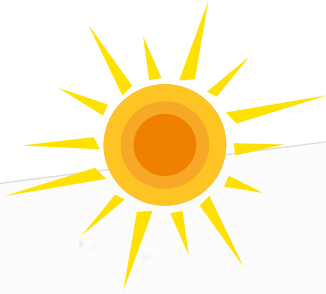


**Are you a child in
care who is up to
the age of 11?**



**This is what we think you
need to know!**



Hi,

There is no need to worry because everything is going to be alright. I've heard that you just went into care but I went to care 3 years ago aswell. Nothing bad happened, it was just living a happy life. I'm sure you'll be alright and nothing will happen. Right now I am adopted. This good thing could happen to you.

from Lloyd



Introduction

So what's this about?

This pack has been put together by the Junior Children in Care Council (JCiCC) for short. It is a guide to being in care in Southampton or 'looked after' as it's called now.

There is stuff about where you might live, word searches, letters to you from other children and lots more. Yes there is lots of reading but remember reading will help you with your **SUPER POWERS!**

Where there is a space you can put something writing or draw if you wish.

**Every
hero has
a story**



What's your story?

You may ask your Social Worker to help you with this:

A large white rectangular area enclosed by a green border, intended for writing or drawing.



Welcome!

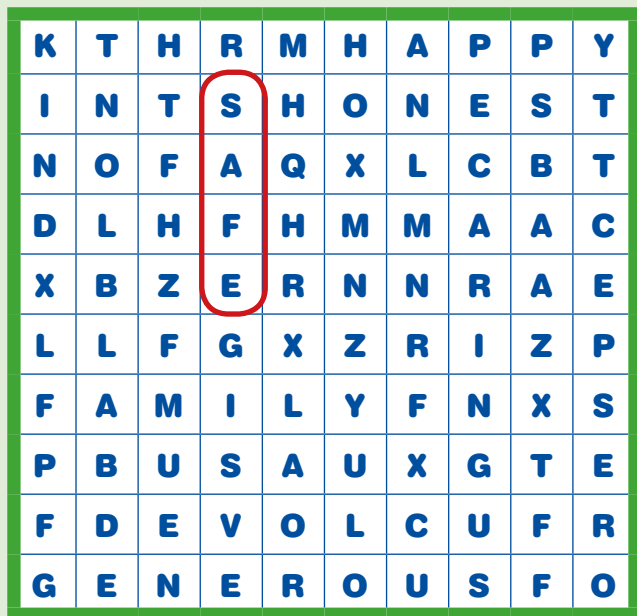
But where will I live?

When you are 'looked after' you might live with friends and family carers or a foster family. Foster Carers and Friends and Family Carers are people who look after children and young people in their own home.

Draw a picture of your Foster Family here:



Here are some words that we think describes being in care.
Can you find them in the word search?



SAFE ✓
HAPPY
FAMILY
CARING
GENEROUS
KIND
RESPECT
HONEST
LOVE

Hi

I went to Cafe 3 years and I was confused and if you was confused I will understand. It will be all right. Cafes are nice. I am not confused now because I'm older now and I understand now

from
Jact.

To get to know the people you live with ask them s

How many people live here?

What are their names?

Do you have any pets?

What hobbies do you have?

What is my new address?

What do I call you?

How far is the local leisure centre?

What food do you eat?

Who visits?

Do you have a garden?

What jobs do the adults do?

Will you take me to school?

Some questions. Jot the answers down here



My bedtime

on school nights is

on holidays/weekends is

We eat

breakfast at:

lunch at:

dinner at:

We watch tv at:

When I take off dirty clothes they go:

I have a bath or shower when:

Hi, my name is Destiny. I am 11 yrs old. I bet your feeling really Scared. Trust me it's scary at first but it will be ok. I went into foster care at the age of 8. Your foster carer will be there to love you, protect you, care for you and be there when you need her. Here's a secret between me and you foster care isn't that bad it's actually really fun. ESpecially when you go out places with them.



Who's who and what do they do?

When you come into care there are lots of people that you are likely to come into contact with. It can be a bit confusing so here are some brief details to help you sort out what everyone does and who they all are.

We have left spaces for you to write people names

My Social Worker's name is

And I can contact him/her on

I can talk to my Social Worker about my family, school, foster carer and my health.

My foster carer has a social worker too.

My foster carers name is

They help my foster do a good job of looking after me.

My teacher at school is called

and will make sure that I am happy and meeting my goals.

This is a picture of all the people who help me



What the law says

You're probably asking why this has happened to you and when you can go home? The Judge is a person that looks a little bit like the person above and will make decisions about where you can live and when you can see your family.



Before the judge can make an order he will need to speak to your parents, Social Worker and a Cafcass worker.

My Cafcass Workers name is
He/she will talk to me and write an important letter about how I feel and tell the judge what they think is best for me.

Useful contacts

Your school teacher

Children's Commissioner



Help at Hand is a national advice line for children and young people who are in care, leaving care, living away from home or working with children's services.

Telephone: 0800 528 0731

Email: help.team@childrenscommissioner.gsi.gov.uk

Visit: www.childrenscommissioner.gov.uk/learn-more/help-at-hand

Ofsted

Ofsted inspect organisations working with children and young people to make sure they are doing what they should be.



Write to: Ofsted, Piccadilly Gate, Store Street, Manchester M1 2WD

Telephone: 0300 123 1231 Visit: www.ofsted.gov.uk

Childline

Childline is a free 24hour helpline for children and young people in the UK. You can call the helpline any time day or night about any problem. It's confidential so they won't tell anyone about your call unless you ask them to or you are in danger.



Telephone: 0800 1111 Visit: www.childline.org.uk

Get involved

Junior In Care Council

The JICC is a group of children aged 8 to 13 years old who are in foster care who meet together for 10 days during school holidays throughout the year for fun and games.

As well as help to write this booklet the children have been involved in making boxes for children when they first come into care, creating posters and writing and recording a song/rap to raise other children's awareness about stranger danger.

If you would like to be involved speak to your social worker.

Youth Forum Southampton

Youth Forum Southampton gives you the chance to have honest, enjoyable and interactive discussions around a variety of topics (e.g. health, aspirations and school life) that are important to you.



Junior Neighbourhood Wardens

Take part in activities to help the local community have a neighbourhood they can feel proud of. Some activities include painting, planting and fun days out.



If you are interested in any of the above projects ask your carer or Social Worker to speak to Youth Forum directly on: 023 8083 2104 or email: youthforum@southampton.gov.uk

Lastly

My Foster Care Family will always care for me, but they will not replace my family

Here is a picture of my family





Thank you to all the children in the Junior Children In care Council (JCiCC) and Lindzi Patterson (Youth Worker based at Youth Options) for their help to write this booklet. Without their honesty, help and willingness to share their stories this booklet would not have been possible.

Thank you for taken the time to read this guide. We hope you have found some of the comments helpful. Remember to store it in a safe place.