



Family Futures



Family Futures CIC
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How Can Family Futures Help Me?



A guide for young people in Foster Care

Welcome to Family Futures!

Family Futures is a therapy and support service for children and young people who are care experienced.

We help children and young people feel safer and happier.

At Family Futures we know that life can be difficult, sad, and scary when 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 share your questions and feelings with us and with the grown ups in your life and to understand what it means to be care experienced.

ALL FEELINGS ARE
Welcome

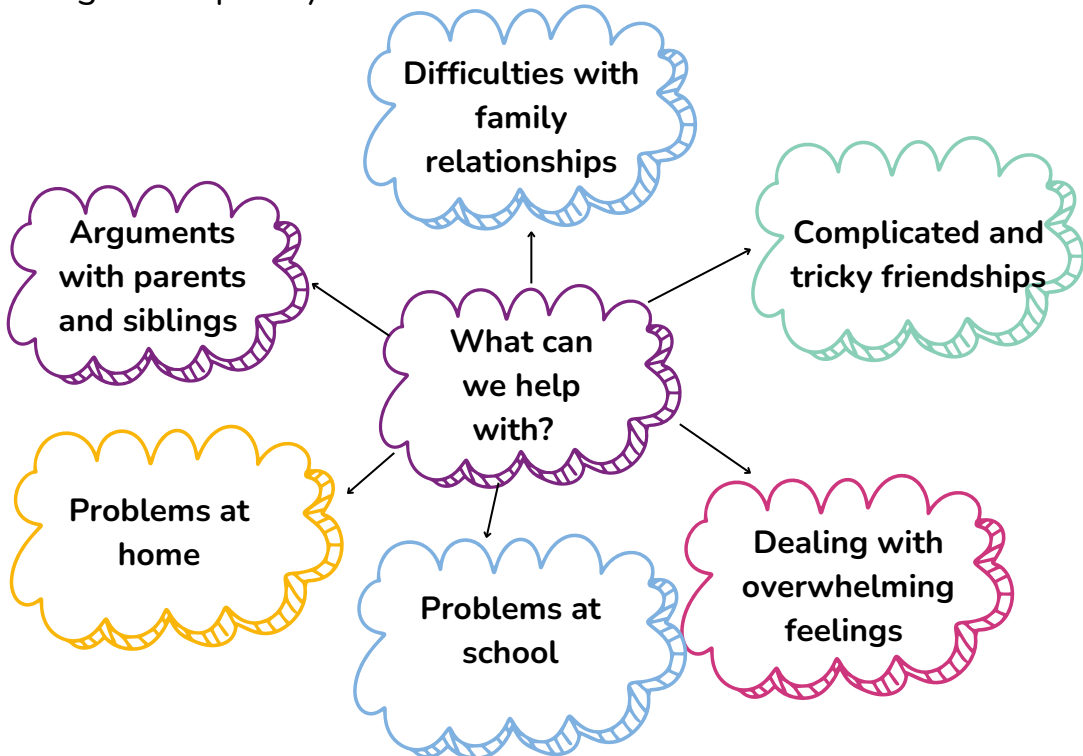


HERE!

We work with you now and look towards the future, helping for as long as we can, for you and your family to have the support you need. We will work with your grown ups to help them understand you better now and in the future.



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

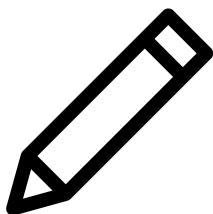


How will we do this?

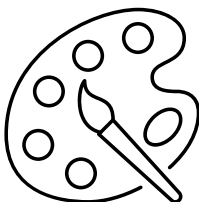
We will help you think about the things that are worrying you at the moment, find out what you need, and think about your main worries and hopes for the future.

During your time at Family Futures we will use

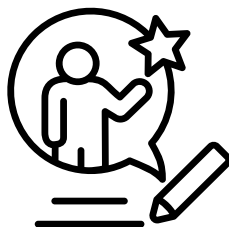
Drawing



Painting



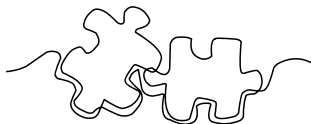
Stories



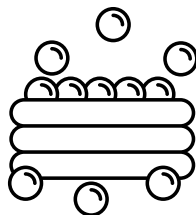
Drama



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 not easy thinking about your world and your life story, and that it can be hard to trust people.

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](#)

You can call them for free on:

0808 808 1001

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



Family Futures

We're here for you!