

Have your say

This form is called Have you Say and it is for you to tell us what it is like living with your foster family. You can fill it in whenever you like.

If you have any comments or suggestions to make it even better then please let us know.

We will use this form to hear what life is like for you and if there is anything you want to tell us about how we could change things so they are different or better.

All the numbers you need are on the back page which you can keep and don't need to send back to us.

Thank you



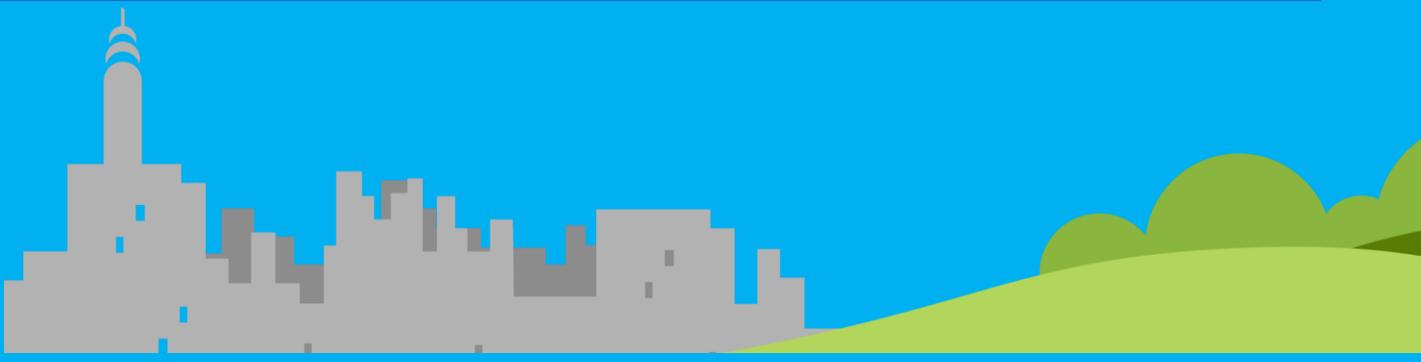
Name	
Age	
Foster Carers	
Supervising Social Worker	

What do you like about living with your foster carers?

Would you like your foster carers to do anything different?

Would you like your supervising social worker to do anything different?

If you were unhappy living with your foster carers, who would you talk to?



	Strongly Agree	Agree	Disagree	Strongly disagree	Not sure
I am treated like a member of the foster family					
My foster carer helps me to feel good about myself					
My foster carer takes on board what I have to say					
My culture and religious beliefs are respected and supported					
I feel safe with my foster family and am helped to stay safe					
I am encouraged to eat well and have a healthy lifestyle					
I am encouraged to take part in leisure activities					
My foster carer helps me to understand my feelings					
My foster carer helps me to take part in meetings about me					
My foster carer helps me to learn how to look after myself					
My foster carer would help me if I wanted to make a complaint					

Is there anything else you would like to say about living with your foster carers?

If anyone helped you complete this form, who was it?

Thank you for completing this form!



Useful Numbers

Ask your Social worker or Foster Carer for the numbers that you need.

My social worker is

Their telephone number is:

Their email address:

Emergency number:

My Foster Carer's

Supervising Social worker is:

Their number is:

People to call if you need to talk to someone else or are worried about something.

Ofsted 0300 1231231

enquiries@ofsted.gov.uk

Chief Inspector, Ofsted National Business Unit, Piccadilly Gate, Store Street,
Manchester M1 2WD

Childline 0800 1111

www.childline.org.uk

Children's rights service 0800 5280731

www.right4me.org

Voice 020 7833 5792

www.voiceyp.org

National Youth Advocacy Service 0800 616101

www.nyas.net

NSPCC 0808 8005000

www.nspcc.org.uk

The Homefinding & Fostering Agency 01622 765646

www.homefindingandfostering.co.uk

If you are unhappy and want to complain about something you can call our manager

Satwinder Sandhu on

01622 765646

Or email him Satwinder.sandhu@homefindingandfostering.co.uk

