



Welcome to Pyramid Care Fostering Services. We are here to help children like you. We are different from the Local Authority Children's services because all we do is fostering and nothing else!

It is important to us that we find you a family who can look after you and make you feel happy and safe.

We understand that when you first move in with your foster family it can be scary and confusing. There seems to be lots of people involved and lots of things happening to you.

We have put together this pack, which we hope may help you settle in and understand what is happening.

You could look at the questions with your foster carer. You can answer them however you like.

My Name is

My foster carers name is

I live at

.....

Telephone number

My social workers name is

My social workers telephone number is

PCFS worker telephone number

My Birth Family



Peter has to leave his Mum and
Dad,

This makes him feel very sad.

He has to leave behind

A place he called home,

Peter feels unsettled,

He thinks he's all alone.

Things I liked about where I used to live:

Things I didn't like about where I used to live:



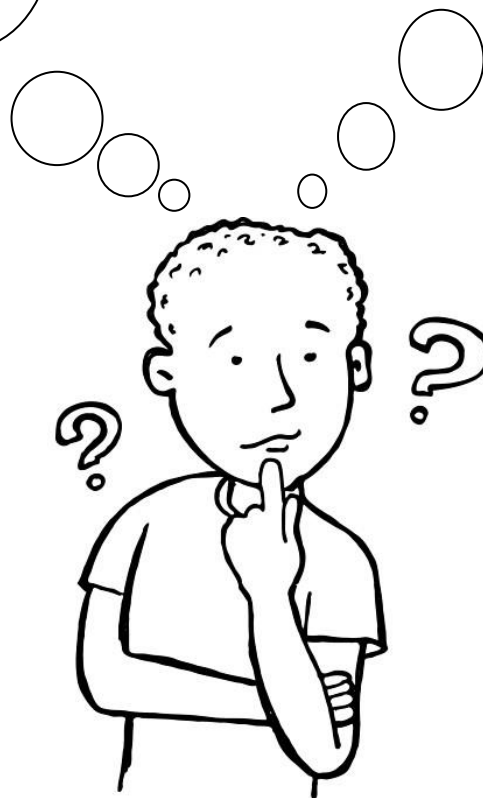
Saying goodbye is difficult...



Today I feel...



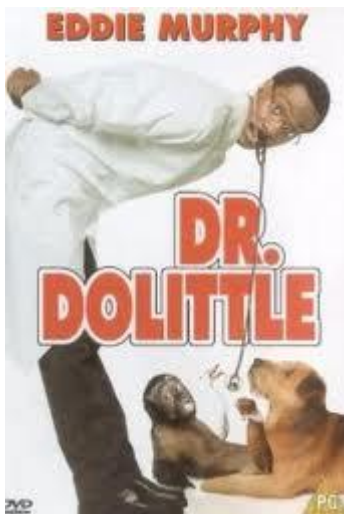
Yesterday I felt...



What is fostering?

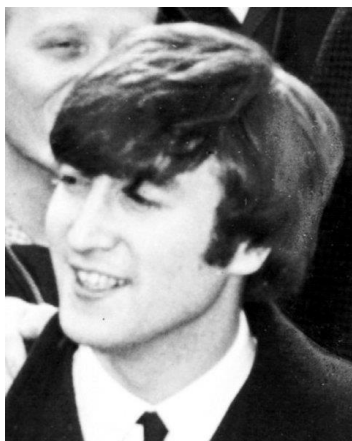
Fostering means living with another family who have been trained to look after you and to help you with all the things people need to learn as they grow up!

Here are a few celebs' that were in foster care.



← Actor, comedian, musician Eddie Murphy was fostered when he was 8 years old.

Marilyn Monroe was a foster child from birth →



← The Beatles, John Lennon, was a foster child.

You are now in your new home,
You will have a bedroom of your own,
You may want to know how long you'll be here,
And will your new school be near?
Can you speak to your family on the phone?
Are there rules in your new home?



Are there any house rules?

How long will I stay here?

What are the plans for my care?



Your new home 😊

The new home seems strange, and not Peters home at all,
He feels scared alone and very small,
But his carers say they will keep him safe and not to feel sad,
They will protect him from anything bad,
Before long Peter settles in,
And a new chapter in his life is about to begin....



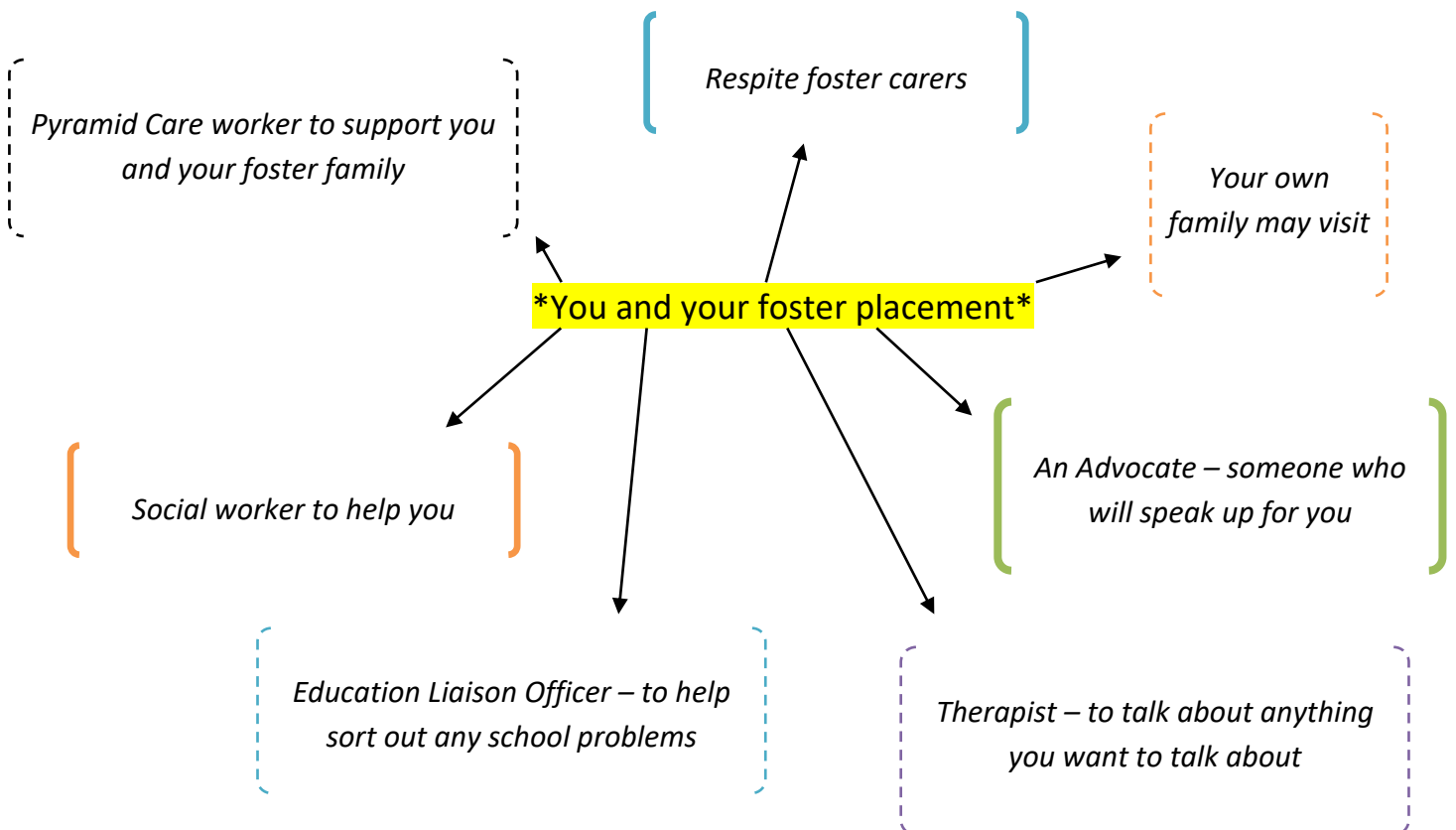
What do you like best?

What's your foster home like?

What do you find difficult?

Key People

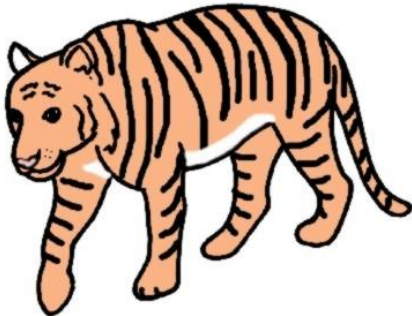
Who will check that I am ok?



What things do you like to do?



Zoo Animal Safari



New School



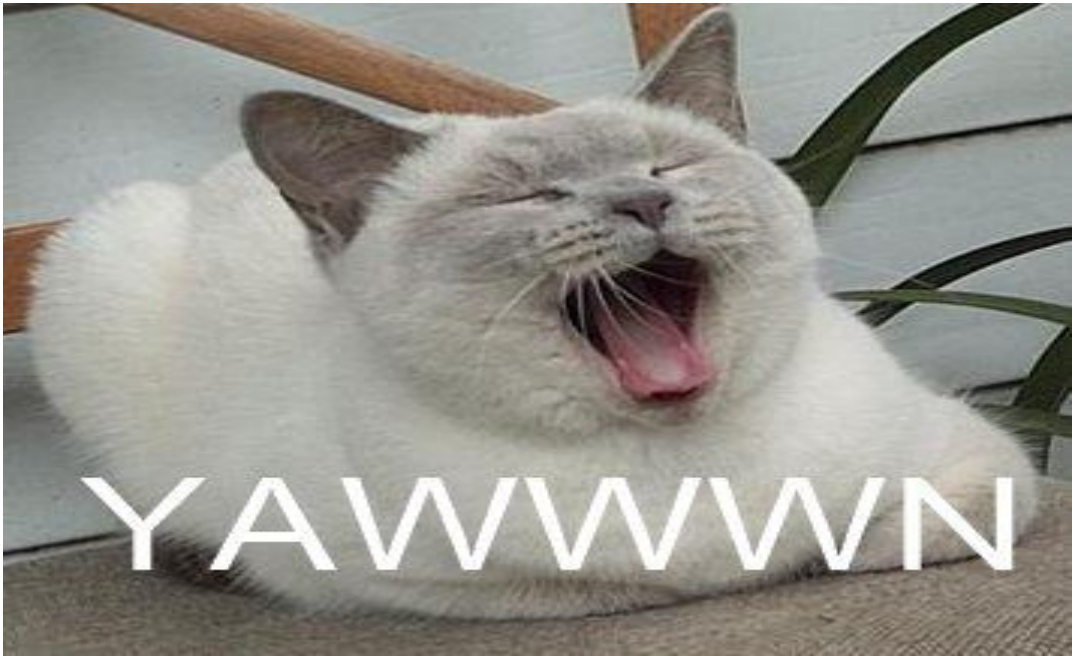
A new school is a great opportunity to meet new people and make new friends!

What is the name of your new school?.....

What are the names of your new friends?.....

What is your teachers name?.....

What is your new school uniform like?.....



It's been a tiring day
Moving to a new foster home
But now everyone has a safe place to stay
And no one is all alone.

What things make you feel safe? :

.....

.....

.....

.....

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.....

.....

If you have a problem, please just say,
And Pyramid Care will sort it out,
There is no need to hide or run away.



If you are being bullied tell someone you can trust, who can help you – your network.

If you are being bullied by your foster carer or someone looking after you, you must tell your social worker or another adult and they will get you help.

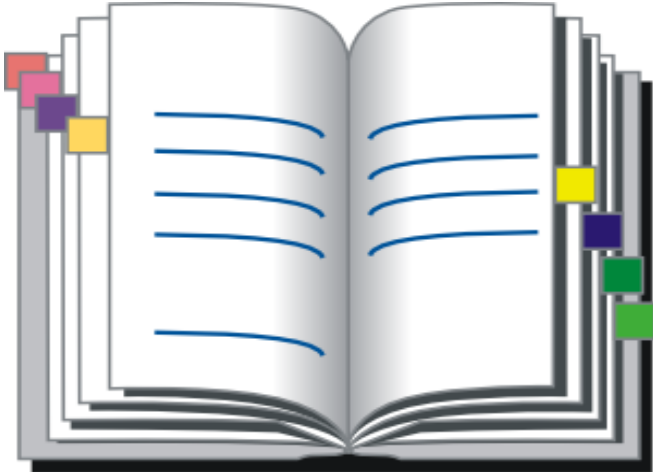
What should I do if I want to make a complaint?

Pyramid Care Fostering service has a complaints procedure to allow children and young people to tell an adult if they are unhappy or worried about something. It might be your foster carer, social worker or teacher. Talk to them and tell them what you are not happy with and they will try and sort it out.

If you are not happy you (or they) could talk with their boss. If you need further help, ask about complaints. You should be given a complaints leaflet when you first move in. If you can't find your leaflet just ask for another one.



Important telephone numbers and addresses:



My doctor is:

My dentist is:

My optician is:

My friends and Family:

.....

.....

.....

Useful contact details:

Childline:

0800 11 11

Or

0800 88 44 44

Who Cares?

Link Line:

0500 564 570

Pyramid Care

Helpline:

01299 822807

OR

07754608516

Ofsted's childrens

Complaint line:

0845 6014 772

NSPCC Child

Protection Line:

0808 800 5000

Pyramid Care

Fostering Service:

07916251524

01905 622322

Children's rights

director:

08005280731