PILGRIMS CORNER FOSTERING

Under 5 PECS Children's Guide

(This guide uses PECS-style simple words and pictures to help children understand fostering and make information more accessible.)

👧🧒 About Me

My name is: _____

My age is: _____

🏠 What is Foster Care?

Foster care means:

- I stay **in a safe house** 🏠
- I stay **with caring adults** 👩👦
- They **look after me** ❤️



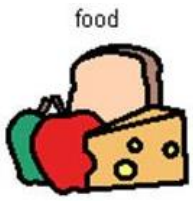
👨‍👩‍👧 My Foster Parents

These are my foster parents _____

*Insert picture of foster Parents here *

They:

- **Keep me safe**
- **Give me food**
- **Help me sleep**
- **Help me learn**





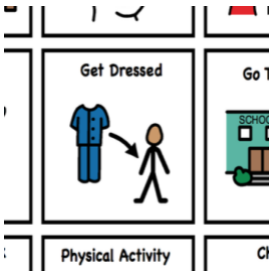


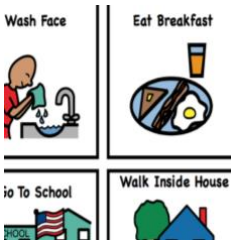
What Happens Each Day?

Morning

- Wake up
- Get dressed
- Eat breakfast





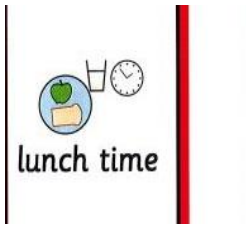


Daytime

- School or play
- Lunch







Evening

- Dinner
- Bath
- Bedtime







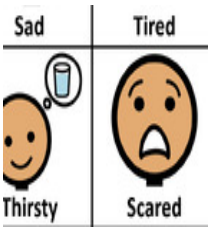
😊 My Feelings

- I can feel:
  - Happy 🙂
  - Sad 😢
  - Mad 😠
  - Scared 😟









- **All feelings are OK** ❤️‍🩹
- I can **show my feelings** with pictures or words 🖼️🗣️

🆘 When I Need Help

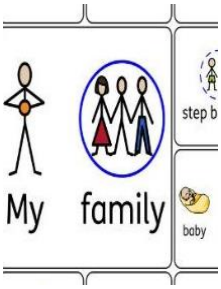
- I can:
  - **Ask for help** 🙋
  - **Show a help card** 🆘 (help card attached)
  - **Tell my foster parent** 👩👦

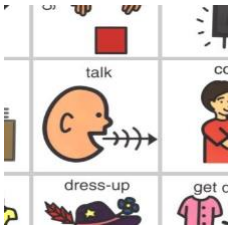




👨‍👩‍👧‍👦 My Family

- I have a family 👨‍👩‍👧‍👦
- I may:
  - See my family 👏
  - Talk to my family 📞





-

⭐ Important Things to Remember

- I am **safe** 🛡️




- I am **cared for** ❤️‍🩹
- I am **important** ⭐
- I am **not in trouble** ❌😕

❤️‍🩹 People Who Help Me

- My Foster parent/s👩🧑
- My Social worker 🧑💼
- A Teacher 👩‍🏫
- Pilgrims Corner Fostering 🫶



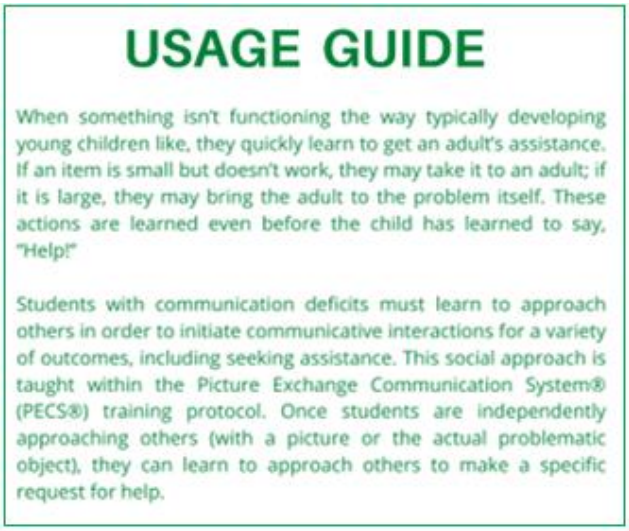
- You can ask for help to contact people on the next page who can also help you

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What do PCFS do? (Statement of Purpose)

- We help find you a kind family to look after you.
- We make sure you are safe, happy, and cared for.
- Your foster parents will look after you, listen to you, and keep you safe.
- You will go to school, learn, and play.
- You will get healthy food, see the doctor, and do fun activities.
- You can talk to grown-ups you trust, like your foster parent or social worker, anytime you need help.
- You have the right to be treated kindly, have your own space, and talk about your feelings.
- You can keep in touch with people who are important to you if it is safe.
- We want you to have fun, make friends, and be yourself.





CONTACT PAGES

If you are unhappy with your care or the services you are receiving you can contact any of the following:

Your Social Worker:

Name:_____

Tel: _____

Your Independent Reviewing Officer:

Name:_____

Telephone number:_____

Email address: _____

Ofsted: 0300 123 1231
www.ofsted.gov.uk
enquiries@ofsted.gov.uk

Chief Inspector:
Clive House
70 Petty France
London
SW1H 9EX

Telephone Contact
0300 123 1231
Email Address for the Chief Inspector
hmci@ofsted.gov.uk

You can contact anyone in the Fostering Team at:
Pilgrims Corner Fostering
The Gathering Space,
Highland Court Farm
Bridge
CT4 5HW
Tel: 01227 370808

PCFS's Children Advocate (someone independent who will listen to you) – Annie Sharpe
Please ask your foster parents or anyone at PCFS for her details.

Other Contacts:
Voice: Free Phone: 08088005737, 02078335792
Email: info@voiceyp.org
Website: www.voiceyp.org / www.childcerntred.org

Child Line: 0800 1111
www.childline.org.uk

NSPCC: 0808 800 5000
www.nspcc.org.uk

Children's Commissioner:
www.childrenscommissioner.gov.uk/about-us/contact/

Children's Commissioner for England
Sanctuary Buildings
20 Great Smith Street
London
SW1P 3BT

Telephone: 020 7783 8330
Freephone for children: 0800 528 0731
Email: info.request@childrenscommissioner.gov.uk

Coram Voice
Freephone 0808 800 5792 to find out about your rights or to get support, or to be listened to
WhatsApp +44 (0)7758 670369 contact us using WhatsApp (add us to your contacts and send us a message free with WiFi)

Text 07758 670369 (you can send a text to this number and ask for someone to call you back, texts to this number are at your standard rate for sending texts, calls to this number cannot be answered)
Email send us an email message at help@coramvoice.org.uk.
Online you can fill in our online form to send a message to the Always Heard team

- Freephone helpline: **0808 800 5792**
- Email: **help@coramvoice.org.uk**
- Text: **07758 670369**
- WhatsApp (over 16's): **07758 670369**
- Online: **Always Heard**