
My Contact and Assessment Worker



My IRO  
(Independent Reviewing Officer)



# YOUR REVIEW



Reviews are held to make sure you are healthy, happy and safe; they are meetings that bring together people in your life who you know well.

Who would you like at your review

.....

.....

In your review, you can talk about anything important to you. This might include...



If you want you can bring your advocate along to support you.



# SPEAK UP

York's Children's Rights and Advocacy Service

If you're feeling confused or worried and feel like you can't talk to anyone then Speak Up can help.

Our workers are called Advocates and they are there for you to talk to about anything you are not happy with or that is worrying you. You can talk to us in confidence (this means without everyone knowing).

## MEET OUR TEAM



## HOW CAN AN ADVOCATE HELP YOU?

By coming to meetings with you if that's what you want.

By being there to talk to and ask questions, they will help you find out the answers.

By helping you to tell people what you think and how you feel about things

If you want to talk to someone from Speak Up you can ask your Foster Carer to get in touch with us or you can ring us on 07769 7251 74 or email [speakup@york.gov.uk](mailto:speakup@york.gov.uk)

# JUST FOR FUN

What happened to the cat  
who swallowed a ball of  
wool?

It had mittens.



What do you  
call a pig  
who knows  
karate?

A pork chop.

Knock,  
knock! Who's  
there?  
YaYa who?  
What are you  
getting so  
excited about?

What's orange and sounds  
like a parrot?

A carrot.

What do  
elves learn  
in school?

The elf-abet.

A woman in a library  
walks up to the librarian  
and says, "I'll have a  
cheeseburger and fries,  
please."

Librarian responds,  
"you know you're in a  
library, right?"

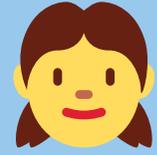
The woman whispers  
"Oh, sorry. I'll have a  
cheeseburger and fries,  
please."

What happens when two  
snails have a fight?

They slug it out!



# WHO IS HERE TO HELP ME?



My Social Worker is called: \_\_\_\_\_

My IRO is called: \_\_\_\_\_

You may also have other people to help...

My Contact and Assessment worker is called: \_\_\_\_\_

My Independent Visitor is called: \_\_\_\_\_

My Advocate is called: \_\_\_\_\_

