



YOUR FOSTER PLACEMENT

A guide to help you
understand who
we are and what
you can expect
from us and your
foster family



Welcome to your Guide

A guide for children and young people

This guide is to help you understand who we are and what you can expect from us and your foster family.

We talked to young people who are placed with Lorimer to find out what they wanted from their young person's guide. We have used their ideas to produce this booklet.





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WHO ARE LORIMER FOSTERING?

We are an independent fostering agency who help provide foster placements for children and young people who are not able to live within their family. When people come to us to say that they want to be a Foster Carer, one of our team goes to see them to talk to them about what fostering means. We make sure that they are going to be good at looking after children, so that they can take good care of you.

What do Foster Carers do?

We want to make sure that it will be safe to let children and young people live with Foster Carers, so we check lots of different things, such as whether they have been in trouble with the Police, whether they managed to

bring up their own children – if they have any – without any big problems. When all of that work has been done, and they have had some training about fostering, we talk to our Fostering Panel about them.



Our Fostering Panel is a group of people who mostly don't work for Lorimer, but know a lot about fostering. They meet every so often to talk about the people who want to be carers, and also to make sure that the people who are already Lorimer carers are doing a good job.

The Fostering Panel meet the people who want to be carers, and also the Social Worker who has been visiting them. After the Fostering Panel has met everyone, and asked lots of questions, then they tell Lorimer's Agency Decision Maker whether they think the people will make good Foster Carers.

The Agency Decision Maker then makes the decision about whether they become Foster Carers.

Every Foster Carer has their own Supervising Social Worker from Lorimer, who visits them to talk about how things are going and to give them advice. The Lorimer Supervising Social Worker will also talk to your own Social Worker to let them know how things are for you, and they will go to your Statutory Reviews as well.

Every Foster Carer is reviewed every year by us, and we always ask you what you think about your carer because that helps us to do our job well.



All Foster Carers have to do lots of training. The training will be about lots of different things such as understanding trauma, keeping you safe, understanding abuse and how to keep records about the young people they look after. Training helps Foster Carers to look after children and young people better.

When you are living with a Lorimer Foster Carer, we keep records about you. You can look at this record if you want to, and you can add something to it as well. You might not agree with something in your file, so you can tell your side of the story or put that in your file if you want.

Lorimer Fostering is a medium sized agency. Our Foster Carers all live in the North West of England. We always try to place young people as close as we can to where their families live and where they go to school, so that you can have contact with your family and still see your friends, although there are some times when Social Workers ask us to find a carer further away if they think that's going to be better for you.

We like to talk to Lorimer's Foster Carers and the children and young people that are placed with them to find out what they think about how we are doing our job. We like people to tell us if something isn't working well, so that we have a chance to fix it, and if people don't tell us, then we may not know that it's not working.



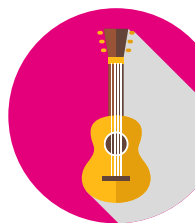
WE ARRANGE GET-TOGETHERS FOR THE YOUNG PEOPLE WHO ARE PLACED WITH OUR FOSTER CARERS...


...so that you can meet each other, talk about what things we could do to make life better for you and also to have some fun!! We are planning to start up a newsletter for young people in Lorimer placements, and we're looking for volunteers to help us with this. Let us know if you're interested.



When children and young people are placed with a Lorimer Foster Carer, they get a welcome pack which contains this guide and lots of other useful information. We will also come to see you to talk about what sort of things you like to do in your spare time and we will work out with you how you can continue to do these things in your foster placement.

Perhaps there are things that you have never done but have always wanted to, such as martial arts, play a musical instrument, have dancing lessons or play football. You need to tell us about this so that we and your Foster Carer can arrange for you to start doing the things that you want to do.



A photograph of a middle-aged man with grey hair and glasses, wearing a dark blue hoodie, smiling. In the foreground, a young boy with brown hair, also wearing a dark blue hoodie, is smiling broadly. They are outdoors, with a rocky, natural background.

The most important thing to us is that young people are safe and happy in Lorimer foster placements and feel that they are supported by their carers to do well in everything that they want to achieve.

If you don't feel happy with your carer you should tell an appropriate adult. This could be your Social Worker or another adult. We would like this person to tell Lorimer as well, so that we can try to help make things right for you.



What should my Social Worker be doing?

You should have your own allocated Social Worker and they must visit you regularly. They should visit you in the first week of your new placement, and at least every 6 weeks after that. If you have been in the same placement for more than a year, then your Social Worker should visit at least every 3 months.

You will also have Statutory Reviews. These are meetings that are about you, your school, your health and your placement, and about how things are going for you. These reviews should be held within 28 days of arriving in a placement, again within 3 months of placement and then every 6 months after that.

It's really important that you attend your review because it's your chance to say what you would like to happen in your future. It's about you and your care so you should have your say. If you feel that you don't want to go to your review, then you can write down what you want to say and give it to your Social Worker or your carer, so that everyone in the meeting knows what you think about things. You can ask your Social Worker to arrange for you to have an Independent Visitor if you want. This is someone who is not a Social Worker, who would visit you from time to time to talk about how things are for you, and whether there is anything that you want to change, this can be especially helpful if you are placed a long way from home.

YOUR RIGHTS AND RESPONSIBILITIES

Information for Children

Here is some information about **YOUR** rights and responsibilities as a young person.

You have the right to:

- ✓ Feel Safe
- ✓ Be asked about decisions that affect you
- ✓ Be respected and to be listened to.
- ✓ Have contact with your family
- ✓ Have your health looked after
- ✓ Get the most out of school
- ✓ Be treated the same as others
- ✓ Be treated fairly no matter your race, culture, sexuality, language, disability, gender or religion.
- ✓ Be treated fairly by your Social Worker
- ✓ Be given help to sort out problems or complaints

- ✓ Be in contact with an advocacy service
- ✓ Complain about anything that is not right for you
- ✓ Look at the file that we keep about you
- ✓ Add anything you want to your file

You have the responsibility to:

- ✓ Tell an adult if you're unhappy
- ✓ Go to school or college
- ✓ Do your best to stick to the rules that your Foster Carer and Social Worker have
- ✓ If you are going to be late home, tell your carer so that they don't get worried, or report you missing to the police.
- ✓ Have a healthy lifestyle - eat healthily, take exercise and don't smoke.

**REMEMBER: YOU CAN
SPEAK TO SOMEONE
IF YOU WANT TO
KNOW MORE ABOUT
ANYTHING IN THIS
PACK.**

- ✓ Use the internet safely – never give out your name and address, or arrange to meet a person that you have met online.
- ✓ Do your best at school or college
- ✓ Try not to get involved in risky behaviour such as taking drugs or alcohol, committing crime, running away or hanging around with people who are a lot older than you.



EVERY CHILD MATTERS

Information for Children

Here is some information about the government's initiative; 'Every Child Matters'

A few years ago, the government said that every child or young person, their carers and parents should work towards 5 outcomes. An outcome means the 'end result' of something, or how it turns out in the end. These 5 outcomes are the same for every child, wherever they live – they are called the 'Every Child Matters outcomes', and everything to do with your care should help you to be the best that you can be, in all of these things.

THE 5 OUTCOMES ARE:

01 STAYING SAFE

02 BEING HEALTHY

03 ENJOYING AND ACHIEVING

04 ECONOMIC WELLBEING

05 MAKING A POSITIVE CONTRIBUTION

What does this mean for you?



Staying Safe

- ✓ Always tell your carers where you are and who you are with; if you are going to be home later, contact your carer to let them know so that they don't worry. Don't go missing.
- ✓ Use the internet safely. Don't ever meet up with people in person that you have met online, and don't give them your name, address or mobile phone number.
- ✓ If someone wants you to do something that you know you shouldn't, tell an appropriate adult straight away.
- ✓ If you are going to have sex, use contraception – especially condoms - to prevent pregnancy and sexually transmitted diseases.
- ✓ Don't get involved in criminal activity – a criminal record may mean that you aren't able to do certain jobs later in life.
- ✓ Don't hang around with people who are a lot older than you. They may try to get you to do things that you shouldn't be doing.
- ✓ Only use drugs that have been prescribed by your GP and under the supervision of your Foster Carer.

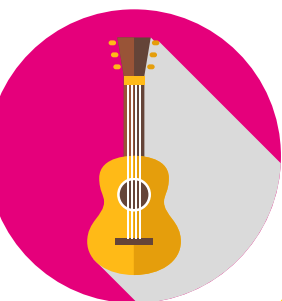


Being Healthy

- ✓ Tell your Foster Carer if you think you need to go to the doctor.
- ✓ Go to the dentist and opticians regularly for check ups – your Foster Carer will make appointments for you.
- ✓ Exercise regularly.
- ✓ Eat healthily – 5 portions of fruit or vegetables every day.
- ✓ Don't smoke or drink alcohol.
- ✓ Your sexual health is important too, and if you are having sex, then you need to make sure that you get proper advice about contraception and sexually transmitted diseases. Your Foster Carer will help you with this; you can get advice from your doctor, a Family Planning or a Brook Advisory Clinic.

Enjoying & Achieving

- ✓ Try to do your best at school. Let your Foster Carer, teacher or Social Worker know if you need more help with schoolwork.
- ✓ Perhaps you want to do 'A' levels, or go to University? If so, tell us so that we can help.
- ✓ Please let your Foster Carer know if you want to do something outside of school such as music, sport, scouts, guides or joining a club.



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Economic Wellbeing

- ✓ You should have clothes, shoes and personal items of the right sort.
- ✓ You should not be prevented from having hobbies or interests because they cost too much – within reason!
- ✓ You should get enough pocket money for your needs.
- ✓ You should learn about how to manage your money properly.
- ✓ As you get older, you should learn about living independently and what that means – cooking for yourself, paying bills etc, your Foster Carer will help you with this.
- ✓ Try to get the best qualifications you can while you are in school. This will help you to go to college and possibly university. Qualifications, will help you to get a good job.

Making a Positive Contribution

You are all invited to attend the children and family events and support groups that we hold regularly. These give you a chance to have your say in how we can improve the service that we offer you. We are always looking for people who want to help with the newsletter that we send out to you all – so let us know if you are interested.

- ✓ There are many organisations for children and young people in care. They are always looking for feedback from people who have experience being fostered. This helps them work out how to improve the lives of all children in care. Check out their websites on the final page of this guide.
- ✓ If you have any ideas about what we can do to improve, then we want to hear from you. Let us know what you think. You can tell your Foster Carer, their Supervising Social Worker or the manager of Lorimer Fostering – contact details are on page 17 in this booklet.

FREQUENTLY ASKED QUESTIONS

Information for YOUNG PEOPLE

Here are some answers to some of the most frequently asked questions.

01

What will happen if I go out without permission or if I don't arrive back when I'm supposed to?

You will be reported as missing from care, which means that we, or your Foster Carer will talk to your Social Worker and to the Police. The Police will then start to look for you. If you know that you're going to be late, contact your Foster Carer to tell them, so that they know you're safe and when to expect you back.

02

What will happen if I complain about my Foster Carer?

We would tell your Social Worker about it, who may come to talk to you. We would speak to your Foster Carer about your complaint, and see if we can sort it out in a way that everyone felt okay about. If the complaint was a very serious one, then it may mean that you have to move to another placement, but we would make sure that someone talked to you about any change before it happened.

03

Can I stop my parents from knowing my personal information?

Yes - if the people around you, such as your Foster Carer, Social Worker and perhaps doctor, think that you understand what you are doing. However, for some things, your Social Worker may prefer that you talk to your parents about it too. Sometimes, this can also depend on whether you are on a care order or whether you are looked after by agreement with your parents.

We have included in this guide a page of useful contact numbers for different agencies that you may want to talk to in confidence.

04

What does an advocate do?

An advocate is a person who can help you have a say about your care. They can help let people know if you're not happy in your placement or about a decision that has been made.

They can help you, if you feel that you're not being listened to or taken seriously. An advocate normally works independently of the Social Workers.

05

Can I get a Saturday job?

You can have a job but there are guidelines that must be followed and every job must be agreed by your Social Worker. The laws for 13-16 year olds that must be followed are:

- You are not allowed to work under the age of 13.
- You can not work during school hours (except during school holidays).
- You must not work before 7am or after 7pm.

06 WHO CAN I COMPLAIN TO?

If you have a problem with anything, then we want you to tell us, because then we have a chance to make things right for you.

You can make a complaint in lots of ways: in writing, by telephone, by text or by a face to face meeting. We will write down what you say, so that we can make sure we have got it right, and we will tell you what we are going to do about it. When you make a complaint, it's really important that you remember to put your name and contact details in the letter, text or phone message, so that we can get back to you.

Here is a list of people that you can complain to if you're not happy:

The Manager of Lorimer Fostering

This is Louise Forsdike:

Lorimer Fostering
2a Carrington Lane
Sale
Manchester
M33 5ND
07927 399 951
lforsdike@lorimerfostering.com

Just make sure that you put your name and phone number on the message so that she can get back to you.

Ofsted

These are the people who have to make sure that Lorimer are doing their job properly.

Piccadilly Gate
Store Street
Manchester
M1 2WD
0300 123 1231
enquiries@ofsted.gov.uk

Your Foster Carer

Your Foster Carer will then talk to us and together we will help. We may also speak to your Social Worker who may want to discuss it with you.

Your Social Worker

Your Social Worker should then talk to us about the issue that is concerning you, so that we can work out the best way of helping you with it. This may involve us talking to your Foster Carer too.



Useful Numbers

Information for YOUNG PEOPLE

Other young people have said it is sometimes useful if you talk to others about things that are troubling you. So we have included some of the most useful numbers for you on the next page.

Do you need help or advice? Or do you need a listening ear? If so then you need look no further. We understand what difficulties you might come across, which is why we have produced this detailed list of useful contact numbers for you to refer to as and when you need.

If you find that there are some numbers that we do not have listed here that you would like to know then please contact your Social Worker who will do their very best to help you.



Hope these help:

ORGANISATION	TELEPHONE	WEB ADDRESS
Brook Advisory Service	0161 237 3001	www.brook.org.uk
National Youth Advocacy Service	0808 808 1001	www.nyas.net
Catch 22	0207 336 4800	www.catch-22.org.uk
Coram Voice		www.coramvoice.org.uk
NSPCC	0808 800 5000	www.nspcc.org.uk
Smoking Helpline	0300 123 1044	www.nhs.uk/smokefree
Aids/HIV Helpline	0207 713 0444	www.positivelyuk.org
Bullying Helpline	0808 800 2222	www.bullying.co.uk or email askus@familylives.org.uk
Career Service	0151 600 7700	www.careerconnect.org.uk
Drug Helpline	0300 123 6600	www.talktofrank.com
Alcohol Helpline	0207 766 9900	www.drinkaware.co.uk
Childline	0800 11 11	www.childline.org.uk
Samaritans	116 123	www.samaritans.org
Helpline for Children in Care	0800 023 2033	www.becomecharity.org.uk
Homework Websites	Don't Quit Now! - www.dfes.gov.uk	

