

Young Person's Guide Scotland




0141 646 1400

contactus@thefca.co.uk

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Using this Guide

This guide is to help you find out a bit about being in foster care and Foster Care Associates Scotland. Please don't worry if this is all a bit too much to think about: keep this and come back to it when you need to, as it has a lot of very useful information.



Welcome

Welcome to Foster Care Associates Scotland (FCAS). We hope you are getting to know your foster family and that you will feel safe and enjoy your time with FCAS.

What is FCAS?

FCAS was set up for children and young people who need to be fostered. We find people who want to be foster carers and train and support them.

Who works at FCAS?

As well as foster carers we have different members of staff and you can find out about them and what they do in this guide.

What is fostering?

Fostering is a way of offering children and young people a home while their own family is unable to look after them. Fostering can be a temporary arrangement, and many fostered children return to their own families. Children who cannot return home but still want to stay in touch with their families often live in long-term foster care and have continued support from their local authority or health and social care trust.



FCAS Services: How We Can Help

As well as training and supporting your foster carers, FCAS provides other people you may hear about.

YOU

Foster Carers

Supervising Social Worker

Short Break Foster Carers

Support/ Participation Staff

Therapist

Find out more about them on the next page.

So what do these people do?

Supervising Social Worker

- Supervise and support your foster carer.
- Visit regularly.
- See your bedroom and will check you are happy cared for and well looked after.

Short Break Foster Carer

- Provide a break for you and your carer if needed.

Support / Participation Staff

- Help you to get involved in activities.
- Help you to achieve new things and develop new skills.
- Help you to have your opinion heard.
- Keep you informed of what is happening in FCAS.
- Organise events for you to attend.

Therapist

- Sometimes you may not be able to fully explain how what has happened in the past may have affected you. Therapists can help foster carers and social workers to understand. They give them ideas to help.

FCAS SUPERVISING SOCIAL WORKER:

.....
TEL:
.....

EMAIL:
.....



IF YOU WANT TO KNOW MORE JUST ASK!

There are also some other people who are not employed by FCAS, but who are there to help you – have a look at the next few pages for info.

Other people outside FCAS who you will hear about and are there to help you

Social Worker

Their job is to get to know you, plan how you're going to be looked after and make sure you're being cared for properly.





- From your home area
- Must listen to you
- Let them know what you think
- In Scotland Regulations state that a minimum of a visit within the first week of placement and thereafter at least every three months. Other regulations also specify that in certain other situations, the local authority must carry out additional visits. Generally you should expect to be visited regularly by your social worker.

Your Social Worker will:

- Talk to you and your foster carers and make a plan for how they will care for you (placement plan).
- Tell you and your foster carers what decisions they can make for you without asking permission.
- Tell you how to make a complaint if you're unhappy and get someone to speak up for you if you would like.
- Arrange meetings about how you're getting on.
- Talk to you and make plans about the future with you.

YOUR SOCIAL WORKER:

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TEL:

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EMAIL:

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Independent Reviewing Officer (IRO)

- Arrange regular meetings to review the plan for you.
- Make sure the plan for your care (care plan) is good.
- Make sure everyone involved is doing their job properly.
- They find out how you are getting on before the review meeting.
- They have a duty to make sure the care plan is working in your best interest.



Your Social Worker should give you a copy of your care plan, or explain why they won't give you a copy.

YOUR IRO:

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TEL:

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EMAIL:

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Advocate

The law says that social workers and other adults should listen to your wishes and feelings about your care.

If you are unhappy about something to do with your care or education you have a right to an advocate.

They are there just for you – they will act and speak on your behalf.

Some young people are happy to speak up for themselves – others find it harder.

They can help you with: your social worker, contact with your family, bullying, being suddenly moved from your foster home, or help you in meetings.

The service below runs an advocacy helpline for looked after children and care leavers in Scotland and will help you find an advocate.

Speak to your carer or your social worker about your local Children's Rights Service.

You can also contact

Who Cares Scotland:

National Office
0141 226 4441

hello@whocaresScotland.org

40 Wellington Street, Glasgow, G2 6HJ



Get involved with FCAS

We want your voice to be heard so that we can make FCAS better for everyone:

1. Give your feedback about events, staff and FCAS.
2. Help us with interviews and training for staff and foster carers.
3. Come and get involved in activities.
4. Take part in children and young people's forums - have fun and tell us what you think.

Ask your Support / Participation Worker for more information



Stay Safe



Keeping Safe

Everyone at FCAS will work to make sure you are safe and not harmed in any way, but if you are harmed or if there is an allegation or suspicion of abuse, we will have to tell children's services or the police.

If you are being hurt or have been in the past and no one knows about it, speak to an adult you trust (foster carer, FCAS social worker, teacher). They will listen to what you are saying and take it seriously. The person you tell will discuss what's happening next with you, but they will have to tell someone else to make sure you are safe and well.

Bullying

Bullying can range from name calling to being hit. If you are being bullied in school, at home or anywhere (including cyber bullying online) tell your social worker, foster carer or another adult you can trust.

Information

While you are with FCAS, we will keep information about you, and your local authority will also keep files about you. You have a right to see the information (apart from some confidential information). Speak to your foster carer or FCAS social worker if you want to know more.



Internet & Mobile Safety

WWW.THINKUKNOW.CO.UK

The internet and mobile phones can be great for loads of reasons, but sometimes the internet and social media can be misused and harmful. Take care how you use the internet.

If you are worried about who you are talking to, report them, never agree to meet someone in real life if you have met them online.

Think before you post

Only connect with friends

Keep your settings private

Don't share your password

Don't be hurtful towards others

Be kind to others

Memory Box

You will receive a memory box (if you haven't already) that you can use to keep a record of your time with FCAS and somewhere to keep your sentimental items.

There are lots of things you can put in your memory box, some ideas are:

- PHOTOS
- USED TICKETS (E.G. CINEMA TICKETS)
- PAINTINGS/DRAWINGS
- CELEBRATION CARDS
- INVITATIONS
- CERTIFICATES
- LETTERS
- MEDAL/AWARD

In fact any relevant items that are suitable can be placed in the box and looked back on when you are older to remind you of your time with FCAS and your carers.





Education Without Compromise



We believe that a good education is one of the most important things to help you have a positive future.

- We will always be ambitious about your education and try to help you reach your full potential.
- We will provide you with opportunities to develop your skills and to think about your future and possible jobs and careers.
- We will try to arrange extra support for you when you need it.
- We will support your foster carers to help you get the best from your education.
- We will expect your foster carers to attend education meetings with you and make sure your views are heard.
- We will provide your foster carers with information and training to make sure that they are up to date on all educational matters.

If you are unhappy

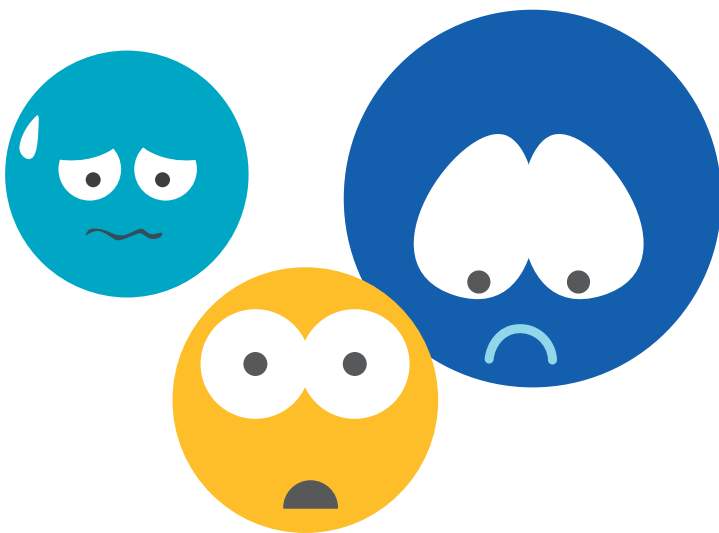
Sometimes it can be difficult living in a foster family and there can be misunderstandings, difficulties and problems. Talking about why you are angry or upset can help sort things out.

If you are unhappy about things such as:

- Feeling as though you are being treated unfairly, or wrong decisions being made
- The rules of your home
- Not being listened to
- Problems at school

In these cases, tell someone else:

- Foster carer
- Social worker
- Teacher
- Friend
- Advocate
- Support worker



How can we help?

If you feel unhappy about something related to your foster carers or FCAS it is important to voice your concern. You may want to consider making a complaint.

Don't worry about making a complaint to FCAS, it is your right and you won't get into trouble. We like to hear your concerns and complaints as this can sometimes help us to improve our services for young people.

To make a complaint, you can fill in a complaints form (if you haven't got one you can ask your foster carer or FCAS social worker).

You can also ring 01527 556480 or email contactus@thefca.co.uk to say you want to make a complaint.

They will advise you and help you find someone to support you if you wish. They will also tell you what to expect at any stage of your complaint.

Useful Contacts

Childline

Childline is a private and confidential service for children and young people up to the age of 19. You can contact a childline counsellor about anything – no problem is too big or too small.

Tel: 0800 1111, or go to childline.org.uk.

Talk to Frank

Friendly, confidential drugs advice.

Tel: 0300 123 6600 or go to talktofrank.com or text 82111.

Young Minds

A charity committed to improving the well-being and mental health of children and young people.

Go to youngminds.org.uk.

Brook

Free and confidential advice about sexual health and well-being for under 25s.

Go to brook.org.uk.

OTHER USEFUL CONTACTS:

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Statement of Purpose

The statement of purpose tells you about FCAS so you and other people will be able to read it and find out more about us and what we do.

The statement of purpose tells you about:

- The people who work for us
- How we find foster carers and how we train and support them to look after children and young people
- What help and support we can offer you
- What to do if you're unhappy with any part of your care and how you can make a complaint.

Most of this information is in this guide, but if you want to know more you can ask your foster carers for a copy of the Statement of Purpose.



Care Inspectorate

An organisation which inspects fostering services in Scotland.

Care Inspectorate

Tel: 0845 600 9527

Email: enquiries@careinspectorate.gov.scot

Go to www.careinspectorate.com



Notes

A series of horizontal dotted lines provided for taking notes.



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Issued October 2020