

# Young People's Survival Guide to Fostering

መምርሒ ምድሐን መንእሰያት ንመዕበዪ ህጻናት



## Who are Eastern Fostering Services?

ምብራቓዊ ኣገልግሎት መዕበዪ መን እዮም?

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.

ምብራቻዊ ኣገልግሎት መዕበዪ ምስቶም ብብዙሕ ዝተፈለለዩ ምኽንያታት ምስ ናይ ገዛእ ርእሶም ስድራቤቶም ክነብሩ ዘይክእሉ ህጻናትን መንእሰያትን ይሰርሑ። ሰባት Fostering Families ክኾኑ ነጽድቕ-እዚአም ከማኻ ዝኣመሰሉ ህጻናትን መንእሰያትን ክሕግዙ ዝደልዩ ሰባት እዮም። ንመጻኢኻ ዝምቕኣካ ኣብ ዝኾነ ነገር ክድግፉኻ እዮም።

Meet the team:

ምስ ጋንታ ተራኹብ

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

Why am I living with foster carers?

ስለምንታይ እዩ ምስ መዕበዪ ህጻናት ዝነብር ዘለኹ?

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.

ምስ ናይ ገዛእ ርእስኻ ስድራቤት ክትነብር ዘይትኸእሉ ምኽንያታት ጽዕነት ኣሎ-ከምቲ ክገብርዎ ዝግባእ ስለ ዘይከናዥኩኻ፡ ወይ'ውን ጎዲኣምኻ ክኾኑ ይኸእሉ ወይ ካብኣም ተፈልኻዮም ክኾኑ ይኸእሉ።

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.

እቲ ምኽንያት ዝኾነ ይኹን ይኹን፡ መዕበይቲ ስድራቤትካ ከም ኣካል ስድራቤቶም ክሕዙኻ ኣለዎም፡ እንተላይ ዝኾነ ድሮ ዘለዎም ቆልዑ።

እዚ ናይ ብሓቂ ከጸግመካ ከም ዝኸእል ይፈልጡ'ዮም፡ ንናይ ገዛእ ርእስኻ ስድራቤት ክትክእ'ውን ትጽቢት ኣይገብሩን።

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

ምስ መዕበይቲ ምንባር ማለት ናይ ገዛእ ርእስኻ ስድራቤት ኣየፍቅሩኻ'ዮም ማለት ኣይኮነን፤ ወይ'ውን ከተፍቅሮም ኣይትኸእልን ማለት ኣይኮነን።

## What happens now?

### ሕጂ እንታይ ይኸውን?

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.

ምስ መዕበይትኽ ክትነብር ምስ ገዳዝካ፡ ኣብ ቱርያ ገዛ ከርእይኻን ኩሉ ኣበይ ከምዘሎ ከም እትፈልጥ ከረጋግጹልካን እዮም። ኣብቲ ገዛ ዝነብር ኩሉ ሰብ ኣስማት ከም እትፈልጥ እውን ከረጋግጹ እዮም። ኣብ መጀመርታ ምሉእ ብምሉእ ምውጥጥ ክስምዓካ ይኸእል እዩ፣ እዚ ፍጹም ንቡር እዩ፣ ዓቢ ለውጢ እዩ።

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.

ንመጻኢ ዝበለጸ እንታይ ምኃኑ ዝዘረበካ ማሕበራዊ ሰራሕተኛ ክህልወካ እዩ። ማሕበራዊ ሰራሕተኛ ማለት ከቢድ ጸገም ዘለዎም ህጻናትን ስድራቤታትን ክሕግዝ ዝፍትን ሰብ እዩ።

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 ምሳና ኣብ ዘለኻሉ እዋን ብዝተኸለለ መጠን ውሑስን ሕጉስን ምኃንካ ናይ ምርግጋጽ ግዴታ ኣለዎ፣ ንሕና ድማ ምስ መዕበይትኽን ምስ ናይ ከባቢኽ ማሕበራዊ ሰራሕተኛን ብምኃን ነገራት ክንፈትሓልካ ኢና።

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.

ናይ EFS ማሕበራዊ ሰራሕተኛኽ ብቐጻሊ ክርእየካን ጽቡቕ ምኃንካ ከረጋግጽን እዩ።



## How will I know what to do?

### እንታይ ክገብር ከም ዘለኒ ብኸመይ ክፈልጥ እየ?

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.

እታ መዕበዪት ስድራቤትካ ብልክዕ ከም ናይ ገዛእ ርእሰኻ ስድራቤት ሕግታት ወይ ድሌታት ዘይክህልዎም ተኸእሎ

ኣሎ፣ ስለዚ ኣብ ታሕቲ ቁሩብ ብዝበለጸ ንኸትፈልጡም ክትሓቶም እትደሊ ሕቶታት ዝርዝር መፈተሻ ኣሎ።

እዚ ዝርዝር ዘይሸፍኖ ተወሳኺ እንተሃልዩካ፡ ሕተት'ዩ፡ ኣይክግደሱን'ዮም።

Question	Answer
ሕቶ	መልሲ
Can I watch the TV programmes I like? ዝፈትዎም መደባት ቲቪ ክከታተል ይኸእል ድየ?	
What time do you expect me to go to bed? ሰዓት ክንደይ ክድቅስ ትጽበዪ?	
Can I go out on my own? ባዕለይ ክወጽእ ይኸእል ድየ?	
What time is dinner? ድራር ሰዓት ክንደይ እየ?	
Can I help myself to food if I am hungry?	

እንተ ጠሚዎ ንመግቢ ንነብሰይ ክትግዛ ይኸእል ድዮ?	
Can I use the computer? ከምፒተር ክጥቀመሉ ይኸእል ድዮ?	
What should I do if I need something? ገለ ነገር እንተድኣ ኣድልዩኒ እንታይ ክገብር ኣለኒ?	
What happens if I do something wrong? ጌጋ እንተገይረ እንታይ ይኸውን?	
Will I get pocket money? ናይ ጁባ ገንዘብ ክረክብ ድዮ?	
Are there any major house rules that I should know? ክፈልጡ ዝግበኣኒ ሕግታት ገዛ ኣሎ ድዮ?	

## The Asylum Process

### መስርሕ ዑቕባ

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](mailto:eleanor.newman@easternfosteringsservices.com)

ናብ ዓባይ ብሪጣንያ ኣቲኻ ኣብዚ ክትጸንቑ ምስ እትደሊ ዑቕባ ክትሓትት ኣለካ። ዑቕባ ምሕታት ማለት ናብ ዓድኻ ክትምለስ እንተዘይክኢልካ ንመንግስቲ ዓባይ ብሪጣንያ ሓለዋ ክህበካ ትሓትት ኣለኻ ማለት እዩ። ናይ ዑቕባ ሕቶኻ ምስቲ ኣካል መንግስቲ ዝኾነ ቤት ጽሕፈት ውሽጣዊ ጉዳያት እዩ ዝቐርብ። ማሕበራዊ ሰራሕተኛኻን መዕበዪኻን ኣብ ሕቶ ዑቕባኻ ክድግፉኻን እንታይ ክትገብር ከምዘለካን መዓስን ክገልጸልካ እዩ። ዝኾነ ስክፍታ

እንተሃልዩክ ምስ መዕበዪኹ፡ ማሕበራዊ ሰራሕተኛኹ ክትዘረቡ ትኽእል ወይ ድማ ንኤሌኖር ኒውማን ካብ EFS

ክትረኽቡ ትኽእል ኢኹ።  
neleanor.newman@easternfosteringsservices.com ክትረኽቡ ትኽእል ኢኹ።

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. 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.

ኣብቲ ዘጋጥመክ ዘሎ ክትዘረቡ ከም ዘይብልክ ኮይኑ ክስምዓክ ይኽእል እዩ፣ ግን ኣረኣጊኻ ኣዝዩ ኣገዳሲ እዩ፣ እቲ ንማሕበራዊ ሰራሕተኛኹ እትነግሮ ድማ ንዓኹ ዝበለጸ መደባት ንኽገብሩ ክሕግዞም እዩ።

ምስ መዕበይቲኹ፡ መምህርክ ወይ ዝኾነ ክትኣምኖ እትኽእል ዓቢ ሰብ እውን ክትዘረቡ ትኽእል ኢኹ።

ምድንጋር፡ ሕርቃንን ሓዘንን ከምኡ'ውን ሓደ ሓደ ግዜ ዕረፍቲ ክስምዓክ ፍጹም ንቡር እዩ። ብተሕ ለውጢ ኣሕሊፍክ ኢኹ።

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

ምስ ዘዕብዩ ስድራቤት ክትነብር ከለኹ፡ ሃንደበት ኣብ ህይወትክ ጽዕነት ዝተፈላለዩ ሰባት ዘለዉ ክመስል ይኽእል።



## What can I do if I'm not happy?

ሕጉስ እንተዘይኮይነ እንታይ ክገብር ይኽእል?

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.

ኣብታ መዕበዪት ስድራቤትካ ሕጉስ እንተዘይኮንካ ከምኡ ክትብል ኣለካ።  
ሓደ ሓደ ግዜ ምስ ሓድሽ ጉጅለ ሰባት ክትሰፍር ከቢድ ክኸውን ይኽእል እዩ። ማሕበራዊ ሰራሕተኛኻ ድማ ብዝተኸለለ መጠን ነዚ ንምግባር ክሕግዘካ ኣሎ። ንሳቶም ንዓኻ ስለ ዘለዉ፡ ዝኸነ ትነግሮም፡ ፈጸሞም ኣይክሓስቡን እዮም።

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.

ሓደ ሓደ ግዜ ነገራት ካብቲ እትሓስቦ ኣዝዩ ብቐሊሉ ክፍታሕ ይኽእል እዩ - ሕተት ጥራይ!

ብዛዕባ'ቲ ዝተገብረልካ መደባት ሕጉስ እንተዘይኮንካ፡ መጀመርታ ምስ ዝኸነ እትኣምኖ ዓቢ ሰብ ክትዛረብ ትኽእል ኢኻ። ሕጂ'ውን ክሕግዙ እንተዘይክኢሎም ድማ ምስ ኤሌኖር ኒውማን ኣብ EFS ክትዛረብ ትኽእል ኢኻ። ንኹሉ እትብሎ ሰሚዓ እቲ ዝበለጸ ነገር እንታይ ምዃኑ ክትውስን እዩ። ንኤሌኖር ብስልኪ ቁጽሪ 01206 299775 ክትድውለላ ትኽእል ኢኻ። ወይ ድማ ንማሕበራዊ ሰራሕተኛኻ ምስ ኤሌኖር ክትዛረብ ከም እትደሊ ክትነግራ ትኽእል ኢኻ።



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

ኣብ መወዳእታ ናይዚ መምርሒ፡ ገለ ካልኦት ሓሳባት ናይ ሰባት ኣለዉ፡ ገና ሕጉሳት እንተተዘይኮንካ ክትረኽቦም ዘለካ።



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

ካልኦት ክንደይ ቆልዑን መንእሰያትን ኣብ መዕበዪ ህጻናት ኣለዉ?

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.

ብሓቂ በይንኻ ኣይኮንካን!

ብዙሓት ቆልዑን መንእሰያትን ምስ መዕበይቲ ይነብሩ ምኽንያቱ ናይ ገዛእ ርእሶም ስድራቤታት ክከናኸንዎም ዘይክእሉ ብዙሕ ዝተፈላለዩ ምኽንያታት ስለዘሉ።

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!

ኣብ 2022 ልዕሊ 82 ሺሕ ህጻናት መንእሰያት ኣብ መዕበይቲ ስድራ ይነብሩ ከም ዝነበሩ ትፈልጡ ዶ?! ኣብ ቤት ትምህርትኻ ካልኦት እንተተዘይሃለዉ'ውን ኣብ ደገ'ዮም ዘለዉ!

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.

ክትላፍረሉ ዝግበኣካ ነገር ኣይኮነን ግን ኣብ ቤት ትምህርቲ ንኣዕሩኽትኻ እንታይ ክትነግሮም ወይ ንሰባት

ክትብሎ ከም ዘለካ ሓገዝ እንተድኣ ኣድልዩካ ንመዕበይቲ ስድራቤትካ ወይ ነቲ ማሕበራዊ ሰራሕተኛኻ ሕተቶ።

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

ምስ መዕበይቲ ስድራቤታት ዝነብሩ ዝነበሩ ፍሉጣት ሰባት እውን ብተሓት እዮም፣ ንኣብነት፤



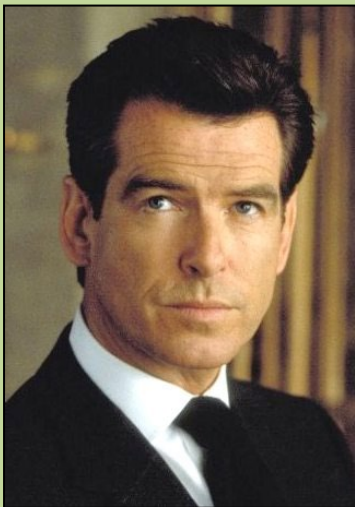
Eddie Murphy-actor and comedian

ተዋሳኢን ኮሚድያንን



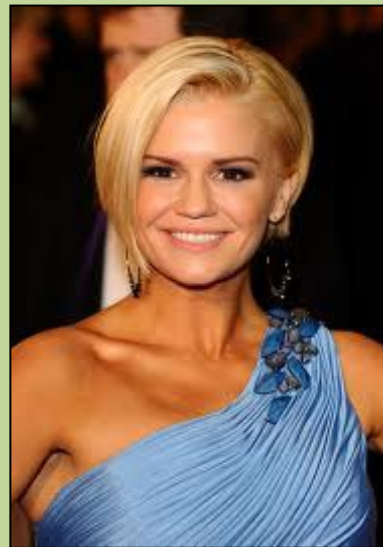
Oprah Winfrey-chat show hostess

ኣኣንጋዲት ቻት ሾው



Pierce Brosnan-James Bond actor

ጅምስ ቦንድ ተዋሳኢ



Kerry Katona-pop star

ፖፕ ስታር

## Useful Information

### ጠቅሚ ሓበሬታ

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

አብ ታሕቲ ዝርዝር ናይ ዝተፈላለዩ ቦታታት ብዛዕባ ምዕባይ ዝያዳ ሓበሬታ ክትረኽቡሎም እትኽእል፡ ወይ ምስ ካልእ ሰብ ክትዘረቡሉ እትኽእል ቦታታት ኣሎ።

#### 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

እዚ ክትበጽሑ ዘዘናግዕን ምስተጋብራዊን ምርብብ ሓበሬታ ኮይኑ ኣብ ክንክን ምህላውካ ምኽሪ ክህበካ እዩ።

<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:

እዚ ናይ ሓገዝ ምስመርን ኣብ ኩሉ ዓይነት ከሽግረካ ዝኽእል ነገራት ምኽሪ ዝህበካ ምርብብ ሓበሬታን እዩ። በዚ ዝስዕብ ኣድራሻ ርኽብዎም፤

Tel: 0800 1111

[www.childline.org.uk](http://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.

ንኹሎም ብዘይ ምሰነይታ ናብ ዓባይ ብሪጣንያ ዑቕባ ክሓቱ ንዝመጹ ህጻናት ሓገዝ ይህቡ።

#### Voice for the Child In Care:

ድምጺ ነቲ ኣብ ክንክን ዘሎ ህጻን።

Tel: 0808 8005792

[www.voiceyp.org](http://www.voiceyp.org)

#### Ofsted:

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

Ofsted ንኹሉ እቲ EFSን እቶም ምዕባይቲ ስድራቤታቱን ዝሰርኹዎ ስራሕ ይምርምር። በዚ ዝስዕብ ኣድራሻ ርኽብዎም፤

Tel: 0300 123 1231 or text to 60085

Email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

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