

indigo

My guide to being in foster care

A little book about your new home.



This book belongs to

✦ **What is Indigo Fostering?**

We're a team that helps children find a safe and caring home when they can't live with their own family right now.

We work with kind foster families who are excited and ready to welcome you.



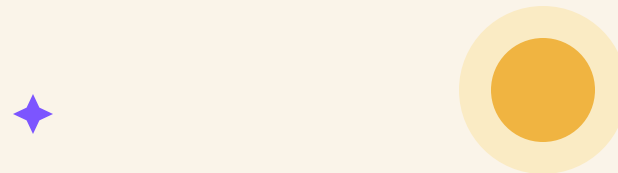
Activity – colour in the indigo logo!

Grab your favourite pens or crayons and make it as bright and colourful as you like!

indigo



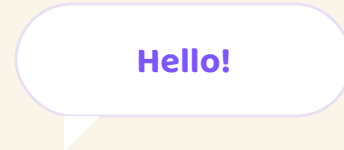
✦ What is foster care to you?



✦ What does my social worker do?

You'll have a social worker who is like a friendly guide. They'll chat with you, explain what's happening, and make sure you're okay.

It's good to know their name and how to reach them, so you can talk whenever you need to.



Social worker's name

Phone number

Email

✦ Wishes and feelings

Wishes

are the things you want to do, or want to happen.

Feelings

are being happy, sad, okay, worried or excited about something.



Your wishes and feelings really matter. Your social worker and foster carer always want to know what you think and feel.

◆ How long will I stay?

Your social worker will make a plan just for you. It's called your care plan.

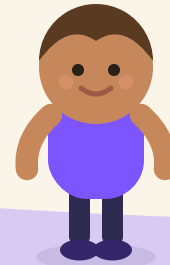
It includes the things that matter to you — your school, your health, seeing your family and friends, and how long you'll stay with your foster family.

Do you have any questions? Write them here:

1
.....

2
.....

3
.....



✦ What can I expect at my foster home?

Every foster family is different, but they all keep you safe and cared for. Your foster carers will look after you when you're poorly, help you get to school, and help you stay in touch with the people you love.

You can also expect:

- ✦ Celebrations on special days
- ✦ Time with friends and family
- ✦ A cosy room to call your own
- ✦ Help with school and learning
- ✦ Some pocket money of your own
- ✦ A quiet spot to chat with your social worker



Tell us what you like and don't like

You can draw or write in these boxes. There are no wrong answers — this is all about you!



Things I like



Things I don't like

✦ Your rights

Living with a foster family means you have some important promises. You have the right to:

- ✦ Be safe and cared for
- ✦ Be listened to
- ✦ Get the help you need
- ✦ Ask someone to speak up for you
- ✦ Celebrate your culture and beliefs
- ✦ Get extra help whenever you need it

At Indigo, we promise to...

- ✦ make you feel cared about
- ✦ listen to you and get to know you
- ✦ help you achieve and succeed
- ✦ help you keep in touch with family

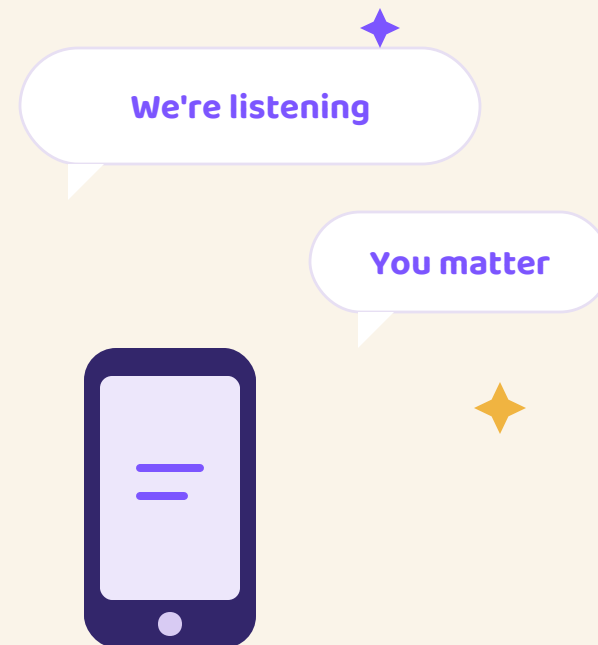
✦ What if I'm not happy?

If something feels wrong or you're feeling unhappy, lots of people are ready to listen — your social worker, your supervising social worker, a teacher, or your IRO.

IRO stands for Independent Reviewing Officer. Your IRO looks after your review meetings, and you can talk to them any time you like.

My IRO is called

Phone number **Email**

✦ Ofsted

Ofsted is a big team that checks children in foster care are being looked after well. They might visit and chat with people, and sometimes they'll ask you how things are going.

Your foster carer is never allowed to hurt you. If you are ever worried about anything, please tell someone — lots of people care about you and want to help.



Ofsted

Phone	0300 123 1231
Email	enquiries@ofsted.gov.uk
Website	ofsted.gov.uk

Children's Commissioner

Phone	020 7783 8330
Website	childrenscommissioner.gov.uk

Useful numbers

Your social worker

Name

Phone

Email

Indigo Fostering

Phone 020 8044 5670

Email hello@indigofostering.com

Website indigofostering.com

Childline

Phone 0800 1111

Website childline.org.uk

Free, private, anytime

Ofsted

Phone 0300 123 1231

Email enquiries@ofsted.gov.uk

CoramVoice

Phone 0808 800 6792

Website coramvoice.org.uk

Children's Commissioner

Phone 020 7783 8330

Website childrenscommissioner.gov.uk

We're here for you
every step of the way.