

Young People's Survival Guide to Fostering

Rêbernameya zarok û ciwanan ji bo xwedîkirinê



Who are Eastern Fostering Services?

EFS Kî ne?

Eastern Fostering Services work with children and young people who can't live with their own families for lots of different reasons. We approve people to be Fostering Families-these are people who want to help children and young people like you. They will support you in whatever is best for you for your future.

Karûbarên Xweseriya Rojhilat bi zarok û ciwanên ku ji ber gelek sedemên cûda nikaribin bi malbatên xwe re bijîn re dixebitin. Em kesên ku bibin Malbatên Xweser dipejirînin - ev kes in ku dixwazin alîkariya zarok û ciwanên mîna we bikin. Ew ê ji bo paşeroja we di tiştê ku ji bo we çêtirîn be de piştgirî bidin we.

Meet the team:

tîmê bibînin

Em bi nêrevanên we re dixebitin da ku hûn pê binerin û bextewar û ewle bin.

 El	 Jo	 Emma	 Sam	 Sian
 Alex	 Lizzy	 Sandra	 Paul	 Sharon
 Lucy	 Camilla	 Emily	 Sarah	 Angela
 Rachel	 Yvette			

Why am I living with foster carers?

Çima ez bi nêrevanan re dijîm?

There are loads of reasons why you might not be able to live with your own family-it might be that they didn't look after you as they should have, or that they may have hurt you or that you were separated from them.

Gelek sedem hene ku dibe ku hûn nikaribin bi malbata xwe re bijîn - dibe ku ew li we neniherin wekî ku divê, an jî dibe ku we êşandiye an hûn ji wan veqetiyane.

Whatever the reason, your fostering family should treat you as part of their family, including any children that they already have.

They know that this could be really difficult for you and they don't expect to replace your own family.

Sedem çî dibe bila bibe, divê malbata weya xwedêderketina we wekî beşek ji malbata xwe, tevî her zarokên ku berê wan hene, tevbigerin.

Ew dizanin ku ev dibe ku ji bo we bi rastî dijwar be û ew li bendê ne ku li şûna malbata we cîh bigirin.

Living with foster carers doesn't mean that your own family doesn't love you, or that you can't love them.

Jiyana bi nêrevanan re nayê vê wateyê ku malbata we ji we hez nake, an ku hûn nikanin ji wan hez bikin.

What happens now?

niha çî dibe?

When you move in to live with your foster carers, they will show you around the house and make sure you know where everything is. They will also make sure you know the names of everyone who lives in the home.

You might feel quite wobbly at first, this is totally normal, it is a big change.

Dema ku hûn diçin hundur da ku hûn bi lînêrên xwe re bijîn, ew ê li dora malê nîşanî we bidin û piştrast bikin ku hûn dizanin her tişt li ku ye. Ew ê her weha piştrast bikin ku hûn navên her kesê ku li malê dijîn dizanin.

Dibe ku hûn di destpêkê de pir lerz hîs bikin, ev bi tevahî normal e, ew guhertinek mezin e.

You will have a social worker who will be talking to you about what is best for the future. A social worker is someone who tries to help children and families who have serious problems.

Hûn ê xebatkarek civakî hebe ku dê bi we re bipeyive ka ji bo pêşerojê çî çêtirîn e. Karmendek civakî ew kes e ku hewl dide ku alîkariya zarok û malbatên ku pirsgerêkên wan giran in.

EFS has a duty to make sure you are as safe and happy as possible whilst you are with us, and we will work with your foster carers and your local authority social worker to sort things out for you.

EFS xwedî erk e ku pê ewle be ku hûn bi qasî ku pêkan ewledar û bextewar bin dema ku hûn bi me re ne, û em ê bi nêrevanên we û xebatkarê civakî yê desthilatdariya weya herêmî re bixebitin da ku tiştan ji we re xêz bikin.

Whilst you are with us, your foster carers will have their own EFS social worker who they will see regularly and make sure you are ok.

Dema ku hûn bi me re ne, lînêrîna we dê xebatkarê xwe yê civakî EFS hebe ku ew ê bi rêkûpêk bibînin û pê ewle bin ku hûn baş in.



How will I know what to do?

Ez ê çawa bizanim çi bikim?

It is pretty likely that your fostering family won't have exactly the same rules or interests as your own family, so below here is a checklist of questions you might like to ask so you get to know them a bit better.

If you have any more that this list doesn't cover, do ask, they won't mind.

Pir ihtîmal e ku malbata weya teşwîqê dê tam xwedan qaîdeyên an berjewendîyên malbata we nebe, ji ber vê yekê li jêr li vir navnîşek pirsên ku hûn dixwazin bipirsin heye da ku hûn wan hinekî çêtir nas bikin.

Ger we tiştek din heye ku ev navnîş nagire, bipirsin, ew ê bala xwe nedin.

Question pirs	Answer bersiv
Can I watch the TV programmes I like? ez dikarim li bernameyên televîzyonê yên ku ez hez dikim temaşê bikim	
What time do you expect me to go to bed? Hûn li bendê ne ku ez çend saetê biçim razanê?	
Can I go out on my own? Ez dikarim bi tena serê xwe derkevim derve?	
What time is dinner? şîv saet çend e?	
Can I help myself to food if I am hungry? Ger birçî bim ez dikarim di xwarinê de alîkariya xwe bikim?	
Can I use the computer? Ez dikarim komputerê bikar bînim?	
What should I do if I need something? Ger tiştek hewce bike divê ez çi bikim?	

What happens if I do something wrong? Ger ez tiştêk xelet bikim çi dibe?	
Will I get pocket money? Ma ez ê pereyê kîsî bistînim?	
Are there any major house rules that I should know? Ma rêzikên malê hene?	

The Asylum Process

When you enter the United Kingdom and wish to stay here, you must claim asylum. Claiming Asylum means you are asking the UK government to offer you protection if you cannot return to your own country. Your asylum claim is made with the Home Office which is part of the government. Your Social Worker and your foster carer will support you with your claim for asylum and will explain to you what you need to do and when. If you have any worries you can speak to your foster carer, your social worker or contact Eleanor Newman from EFS at eleanor.newman@easternfosteringsservices.com

Dema ku hûn têkevin Keyaniya Yekbûyî û dixwazin li vir bimînin, divê hûn doza penaberiya bikin. Daxwaza Penaberiya tê vê wateyê ku hûn ji hukûmeta Keyaniya Yekbûyî daxwaz dikin ku hûn parastinê pêşkêşî we bikin ger hûn nikaribin vegerin welatê xwe. Daxwaza we ya penaberiya bi Wezareta Navxwe ya ku beşek ji hikûmetê ye tê kirin. Xebatkarê weya Civakî û lîstikêrê we dê di doza we ya penaberiya de piştgirî bidin we û dê ji we re rave bikin ku hûn çi û kengê hewce ne bikin. Ger xemên we hebin hûn dikarin bi lîstikêrê xwe, xebatkarê xwe yê civakî re biaxivin an bi Eleanor Newman re ji EFS re têkilî daynin eleanor.newman@easternfosteringsservices.com

It can feel like you have no say in what is happening to you, but **your views are very important**, and what you tell your social worker will help them make the best plans for you.

Dikare hîs bike ku hûn di tiştê ku bi we re diqewime de ne xwedî gotin in, lê nêrînên we pir girîng in, û tiştê ku hûn ji xebatkarê xwe yê civakî re dibêjin dê ji wan re bibe alîkar ku ji we re planên çêtirîn çêbikin.

You can also talk to your foster carers, your teacher or any adult that you can trust. It is totally normal to feel confused, angry and sad, as well as relieved sometimes. You have been through a lot of change.

Her weha hûn dikarin bi l n r n xwe, mamostey  xwe an her mezinek ku h n p  bawer bin re bipeyivin.

Bi tevah  normal e ku meriv xwe tevlihev, h rs   xemg n bike,   hem j  carinan rehet bibe. H n di gelek guhertinan re derbas b ne.

When you live with a family who foster, it can seem that suddenly there are loads of different people in your life.

Gava ku h n bi malbatek ku xwed  dikin re dij n, wusa dixuye ku ji nişk  ve di jiyana we de gelek mirov n cih reng hene.



What can I do if I'm not happy?

Ger ez ne kêfxweş im ez dikarim çi bikim?

If you are not happy in your fostering family, you must say so. Sometimes it can be difficult to settle with a new group of people, and your social worker is there to help you as much as possible to do so. They will not mind at all, whatever you tell them, because they are there for you.

Ger hûn di nav malbata xweya xwedîkar de ne bextewar bin, divê hûn wiya bibêjin.

Carinan dibe ku dijwar be ku meriv bi komeke nû ya mirovan re rû bi rû bimîne, û xebatkarê weya civakî li wir e ku bi qasî ku gengaz ji we re bibe alîkar. Ew ê qet nerazî bin, hûn çi ji wan re bibêjin, ji ber ku ew li cem we ne.

Sometimes things can get sorted out much easier than you think - just ask!

If you are not happy about the plans that have been made for you, you can talk to any adult you trust first, and if they still can't help, you can talk to **Eleanor Newman** at EFS. She will listen to everything you say and decide what the best thing to do is. You can telephone Eleanor on 01206 299775, or you can tell your social worker that you want to speak to Eleanor.

Carinan tişt dikarin ji ya ku hûn difikirin pir hêsantir werin sererast kirin - tenê bipirsin!

Heke hûn ji planên ku ji bo we hatine çêkirin ne kêfxweş in, hûn dikarin pêşî bi her mezinê ku hûn pê bawer in re bipeyivin, û heke ew hîn jî nikaribin alîkariyê bikin, hûn dikarin li EFS bi Eleanor Newman re biaxivin. Ew ê guh bide her tiştê ku hûn dibêjin û biryarê bide ka ya çêtirîn çi ye. Hûn dikarin bi Eleanor re telefon bikin li ser 01206 299775, an jî hûn dikarin ji xebatkarê xwe yê civakî re bibêjin ku hûn dixwazin bi Eleanor re biaxivin.

At the end of this guide, there are some other ideas of people to contact if you are still not happy.

Di dawîya vê rêbernameyê de, hin ramanên din ên mirovan hene ku heke hûn hîn jî ne kêfxweş in pê re têkilî daynin.



How many other children and young people are in foster care?

Çend zarok û ciwanên din di lînêrînê de ne?

You really are not alone!

Lots of children and young people live with foster carers because there are so many different reasons why their own families can't look after them.

Hûn bi rastî ne tenê ne! Gelek zarok û ciwan bi nêrevanan re dijîn ji ber ku gelek sedemên cûda hene ku çima malbatên wan nikarin li wan binerin

Did you know that in 2022 over 82,000 children young people were living in fostering families?! Even if there aren't any others in your school, they are out there!

We dizanibû ku di sala 2022-an de zêdetirî 82,000 zarok ciwan di nav malbatên xwedîkar de dijîyan?! Her çend di dibistana we de yên din tune bin jî, ew li derve ne!

It is not something you should feel embarrassed about but if you need help in what to tell your friends or to say to people at school, ask your fostering family or your social worker.

Ew ne tiştek e ku hûn jê şerm bikin, lê heke hûn hewceyê alîkariyê ne ku hûn çî ji hevalên xwe re bibêjin an jî mirovên li dibistanê re bibêjin, ji malbata xweya xêzan an jî xebatkarê xwe yê civakî bipirsin.

There are also a lot of famous people who lived with fostering families, for example:

Di heman demê de gelek mirovên navdar jî hene ku bi malbatên xwedîkar re dijiyan, mînakî:



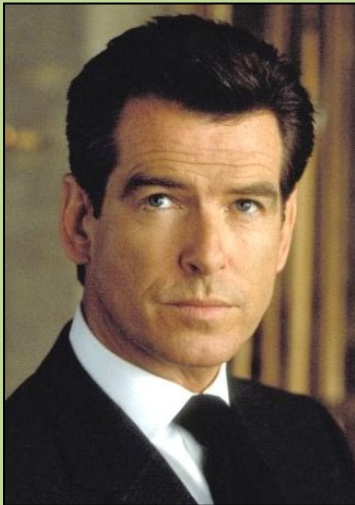
Eddie Murphy-actor and comedian

Lîstikvan û komedyen



Oprah Winfrey-chat show hostess

Hosteya nîşana Chat



Pierce Brosnan-James Bond actor

Lîstikvanê James Bond



Kerry Katona-pop star

stêrka pop

Useful Information

Agahiyên kêrhatî

Below is a list of different places that you can get more information about being fostered, or where you can talk to someone else.

Li jêr navnîşek cîhên cihê hene ku hûn dikarin di derheqê teşwîqkirinê de bêtir agahdarî bistînin, an ku hûn dikarin bi kesek din re biaxivin.

Who Cares? Trust, visit Who Cares Town:

<http://www.thewhocarestrust.org.uk>

Info For Care Kids:

This is a fun and interactive website to visit and it will give you advice on being in care

Ev malperek kêf û înteraktîf e ku meriv serdanê bike û ew ê ji we re şîretan li ser lînêrîna lînîhêrînê bide

<http://www.info4carekids.org.uk/>

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:

Ev xêzek alîkariyê û malperek e ku li ser her cûre tiştên ku dibe ku we aciz bikin şîretan dide we. Bi wan re têkilî daynin:

Tel: 0800 1111

www.childline.org.uk

Refugee Council

Refugee council

[Contact Us - Refugee Council](#)

They offer help to all children who come unaccompanied to the UK seeking asylum.

Meclîsa penaberan

Têkilî Bi Me re - Encumena Penaberan

Ew alîkariyê pêşkêşî hemû zarokên ku bêkes tên Brîtanya û daxwaza penaberiyê dikin.

Voice for the Child In Care:

Deng ji bo zarokê di lînêrînê de

Tel: 0808 8005792

www.voiceyp.org

Ofsted:

Ofsted checks all of the work that EFS and its' fostering families does. Contact them on:

Ofsted hemî karên ku EFS û malbatên wê yên xwedîkar dîkin kontrol dike. Bi wan re têkilî daynin:

Tel: 0300 123 1231 or text to 60085

Email: enquiries@ofsted.gov.uk

Post: Ofsted, Piccadilly Gate, Store Street, Manchester, M1 2WD