

My Important Contacts

My social worker's name is:

Their phone number is:

Their e-mail address is:

My IRO's name is:

Their phone number is:

Visit the Kent Cares Town website for more information about being in care
www.kentcares town.lea.kent.sch.uk

What do you think?

If you have any comments about the information in this pack or ideas about how it could be made better then email us at VSK_Participation@kent.gov.uk or calling us on **03000 421654**.

Kent **Pledge**

Children's Guide to Being in Care



kent.gov.uk



We understand that being in care and leaving care isn't always easy and that it can bring extra challenges and pressures for you. If we are going to get it right for you we need to make a real difference to help you do your best and have success in your life." - Kent Pledge (see the full Kent Pledge inside).

Sometimes your parents are unable to look after you so Kent County Council and your social worker will decide that it is better for you to be looked after away from home. They will find the right foster family for you, this may even be a relative

or someone you know. Your social worker will ask you about what kind of place you might like to live in and try to match this with the right family and this is called being in care. There is lots more to read about being in care in this pack.

How do you feel about foster care? You can use this box to record your thoughts or to draw about how you feel.

Foster Carers

When you are looked after by Kent County Council you live with foster carers who will care for you and will be there if you feel bad about something. Lots more information about fostering can be found about them in the Children's Fostering Guide. Ask your social worker or foster carer for a copy if you don't already have one.

Social worker

When you are in care you will have a social worker who will visit you at least once every six weeks. They come and see you to make sure that you are happy and healthy. If you're feeling unhappy with your social worker or the decisions being made you can speak to any of the other adults featured in this leaflet. They will listen to you and take action to make things better for you.

Care plan

Your social worker will talk to you about how you are cared for and where you will live, the adults around you will call these decisions a care plan.

Use the box to write a sentence or to draw about how you feel about having a social worker:

Specialist Nurse

A specialist nurse will give you a check up to make sure you are fit and healthy. They know all about health and wellbeing and can give you lots of tips. They are another person that you can trust and share things with.

Independent Reviewing Officer

An independent Reviewing officer is someone who will chair meetings which relate to your care. They will ensure that decisions which are made about your care are put in to place. You can find more about them in the IRO Information leaflet inside the pack.



Advocate

An advocate is someone who you can talk to about your thoughts and feelings when you find it hard to share them with other people. They can talk instead of you at meetings or to other people who care for you if you want them to. They can be helpful if you have something to say but are finding it difficult to share. You can read more about them in the Advocacy Support Leaflet.

Virtual School Kent Participation Team

The VSK participation team help children in care to say how they feel about their care. They also organise fun activity days during the school holidays for you to come along to and they help with the running of the 'Our Children and Young Peoples Council'. If you want to read more about it the VSK Participation Team Information Leaflet and the Children in Care Council information are in your folder.

Designated Teacher

Your designated teacher is someone at your school who understands the things children in care might need. They are there to help you do well at school, if you are feeling bad at school you can speak to your designated teacher who will understand and help you.

What things do you like about school? What do you dislike? Use the box to make a note of them: