

Halton Borough Council

This belongs to:



# Your Guide to Being in Care

Inside: Lots of information  
about living away from home



# All about me



My name is \_\_\_\_\_

I am \_\_\_\_\_ years old

Stuff I like:



Stuff I don't like:

## Children in Care Council

1. We will help you and stick by you.
2. We will love and care for you as we would our own children.
3. We promise to keep you safe and make sure you live in a safe place.
4. We will support you to see appropriate family and friends. If you can't see them we will explain the reasons why.
5. We will help you to keep in touch with old friends and make new friends.
6. We will give you pocket money and explain pocket money arrangements to you at the start of your placement.
7. We will help you achieve in school and try new activities.
8. We will look after your health.
9. We will keep your information private.
10. We will help you to speak up.
11. We will give you time and space to express your feelings and give you opportunities to influence decisions about your future.
12. We will support you when you move on to adult life.





Sometimes it's not possible for children or teenagers to live with their parents all the time.

When this happens it's our job to make sure you have a place to live where you'll be looked after and kept safe.

find out about the people working to keep you safe on Page 4

find out about living with foster carers on Page 6

This might be with other members of your family, like your aunt or grandparents, with foster carers or in a residential home or school.

find out about staying in a residential home on Page 8

You've probably got lots of questions and you might feel a bit scared. But don't worry, there are people you can talk to who can help.

find out how to contact the best people to talk to on Page 12





# All these people work together so that

Every child in care has their own **SOCIAL WORKER**. It's their job to make sure that you're safe and well-looked after wherever you're living.

My social worker is:

Their telephone number is:

If you live in a residential home or school then it is your **KEY-WORKER** who takes care of you. They'll know all about you and what you need.

My key worker is:

My IRO is:

Their telephone number is:


An **INDEPENDENT REVIEW MANAGER (IRM)** will meet with you regularly to check you're happy. They will make sure that you're getting the care and support that's right for you.



Stick a photo of  
yourself in here




# you get the right support and care.



You are at  
the centre of  
everything  
we do

**FOSTER CARERS** are the people you live with if you're being fostered. They will treat you as part of the family and make sure you're happy, healthy and doing well at school.

My foster carers are:



An **ADVOCATE** is someone who makes sure other people listen to you if you are unhappy about things. They will help you understand your rights and how to make a comment, compliment or complaint. An **INDEPENDENT VISITOR** is someone who could befriend you if you have little or no contact with your family. Talk to your social worker or IRM if you would like to speak to an advocate.



# Living With foster carers

If you live with foster carers this bit is for you...

Foster carers have been specially chosen and trained to care for you in their own homes. Children live with foster carers for different lengths of time depending on their personal situation. Your foster carer will make sure you have your own bed to sleep in, healthy food to eat, clean clothes to wear, are doing well at school and have fun things to do.

Q: Who is in my foster family?

Q: Are there any pets?



Q: What time do I have to go to bed?



Q: What do I do if I need the bathroom?

Q: Do I get  
pocket  
money?



Q: Can I  
play music  
and watch  
TV?



Q: How do I  
get to  
school?

Write down any other questions you might have....



Don't worry if you run  
out of space... there's  
plenty more at the  
back of this guide!



# Staying in a residential home or school

If you live in a residential home or school this bit is for you...

A residential home or school has room for a few children or teenagers and the people who work there. Everyone has their own bedroom as well as sharing areas to relax and watch TV. Some children stay in a residential home or school for a few days every week or every month but live with their own families for the rest of the time. This is because they and their families need extra support.

Some children or teenagers live here all or most of the time because it provides the right support for them. Each child has a key worker who makes sure they are happy and settled in the home.



Here are some questions for you to ask to find out more about your residential home or school.

Q: Who else lives here?

Q: What is there to do here?

Q: What are the rules here?

Put down any other questions at the back of this guide.

# Education

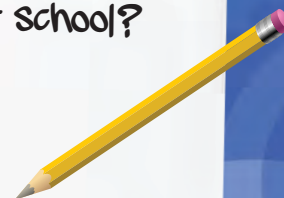
$$124 - 23 =$$



It's important that you continue to go to school or college. This is so you can achieve everything that you're capable of. We will give you extra support if you need it. Every school has special teachers who will make sure you're ok.

We will help you stay at the same school if that's what you want. If there is a reason why you can't, we will talk to you about this.

What's your favourite thing about school?





# Health

It's our job to make sure you're healthy and well-looking after. This means that you should have a healthy diet, lots of exercise and see a doctor and dentist when you need to.

Q: What's your favourite thing to eat?



Q: Do you need any special foods?

Q: What is your least favourite thing to eat?



# Need to talk?

Why am I  
in care?

I feel  
scared


Living away from home and your family can be really scary.

- You might feel confused about why you are in care.
- You might be worried about your family.
- You might be scared about what's going to happen next.
- You might feel relieved about not living with your family.


It's ok to have these feelings. And it's  
better to share them with someone who  
can help, rather than bottling them up.

Is it my fault  
that I'm in  
care?





What's going to happen to all my stuff?




Is my family ok?

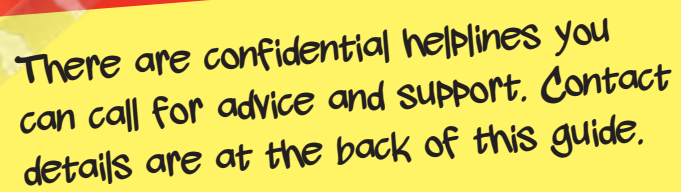


The people you could talk to are:

- Your foster carer or key worker
- Your social worker
- Your independent review manager
- An advocate
- A teacher



How long will I be living here?



There are confidential helplines you can call for advice and support. Contact details are at the back of this guide.



## Making a complaint

If you are unhappy about the way you're cared for, it's ok to let us know. First of all, talk to someone you trust - they might be able to help you sort it out.

If you still want to complain, talk to your IRM or an advocate. They'll know what to do so you don't need to worry about it any more.



# Your thoughts...

These pages are for you to use. You might want to:

- Make a note of questions you want to ask
- Jot down how you're feeling about things
- Draw pictures of your family or friends or your carers

It's up to you!

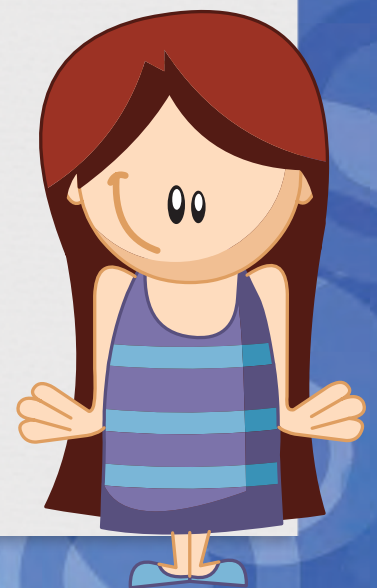








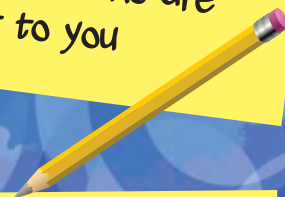




# Useful stuff

## Handy names, numbers and websites

Note down the numbers  
of the people who are  
important to you



My Social Worker:

My independent review manager:

My foster carer:

My family's social worker:

### Children in Care Council (CICC)

CICC - A group of young people in Halton who work together to make things better for all children in care in Halton.

### Child Line

A free, confidential helpline  
Tel No. 0800 11 11 11

### NYAS

Provides advocacy and independent visitor service for children in care in Halton.

Contact free of charge: 0808 808 1001 or  
email: [help@nyas.net](mailto:help@nyas.net)



Halton Borough Council  
has overall responsibility  
for your care

It has made a Pledge  
to make sure you get  
the support you need

# The Pledge

Ask your social  
worker for your  
copy of the Pledge