

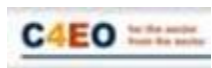


Family Futures

Family Futures CIC
3 & 4 Floral Place
7 – 9 Northampton Grove
Islington London N1 2PL
T 020 7354 4161 F 020 7704 6200

What is Family Futures?

Family Futures CIC, a community interest company registered in England and Wales with registered company number 8423617
Registered office address:
Wellesley House, Duke of Wellington Avenue, Royal Arsenal, London, SE18 6SS.
Adoption agency registration – SC462984
Company registration n° 8423617



www.familyfutures.co.uk

A guide for young
children who are
fostered

Family Futures helps children who are in foster care.

Children come into foster care for many reasons and sometimes it is confusing as to what this means.

Some children are fostered only for a short time before they move into a more permanent 'forever' family which can be either another foster home or an adoptive family.

At Family Futures we know that it is hard and sometimes sad and scary to think about why you are in foster care. We know that children and young people often have lots of questions and things that they're not clear about.

The staff at Family Futures are here to help you understand what it means to be in foster care and to help you to share your questions and feelings with us and with your foster carers.

Many children who are in foster care often want to know the answers to the following questions.

- Where is my birth family now?
- Are they ok? Can I see them?
- Why did I leave them? Was it my fault?
- Am I going to stay here forever?
- What really happened to me when I was younger? Am I mad? Am I bad? Am I stupid?

- What sort of grown-up will I be?
- Am I safe?

Do you want to do this?

We know that it is not easy and that it is hard to trust people; but we also know that young people, who have had difficult starts in life are survivors. They are strong and deep down want to sort their lives out.

The adults at Family Futures will:

- Keep you safe
- Will listen to any worries or fears you may have
- Help you talk to your parents
- Help you understand what's happened to you in the past
- Help you feel good about yourself
- Help you make good choices and have fun
- Help you talk about difficult things
- Sometimes we might have to tell other people about something you have told us so that we can make it better for you and really safe for you and others. We will try very hard not to upset you or other people.

Many children have told us it was helpful to talk to someone about how they feel. That's what we at Family Futures are here for.

How will we do this?

- By talking to you and finding out what you think and want to say.
- By talking to your foster carers.
- By getting information from your files.
- Sometimes we make contact with your birth family, if you and your foster carers think this might be a good idea.

- By using drawing, painting, stories, music, drama and other art forms.

If you don't think Family Futures has helped to sort out your problem then there are some other people you can ask for help instead. They are:

Family Futures' Independent

Person, Roger Weissman (he makes sure everyone gets a good service at Family Futures).

Tel: 07506 720618

Email: roger.weissman@outlook.com

Alternatively you can contact Ofsted (these people are there to protect you):

Ofsted
Piccadilly Gate
Store Street
Manchester M1 2WD
Email: enquiries@ofsted.gov.uk
Tel: 0300 123 1231

Or you can contact the
The Children's Commissioner for
England
Email:
info.request@childrenscommissioner.gsi.gov.uk
Tel: 020 7783 8330

If you are unhappy or upset about something that has happened or been said at Family Futures then you can tell someone. You can tell:

- Your foster carers
- Another adult like a teacher
- Your Independent Reviewing Officer
Write their name and number here
- Your therapist at Family Futures
0207 354 4161

These people will try to sort out the problem for you.

Children's advocates – NYAS

If you want some help from someone because you think you are not being listened to, you are in need of some advice, you are not being treated fairly or you are not feeling safe you can ask NYAS to help you.

You can visit their website at:
<https://www.nyas.net/helpline>

You can call them for free on:
0808 808 1001

Or you can send an email to:
help@nyas.net