



# PUT YOURSELF IN THE PICTURE

Information Guide for Children

# What is Short Break Fostering?

Short Break Fostering means getting to know a family who you will go to stay with every once in a while.

Some families might have other children you can play with.

You won't stay here for very long it will just give you chance to do new things with the foster family for a few days. And then you go home again.



# Why do I have a short break?

There are lots of reasons why children have a short break. Your family, short break foster carer or social worker can explain this to you.

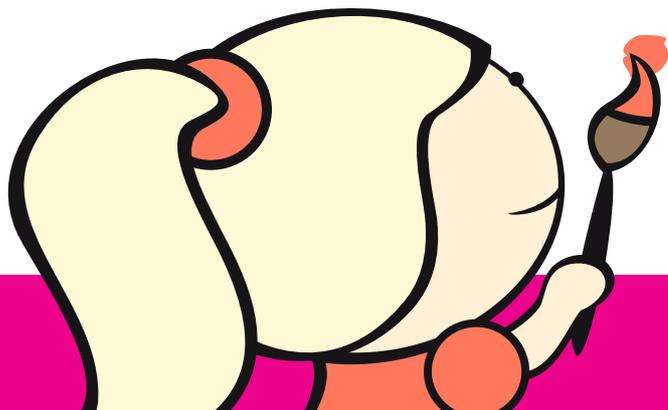
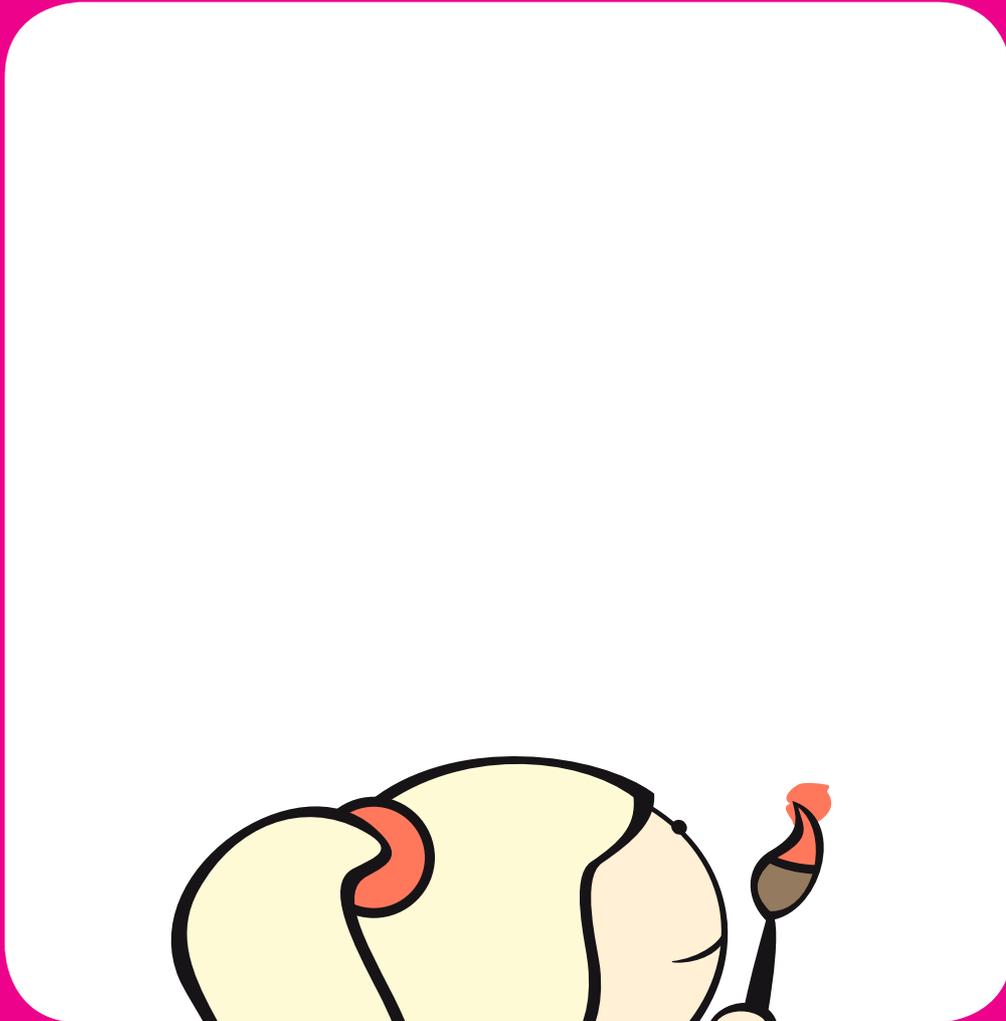
It might mean that you get the opportunity to do new things away from your family.

All children keep their families busy so it might also mean that your family put their feet up whilst you are away and have little rest ready for when you come back.



# Your Family

Your family will be important to you so why not stick in a photograph or draw a picture of them here



# What You can expect from your Short Break Foster Carers?

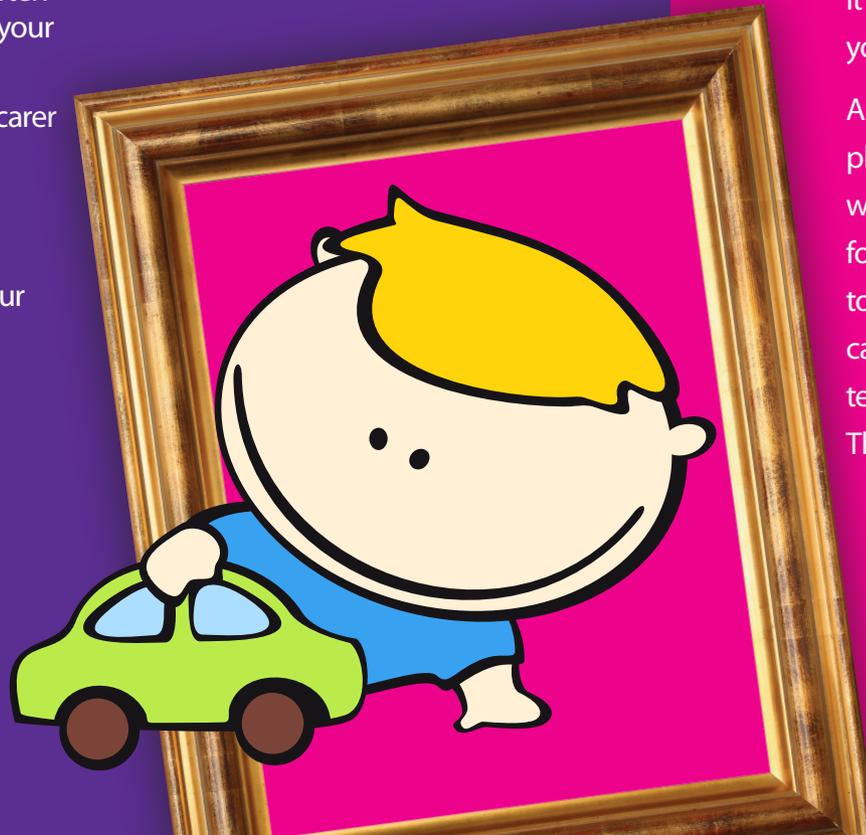
- Look after you and support you
- Be ready for you when it is your turn to stay with them
- Help you to settle into their home and show you your bedroom
- Talk to you about what you can and can't do, tell you about their house rules
- Make sure you have food that is suitable for you to eat
- Make sure you dress in the clothes you bring with you and make sure they are clean and tidy
- Make sure you get off to school okay
- Talk to your social worker about you
- Know how you communicate and help you to get your views across about what's important to you
- Make sure you are happy and help you if you are not happy
- Listen to you
- Talk to your family and let them know how you are
- Help you to pack up and get back home safely when it is time for you to go back to your family
- Support you to make friends, and help you if you ever get bullied

# What will my Social Worker do?

- Try to help you and your family
- Talk to you about why you are going to stay with your short break carers
- Help you if you are scared or worried
- Talk to you about how often you will be staying with your short break carer
- Talk to your short break carer about your care plan
- Discuss your care plan with you
- Come to see you and your short break foster carer
- Arrange regular reviews

My Social Worker's name is:

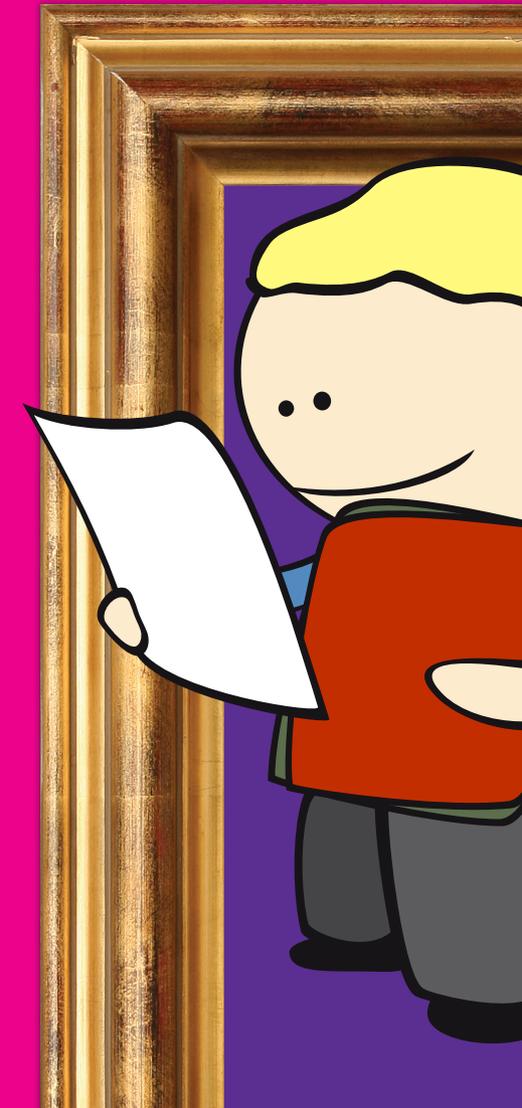
You can get hold of them here:



# What is a Care Plan and what is a Review?

Your care and placement plan will say what you will need and how you will be looked after. Your family and Social Worker will make the plan after talking about it with you. It will help everyone to make sure you are happy and well cared for.

As you grow and get older your plan will need to change. People who help you with short break fostering will meet with your family to talk about what's different. You can go to this meeting if you like or tell someone what you want to say. This meeting is called a review.



# Our promise to you is to:

- Care about you and your future
- Listen to you and tell you what is going on
- Value you as an individual
- Keep you safe and well looked after
- Respect, help and support you
- Help to keep you healthy and active
- Provide opportunities for you to learn, develop and have fun.



# Bullying

Bullying can happen to anyone at any age. Being bullied at school, home or online might involve someone pushing you, hitting you, teasing you, talking about you or calling you names.

If you are being bullied you must tell some one. If you don't tell anyone, then no one can help. You must talk to your parents, short break carers or social worker or an adult you can trust.



## Your Rights

- To make a complaint
- To be listened to
- Follow a certain religion if you wish to
- Not to be hurt
- Speak to an independent advocate for support and help
- Use a telephone or communicate in your own way
- Have your own space
- Have your own views
- Be healthy
- Be treated with respect
- To be protected and kept safe
- Be in touch with your family



## Who else can you speak to?

We always try to make sure children stay with a foster family that they will be happy and comfortable with. Sometimes you might feel sad and you should try to talk to your carers about what is upsetting you. If you feel you cannot do this then you can talk to your parents or Social Worker.

Children's Complaints and Information Access

You can get in touch with this team if you want to want help in expressing your views through an advocate or wish to make a complaint.

Children's Complaints and Information Access  
North East Lincolnshire Council  
6th Floor Freeman House  
Freeman Way  
Grimsby  
North East Lincolnshire  
DN32 7AU

Tel: 01472 326426 or 01472 323053 Text: 07730014286  
Email: [ChS.customerservices@nelincs.gov.uk](mailto:ChS.customerservices@nelincs.gov.uk)



# Other useful details

Children's Rights Director for England has a team of people who listen to children's views. You can visit their website or contact them on

Office of Children's Rights Director  
Ofsted  
Aviation House  
125 Kingsway  
London  
WC2B 6SE

Tel: 0300 123 4666

Website: [www.rights4me.org](http://www.rights4me.org)

Ofsted come to inspect the Fostering service to make sure we do everything we can so you get the best care. If you are not happy with something you can contact them on

Ofsted  
Picadilly Gate  
Store Street  
Manchester  
M1 2WD

Tel: 0300 123 1231

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

Childline helps to protect children from harm and this is the helpline number which you can use any time if you need their help:

Childline

Tel: 0800 11 11

Website: [www.Childline.org.uk](http://www.Childline.org.uk)