



Your guide to foster care

What fostering is, what you can expect, your rights, and how we'll support you along the way.

01 Welcome

Coming into foster care is a big change — this guide is here to help.

We understand this can feel like a lot, and maybe a challenging time. This guide explains what fostering is all about, and how we'll support you while you're with us. You'll be given it when you first join your foster family, and your carer or someone from Indigo will make sure you understand it and can ask any questions.

What is fostering?

Fostering is when you live with a foster family who take care of you and make sure you're safe, happy and healthy. Families are carefully chosen to match your needs and give you a stable, caring home.

About Indigo

Indigo Fostering provides foster care for children and young people up to 18. Our goal is for you to have a positive experience, and to grow up somewhere safe and nurturing where you feel happy.



This is your guide

Keep it somewhere safe — you can look back at it whenever you like. There's space inside for the details of the people who support you.

02 What to expect

When you join a foster family, here's what you can expect from us and from your carers.



A warm welcome

Your foster family will welcome you and help you feel at home from day one.



A safe home

Your safety comes first — a safe, secure and settled place to live.



Support

A social worker visits you regularly, plus a supervising social worker for your carers.



Education

Your carers and everyone at Indigo will support you with school, college and your goals.



Activities

Chances to keep up hobbies, sport and interests — and try new ones.



Allowances

Depending on your age, a weekly allowance for pocket money and leisure.



Got a question?

Write it down and ask your social worker or foster carer anytime — no question is ever too small.

03 Your rights

As a young person in foster care, you have rights. These include:



Being heard

Your opinions and feelings matter — share them with any trusted adult.



Privacy

Privacy in your personal space and belongings.



Education & health

The right to go to school and access healthcare.



Safety

The right to be safe and protected from harm.



Family contact

Staying in contact with your family, as long as it's safe.



Someone to speak up

You can ask for an advocate to speak on your behalf.

04 Your foster family

Your foster family is there to care for you. They will:



Provide for your needs

Food, clothing and a comfortable place to live.



Support your education

Help with schoolwork and encouraging your learning.



Encourage your interests

Sport, arts, hobbies — whatever you enjoy.



Listen to you

Listen to your thoughts and support your decisions.

05 Your wishes and feelings

Your needs and wishes matter — to us, to your social worker, and to your foster family. We always want to know how you'd like us to help shape your future. Your social worker will visit you regularly and help you stay in touch with the people who are important to you.

06 Planning your future

We'll help you build the skills for independent living — cooking, running a household, finding work and managing money safely. We'll also support your education and employment goals, and help you understand the health services and housing options open to you.

Your Pathway Plan

You and your social worker will create a Pathway Plan to prepare you for adulthood — covering your education, employment, housing and health goals.



“Staying Put”

We support Staying Put arrangements, which let you stay with your foster family after you turn 18 — so you have support for a steady, confident move into adult life.

07 Feedback and complaints

We want to hear from you. If you have feedback or concerns, talk to your foster family, your social worker, or contact us directly — nothing is too big or too small.

Raise a concern with Ofsted

Phone

0300 123 1231

Email

enquiries@ofsted.gov.uk

Webform

contact.ofsted.gov.uk/contact-form

08 Your people

The people who are here for you. Their details can be filled in before your guide is printed.

Your social worker

There for you — talk to them about anything that's on your mind.

Name

Phone

Email

Your IRO

Your Independent Reviewing Officer looks after your review meetings. Talk to them any time.

Name

Phone

Email

09 Where to get help

You're never on your own. These organisations are here for young people whenever you need them.

Indigo Fostering

Phone 020 8044 5670
Email hello@indigofostering.com
Website indigofostering.com

Childline

Phone 0800 1111
Website childline.org.uk

CoramVoice

Phone 0808 800 6792
Website coramvoice.org.uk

Ofsted

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

Children's Commissioner

Phone 020 7783 8330
Website childrenscommissioner.gov.uk



We're here for you

Fostering is about giving you the best chances to grow and thrive — we're with you every step of the way.