



Blue Sky
FOSTERING

Advice
Information
Contacts
Advocacy
Guidelines
Activities

Your guide

to Blue Sky

This guide is printed in English, if you would like it printed in another language, please ask someone to contact Katie on 07725 860490

Ky udhëzues është i printuar në anglisht, nëse dëshironi të shtypet në një gjuhë tjetër, ju lutemi kërkonë dikë të kontaktojë Katie në 07725 860490

دا لارنبود په انگلیسی ژبه چاپ شوی، که تاسو غواړئ چې په بله ژبه کې چاپ شي، مهرباني وکړئ له یو چا څخه وغواړئ چې کټي سره په 07725 860490 اړیکه ونیسئ

Hướng dẫn này được in bằng tiếng Anh, nếu bạn muốn nó được in bằng ngôn ngữ khác, vui lòng nhờ người liên hệ với Katie theo số 07725 860490

Buku ieu dicitak dina basa Inggris, upami anjeun hoyong eta dicitak dina basa sejen, mangga ménta batur pikeun ngahubungan Katie on 07725 860490

本指南以英文印刷，如果您想以其他语言印刷，请联系 Katie，电话：07725 860490

په گائیډ انگریزی میں پرنٹ کیا گیا ہے، اگر آپ اسے کسی دوسری زبان میں پرنٹ کرنا چاہتے ہیں، تو براہ کرم کسی سے کیٹی سے 07725 860490 پر رابطہ کرنے کو کہیں۔

THIS IS YOUR GUIDE TO BLUE SKY, IT WILL TELL YOU...



WHO WE ARE

WHAT WE DO

WHAT YOU CAN EXPECT FROM US

WHAT WE DO THAT YOU CAN GET INVOLVED IN

WHO YOU CAN TALK TO IF YOU NEED HELP

We have tried to make this guide as easy to use as we can.
BUT if there is anything you think we could have done better
then email us:

molly.lloyd@blueskyfostering.co.uk

www.blueskyfostering.com

WHO ARE

Blue Sky

FOSTERING



Blue Sky Fostering find families for young people to live with.

We are here to help you find the correct person to listen to you and respect your wishes and feelings.

We will help you to achieve what we know you are capable of.

We will advocate for you and you can contact us at any time.

In this pack you will find a list of names, numbers, email addresses and websites that you can use to talk about the care you receive. You should also find your social worker's contact details and you can ask your foster carer at any time if you want to talk to them.

Best Wishes,

Blue Sky Bear





What you can expect from us and your foster carers...

We asked some of the young people already living with Blue Sky foster carers, what you can expect from Blue Sky and this is what they came up with. Blue Sky will...

- “Talk to you, your foster carer, your social workers and other important people in your life, to help keep you safe.”
- “Visit and help your foster carer, so that they can help and support you.”
- “Listen to what you say and how you feel and help this message get through to other people.”
- “Run events and activities for you to be involved in, so you can try some amazing new things.”
- “Go to meetings you might have, to help you and your carers.”




We asked foster carers what you should be able to expect from them and they said they will...

- “Listen to you, Blue Sky and your social worker to help keep you safe and meet the needs you have as an individual.”
- “Go to meetings for you and with you, to make sure your views are shared.”
- “Make sure that your health is looked after, by taking you to the doctors, dentists and opticians.”
- “Respect and help you with your beliefs and heritage (where you have come from and your family’s beliefs).”
- “Learn new skills so they can help you.”
- “Talk to Blue Sky who will help support them with anything they might need.”
- “Help you to do new things so that you can reach your potential.”
- “Help you with your education and any out of school activities you want to do.”

If you think that Blue Sky, or your foster carers are not doing any of these things, tell us. Call or text Katie on 07725 860490 or use the complaints form in this pack.





What can you get involved in?

At Blue Sky we run lots of activities for you to join in with. We also love to hear your ideas of what you like to do. We run the Duke of Edinburgh award, which is a 9 month programme that will help you to try new things such as volunteering, learning a skill and going on an expedition.

During school holidays we run events such as 'Air Hop', 'Go Ape' and picnics. We will let you know when there is an event. Let us know if you want to attend by telling your foster carer or Blue Sky. Young people at Blue Sky tell us they love the events we run. We think you will too.

GETTING HELP ~ AND ~ COMPLAINING

Help at Hand offers advice and representation for children in care, living away from home, working with social services and care leavers.

If you need assistance from **Help at Hand** please email them at help.team@childrenscommissioner.gov.uk or call them for free on **0800 528 0731**.

You have the right to complain about your foster carers if there is something you do not like about living with them, or if you do not like the care you receive.

On the next page you'll find a handy guide showing what you need to do to complain and the next steps/stages. These stages have been designed by young people living with Blue Sky carers and while we hope you don't need to use it, it's there for you if you do.

If you're not happy with any of these stages then you can contact Ofsted on **0300 123 1231** and they will get in contact with us.

Stage 1 - Get in touch with Blue Sky

(You call or text this number)

07725 860490 for Katie

Or fill in the complaints leaflet you have received and give it to your social worker or Blue Sky.

You will need to tell us what your complaint is and we will listen.

Stage 2

We will then talk to the people we work with and try to sort out the problem, we will then let you know what we have done.

Stage 3

Blue Sky will keep in contact with you and within 2 weeks will update you on what has been said. If you are happy with this, the process may stop here, if not then you can take it to the next stage.

Stage 4

If you are not happy, Blue Sky will find an independent person and they will then have 2 weeks to help you with your complaint.

Stage 5

If they haven't managed to help you and you are still not happy with your complaint, then tell someone at Blue Sky and there will be a meeting within 7 days which we will arrange.

Stage 6

If after this meeting, you are not happy then you can contact Ofsted on 0300 123 1231.

We will help and support you each step of the way.

ADVOCACY

“An advocate is a person who will take everything you have to say and say it for you”



Sometimes it can be difficult to get across what you want to say about your life, how you feel or what you want to do. If this is you, then you can get an advocate who will speak to you, listen and then get across what you want to say, to social workers and other people like this. You can ask someone at Blue Sky for more information on this as they will be able to point you in the right direction, or search “advocacy for children who are looked after, near me” on the internet.

...KEEPING *Safe*



It is the role of Blue Sky and your foster carers to try and help keep you safe, but it is also down to you to make decisions on what you do every day. If you follow this guide you will go a long way to keeping yourself safe.

ONLINE

Young people have told us that online they worry about being bullied or trying to live up to the expectations of celebrities on Instagram and Facebook. If someone is hassling you online, you might feel you are on your own. You are not. Your carers and Blue Sky are here to help you. We also run training for you and your foster carers to help you keep safe online. If you don't want to talk to them, then check out thinkuknow.com or contact Katie or someone at Blue Sky.

STRANGERS

You might have moved to a new area where you don't know people and it's understandable that you will want to make friends, but, your carers will know the area best, so stick to their rules and guidance. They will advise times to come in, will ask where you are going and they have a responsibility to inform Blue Sky if you do not return at the agreed time.

HOME

Each house will have different rules, but some rules will be the same for every house. It's important people have personal space and some rooms might be private (places like bedrooms) but your carers will tell you about this. It's also important to wear things like dressing gowns when walking around the house and coming out of the shower. Your foster carers will make sure they do the same as well. These things are important, to keep you and your carers safe.

MOBILES / TABLETS AT BED

A Blue Sky rule is that phones and tablets don't go into the bedroom at night when you are going to sleep. If you stare at a phone screen and tablet before bed and are on Facebook, Instagram etc., your brain starts to go into busy mode, thinking about other people, what they are doing and what you can comment on their photos and videos. The blue light that comes off a phone also affects your eyes which is not what your body needs to get to sleep. So it's in your best interest to turn it off and get some sleep.

Anti Bullying Team

by the young people of Blue Sky

THERE WILL BE OBSTACLES

THERE WILL BE MISTAKES

BUT WITH HARD WORK

THERE ARE NO LIMITS

**Created by the young people of Blue Sky
for other young people, carers and staff**

Blue Sky and our foster carers do not stand for bullying in any way. We worked on an 'Anti-Bullying Guide' with the young people of Blue Sky, a copy of the guide is in this pack. It has all the information and links you will need if you see bullying or are being bullied. As with everything at Blue Sky, if you think you could help us with this based on any of your experiences, we would really like to hear from you. You can get in touch with us by sending an email to molly.lloyd@blueskyfostering.co.uk or by calling / texting 07741 313162.



THINGS YOU MIGHT WANT TO KNOW...



You may have a lot of questions, some of them might be answered in this section. You can also get in touch with us at Blue Sky by text / call on 07741 313162 or by sending an email to molly.lloyd@blueskyfostering.co.uk

Useful Contacts

Your Social Worker

Name.....

Tel.....

email.....

Your IRO

Name.....

Tel.....

email.....

Q&A

How often will I see my family & friends?

We all know how important friends and family are and how being away from them is tough. Blue Sky will work with your carers and your social worker to come up with the best plan for how this will work. You might not always agree with this plan and if you don't, it's time to speak up about it. Talk to your carers, Blue Sky or your social worker. You have a right to talk to your social worker whenever you need to. If you do not have a phone, ask your foster carer and they will help you to get in touch with your social worker.



What are the rules of the house?

Every house has rules. They are there to let everyone know how to keep safe and happy in the home. If you are not happy with the rules, talk them over with your foster carer or let Blue Sky know. We will work together to find a solution.



How much allowance / pocket money will I get?

Ask your foster carers how much you will get each week. Your carers will also save some money each month for you. This money will be given to you when you are 18 as it will help you with some of the things you may need when you are an adult.



How do I get hold of people if I don't have a mobile phone?

If you need to speak to someone at Blue Sky or your social worker, then let your carers know (you don't have to explain why) and they will help make sure you can do this. If you want to speak to friends or family then do the same and they will see if they can help you.



What is respite?

Sometimes your carers might be going away somewhere and it's not appropriate for you to go. At a time like this, you will hear the word "respite" said. This means you will go and stay with someone else, until your carers get back. It might be someone else in the family, another foster carer or a friend. Blue Sky will get your opinion and try to find the best place for you.



**BLUE SKY BEAR AND THE TEAM
WISH YOU ALL THE BEST AND
HOPE YOU SETTLE IN WELL, WE
ARE HERE IF YOU NEED ANYTHING!**

Get in touch with Katie if you need someone to talk to or if you have any questions...

Katie Sell



Email

katie.sell@blueskyfostering.co.uk

Call / Text

07725 860490