



TUTIS Foster Care
Protected. Safe. Secure.



YOUR Young Person's Guide to being in Foster Care

Contents Page

Table of Contents

Welcome to Tutis Foster Care!	1
What does being in Foster Care mean?	1
Useful Information about YOUR Foster Carers	2
Did you know?	2
What Types of People become Foster Carers – What do they do?	5
YOUR Foster Carers	6
Who’s who in Foster Care?	7
YOUR Social Worker	8
YOUR Health	9
YOUR Identity	10
YOUR Rights	11
Useful Contacts.....	14
Frequently Asked Questions	15
Questions Form	17
YOUR Useful Information.....	18
YOUR Complaints/Comments/Compliments	19



Welcome to Tutis Foster Care!

Hi

this booklet is to tell you a bit about Tutis Foster Care. We're a small fostering agency based in Cumbria. It's our responsibility to ensure you are well cared for during your stay with our Foster Carers. Within the agency we recruit, assess, train and support Foster Carers to look after children and young people like yourself.

Tutis Foster Care has been asked to find you a home, while you're unable to live with your family. We understand that this is a difficult time for you, and it's probably a bit scary going to a new place and meeting people for the first time. Hopefully this Guide will help you to settle in and tell you about things you may wish to know.

If you want to know about anything that's not in this booklet you can ask your Foster Carers, your Social Worker, your Foster Carer's Supervising Social Worker or anyone from Tutis Foster Care.



What does being in Foster Care mean?

Foster care is a way of providing a family life for young people who can't live with their own parents. All over the world foster families open their hearts and homes to young people in need and share their family life with them.

Foster care is often used to provide temporary care while parents get help to sort out their problems, or to help children or young people through a difficult period of their lives. Often children will return home once the problems that caused them to come into foster care have been resolved, and it is clear that their parents are able to look after them safely. Others may stay in long-term foster care; some may be adopted, and others will move on to live independently.



Useful Information about YOUR Foster Carers

It's important for you to know and understand that young people live with Foster Carers for lots of different reasons. Generally, it's not because you have done anything wrong!

Your Foster Carers want you to feel welcome – if there is anything you need; you are okay to ask for it.

Your Foster Carers names are:



Their address is:



Their phone number is:



They have children called:



They have pets, they are called:







There have been some famous people over the years that have spent time in Foster care.....

Celebrities who grew up in Foster Care

There are many unknown celebrity foster care stories of well-known media icons? With the likes of Cher, Marilyn Monroe and Seal being celebrities who were in foster care, it's amazing to see so many famous faces who have been so successful in their lives come through the foster care system.

Marilyn Monroe – Movies and Style Icon

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

Pierce Brosnan – Film Star

Best known for his iconic role as James Bond, Pierce Brosnan was brought up by his grandparents until he was aged six, this was due to his mother moving away as she was training to be a nurse. However, his grandparents died when he was six and after that, he stayed at various relatives until being sent to live in a boarding house until age 10.

Seal – Recording Artist and Musician

Born to a Brazilian father and Nigerian mother, Seal's life began by being immediately placed with a foster family in Essex. He spent the first four years of life in this home, and then returned to the care of his biological parents – although his father was very strict and often physically abusive. Going on to sell over 30 million albums worldwide and three Brit Awards, Seal's life significantly improved after having experienced life as a foster child in his early years.

John Lennon – Song Writer, Musician and Former Member of 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 nurseery 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.

Neil Morrissey – British Actor

Neil's foster care story is a little different. The successful British actor has never been shy to talk about his experiences in foster care, and he stated that it was never fully explained why he (then aged 10) and his brother (aged 12) had been taken from their parents, along with their two older siblings, and separated into two different children's homes. However, in his BBC documentary, *Neil Morrissey – Care Home Kid*, he discovered it was due to the filthy, neglected household they had grown up in – resulting in their parents regularly leaving them unsupervised





Eddie Murphy – Hollywood Super Star

Albeit a shorter experience in foster care, Eddie Murphy is also one of the celebrities who grew up in foster care – having his life take a turn for the worse at age 3, with his parents going through a divorce. Five years later, Eddie learned about the death of his father, and his mother struggled financially which led her to be hospitalised for a long period of time. It was during this time that Eddie and his brother were sent to a foster home for around a year. However, he now claims he’s drawn on his experiences in foster care to mould his sense of humour and being able to laugh about any situation.

Coco Chanel – Fashioner Designer & Business Woman

At the age of 12, Gabrielle Bonheur – also known as Coco Chanel – suffered the loss of her mother and was then sent alongside her sister to live in an orphanage. This foster care facility was run by the Congregation of the Sacred Heart of Mary – founded to care for the poor and rejected. However, going on to become one of the most well-known fashion icons of the 20th century, she managed to escape the sadness of her childhood and move forward to a successful future.

Steve Jobs – Founder of FaceBook ©

Steve Jobs was also a celebrity who grew up in foster care for a part of his life. Steve’s biological parents were unmarried when his mother fell pregnant, but as his father was a Syrian Muslim immigrant, her parents would not initially allow her to marry an Arab. His mother gave birth to him in San Francisco and was adopted by Paul and Clara Jobs – meaning that Steve’s early life involved foster care and adoption before he was established with his foster parents, who he openly referred to as “his parents”.

Cher – Singer and Actress

Cher’s didn’t have the easiest start in life. Her mother, Georgia, divorced her father when she was pregnant with Cher, but made her way through life by occasional singing gigs and small movie roles – meaning the life with her mother was spent mostly in poverty. When Cher was two years old, Georgia was overcome with illness, resulting in needing to put Cher into foster care. After staying there for a period of time, she moved back in with her mother with care from her grandmother.

ICE T – Recording Artist and Actor

You know Tracy Morrow, aka Ice T, from someplace. After all, he’s a rapper, heavy metal musician, songwriter, actor, author, and record producer. For 17 years he has played a police officer on *Law & Order: SVU*. While record labels have attributed Ice T’s parents’ deaths to a car accident in order to make it seem more tragic, Ice T himself acknowledges that both parents died of heart attacks during his childhood. After that, he was fostered by two of his aunts in Los Angeles. This environment heavily influences his coming careers.

Jamie Foxx – Hollywood Superstar

A famous American actor, Jamie was born in Texas into the family of Louise Dixon and Darrell Bishop. Shortly after his birth, his parents gave Jamie away, and he was brought to foster care by Mark and Esther Marie Talley. He grew up in an African-American neighbourhood, and his grandmother had the greatest influence on him. It was she who instilled in the boy a love for the arts, taught him to play the piano, and influenced his decision to study classical music in college.

With so many famous names having grown up in foster care, it proves how successful the system is at supporting children and young people who have come from challenging experiences and backgrounds. Just because you spend time in Foster Care doesn’t mean you can’t achieve great things!





What Types of People become Foster Carers – What do they do?..

A Foster Carer is an adult who has made the decision to share their home with children and young people, other than their own children. They want to care for children & young people who can't remain at home. When a person applies to become a Foster Carer, it is a long time and is a in depth, robust process, many questions are asked by the Social Worker. They want to know what it is about the person that makes them think they will be a good Foster Carer. A number of checks are undertaken to ensure that children and young people will be safe and well cared for.

Living with a Foster Carer means that you will live with their family in their home. You will have your own bedroom and enough storage for your belongings. You will only share a bedroom if one of your siblings is with you and it is thought the right thing to do. Whilst staying with Foster Carers you should expect to be well looked after and receive a high standard of care. If this is not the case, you will have the opportunity to tell someone from Tutis Foster Care or you can tell your Social Worker.

Tutis Foster Care expects its Foster Carers to be positive role models and to treat young people as they would their own child, including advocating for all aspects of your developments - this includes educational attainment and physical and emotional well-being. Tutis Foster Care would like your new home to work and we want you to feel valued and able to reach your full potential.

Foster Carers come from a range of backgrounds. Some live with their husband or wife, some with their partner (they might be a gay couple) and some are not in a relationship. Foster Carers come from different cultures and religions. It is our job at Tutis to match you with carers who we think you are suited to.

We realise that although we all have similarities, we are all unique in our own way and you should be treated as an individual.

We realise that young people develop at different rates, have different intellectual ability – this may be because they have been to lots of different schools or missed school due to problems in the past. Everyone has strengths in some things and weaknesses in others.....it may be that you love drama or art; it may be that you can sing; or write poetry; it may be that you are good at making things or can use a computer better than most adults; it may be that you can bake or are good with animals; it may be that you can apply perfect make-up or dance well; it may be that you are very funny at times and make people laugh. Whatever you are good at, we will try and help you develop this and better understand that everyone is good at something – it is a case of trying new things and being relaxed and a little bit confident.





YOUR Foster Carers

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. **REMEMBER** 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 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 for you to keep your personal stuff in and you should feel safe and secure in it. There should be room for you to store all your stuff and your clothes. 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.

House Rules

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, how to dress around the house etc. There will also be some 'ground rules' for you, these will be discussed and agreed with you; things like bedtime, what time you have to be in at night etc. **REMEMBER** 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.

What if I am not happy with something?

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. But these decisions will always be made to ensure your best interests are met.





Who's who in Foster Care?



Local Authority Social Worker

This person works for the Local Authority Children's Services department and will work with you and sometimes your family. They will want to know what you feel about being looked after and should help you express your views and feelings. They help plan what is happening in your life.

Their name and number is:

.....

Foster Carers Social Worker

All Foster Carers will have their own Tutis Foster Care Social Worker. This person supports your Foster Carer to provide an environment for you to be able to achieve your full potential. They are also an important person in your life and will keep in touch.

Their name and numbers is:

.....



Independent Reviewing Officer

You will be visited by your IRO and will have the chance to speak with them privately about any issues relating to your care, or service that you are receiving from the local authority or your Foster Carers. Your IRO will attend and take the lead at your Review meetings - these are about your Care Plan whilst you are living away from your family.

Your IRO's name and number is :

.....

Guardian

This person is appointed by the Court when there are Care Proceedings taking place, to decide whether children can live with their parents or not. They will visit you at your foster placement and will ask you your views about life with your family and what you want to happen for your future. They will then tell the Judge what your views are and will also say what they think will be best for you.

Your Guardian's details are:

.....





YOUR Social Worker

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.

Name of your Independent Reviewing Officer:

.....

Telephone of your Independent Reviewing Officer:

.....

Important things to know about your Independent reviewing Officers

-  If you are looked after by **FOSTER CARERS** the Local Authority must appoint an Independent Reviewing Officer for you.
-  Your Independent Reviewing Officer is in charge of your Case Reviews.
-  Your Reviewing Officer will ask you what you want to happen to you, in an age appropriate way
-  If you have any brothers or sisters in **FOSTER CARE** they will have the same Reviewing Officer as you do.
-  You should know who your Reviewing Officer is and how to make contact with them
-  You should keep the same Reviewing Officer for the whole time you are with **FOSTER CARERS**
-  You should be given written information explaining the role of the Reviewing Officer.
-  If your Reviewing Officer leaves, they must introduce you to your new one.
-  You should not be without a Reviewing Officer for any longer than the 1st week you are with **FOSTER CARERS**
-  Your Reviewing Officer should meet with you in person before your first Review.





YOUR Health

Once you have moved in with your Foster Carers, you may be asked to see a doctor, this is nothing to worry about, its 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.



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 occasion burger and chips!!!"

EXERCISE

YOUR exercise. Exercise is very important, and it comes in all sorts of different varieties. There are so many ways to take exercise, just a walk to the shop, or riding your bike or having a kick about in the park for instance, or if you're more inclined, your carers will make sure that you have access to clubs or groups, such as gym membership, football, swimming, karate etc.





YOUR Identity

YOUR identity is part of what makes you, you and every effort will be made to ensure that your cultural, religious and ethnic identity is 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 your 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 yourself.





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, schools you have attended and likes and dislikes etc. It is there to help you understand your situation and ask questions.

ALWAYS REMEMBER WE KNOW HOW HARD IT IS TO BE SEPARATED FROM FAMILY AND FRIENDS AND WE WANT TO DO ALL WE CAN TO HELP YOU THROUGH THIS PERIOD.

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.

We want you to be able to tell us when you feel upset or down.

We will do our best to help you to 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, for various reasons. 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? Trust - *The Who Cares? Trust is a voice for children in care.*

We believe that a healthy mind needs a healthy body, so to keep you in tip top physical condition we will encourage you to keep fit.

REMEMBER: It's extremely important to have fun with friends too.

Children who live with Foster Carers have **RIGHTS**.

You have the right to:

to be safe
 Enjoy
 respect
 BE HEARD
 A private life
 education
 Information
 culture
 HEALTHY CARE
 treated fairly
 religion



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

The following is taken from:

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

<http://www.childrenscommissioner.gov.uk/>

-  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 says 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 make sure you understand what it says.
-  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.
-  Complete a Placement Plan whenever you move to a new placement. This plan should say who has to do what to make sure 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.
-  Take in to 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.
-  Visit you in your placement regularly and offer to speak with you alone if you would like.
-  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.

Complaints

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.

At Tutis Foster Care we take complaints seriously and will look into any concerns you have.

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 say your complaint has been received and who is to 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 people 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 – 0300 123 1231. Ofsted are there to make sure 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 on 01900 825644

Also, for children who live away from home and need advice or assistance, you can call the Children's Commissioner's Team on the free phone number 0800 528 0731 or email - advice.team@childrenscommissioner.gsi.gov.uk



Useful Contacts

Ofsted National Business Unit

Piccadilly Gate

Store Street

Manchester

M1 2WD

Tel: 0300 123 1231

enquiries@ofsted.gov.uk

The Office of the Children's Commissioner

Sanctuary Buildings

20 Great Smith Street

London

SW1P 3BT

Tel: **0800 528 0731** – Freephone: 020 7783 8330

Email: advice.team@childrenscommissioner.gsi.gov.uk

NSPCC Helpline

0808 800 5000

Childline

0800 1111

Coram Voice

0808 800 5792. The helpline is open from 9.30 am - 6.00 pm Monday to Friday.

NYAS

NYAS is a UK charity providing socio-legal services to children and young people

0808 808 1001

Who Cares! Trust

020 7017 8901

Please try not to worry about things on your own, there will always be someone somewhere to listen, help and offer advice. We want you to be happy and all of us at Tutis should always show you:

respect!



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 for seeing your family would be if it was felt that it was unsafe for you see them, or 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 that are there to help you.

Will I see my Friends?

Yes – just because you're in Foster Care that 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 Carers 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 over night 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.

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 Carers role is to support you 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 live with your Foster Carer, you will live in a clean, warm and safe home, where you will be provided with clothes to wear, 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, we can support you to stop smoking and if you are involved in alcohol or drug usage, 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!

If you want to know more about how your body is changing or how you are feeling about your sexuality, you can talk to your Foster Carer or Social Worker. There are lots of websites available, such as: www.kidshealth.org

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. You will be invited on holiday with your Foster Carers

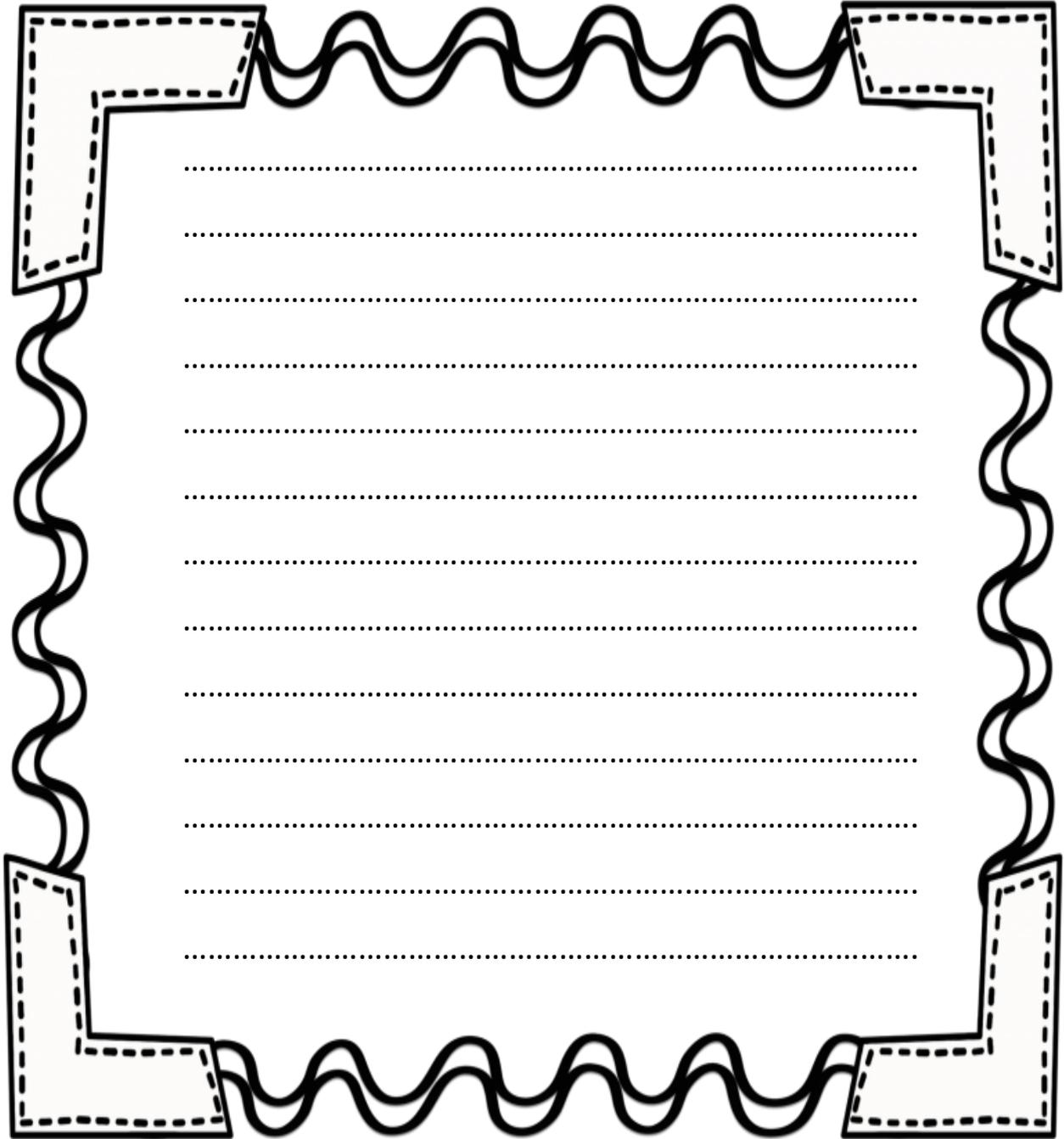
What Information will be kept about me?

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.



Questions Form

Do you have any questions? If so, make a note of them below. You can then pass this form to your Foster Carers, your Social Worker, the Tutis Social Worker or your IRO.





YOUR Useful Information

Use this page to write down any changes of Social Worker or details of any other worker. It can also be used for you to record other important information, such as your National Insurance Number.





YOUR Complaints/Comments/Compliments

I wish to make a (please circle)

Comment

Compliment

Complaint

My name

is:.....

I live at:

.....

You can contact me

by:.....

My comment/compliment or complaint is:

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

You can email this to louise.devlin@tutisfostercare.com (Manager) or robin.lovegrove@tutisfostercare.com or give it to your foster carers' social worker, or put it in an envelope and post it to:

Tutis Foster Care,
13 Duke Street
Whitehaven
CA28 7ER