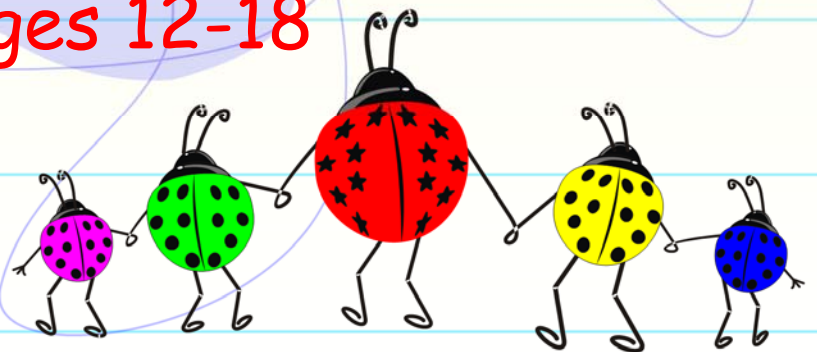


Hythe House Support Ltd

A Children's Guide To
Fostering.

Ages 12-18





This page is about your Foster family.
They are there to keep you safe,
secure and protected.



What are the names of the people in your foster family?



Every family has rules. These rules are there to remind us how to treat each other and to keep everyone safe.
Can you write down the rules in your foster family?





This page tells you about Hythe House.

Hythe House is a fostering agency. After many years of fostering Margaret and John Duffy decided to open their own fostering agency with their sons; David, Gary and Robert. The family wanted to continue to help Young People who needed a fostering family.

Hythe House is in Sittingbourne, Kent.

Hythe House find foster families for children who need to be cared for and make sure that they look after those children properly.

The Supervising Social Workers at Hythe House make sure that your carers are looking after you properly and have all the help that they need. You will be able to talk to them if you have any questions or if you are feeling happy or sad.

How to look at the information that we keep about you

We hope you are happy whilst at Hythe House Support. We will do everything that we can to make this a positive time for you and to help you in any way we can.

We keep a file with all of your information in it. Please remember that your Foster Carer fills out a monthly report which is sent to Hythe House and to your Local Authority Social Worker; you have every right to see this file and we would encourage you to access these records.

The Hythe House Team

Margaret Duffy -	Managing Director
John Duffy -	Co-owner
David Duffy -	Head of IT
Gary Duffy -	Agency Head & Responsible Individual
Robert Duffy -	Head of Education
Tanya Callaway -	Agency Manager
Ronda Jones -	Senior Practitioner
Steph Hobbs -	Supervising Social Worker
Nicola Duffy -	Senior Administrator
Aysha Corr -	Receptionist/Administrator



This page will tell you about your rights and what you can expect from your foster family and from Hythe House Support.



Everyone has rights, including children and young people. During your stay with your foster family you have a right to expect:

To be able to say what your wishes and feelings are and to know they will be listened to.

To be listened to if you are having any problems.

To be protected from harm and kept safe.

To be kept healthy and provided with health care that suit your needs.

To get the most from your education.

To have your privacy and confidentiality respected.

To be treated appropriately and with respect for who you are, what you believe in and for any special needs that you may have.

To be valued and not discriminated against for any reason.

To be given information about your family and other important people in your life; to have contact with them, or a clear explanation of why this is not possible.

To be told clearly what you can do and what you are not allowed to do.

To be given opportunities to develop your skills and interests.

To be encouraged to participate in making decisions and plans for your future. To be prepared for life as an adult; with the necessary help made available to you while you do this. You will also be invited to be a part of the young persons forums.

To know how to complain to your social worker and Ofsted if things go wrong and for that complaint to be dealt with properly.

To have access to an advocate if you feel you need extra support or someone to speak on your behalf.

During your stay; our foster carers, social workers, teachers and others will all work together to make sure that your rights are respected.

We will do our best to help you to reach your full potential, by building on the skills you already have and help you with the skills required to transition to adult life. You will also be treated with the greatest respect and consideration.

Your views are important so you will be invited to a young persons forum and activity days to help us get things right for you.



This page will tell you all about being looked after and living with a foster family.



There are many reasons why children cannot live with their own families. If you are not sure why you are living with a foster family then speak to your foster carer or your social worker.

Your social worker will visit you regularly. You can talk to your social worker about anything; if you are happy or sad, if there is anything worrying you or to ask any questions.

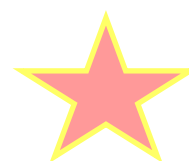
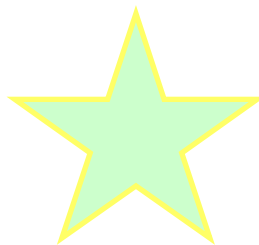
A foster family might be made up of just one person or a couple; there may be other children living with the family, either the carers own children or other children being looked after, just like you.

Your carers will do lots of things that most parents do, such as; cooking, cleaning, washing your clothes, taking you to school and helping you with your homework. They will also help you to learn independence skills such as; learn how to cook basic meals, know how to do your washing (how to use the washing machine, separate your washing into piles of colours/whites) and how to live within a budget.

Your carers will also make sure you are kept healthy, hygienic and will take you to your dentist and doctors appointments, on outings and give you support with any hobbies or interests that you might have. As part of your independence skills they will support you in making your own health appointments when you feel ready to do this.

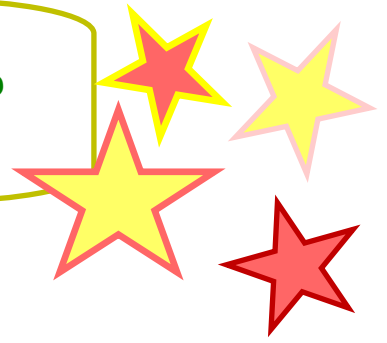
As a foster family you will enjoy doing different things together. Your foster family may eat the same kind of food as you or have a favourite meal or even have food that you have never tried before.

Your foster family may celebrate special days like Christmas, Eid-Al-Adwa, or Passover. Even if your carers do not share the same religion as you they will do they can to help you feel at home and to meet your needs, beliefs and wishes.





This page will explain how long you will stay with your foster family and how you can keep in touch with your family and friends.

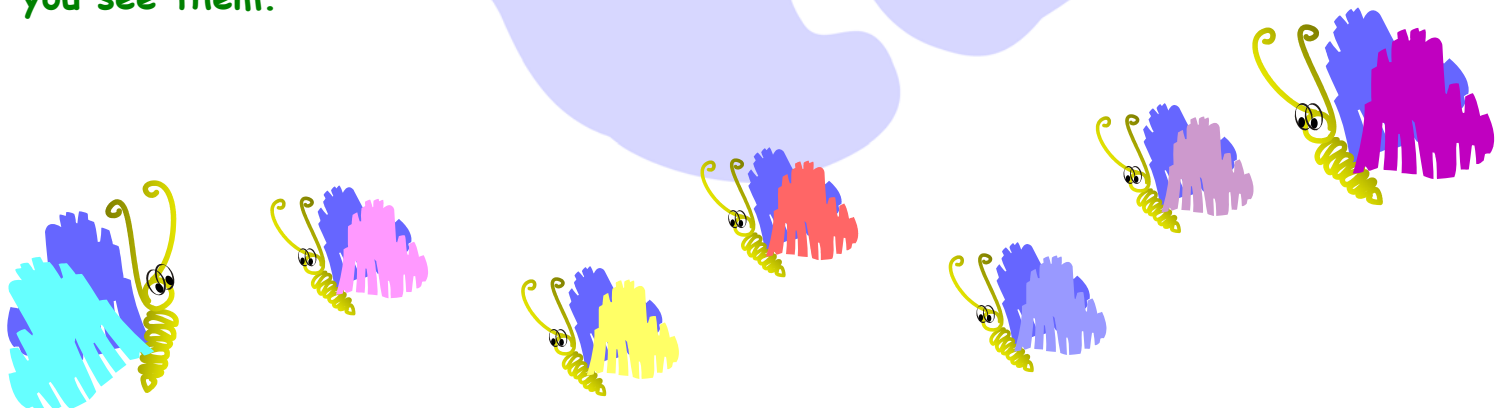


Looked after children, like yourself, stay with their foster families for different lengths of time, depending on what you need.

Shortly after you start living with your foster family there will be something called a Placement Planning Meeting. This is where people like your social worker, your foster carer and your supervising social worker will talk about how long you will be staying with your foster family; you may be invited to this meeting, but if that is not possible, it will be explained to you afterwards.

We believe that it is very important for you to keep in touch with all the people who are special to you. This could be through Social Media (over 13 years old)' phone contact, letterbox, email or face to face (as agreed by your Social Worker)

Your social worker and their team will decide who in your family you will be able to see and how often. This team is here to make sure that you are kept safe. They have to think very carefully about what is best for you and how to keep you safe. Before any decisions are made you will be asked about what your feelings are. If you or your social worker are worried about contact with your family or friends then you will have someone with you when you see them.





You will find information about school and about moving on.

We believe that learning is very important. If it is possible you will continue going to the same school as before; if this cannot happen, because you have moved too far away, we will arrange a new school for you. Going to a new school can be worrying, but we will do everything we can to make sure that you settle in and you receive all the support that you need.

You may also be offered a place at Hythe House School. This is a small, friendly school close to our office.



Moving on

Some children are able to move back home after a short period in foster care. Others may move to semi-independence or independent life in a home of their own at 18 and beyond. It all depends on your circumstances, your age and also what you want for the future. Moving on can be a difficult and anxious time. Don't worry we will help you to deal with the challenge and prepare you for independence as best we can by giving you the life skills that you will require whilst living with your foster carers.

After you have left foster care; you will always be welcome at Hythe House, to come in for a chat. Many of the children we have known still visit us here; we are glad to see them and hear about how they are getting on.





This page will explain some of the words or phrases that you might hear people use.



Social Worker - This is someone that works for social services.

Your social worker is there to make sure you are ok and are being looked after properly. If you have any questions, are unhappy or have something to say you can always talk to your social worker.

Foster Carer - Foster carers are people that have been chosen to look after you; to keep you safe, happy and healthy. Foster carers are there to do what most parents do; such as, cooking, washing your clothes and taking you to school. They will teach you independent skills so you are able to do these things yourself.

Advocate - This is a person who helps children and young people explain their views or speak on their behalf when you need more support.

Independent Reviewing Officer - This is a person that takes charge of Child in Care Reviews and will make sure that everyone knows about your wishes and feelings.

Supervising Social Worker - Your foster carers have their own supervising social worker to make sure that they are looking after you properly. The supervising social worker will come to visit you and you will be able to talk to them and to ask any questions.

Child In Care or CIC Review - These meetings are where all of the adults in your life talk to you and get your views about plans for your future.

Care Plan - This is a plan of action made at your Child In Care Review meeting. It will have details about your needs for now and in the future. This is to make sure that you are being looked after properly.

Local Authority - This is the local government office for the area that you lived in. Social Services are a department within the Local Authority and they are the people that will make the decisions about your care.

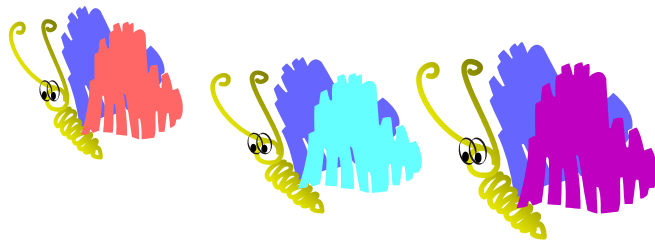
Ofsted - Ofsted inspectors go around and look at all the places where Children In Care are living. They make sure children are safe and being well cared for. If you are unhappy about your care or something that Hythe House are/are not doing, then they will listen to you.

Do you know the names of your:

- * Social Worker -
- * Advocate -
- * Supervising Social Worker -



This page will explain what you can do if you are unhappy and want to make a complaint



If you are unhappy about something then you are able to make a complaint; you can make a complaint in different ways.

Always try to tell your foster carer if there is anything wrong and they will try to help. If you feel shy or worried about talking to your foster carer then try and find someone that you can speak to; maybe a teacher, your social worker or someone at Hythe House.

Sometimes complaints may need to be dealt with by someone else and will need to be shared; you will be asked if you are happy for this to happen but if your complaint is serious then it cannot be kept a secret and must be shared with others who will be able to help.

If you have a complaint then you need to tell someone that you are unhappy. If you are being truthful you will not get in trouble. Remember, you should never be afraid to say if something is wrong. All of the adults in your life are there to help and support you.

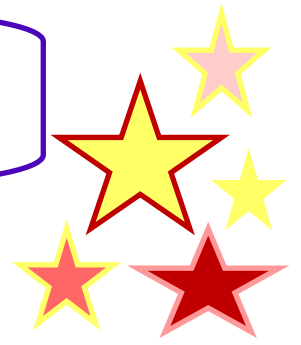
Never make a complaint about something or someone that is not true, this will upset everyone involved and it can be difficult to get things back to normal afterwards.

The people in your life that you could make a complaint to are:

Your Social Worker, your parents, family, Ofsted, Hythe House, your teachers or anyone else you trust.



This page will explain about what bullying is and what you should do if you are being bullied.



Hythe House will not allow bullying of any kind, for whatever reason. If you are being bullied or know someone that is you should tell an adult; this can be your foster carer, teacher, social worker or anyone else that you trust.

The only way to stop bullying is to speak to someone about what is happening.

What is bullying?

Bullying is anything that causes pain, upset, worry, embarrassment or humiliation to another person.

Using your mobile or the internet inappropriately; such as sexting or sharing inappropriate images can get you into serious trouble. Using social media sites such as Facebook to make fun of someone or make them feel bad is also bullying.

Signs of bullying

Physical - Hitting, pushing, spitting at another person. Stealing, hiding, damaging or destroying property that isn't your own.

Verbal - Threatening, name calling, telling stories about someone that isn't true, writing notes that are nasty, teasing someone over and over again. Making fun of the way someone looks, where they come from or their religious or cultural beliefs.

Bullying is also encouraging others to do any of the above.

Do you know who you can talk to if you are being bullied?

This page has some useful phone numbers, websites and addresses that you may need.



Children's Commissioner

The Children's Commissioner for England is Anne Longfield.

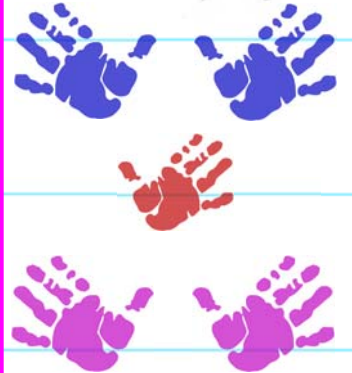
Anne and her team listen to what Children In Care say about things that affect them.

For advice or assistance:

Call - 0800 528 0731 - This is free to call

Email - advise.team@childrenscommissioner.gsi.gov.uk

Website - www.childrenscommissioner.gov.uk



Ofsted

Ofsted go around looking at all the places where Children In Care are living. They make sure children are safe and being well cared for.

Hythe House is inspected by Ofsted regularly.

If you are unhappy about your care or something that Hythe House is or is not doing you can contact Ofsted.

Call - 0300 123 1231 for general enquiries (Mon - Fri 8am - 6pm)

0300 123 4666 for any concerns (Mon - Fri 8am - 6pm)

Email - enquiries@ofsted.gov.uk or

<https://contact.ofsted.gov.uk/contact-form>

Write - Ofsted, Piccadilly Gate, Store Street, Manchester, M1 2WD

The Who Cares? Trust

The Who Cares? Trust work to improve the care of children and young people who are separated from their families, living in residential or foster care; they promote the interests of these children and young people.

Call - 0207 017 8901 (Mon - Fri 10.30am - 3pm)

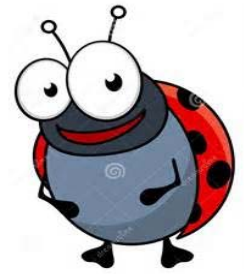
Email - advice@thewhocarestrust.org.uk

Website - www.thewhocarestrust.org.uk

Address - The Who Cares? Trust, 15-18 White Lion Street, London, N1 9PG



This page has some useful phone numbers, websites and addresses that you may need.



ChildLine

ChildLine is a 24-hour helpline for children and young people. You can talk about any problem any day time, day or night. ChildLine Counsellors are there to help you find ways to sort things out.

ChildLine is confidential; which means that they won't tell anyone about your call, unless you want them to talk to somebody for you or if you are in danger.

The phone line can often be busy but if you keep on trying, you will get through.

Call - 0800 1111 - This is free to call and will not show up on the phone bill.

Email - info@childline.org.uk

Website - www.childline.org.uk



NSPCC

The National Society for the Prevention of Cruelty to Children promotes a society in which all children are loved, valued and able to fulfil their potential.

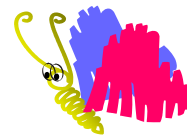
NSPCC encourage young people to find someone to turn to if they have a problem.

NSPCC have a booklet called 'Worried? Need to talk?'. It contains help and advice for young people; on abuse, bullying, racism, family relationships, being in care, drugs and alcohol. You can get a booklet by going on their website or calling the helpline.

Call - 0808 800 5000

Email - help@nspcc.org.uk

Website - www.nspcc.org.uk

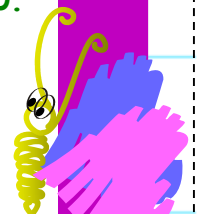


Female Genital Mutilation

The local Police Child Protection Unit will be able to protect you and provide support. You can contact them through your local police station, 01622 690690. NSPCC have a helpline dedicated to FGM, this is anonymous and is open 24/7,

Call - 0800 028 3550

Email - fgmhelp@nspcc.org.uk



This page has some useful phone numbers, websites and addresses that you may need.



Coram

The Children's Legal Centre is run by lawyers and other people with experience in child law. They have lots of experience in providing legal advice to children, their carers and other people such as social workers.

Call - 0808 802 0008 - This is free to call.

01206 714 650

Email - info@coramclc.org.uk

Website - www.childrenslegalcentre.com

Address - Coram Children's Legal Centre, Riverside Office Centre, North Station Road, Colchester, CO1 1RE

Coram Voice

The Coram Voice for the Child In Care campaigns to improve the lives of children and young people in care, empowering them to speak out for changes in their lives. They provide a service for children and young people to access 'immediate advice and telephone advocacy' and also provide a local VCC advocate to meet and support you if they feel this is right for you.

Call - 0808 800 5792 - children and young people only.

Email - info@voiceyp.org

Website - www.coramvoiceyp.org

Hythe House Support

You are always welcome to come into Hythe House Support. We will do everything that we can to make this a positive time for you and to help you in way possible.

Call - 01795 438 634

Address - 59 Staplehurst Road, Sittingbourne, Kent, ME10 2NY

Website - www.hythehousesupport.co.uk



This page has some useful phone numbers, websites and addresses that you may need.



Frank

Frank provides free and confidential advice and help to anyone affected by drugs or alcohol.

Call - 0300 123 6600

Text a question - 82111 and they will respond.

Website - www.talktofrank.com

If you have any worries about alcohol you can contact

Alcohol Concern

Call - 0203 815 8920

Website - www.alcoholconcern.org.uk

Email - cotact@alcoholconcern.org.uk

Drinkline

Call - 0300 123 1110

Sexual Health and Relationships

Relationships can be a difficult part of growing up. Sometimes you just don't know where you are with people. When it comes to sex, relationships and sexual health, you may need advice on who to talk to if you do not feel that you can talk to your Foster Carer.

The following websites will offer you advice on contraception (including emergency contraception), STI's, Trans and Gay health, finding a sexual health clinic, advice on condoms and how to talk to your partner about sex.

www.nhs.uk>livewell>sexualhealth

<https://www.kent.gov.uk>>sexual-health

Brook provides free and confidential sexual health and wellbeing advice for under 25's. They also provide sex and relationship education in a range of settings. They encourage Young People to make positive and healthy lifestyle choices and to improve their personal health and emotional wellbeing.

Email - website@brook.org.uk

This page has some useful phone numbers,
websites and addresses that you may need.



Kidscape

Kidscape gives advice on bullying and keeping safe.

Call - 0207 730 3300

Email - info@kidscape.org.uk

Website - www.kidscape.org.uk

Safety on the internet

Everyone enjoys using the internet but it's important to be aware of how to stay safe online.

If someone had done something to you or another Young Person that has made you feel worried or unsafe or you need to report any suspected child exploitation abuse contact the Child Exploitation and Online Protection (CEOP) Centre -

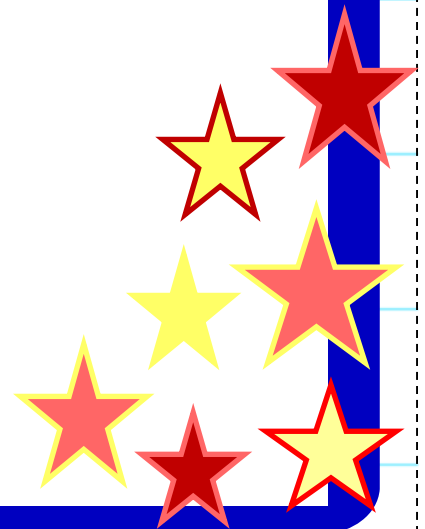
Call - 0370 496 7622 (open 24/7)

Email - communication@nca.x.gsi.gov.uk

<http://www.thinkuknow.co.uk>

Address - 33 Vauxhall Bridge Road, London, SW1V 2WG

Are there any numbers that you think that you may need?



This page has some things to do in and around the local area.



Cinema

New Century Cinema

Call - 01795 394 995

Address - Odean Buildings, High Street, Sittingbourne, Kent, ME10 4PG

Cineworld Rochester

Call - 0871 200 2000

Address - Medway Valley Leisure Park, Chariot Way, Strood, Kent, ME2 2SS

Odean Cinema

Call - 0333 006 7777

Address - Leviathon Way, Chatham Dockside, Chatham, Kent, ME4 4LL

Groups

Scout Groups

There are Scout groups in the following areas:

Iwade, Milton Regis, Newington, Bapchild, Halfway, Kemsley, Lower Halstow, Sittingbourne, Teynham, Minster, Bobbing, Upchurch, Murston, Eastchurch and Sheerness.

The following age groups for the Scout groups are:

Beavers 6-8

Explorer Scouts 14-18

Cubs 8-10 $\frac{1}{2}$

Scout Network 18-25

Scouts 10 $\frac{1}{2}$ - 14

Website - www.scouts.org.uk

Girl Guide Groups

The following age groups for the Girl Guide groups are:

Rainbows 5-7

Brownies 7-10

Guides 10-14

Senior Section 14-25

Website - www.girlguiding.org.uk

This page has some things to do in and around the local area.



Groups

Army Cadets

You must be in Year 8 to start at Army Cadets; age range 12-18.

Website - www.armycadets.com

Sea Cadets

The following age groups for Sea Cadets are

Junior Cadets 10-12

Sea Cadet 12-18

Royal Marine Cadet 13-18

Website - <http://ms-sc.org>

Days Out

Sittingbourne Kemsley Light Railway

Call - 01795 424 899

Website - www.skir.net

Address - Sittingbourne Viaduct Station, Sittingbourne Retail Park, Sittingbourne ME10 2XD

Sheppey Leisure Centre

Call - 01795 668 652

Website - www.swaleleisure.com/sheppey

Address - Off the Broadway, Sheerness, Kent, ME12 1HH

Swallows Leisure Centre

Call - 01795 420 420

Website - www.swaleleisure.com

Address - Central Avenue, Sittingbourne, Kent, ME10 4NT

The Ice Bowl

Call - 01634 388 477

Website - www.silver-blades.co.uk

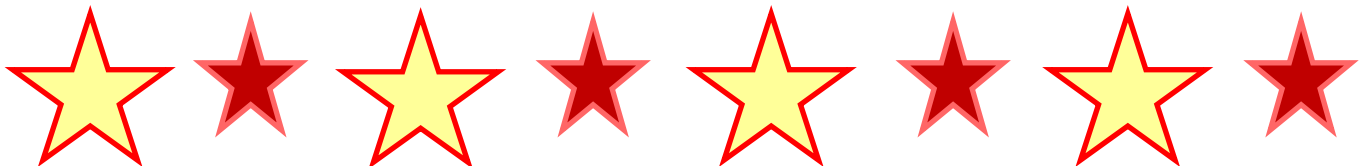
Address - Ambley Road, Gillingham, Kent, ME8 0PU

Go Karting

Call - 01795 410 707

Website - www.bayfordmeadows.co.uk

Address - Symmonds Drive, Euro Industrial Link, Sittingbourne, Kent ME10 3RY





Try to have at least 5 portions of fruit or vegetables everyday.

This page has information about '5-a-day' and how you can include this in your diet.

Each of the following counts as one of your 5-a-day

2 small fruits; e.g. plums, satsumas, kiwi fruit or 3 apricots, 6 lychees, 7 strawberries or 14 cherries.

1 whole medium fruit; e.g. apple, banana, pear, orange or nectarine.

1 (5cm) slice of large fruit; e.g. papaya, melon, pineapple or 2 slices of mango.

1 heaped tablespoons of dried fruit; e.g. raisins, currants or sultanas, mixed fruit, or 2 figs, 3 prunes or 1 handful of dried banana chips.

3 heaped tablespoons of cooked vegetables and greens; e.g. kale, spinach, spring greens or green beans, carrots, peas, sweetcorn or eight cauliflower florets.

3 sticks of celery, a 5cm piece of cucumber, one medium tomato or 7 cherry tomatoes.

3 heaped tablespoons of baked beans, haricot beans, kidney beans, cannellini beans, butter beans or chickpeas.

150ml pure fruit juices and smoothies. Only have one a day due to the high sugar content.

Frozen and tinned fruit and vegetables are included as part of your 5 a day. These are very useful to have at home; as you can use as much as you need and store the rest. Remember to buy tinned fruit and vegetables in water with no added salt or sugar.

Fruit and vegetables in ready meals can also count toward your 5-a-day. Always read the label as some ready meals contain high levels of fat, salt and sugar; only have these occasionally or in small amounts as part of a healthy balanced diet.



Here are a few simple breakfast, lunch and dinner recipes that you can make on a budget.

Easy Egg Recipe's

Omelette

Ingredients

2 large eggs
1 teaspoon cold water
Dash of oil

Method

Take your eggs and crack them into a bowl - don't put them directly into the pan as you need to mix them first!

Add a teaspoon of water before whisking with a fork until the white and the yolk are fully blended.

Bring your pan to a high heat and add oil so that the mixture doesn't stick.

Pour in your mixture and cook on a high heat for two minutes, making sure that mixture is spread out evenly.

As the egg begins to set, use a spatula to push the set egg towards the omelette center.

Cook the set omelette for another minute, then loosen the edges with a spatula and fold the omelette in half.

Tilt the pan and slide the omelette onto a warm plate and serve immediately on its own or with a crisp green salad.

Try adding these different fillings cheese, peppers, mushrooms, onions or tomatoes for added flavor.

Boiled Eggs

Place eggs in a pan and fill with cold water until the eggs are covered. Place on a medium heat.

Once the water starts to boil, start timing. After 5 minutes for soft boiled eggs or 7 minutes for hard boiled eggs; carefully remove the pan from the heat and place under cold running water.

You can have boiled eggs with toast, in a sandwich or even make egg mayonnaise by crushing the eggs and adding a little mayonnaise and a pinch of salt and pepper.

Scrambled egg

Ingredients

2 large eggs
2 tablespoons of milk
Knob of butter

Method

Beat the eggs and milk together.

Melt a knob of butter in a non-stick pan over a medium heat. When the butter starts to sizzle add the egg mixture and stir with a wooden spoon.

Continue to stir the eggs for 1-2 minutes, scraping the egg off the base of the pan as it sets.

When most of the egg has set, remove the pan from the heat and continue to stir for 30 seconds until fully scrambled.

Try serving with toast and a grilled tomato.



Here are a few simple breakfast, lunch and dinner recipes that you can make on a budget.

Bolognese

Ingredients

2 sliced onions
3 crushed cloves of garlic or a teaspoon of garlic granules
1 tablespoon of dried mixed herbs
1 beef stock cube
3tbsp tomato puree
400g lean mince
2 tins chopped tomatoes

Method

Place the mince in a pan on a medium heat. Stir until all of the mince is brown.
Add the onions and garlic; cook until the onions are soft.
Add the; tin tomatoes, tomato puree, stock cube, dried herbs.
Stir well. When the sauce starts to boil; turn the heat down low, cover and simmer for around 20-30 minutes, stir occasionally.

To add to your 5 a day you can try adding sliced peppers or mushrooms in with the onions.

This can be served with pasta or rice (following the cooking instructions on the packet) or jacket potato.

Once cooled; Bolognese can be stored in the fridge for 3 days.

Chilli con carne

Ingredients

400g beef mince
1 onion
1 clove garlic
1 can of tomatoes
1 can of kidney beans
150ml beef stock
2 tablespoons tomato puree
Half a teaspoon of chilli powder to taste

Method

Place the mince in a pan on a medium heat. Stir until all of the mince is brown.
Add the onions and garlic; cook until the onions are soft.
Add the; tin tomatoes, tomato puree, stock, chilli powder.
Stir well. When the sauce starts to boil; turn the heat down low, cover and simmer for around 20 minutes, stir occasionally.
Add the kidney beans and cook for 10 minutes.

This can be served with pasta or rice (following the cooking instructions on the packet) or jacket potato.

