



Family Futures



Family Futures CIC
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How Can Family Futures Help Me?



A guide for children in Foster Care

Welcome to Family Futures!

Family Futures is an Agency that helps children who are fostered, adopted or living with a family member

We help children feel safer and happier!

We know that life can some times be:

Scary

Tricky

Sad

and we know that children often have
lots of questions and worries



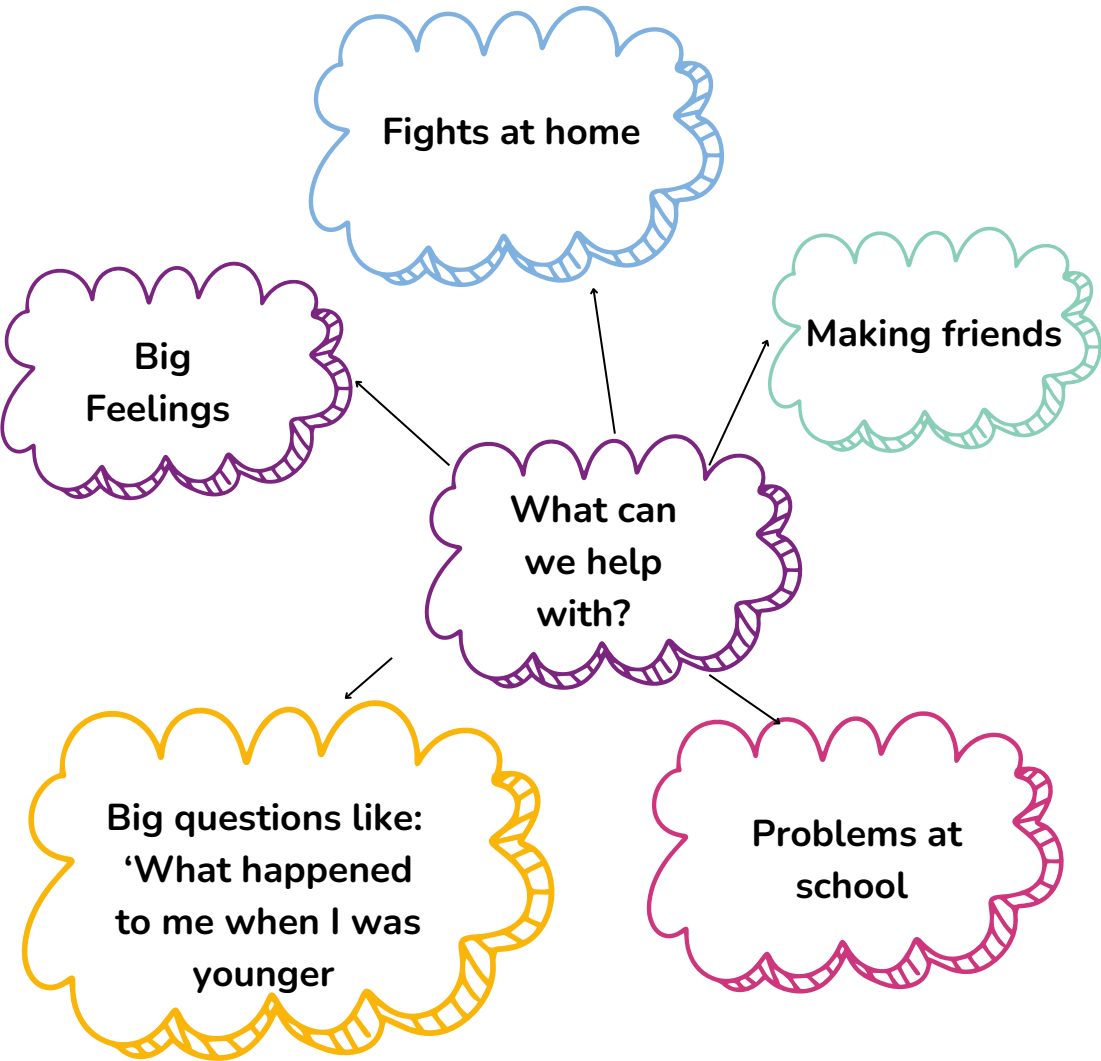
We are here to help you share your question sand big
feelings with us and with your carers!

ALL FEELINGS ARE
Welcome



HERE!

The team at Family Futures are here to help you and the grown ups in your life:



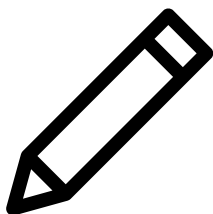
How will we do this?

By talking to you and finding out what you think and want to say.

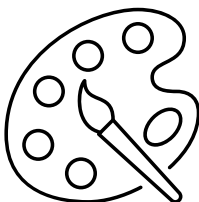
By talking to your parents/carers and brothers or sisters.

During your time at Family Futures we will use

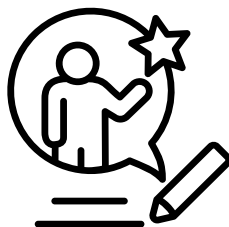
Drawing



Painting



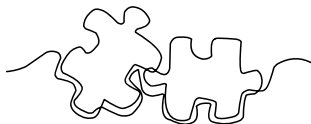
Stories



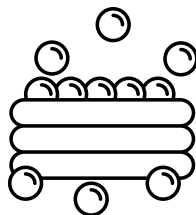
Drama



Games



Relaxation techniques



It is usual as a young person to want to understand more about your life story as part of working out who you are and who you want to be.

We know that it is hard to trust people, and is not easy thinking about your past.

We also know that children who have had difficult starts in life are survivors.

They are strong and deep down want things to be better.

The team at Family Futures work hard to:



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 therapist at Family Futures – call 0207 354 4161

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.

Family Futures' Independent Person:

Reem Wipfler (she makes sure everyone gets a good service at Family Futures).

reem@familyfutures.co.uk

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

Ofsted

Email: enquiries@ofsted.gov.uk

Tel: 0300 123 1231



Or you can contact the

The Children's Commissioner for England

Email: [Contact us | Children's Commissioner for England](#)
[.childrenscommissioner.gov.uk](http://childrenscommissioner.gov.uk)

Tel: 020 7783 8330



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 the National Youth Advocacy Service (NYAS) to help you.

You can visit their website at:

[NYAS Helpline](https://www.nyas.org.uk/nyas-helpline)

You can call them for free on:

0808 808 1001

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



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We're here for you!