



Children's
Guide

My name is.....



Welcome to Eastern Fostering Services (EFS)

Who we are....



**El – Registered
Manager**



**Sandra – Senior
Supervising
Social
Worker/16+
coordinator**



Jo – Practice Manager



**Emma – Senior
Supervising
Social Worker**



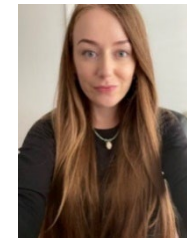
**Sam – Supervising
Social Worker**



**Sian –
Supervising
Social Worker**



**Lizzy – Supervising
Social Worker**



**Alex –
Supervising
Social Worker**



**Emily – Placements
Officer**



**Sarah –
Operations and
Administrative
Manager**



**Rachel – Fostering
Administrator**



**Yvette –
Fostering
Administrator**



**Angela –
Fostering
Administrator**



**Paul – Childrens
and Young Person's
Participation
Worker**



**Lucy – Marketing
Manager**



**Chris Dingley, Agency
Decision Maker**


Eastern Fostering Services is a team of people who work with foster carers to look after children and young people who cannot stay with their own families.

You may never meet all the team, but they are there helping your foster carers to look after you.

Why do I have to go into Foster Care?

Sometimes children must be looked after by foster carers because their own family cannot look after them, so they go to live with other families for a while.

Sometimes these families will have their own children (and pets!) who will play with you.



Foster carers are there to help to look after you and make sure you are happy. They also help carry out plans agreed for you.

Some young people stay in foster care for a short time and some return home. Some stay with their foster carers until they are old enough move on to live on their own.

Your foster carers want you to be safe and happy. What you say and your opinion is very important.

You And your Fostering Family

Your EFS foster carers want you to feel welcome. They will make sure you have the things you need because they want the best for you. They will help you learn new things, like choosing your own clothes. They won't expect you to get everything right first time, and they will be fun and laugh with you.

Can you draw a picture of things that make you happy?

A large, empty rectangular box with a black border, intended for a child to draw a picture of things that make them happy.



Things you might like to ask your Fostering Family

Question	Answer
Can I still see my family?	
What is my bedroom like?	
What time is bedtime?	
Can I bring my toys with me?	
Do you cook the food I like?	
Can I help myself to a biscuit if I want one?	
Can I play outside on my own?	
What happens if I do something wrong?	
Who can I talk to if I'm worried?	



Things you need to know...

Some meetings with adults will happen while you are with your foster family. These are to make sure everyone knows about what is going to happen to you and what the best thing is for you. - **You can have your say about what you want to happen too.**

The main people who'll help you settle into your new home

Your foster family

Your social worker

Your foster family's social worker (EFS)

All these people are here to look after you and do what is best for you, to keep you safe and happy.

If you are not happy you can talk to them or any other adult you trust.

People you might like to talk to:

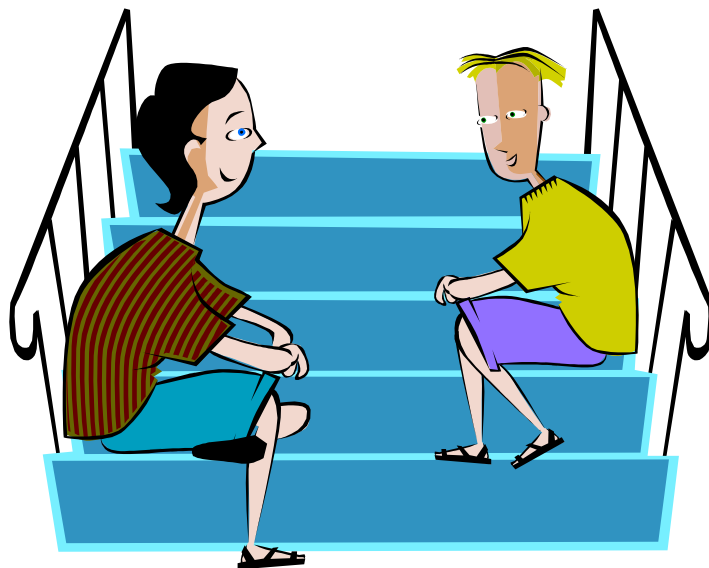
Your Foster Family: They are called.....

Your Social Worker: Their name is.....

Phone number is.....

School: Teacher is called.....

Us at EFS: ... 01206 299775.....



We will do everything we can to make sure you are happy with your Fostering Family but remember to talk to someone if you are worried about ANYTHING!

What YOU want IS IMPORTANT!

If you can't think who to talk to, or you ever think things are so bad you want to run away, these people will help! You can also ask someone to help you contact them and they will listen to you!

Bullying

If you are being bullied or worried about bullying, you can talk to your foster family or you can check out:

Website: www.bullying.co.uk

Tel: 0808 800 222

No child should be bullied or picked on for any reason, and sometimes this happens because children are different. Difference is good-it makes our lives more interesting, and everyone has a right to be themselves.

Childline:

This is a helpline and a website that gives you advice on all sorts of things that might be troubling you. Contact them on:

Tel: 0800 1111

Website: www.childline.org.uk

Eastern Fostering Services

(the person who wants to make sure all children are safe and happy)


Eleanor Newman (EL)

Unit 3B, The Gattinetts

Hadleigh Road

East Bergholt

Suffolk CO7 6QT



Tel: 01206 299775/07730 535748

[Email-eleanor.newman@easternfosteringervices.com](mailto:eleanor.newman@easternfosteringervices.com)

Website-there is a special area on our website where you can send a message to us- [For the Children and Young people - Eastern Fostering Services \(eastern-fostering-services.com\)](http://www.eastern-fostering-services.com)

Ofsted (they make sure EFS are looking after you properly):

Piccadilly Gate,

Store Street

Manchester M1 2WD

Telephone them on: 0300 123 1231

Email them at: enquiries@ofsted.gov.uk

Website: www.gov.uk