

We want to hear  
your voice!

You are entitled to  
have your say!



**KEEP  
CALM  
AND**

**HAVE YOUR  
SAY**



Name  
Date  
Signature

What do you enjoy or not enjoy  
about living with your foster family?


What do you think of your bedroom?

Tell us about the  
food you are given?  
What is your favourite?

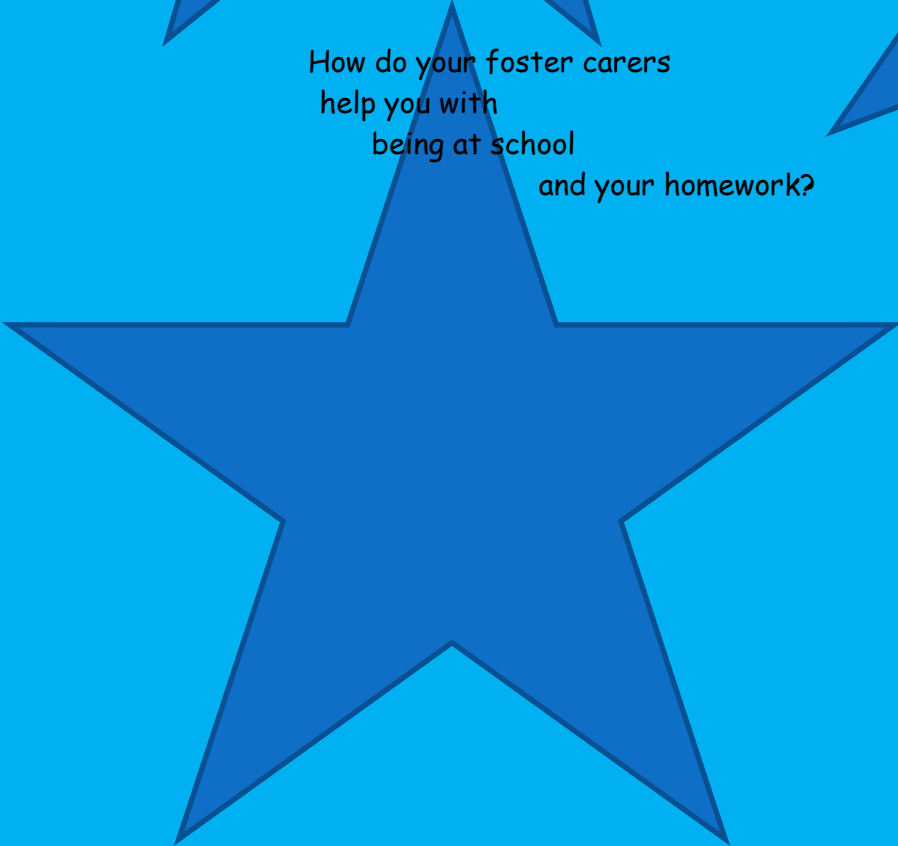
What do you like doing together as a family?



What clubs do you belong to?



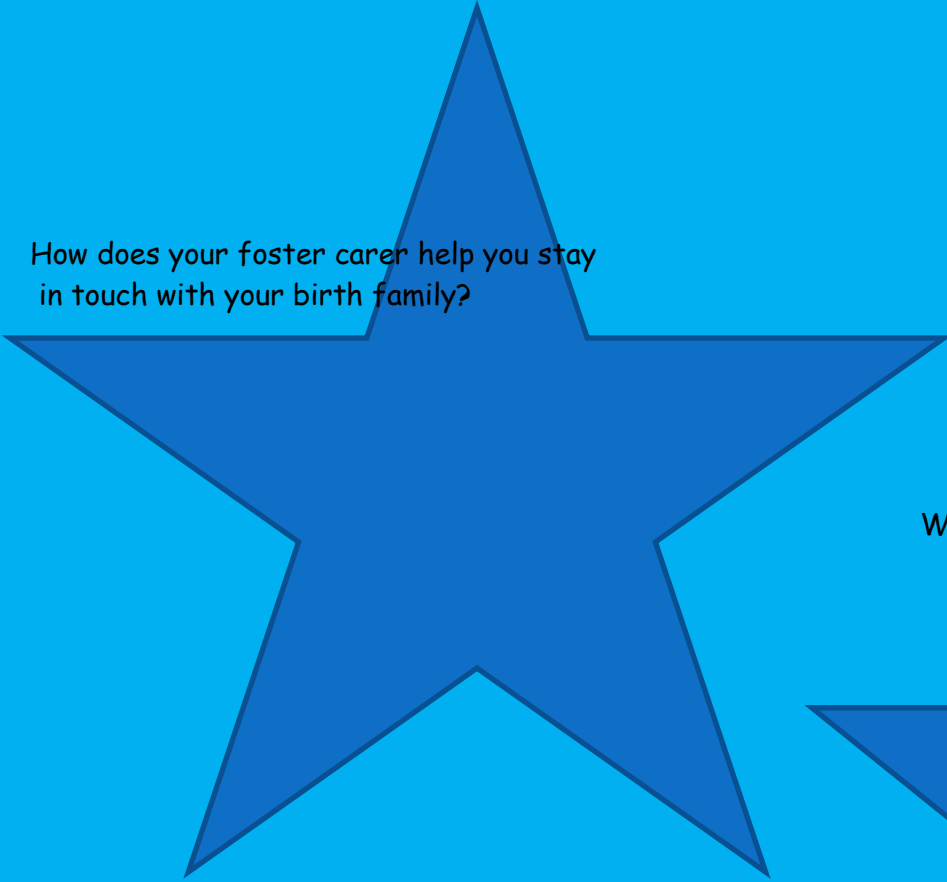
How do you sort out disagreements in your foster family?



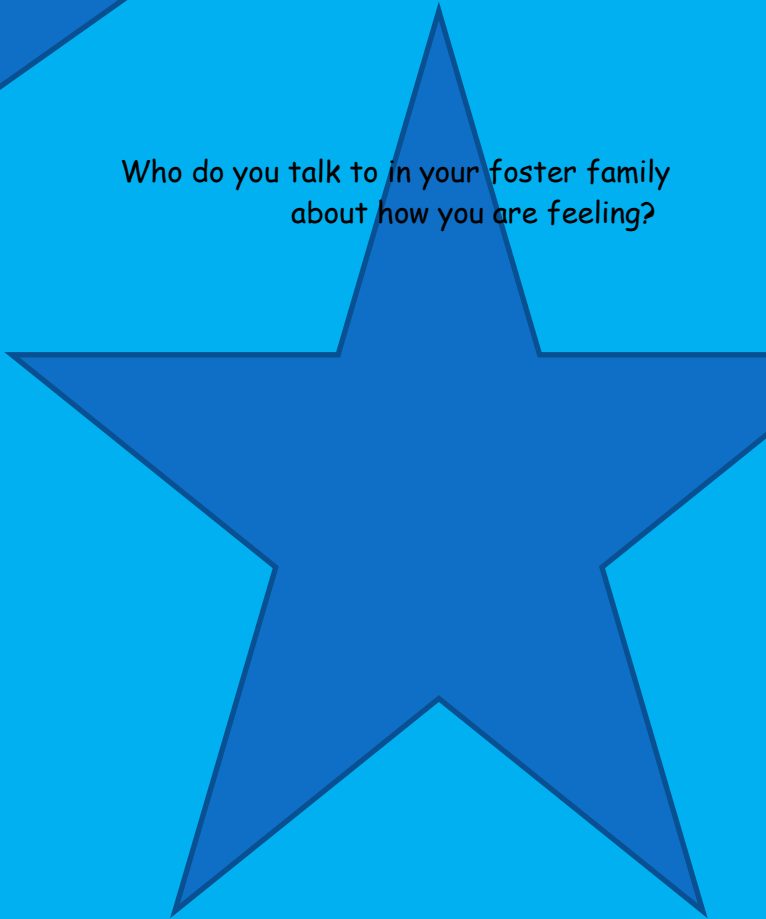
How do your foster carers help you with being at school and your homework?



Who would you talk to if you unhappy about something in your foster home?



How does your foster carer help you stay in touch with your birth family?



Who do you talk to in your foster family about how you are feeling?



Did you have any help completing this form?

Thank you for having your say. Is there anything we have forgotten or you would like to add?



# Useful numbers

Ask your social worker or foster carer for the numbers that you need.

My social worker is: .....

Direct telephone number: .....

Emergency out of hours number: .....

My foster carers'  
Supervising social worker is: .....

People to call if you need to talk to someone else.

Ofsted  
0300 1231231  
[enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)  
Chief Inspector, ofsted national business unit, Piccadilly gate, store street,  
Manchester M1 2WD

Children's rights service 08005280731  
[www.right4me.org](http://www.right4me.org)

Voice 02078335792  
[www.voiceyp.org](http://www.voiceyp.org)

National youth advocacy service 0800616101  
[www.nyas.co.uk](http://www.nyas.co.uk)

Childline 0800 1111  
[www.childline.co.uk](http://www.childline.co.uk)

nspcc 0808 8005000  
[www.nspcc.org.uk](http://www.nspcc.org.uk)