



Your Guide to

Being With

**Flourish Fostering**

**Flourish**  
Fostering



# Welcome to Flourish Fostering

## Who are we?

The clue is in our name. We are the people who support and supervise your foster parents as they do the important work of looking after you.

It is our job to make sure we provide you with everything you need to flourish and grow.

We realise there have been some big changes, and you may not have chosen to be living where you are now.


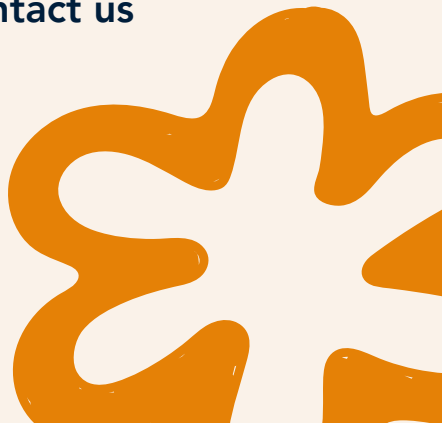
We understand that you'll want to be able to make choices about your life where possible, so this guide is here to help you with that.



## Your Life

As much as we can, we want to give you choices. We also want to give you knowledge. Because, as they say, "knowledge is power".

Hopefully this guide contains useful information for you. If there is anything else you want to ask us, please feel free to ask. There are details in this guide of how to contact us whenever you need to.



## Your Health

It's your foster parent's priority to make sure that all your physical and mental health needs are noticed and seen to. Please speak up if you ever have any health worries. You and your wellbeing are really important. Once a year you will have a medical check up with the Children's Care nurse.

## Your Future

We want to hear your ideas about your future so that we can think about the support you may need when you leave school, and what you might do next, like college or training. We don't want to leave this to the last minute, so we have something called a Transition Plan that your Flourish social worker will start to work through with you before you turn 16.

## Your Money

We know money is (probably) really important to you. You are entitled to weekly pocket money, and a clothing allowance that your foster parents will either give to you directly for clothing or will use to make sure you have all the clothes you need. Your Foster Parent will also be contributing to a savings account for you every month, so that when you leave care you will have a lump sum to use for the important things you might need.

The amounts will be discussed with you at the planning meeting that is held when you first arrive at your foster family.





# Your Education

Every 6 months you will have a PEP meeting at school. This is your Personal Education Plan that makes sure you're getting what you need from your education, or what help you might need to achieve the best you can.



# Your Culture /

# Faith

Every family has its own traditions and values. Your foster parents will share with you what they observe within the home and invite you to become part of their Family culture.

This might include things like cooking dinner together, family film nights or ways to best communicate with each other within the home.

Your foster parents will be happy to include any other traditions and values that are important to you.

Your Foster parents will also be able to help you with anything you need to observe your faith including taking you to your place of worship, making sure you have suitable food or clothing and support you to celebrate any festivals.



# Events at Flourish

Graffiti Workshop!



At Flourish we hold lots of events throughout the year which gives you a chance to meet up with other young people in the Flourish family and enjoy some fun activities.

These could include Easter Events, Youth Forums & Workshops, Pool Parties, BBQs, Halloween Activities and Christmas Pantomimes. We also offer online Youth Meetings and Games Nights.

Pantos and shows!



Charity Fun Day!



Clothing Design Workshop!

Your Flourish social worker will be able to tell you about the exciting Flourish events happening in your area.

# **Your Team**

There are lots of people in your team that you can turn to for support.

Remember everyone in your team is there to help **YOU!**



(Don't forget to check out your Flourish Welcome Pack for photos and contacts details of everyone in your Flourish Team!)

# More About Your Team

## Foster Parents

These are the adults chosen by your Local Authority social worker, who are there to make sure you feel safe, protected and supported. They are very well trained and they have had lots of checks to make sure they can do what you need them to do.

## Supervising Social Worker

Your Foster Parents have their own social worker, and you will get to know them very well too. Their job is to make sure your foster parents are taking really good care of you, and they are here for you too. You can tell them anything you want, for example what you need, what you don't like etc.

## Participation Team

This is a team of people whose job it is to find out from you how you are finding life with your foster family – celebrating what's going well, and hearing about what's not going so well so we can help things get better or make changes if that's what's needed. Your Participation team will speak to you about coming to fun events and activities with other Flourish young people.

## Local Authority Social worker

This is the person responsible for decisions made about your care, including who you live with, where you go to school, when you can see your birth family, etc.





## Advocate

Some of our children get an advocate. If you or anyone in your team feels that you are not getting something you need, we can ask for an advocate to talk with you about the things you are concerned about and to talk for you during meetings to make sure people listen. It is your right to be able to make a complaint.

## IRO

This is the Independent Reviewing Officer who will attend all your Child in Care Reviews. They are independent and are there to oversee your situation and make sure that everyone is doing their job properly.

## Who else can you turn to?

We realise that sometimes you may find it difficult to speak to people close to you such as your foster parents or your social workers. There might be other people you can feel comfortable talking to. These might be your favourite teacher, pastoral staff, school counsellor, sports coach, etc.







**Keep reading.**

 **Glo Karting!**  
in Thames Valley

**You have raced through the guide  
so far and there are only a few  
more things you need to know now!**

**[but they're quite important]**





# Your Voice – How you can be involved in what your team does

## Your Child in Care Review

(every 6 months)

This is your meeting. Your team gets together to think about how things are going for you and if anything needs to change. You can attend this meeting if you want to, to make sure your views are heard. If you would rather not be there, make sure you have told us if there is anything you want us to talk about. Before your CIC review, your Flourish Supervising Social Worker or a member of the participation team will be in touch with you to speak about how the last six months has been.

*What you think is really important. We are not just saying this because it sounds good. We want to hear from you anytime, but there will also be a regular chance to tell us how things are going.*

## Your Foster Family's Review

(once per year)

Once a year your foster family has a review to check that the work they are doing is meeting your needs. At this time, the Flourish Supervising Social worker will talk to you to get your views too.

**This information is really important for Flourish as we want to make sure our families are brilliant!**

## Visits from your Social Workers

(regularly over the year)

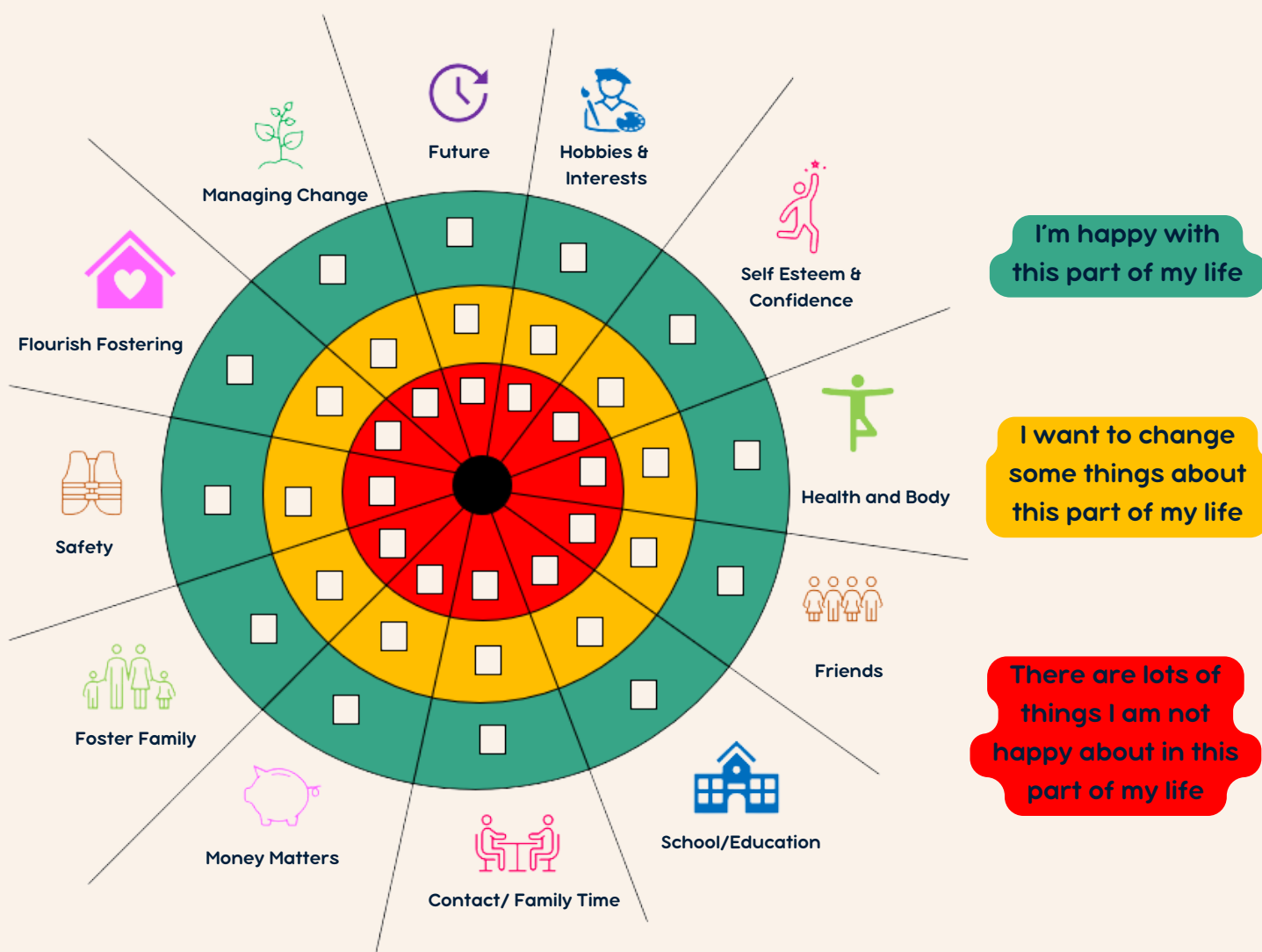
Whenever your Flourish or LA Social Worker visits you or your foster family, you can ask to have a private conversation if that's what you need. There will also be times when these people might ask to speak with you privately.





# Your Voice - The Wheel

This is a chance for you to have your say and voice your opinions on all aspects of your life. We want to know what's going right but we also want to know what things could work better for you and how we can support you better. What are the bits you don't like? You can also use the wheel to highlight areas you want discussed in your reviews with the local authority.



The wheel above can be completed with your Flourish Supervising social worker or a member of the participation team every few months. We can go through it with you in person or over Zoom if you like.

# Some important numbers you might need

**Talk to Flourish:** 01634 969 050

**Email:** [hello@flourishfostering.co.uk](mailto:hello@flourishfostering.co.uk)

**Out of Hours No:** 07810 565 342

**Emergency Duty No:** 07824 471 684



**Number:** 0800 11 11

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

**NSPCC**

**Number:** 0808 800 5000

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



**Number:** 0300 123 1231

**Website** [www.ofsted.gov.uk](http://www.ofsted.gov.uk)



**Number:** 0808 800 5792

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



**Number:** 020 7783 8330

**Website:**

[www.childrenscommissioner.org.uk](http://www.childrenscommissioner.org.uk)