

TUTIS FOSTER CARE

YOUNG
PERSON'S

**GUIDE TO
FOSTER CARE**



2025

HELLO

WELCOME TO TUTIS FOSTER CARE

Welcome to Tutis Foster Care! We're a small fostering agency in Cumbria, and our job is to make sure you feel safe, supported, and cared for while living with your foster carers.

Whether you're new to foster care, have been here for a while, or just want to learn more about it, this guide is for you. We know that being a teenager is already full of challenges, and moving to a new home can feel a bit scary, but you're not alone. This guide will help you settle in and answer some of the questions you might have.

If there's anything you're unsure about, just ask. Your foster carers, social worker, or anyone from Tutis Foster Care will be happy to help. We're all here for you.

WWW.TUTISFOSTERCARE.COM





WHAT DOES BEING IN FOSTER CARE MEAN?

TUTIS FOSTER CARE

WHAT IT'S ALL ABOUT



**PROTECTED.
SAFE. SECURE.**

Foster Care provides safe and stable homes for young people who can't live with their biological families.

Sometimes, foster care is temporary while families get the help they need; other times, young people stay in foster care long-term until they are ready to live independently.

Whatever the situation, foster care is about making sure young people are looked after and supported.

TUTIS FOSTER CARE

WHAT TO EXPECT



Moving to a new home can be challenging, and it's okay to take time to adjust. There are lots of people here to support you—your foster carers, social worker, teachers, and other trusted adults.

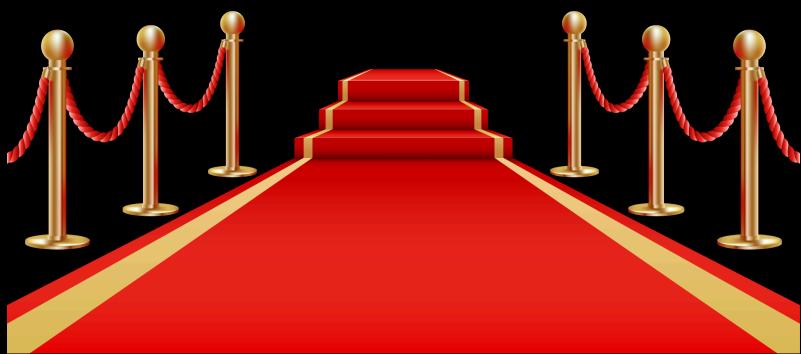
It's normal to have mixed emotions about foster care, whether that's sadness, anger, relief, or all of them at once. Talking about your feelings can help. Foster care can also bring new opportunities—new experiences, hobbies, and supportive relationships.

You're not alone, and help is always available when you need it.

CELEBRITIES WHO GREW UP IN FOSTER HOMES

MARILYN MONROE – ACTOR, STYLE ICON

Tackling many obstacles to achieve fame, Marilyn Monroe is arguably one of the most famous people who grew up in foster care. Her childhood started out living with her mother, a single parent who battled against the judgments of having a child outside of marriage. Life was a struggle, and her mother was declared legally insane—while Marilyn was sent to an orphanage for two years. After that, she lived with a family friend for four years. Marilyn never knew her father and spent years longing to meet him.



JOHN LENNON – MUSICIAN (THE BEATLES)

Born in an era of air raids, frightening bombings and blackouts of the Second World War, John Lennon's early life was filled with uncertainty. His father was away at sea and didn't reappear for 18 months after he was born and divorced John's mother, Julia, when he did. John's behaviour got worse as his mother began to date someone new, and he was expelled from nursery for bad behaviour. Later, Julia struggled to cope, and John began living with his Aunt Mimi and her husband as a foster care solution. John grew up with his aunt and uncle while regularly visiting his mother.

STEP BY STEP

ENTRY INTO FOSTER CARE

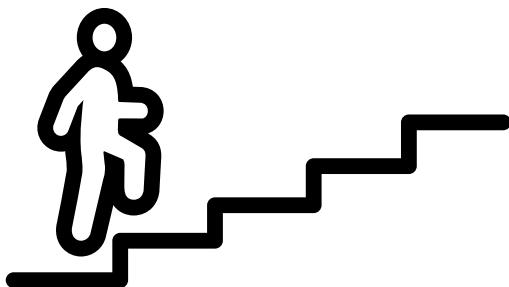
Referral and Assessment: You might enter foster care through a referral from a teacher, doctor, or other concerned person. Social services will assess your situation to determine if foster care is necessary.

Court Decision: A judge will review the assessment and decide whether you should be placed into foster care. You will be appointed a lawyer or advocate to represent your views.

YOUR NEW HOME

Finding a Foster Home: Social workers will find a suitable foster home for you. This could be with relatives (kinship care) or a non-relative foster family.

Transition: You'll move into your new foster home. It's normal to feel a mix of emotions during this time.



CASE PLAN DEVELOPMENT

Creating a Plan: Your social worker, along with you and your foster family, will develop a case plan outlining goals and steps for your future.

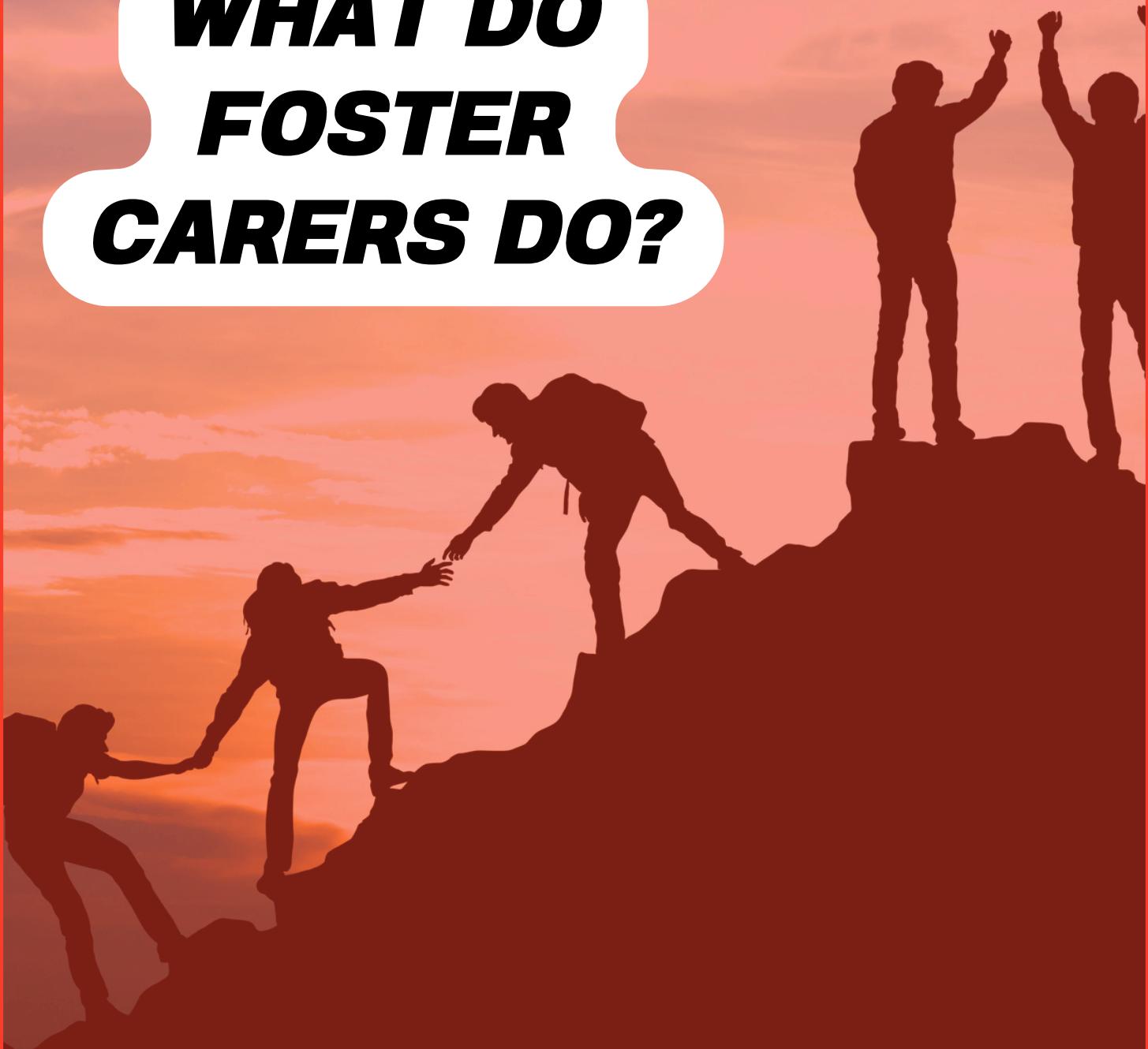
This plan might include family visits, therapy, and other support services.

REGULAR REVIEWS

Monitoring Progress: Your case will be reviewed regularly by the court to ensure you're receiving the care and support you need.

You'll have opportunities to share your thoughts and feelings about your situation.

WHAT DO FOSTER CARERS DO?



WHAT TYPES OF PEOPLE FOSTER?

YOUR FOSTER CARER

Foster carers play a crucial role in providing a safe, supportive, and nurturing environment for young people who are unable to live with their biological families. They ensure that their needs are met, including providing a safe place to live, healthy meals, clothing, and other essentials.

Fostering can be done by all kinds of people—some foster children are cared for by a couple, sharing the responsibilities between them, while others choose to foster as a single person.

LIVING IN FOSTER CARE

Moving into a foster carer's home can be a significant change, and it's natural to have many questions about what to expect. Your foster carer will welcome you and introduce you to the household, showing you around and explaining routines. You'll have time to settle in and adjust to your new surroundings, and it's okay to feel a mix of emotions during this time.

Daily life in a foster home should feel comfortable and relaxed. There might be rules to follow, such as doing your homework or making your bed, but these are only there to help you build good habits and thrive.

YOUR FOSTER HOME



MOVING IN

YOUR BEDROOM

HOUSE EXPECTATIONS

WHO CAN I TALK TO?

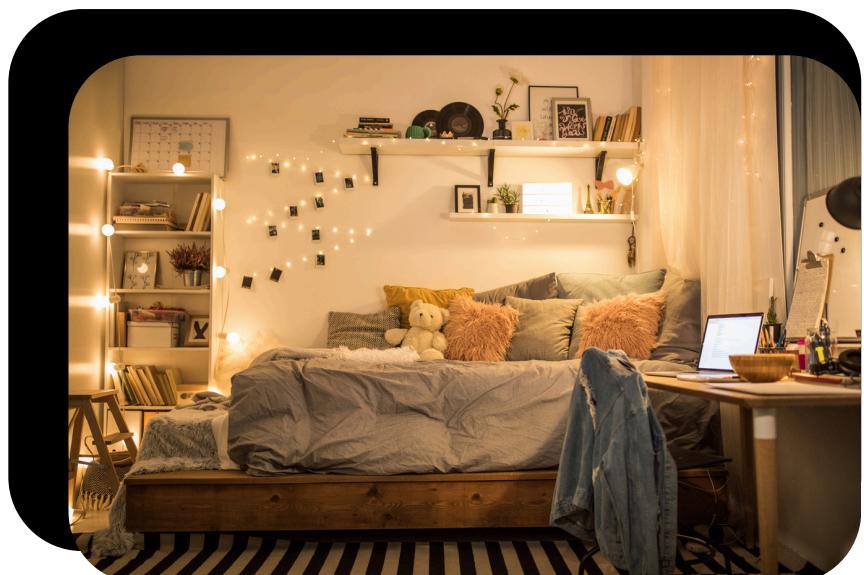
INFORMATION ABOUT YOUR FOSTER HOME

Moving In

Your Foster Carers will welcome you into your new home; you should feel safe. They will appreciate that you may need some time and space on your own to settle in, and they will be supportive and understanding of this. It will be important for them to know that you are happy in their home and that they are providing you with the things that you may need and the things that you like, so remember to tell them your likes and dislikes.

Your Bedroom

Your bedroom should be warm and welcoming. This is your space to keep your personal belongings, and you should feel safe and secure in it. Although this will be your room, there will be certain expectations about it, including keeping it clean and tidy. You should take pride in your space, and it should be a nice place for you to have some alone time and to relax in.



INFORMATION ABOUT YOUR FOSTER HOME

House Expectations

Foster Carers are encouraged to have some House Rules, which apply to everyone in the home, such as knocking on bedroom doors, speaking to each other respectfully, and how to dress around the house, etc. There will also be some 'ground rules' for you; these will be discussed and agreed upon with you—things like bedtime, what time you have to be in at night, etc. Your thoughts and wishes matter too, so don't be afraid to be open and express your views and thoughts. Your parents will be kept up to date on how you are, and they also have some say in what you can and can't do.

Who Can I Talk To?

If there is something you're not happy about and you do not feel comfortable discussing it with your Foster Carers, you can speak to your Social Worker or the Tutis Foster Care Social Worker. There is a Complaints/Comments/Compliments form at the back of this booklet too.

Remember

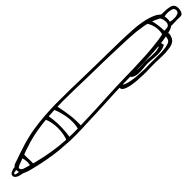
We will always do our best to make sure you are safe, well, and happy, but sometimes decisions have to be made that you don't like or don't agree with. These decisions will always be made to ensure your best interests are met.

TUTIS FOSTER CARE

USEFUL INFORMATION

YOUR FOSTER HOME

Your foster carer's name(s):



Their address:

Their phone number:

They have children called:

They have pets called:

Other useful information:

MY PEOPLE & KEY TERMS



WHO'S WHO IN FOSTER CARE?



**LOCAL
AUTHORITY
SOCIAL
WORKER**



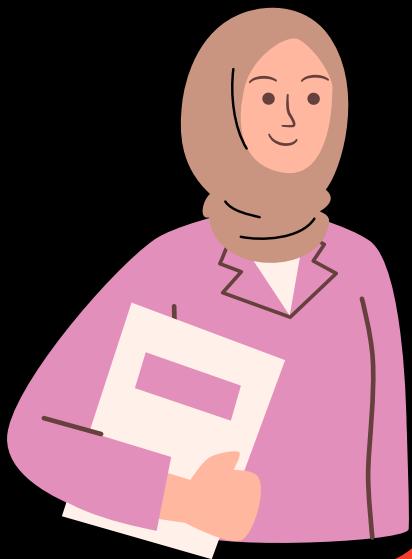
**TUTIS
SOCIAL
WORKER**



**INDEPENDENT
REVIEWING
OFFICER**



GUARDIAN



WHO'S WHO?

LOCAL AUTHORITY SOCIAL WORKER

Role: Manages your case and is responsible for your welfare.

Duties: Develops and monitors your case plan, arranges placing you with a family, and ensures you receive necessary services.

TUTIS SOCIAL WORKER

Role: Supports you and your foster parents.

Duties: Provides guidance and resources to foster carers, and ensures the foster home meets all required standards.



INDEPENDENT REVIEWING OFFICER

Role: Oversees your case reviews and ensures your needs are met.

Duties: Chairs review meetings, monitors the local authority's performance, and ensures your voice is heard in planning and decision-making.

GUARDIAN

Role: Oversees your case reviews and ensures your needs are met.

Duties: Chairs review meetings, monitors the local authority's performance, and ensures your voice is heard in planning and decision-making.

THEIR DETAILS

LOCAL AUTHORITY SOCIAL WORKER

Phone Number:

Email:

TUTIS SOCIAL WORKER

Phone Number:

Email:



INDEPENDENT REVIEWING OFFICER

Phone Number:

Email:

GUARDIAN

Phone Number:

Email:

TUTIS FOSTER CARE

YOUR SOCIAL WORKER



**PROTECTED.
SAFE. SECURE.**

Your Social Worker, assigned to you by the Local Authority, oversees your care and welfare. You should get to know your Social Worker so they can support you through your time in Foster Care. Make sure you tell them what you want and what you don't want, what you like and what you would like to happen.

During your time in Foster Care, there will be Reviews that are about you. At these Reviews, there will be an Independent Reviewing Officer (IRO). They will speak to you and take your views and feelings into account. Be open and honest with them – that way everyone will know exactly what you want to happen.

Key Terms

The following terms are meetings, documents and things which will feature in your life as a young person in foster care.



Care Plan

This is a guide that explains what you need, what help you'll get, and what everyone is working towards while you're in foster care. It covers things like your health, education, feelings, and family connections.

Placement Agreement

This is the agreement between your foster carers and the people in charge of your care. It spells out what your foster carers will do for you and what support they'll get to help take care of you.

Personal Education Plan (PEP)

Your PEP is like a roadmap for your education. It sets out your goals, what you're good at, and what help you need to succeed in school. It's checked regularly to make sure you're on track.

Reviews

These are meetings where you, your carers, and social workers talk about how things are going. They happen every few months to see if anything needs to change to make sure you're getting the right support.

Pathway Plan

This is your plan for growing up and getting ready to live on your own. It covers things like school, jobs, where you'll live, and how to take care of yourself. It's updated as your plans and needs change to help you succeed as an adult.



YOUR HEALTH

YOUR HEALTH

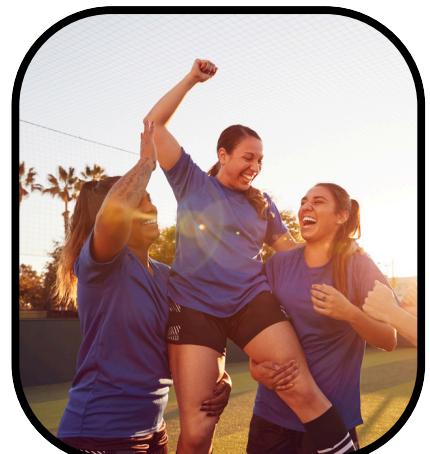
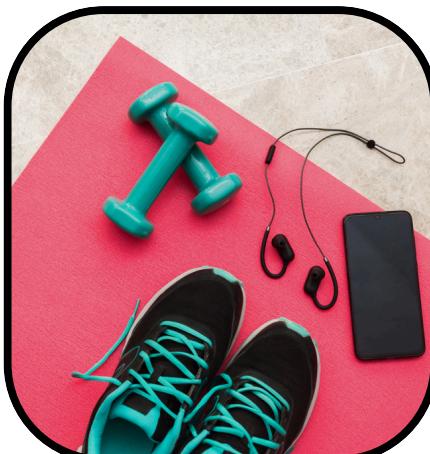
EAT WELL

Your Diet: Your Foster Carers will provide you with a healthy and balanced diet. We're sure there are some foods that you don't like; that's fine. There may be some foods that you haven't tried before. Give them a go; you might like them.

There are lots of benefits to eating a healthy diet; it'll help you stay in shape, sleep better and have more energy. But equally, there is nothing wrong with the occasional treat!

EXERCISE

Your Exercise: Exercise is very important and it comes in all sorts of different forms. There are so many ways to exercise: a walk to the shop, riding a bike or having a kick about with a football. If you have an interest in a particular activity, your carers will make sure that you have access to clubs or groups such as gym memberships, football, swimming, dance, karate, etc.



Once you have moved in with your Foster Carers, you may be asked to see a doctor. This is nothing to worry about; it's just to make sure that you are healthy. This is called a Health Assessment, and you will be asked to have one of these every year.

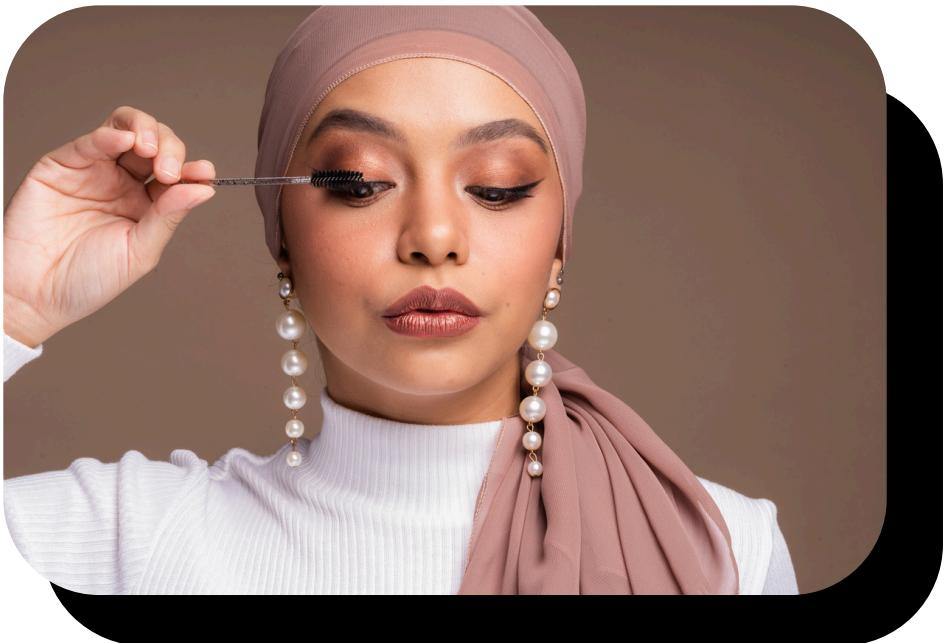
Your Foster Carers will have to register you with a GP, Optician, and Dentist in the area where they live. It may be that you already have some health appointments booked when you move in with your Foster Carers. If this is the case, they will ensure that you attend all of those appointments and any follow-up ones.

YOUR IDENTITY



YOUR IDENTITY

YOUR IDENTITY IS PART OF WHAT MAKES YOU, YOU. EVERY EFFORT WILL BE MADE TO ENSURE THAT YOUR CULTURAL, RELIGIOUS AND ETHNIC IDENTITY ARE MAINTAINED.



While you're living with your Foster Carers, you will be encouraged to develop your own self-esteem and have a positive attitude about yourself.

It is important that all of our Foster Carers help you to develop your identity, especially around your Culture, Language, and Religion; all of these areas build up your Identity.

If you would like to attend a local place of worship, this can be arranged by speaking to your Foster Carers or your Social Worker.

If you have certain dietary requirements, such as vegetarian, vegan, or Halal, your Foster Carers will ensure that they meet these requirements.

We realise that sometimes it is difficult to get information about your culture, your ethnic community, or religion. Your Foster Carers will help you to get in touch with organisations or people who are from the same racial or cultural background as you.

YOUR RIGHTS



YOUR RIGHTS



If you feel like you would like support with any of the things we have mentioned, please talk to us so we can help you.

Life Story Work will also be carried out – the end result is a book that tells you about your life at home, why you came into care, the schools you have attended, your likes and dislikes, etc. It is there to help you understand your situation and ask questions.



We understand that people can get upset when they don't know what plans are being made. We want you to know that we will try to find out and let you know what is happening as soon as we are able to. We want you to be able to tell us when you feel upset or down. We will do our best to help you feel better about things.

You will be asked if you want to join Tutis Foster Care's Young People's Group – here you can meet other children who can't live at home. You will also be able to join other groups that Children's Services run, like Participation Groups. For young people who want to learn more about young people in care, you can become involved with the Who Cares?



CHILDREN'S SERVICES



There are several things that the law says that Children's Services must do.

The following is taken from Children's Comissioner

The Children's Commissioner's website, for more information visit:



www.childrenscommissioner.gov.uk

WHAT CHILDREN'S SERVICES MUST DO



Ensure that you are safe and well cared for.

Make sure that you have an up-to-date Care Plan that you understand and includes your views, wishes, and feelings. A Care Plan is a document that outlines how your needs will be met while you are in care, who will be responsible for this, and what the long-term plans are for your care. You should be given a copy of your Care Plan, and someone should sit down with you to explain it and ensure you understand what it says.



Visit you in your placement regularly and offer to speak with you alone if you would like.

Complete a Placement Plan whenever you move to a new placement. This plan should specify who has to do what to ensure you are taken care of and have everything you need in your placement. Plans for your education and health needs should also be completed and regularly reviewed.



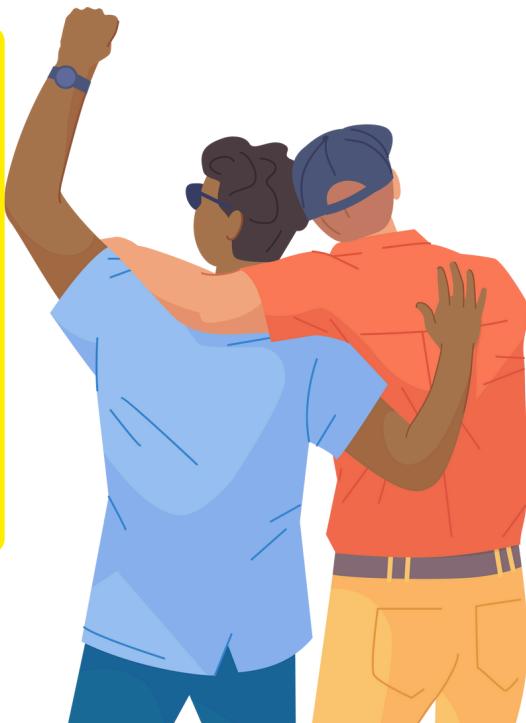
WHAT CHILDREN'S SERVICES MUST DO



Take into account your religion, ethnic and racial background, culture, and language when making decisions about you. You have the right to maintain ties to the things that are important to you and your identity.

Help you have contact with important people in your life, including parents, siblings, extended family members and close friends.

Provide you with an Independent Reviewing Officer (IRO). An IRO is responsible for making sure that the Local Authority is doing their best to take care of you. An IRO will chair your LAC Reviews and should work with you to ensure that these meetings are productive and include your views, wishes, and feelings. You should be given the chance to chair your own reviews if you wish.



Provide you with an independent Advocate if you would like one, as well as information on how to make a formal complaint.

Give you information on how to access your records and documents that include information about you.





**WHAT
SHOULD I DO
IF I HAVE A
COMPLAINT?**

AT TUTIS FOSTER CARE WE TAKE COMPLAINTS SERIOUSLY AND WILL LOOK INTO ANY CONCERNS YOU HAVE.

We know that sometimes there will be things about your care that you are not happy with. Usually, this can be sorted out by having a chat with your Foster Carer or Social Worker. In some instances, though, you might want to make a complaint.

If you have a complaint, either phone us or fill in the back sheet of this booklet. Your complaint should be sent to our Registered Manager, who will write to you to confirm that your complaint has been received and who will deal with the matter. You will receive this response within five working days. Then someone will arrange to see you and discuss your complaint within five working days.

Your complaint will be recorded on your file; you can ask to see this.

If you are not happy with what we have done, let us know and the Responsible Individual will get involved and ask an independent person to investigate. This is someone who does not work for Tutis Foster Care.

Once these individuals have finished talking to everyone, they will make recommendations on how your complaint can be resolved. You will be kept updated.

If your complaint is about the Managers in Tutis Foster Care, you can contact Ofsted at 0300 123 1231. Ofsted are there to ensure that children are being properly cared for.

If you want to speak to Tutis Foster Care staff, the number is 01946 65686. The Responsible Individual can be contacted at 07495661512.

Also, for children who live away from home and need advice or assistance, you can call the Children's Commissioner's Team via telephone or email:

0300 123 1231

help.team@childrenscommissioner.gov.uk



CONTACT

**WHO
CAN I GET
IN TOUCH
WITH?**

USEFUL CONTACTS

Description	Phone	Website
Childline CONFIDENTIAL SERVICE WHERE YOU CAN TALK ABOUT ANYTHING	0800 1111	www.childline.org.uk
Coram CHARITY FOR YOUNG PEOPLE IN FOSTER CARE	0808 800 5792	www.coram.org.uk
NYAS NATIONAL YOUTH ADVOCACY SERVICE	0808 808 1001	www.nyas.net
NSPCC THE NATIONAL SOCIETY FOR THE PREVENTION OF CRUELTY TO CHILDREN	0808 800 5000	www.nspcc.org.uk
Children's Commissioner ADVICE AND ASSISTANCE SERVICE FOR CHILDREN IN CARE	0800 528 0731	www.childrenscommissioner.gov.uk
Ofsted INSPECTS AND REGULATES SERVICES THAT CARE FOR CHILDREN AND YOUNG PEOPLE	0300 123 1231	www.gov.uk/government/organisations/ofsted
Become CHARITY FOR CHILDREN IN CARE AND YOUNG CARE LEAVERS	0800 023 2033	www.becomecharity.org.uk
Tutis Foster Care PRIVATE FOSTERING AGENCY IN CUMBRIA	01946 65686	www.tutisfostercare.org.uk
Emergency Services POLICE, AMBULANCE & FIRE SERVICES	999	www.police.uk
NHS URGENT MEDICAL CONCERN THAT IS NOT AN EMERGENCY	111	www.nhs.uk



Tutis Foster Care Contacts

Meet the Team

Contact Us With Concerns

Louise Devlin

Registered Manager

Telephone: 07923266700



Email: louise.devlin@tutisfostercare.com

Robin Lovegrove

Responsible Individual

Telephone: 07495661512

Email: robin.lovegrove@tutisfostercare.com

You can contact Robin with any complaints you may have about Tutis Foster Care.

Tutis Foster Care

General Contact

Telephone: 01946 65686



Email: admin@tutisfostercare.com

FREQUENTLY ASKED QUESTIONS

MY SPACE?



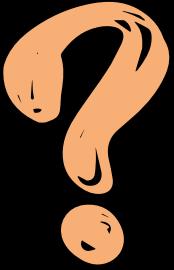
MY FRIENDS?



MY FAMILY?



SCHOOL?



ACTIVITIES?



MY INFORMATION?



ROUTINE?



FREQUENTLY ASKED QUESTIONS

Will I see my Family?

Just because you are living with Foster Carers, it doesn't automatically mean you will lose touch with your family. Where possible, young people should and will stay in touch with their family, so long as it is safe to do so. Some of the reasons that may stop you from seeing your family would be if it was felt that it was unsafe for you to see them, or if we couldn't get in touch with them. Your Social Worker will arrange contact—this can be in person or over the telephone.

If you see your family members face to face, it may be supervised by someone to ensure your safety and wellbeing. Sometimes people get upset if they can't see their family, or if they don't know what plans are being made. Everyone understands that you want to know what plans are being made. We will try to find out what is happening as soon as we possibly can. If you have any concerns or worries about seeing your family, please make sure that you share them with the people around you who are there to help you.

Will I see my Friends?

Yes—just because you're in Foster Care doesn't mean that your friendships have to suffer. You may find that your friends are a good support to you. You are, of course, allowed to see your friends, so long as it's agreed with your Foster Carer and they are aware of where you are going and who you're going to be with. It is your Foster Carer's job to keep you safe, so sometimes they may feel that it's safer for you to stay at home. If you want to stay out overnight at your friend's house, you should discuss this with your Foster Carers and Social Worker. Try to work with your Foster Carers; tell them who your friends are and what you like doing with them when you're out on your own. Try to keep to agreed times to come home and make sure you communicate with them.



FREQUENTLY ASKED QUESTIONS

What will happen with my school?

If you are aged under sixteen, it is the law that you must have an education. You can leave school on the last Friday in June if you'll be 16 by the end of the summer holidays. You then must do one of the following until you're 18:

- Stay in full-time education, e.g. at a college
- An apprenticeship or traineeship
- Work or volunteer (for 20 hours or more a week) while in part-time education or training

Part of your Foster Carer's role is to support you in getting to and from school or college. If you remain local to your school, we will do our best to support you to attend the same school if it is thought to be in your best interest. If for any reason you are unable to attend the same school, arrangements will be made for you to attend another school.

What about everyday things, like money, clothes and health?

While you're living with your Foster Carer, you will live in a clean, warm and safe home, where you will be provided with clothes to wear, a school uniform and things for school.

You will be given weekly pocket money, and you will also have money saved for you. You will have your own room and somewhere to keep your personal belongings. Like most families, Foster Carers have some rules you will be asked to follow. Most of them will be about keeping you safe. While you are living with your Foster Carer, you will have a Health Assessment each year to ensure you are physically and emotionally well.

Health is very important—eating fruit and vegetables, regular exercise and positive relationships can keep you healthy. If you smoke or vape, we can support you to stop this. If you are involved in alcohol or drug use, we have experience in assisting young people with this. As well as a doctor, your Foster Carer will also ensure that you are registered with an optician and a dentist. It may be that other professionals are involved if you have a particular condition or have been feeling low. If you are not feeling well or are worried about something, talk to your Foster Carer or Social Worker so that they can do something to help. As you grow older, there will be discussions around lots of things that you will need advice on—things like teenage problems. Some subjects may be difficult to discuss, but it is important to remember that everyone goes through adolescence and hormone changes... this can cause you to be a little moody at times... we understand that!

FREQUENTLY ASKED QUESTIONS

Will I have my own space?

We understand that it is important for you to have the right to privacy and personal space. You will have your own space, and people are expected to knock before entering your room. Your room will be a safe place to keep your belongings and a place where you can spend time alone when you want to. However, we do not want you to spend too much time alone and isolate yourself.

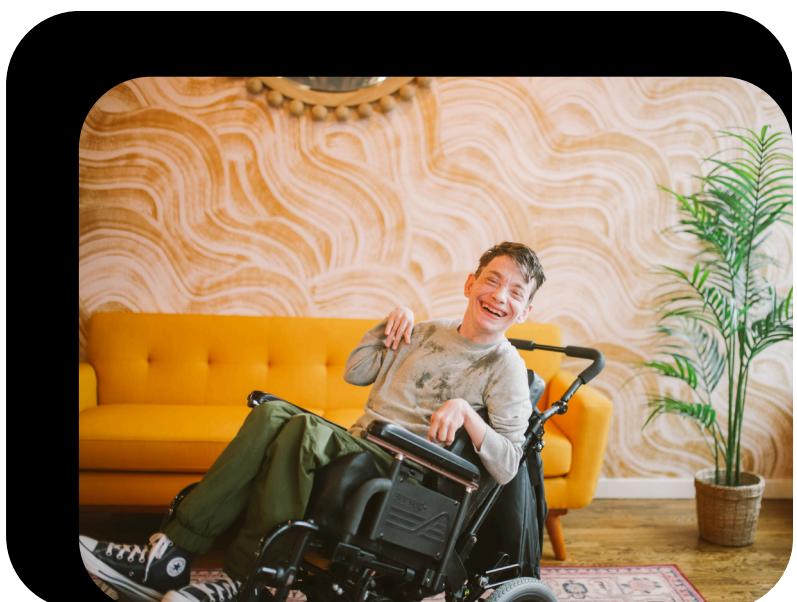
It will be expected that you do not enter other people's bedrooms without knocking.

Can I do activities?

It will be expected that your Foster Carers arrange sports or recreational activities for you – it is good to have hobbies and interests. You may want to learn to play an instrument or learn a new skill. You may be allowed to play on consoles, but this will be time-limited.

What information will be kept about me?

While you are living with your Foster Carers, Tutis Foster Care will keep notes and records about you. These will be stored safely so that only people who have permission can access them. If you want to know what is on your file, then you can ask to see it. We may not be able to show you information we have on other people, such as your birth family, or any information which was written by someone else unless they have agreed that it can be shown to you. The information will be kept safe, and only workers involved with you will have access. Inspectors from Ofsted will be able to look at the information to ensure that you are being cared for properly.



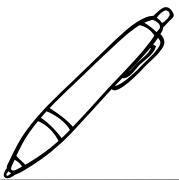
**YOUR
VOICE
MATTERS**



USE THIS SPACE TO WRITE DOWN ANY
QUESTIONS

QUESTION FORM

Your Name:



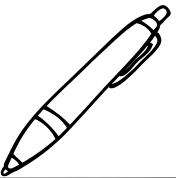
Today's Date:

Your Questions:

USE THIS FORM AS A TEMPLATE FOR ANY COMPLAINTS YOU HAVE

COMPLAINTS

Your Name:



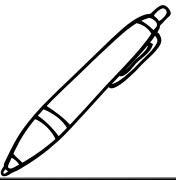
Today's Date:

Your Complaint:

USE THIS FORM AS A TEMPLATE FOR ANY
COMPLIMENTS YOU HAVE

COMPLIMENTS

Your Name:



Today's Date:

Your Compliment:

TUTIS FOSTER CARE
13 DUKE STREET
WHITEHAVEN
CUMBRIA
CA28 7ER



TUTIS Foster Care
Protected. Safe. Secure.

