

FREE WITH THIS ISSUE!

Notebook & Pencils

WIN!

Poetry contest

The Official Three Circles Magazine

FUN AND GAMES

- Odd emoji out
- Wordsearch
- Maze
- Colour and create



- Pull out poster
- All about me journal
- Awesome facts

MAKE & SHARE



Choco fudge



Dream catcher



Colour fun

ART

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What is care and how does it work?

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Hello you!

We are so happy to meet you and we hope that you will like living with your foster carers. Your foster carers home is **YOUR** home. We want you to be safe and happy and to try new things. Maybe there is something you have always wanted to do or have enjoyed before - let your carer know.

It is ok to feel scared or upset. Your social worker will talk to you about why you are living here and help make plans for the future.

Your foster carer will go through this pack with you if you would like them to.

This TC Mag has lots of useful info about living with your foster carers and loads of fun things for you to do like make a dream catcher and chocolate fudge!

From

The Three Circles Team!



My care blog!

All about the care system!

People are in care for many reasons and your social worker will be able to explain why you are. Lots of people live in different families - including foster families.

Check out this page for some key info about foster care.

Social Worker

You have your own social worker who will visit you at least every six weeks. They have to listen to your views and take them seriously. They will write a care plan which has everything about your health, family, where you will live, education and loads more! It is very important to tell your social worker what is important to you so that they write it into the plan.

When you cannot live with your family at home, social workers find safe places for children to stay. Sometimes they ask fostering agencies (like us!) to care for you. We will let your social worker know how you are doing and pass on your wishes and feelings to them. We are a group of foster carers, social workers, teachers and lots more - all working to make your life better.

You and your family

You are the most important person! There are so many people you will meet and see whilst being a part of your foster family. We know it can be strange living with new people and it is ok to feel worried or nervous. You might be wondering about your family. Your social worker will talk to you about your family and the reason why you are not living with them at the moment. Let's give you a bit of info about the different pieces of the care puzzle - so you can see where it all fits.

Foster care

Three Circles

Foster carers are people who care for children in foster care, like you! They make sure you are well looked after and listen, respect and support you. They will make sure you have a bedroom of your own (or shared with your siblings) and be someone who will celebrate your achievements and help you to take part in things you like to do (like art

Care system

If you cannot live with your family, the local authority has to make sure that you are safe. You will go into 'the care system' which means you will be safe and well cared for.



We have hidden this little monster somewhere on every page, can you find them?

FUN STUFF!

Can you crack these three brain teasers?

Can you find all the musical instruments?

1.

Star Splatted!

These music stars aren't painting a pretty picture!
Can you fill in the missing letters?



E □ S □ E □ R □ N

JU □ TI □ BIE □ ER



ARI □ NA □ RAN □ E

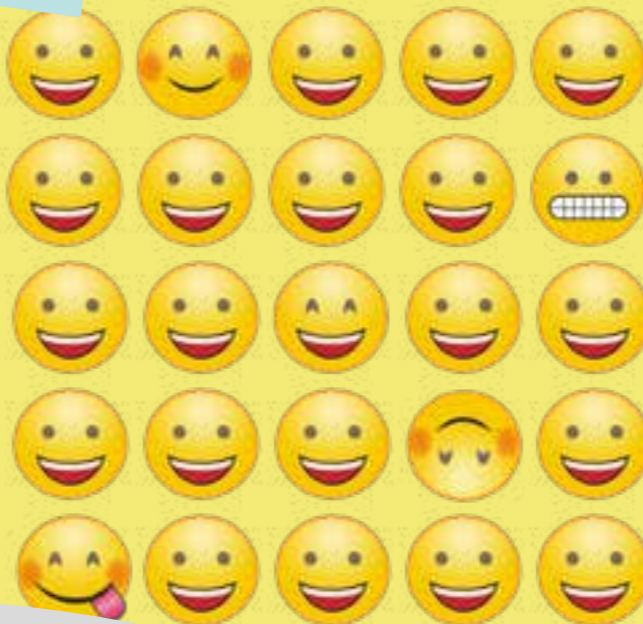


3.

Play us a tune!

- Accordion
- Banjo
- Cello
- Clarinet
- Drum
- Flute
- Guitar
- Harmonica
- Marimba
- Organ
- Piano
- Recorder
- Saxophone
- Triangle
- Trumpet
- Tuba
- Xylophone

2.



Can you spot the odd emoji out on each line?



ALL ABOUT ME JOURNAL!

Making a journal is so much fun! Don't worry about making mistakes, you can doodle over things you aren't happy with!

My important people

Best meal ever!

I want to be

When I am older

Write about how fabulous you are on this page!

Your foster family

Favourite things to do

My proud moments

Use your free notebook to carry on the fun!

My social worker

My friends

MY FOSTER FAMILY

What is a foster family?

People who give a home to children that need a safe place to live. They may have children of their own, or other foster children living with them. What is your foster family like?

What will it be like?

You foster carers will make sure you are happy and comfortable whilst living with them. They will treat you with respect and make you feel part of the family.

They will...

- Listen to you
- Take you to school
- Take you to the Doctors, dentist, opticians or other health appointments
- Take you to your clubs or activities
- Help you with your homework

- Help you understand the routines they have at your new house (like when bed time is)
- Help you celebrate festivals and your birthday
- Meet with your social worker and attend any meetings

How are you feeling about moving in with your carers?



Emoji-ometer! It's ok to feel emotional about moving in with your carers. If you need to talk, check out 'share your views' on page 30.

What about money?

- Make sure you have savings for your future
- Give you pocket money
- And so, so much more!

Any questions?

'Do they know I don't like some foods?
Can my friends come round?

Your foster carers will not mind you asking them questions.

They will try to help you with any worries you may have. If you would rather talk to someone else you can contact your social worker. Can you think of any questions - write them in this box and show your carers if you find this easier than talking.

Tell us about your foster carers in the box above!



Poem Contest!

Poem challenge! Write a poem about a recent achievement you are proud of!

How to enter: write your poem up to 200 words about something that makes you proud. This could be something you did at school, a member of your family or a club you go to!

Send your entry

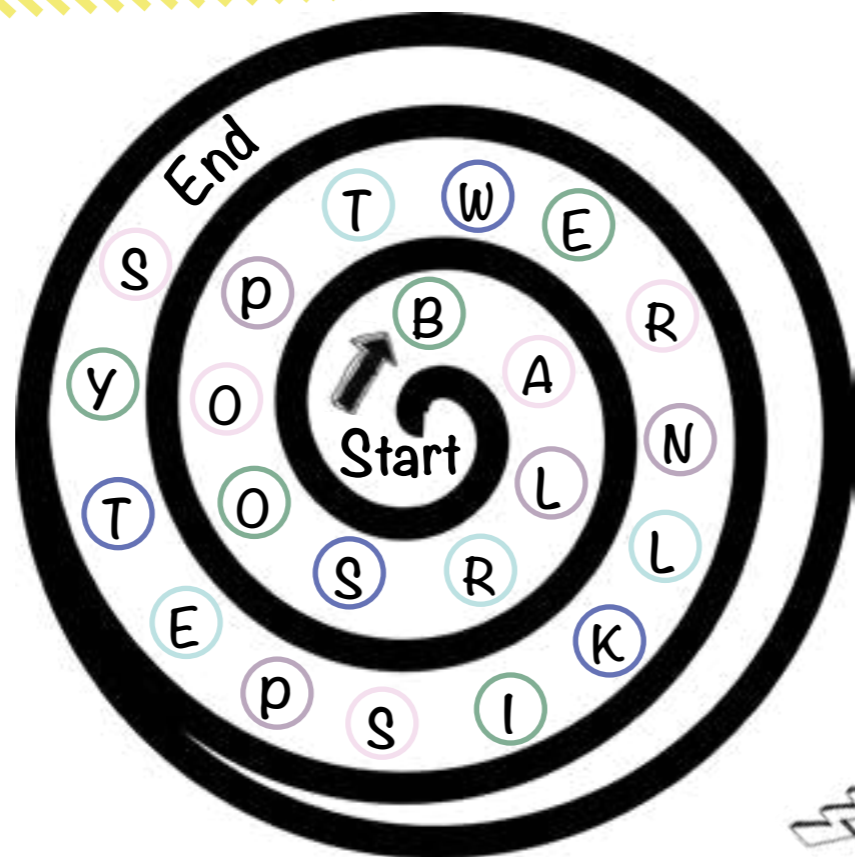
TC Poem Challenge
TC Mag Team
Three Circles Fostering
Dean Row Road
Wilmslow,
Cheshire,
SK9 2TB

(Ask your carers for an envelope and stamp!)
You can send your entry to us in a message if you like! Get your carer to help you text the poem to 07958291784.

Charlie's snack surprise!

Which yummy snack is Charlie going to bake with his carers next? Start with the letter B and write down every third letter!

B - - - - -



MORE FUN STUFF!

Focus really hard on the center of the circle, then move your head forwards and backwards. Do the circles start to move? Cool, huh!

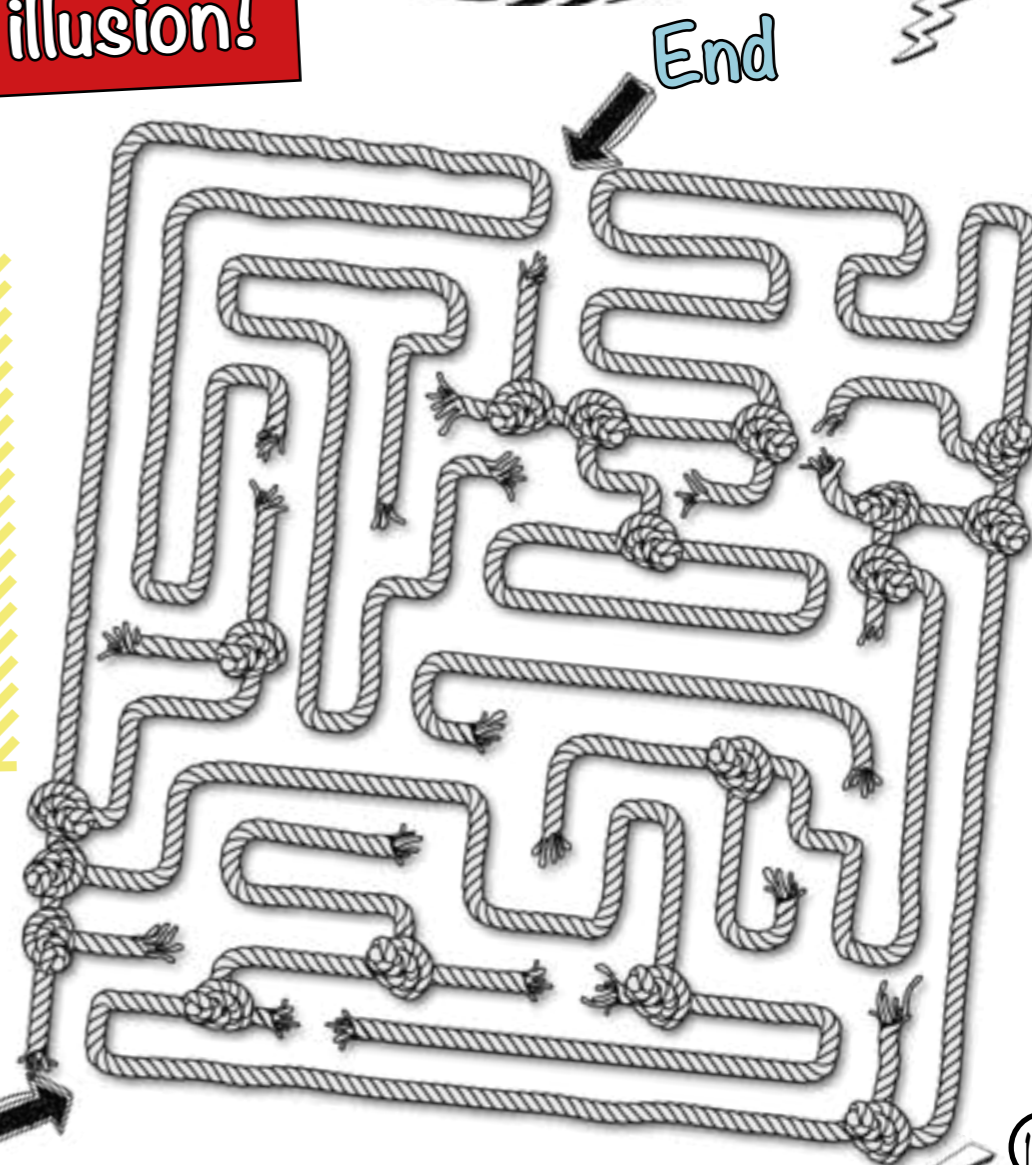


Optical illusion!

We have got ourselves in a tangle!

Can you make your way through the amazing maze of knots?!

Amazing Maze!



Who is who!

A guide to the important people you will meet. It might seem like a lot - but its important you know them and how they support you.

Independent Reviewing Officer

They'll chair your care planning meetings and ensure the decisions made are acted on. If you have siblings in care, they should have the same IRO as you.

IRO's name and number:

Guardian

The Children's Guardian is a person who is there to keep the court focused on what is best for you.

Social Worker

They make decisions about your care and manage your care plan. They should be in regular contact with you and visit you at least every 6 weeks.

Social workers name and number:

Judge and family court

The judge in the family court listens to what everyone has to say. It's their job to make safe decisions for you and your family.

Advocate

An advocate will make sure your voice is heard, listen to you, help you make a complaint, check you're getting what you're supposed to and support you in important meetings.

NT&AS

They'll check your school understands the best way for you to be happy in school and keep track of how you are doing. They might see you to help with your schoolwork.

Have any questions? Speak to your carer or social worker about the important people you might meet.

They visit your carers and make sure that they are looking after you properly. They are your carer's social worker.

Supervising Social Worker



YOU HAVE
THE
POWER
TO CHANGE
THE WORLD
USE IT TO
MAKE
A DIFFERENCE

Your questions, answered!

Can I use the phone?

You will be able to keep in touch with people. You may want to contact your family and your social worker will let you know who you can call and when.

What about food?

Your carers will make sure you have plenty of healthy food to eat!

Will I be able to get online?

Your carers will talk to you about the rules on the internet and what you can use.

Can I see my friends?

Your foster carers will do their best to help you stay in touch with your friends and help you make new ones. It is important that you agree with your foster carers when you are going to see them.

Will I get pocket money?

Yes, your carers will provide pocket money for you. Ask them to let you know how much this will be. They will also start savings for you for when you are older.

Will I have my own bedroom?

You will have your own bedroom at your carers. You may share with your sibling.

Will they understand my religion?

If you follow a religion your carers will support you to go to places of worship and provide you with any religious books/items you may need.

Culture and traditions

Will I be accepted?

You will be accepted in your home for who you are and who you wish to be.

Your carer will help you to take part in the traditions and festivals that are important to you and your culture.

Will they help me be healthy?

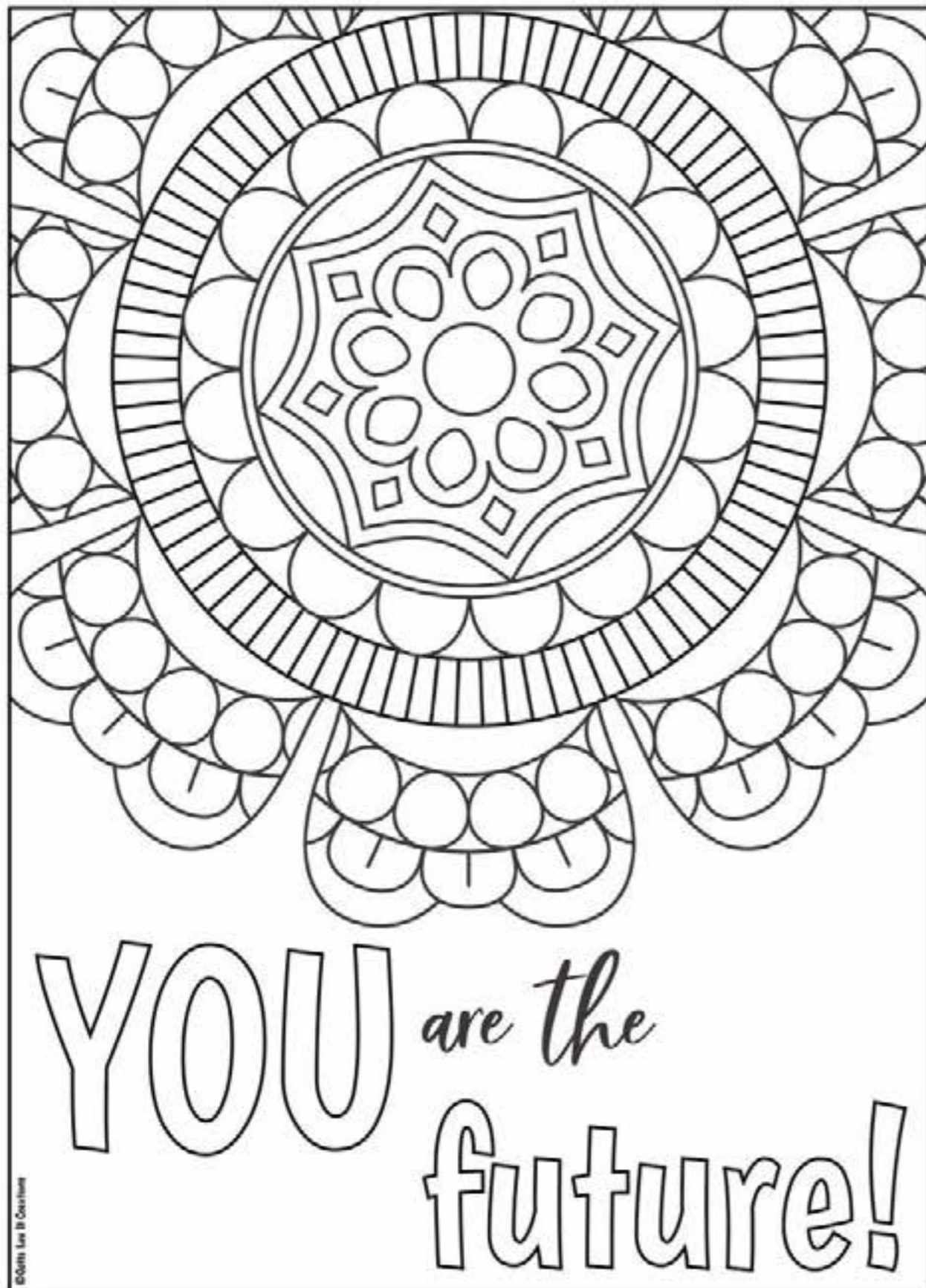
Your carers will help you to go to health appointments like the doctors and opticians to make sure you are as healthy as can be.

Will I get to go to school?

Your carers will help you to get to school. You may be moving schools and your carers will help you with everything you need to start your new school.

COLOUR
FUN!

Use the pencils in your packs to colour in this amazing design! Colouring is a great way to relax!



Get to know
your meetings!

Care Plan

This is the plan all about you! Your health, family and where you live, your education and so much more! It is important to tell your social worker what is important to you so that it is written in the plan.

This is a funny name for a meeting - but it is where you are listened to and plans are made to keep you safe and happy. Your social worker will ask you before the meeting if there is anything you want to add.

LAC Review

This is where you, your teachers and your carers get together to make sure you are happy at school and are getting the help you need to do well.

PEP Meeting

Family Time

This is the time you spend with your family. This is decided by your social worker - you should ask them if you are having any family time and see when it will be.

#MENTAL HEALTH

TEN TOP TIPS TO KEEP YOUR MIND HEALTHY!

Tick off the ones that you have tried!

- Tell an adult you trust about the things you find most difficult
- Try getting involved with things outside of home, like an activity at school or a club near where you live
- Take some time each day to do something you enjoy
- Spend time with your friends - it can help to plan things to look forward to even if you can't do them straight away
- Do something creative like artwork or dancing! You could use the colouring sheet in this mag!
- Get outdoors, try and get some fresh air if you can!
- Go for a run, play football or do yoga. Doing something that gets you out of breath can help you to feel happier
- Do something new!
- Listen to your favourite music or watch your fave show!
- Take some time for you! Have a lovely bath or go for a walk - relaxation is great for your health

YOUR RIGHTS!

Important things that are yours - that nobody can take away.

- “ To have an opinion and for adults to take it seriously ”
- “ To choose your own religion and beliefs ”
- “ Your have the right to an advocate. Ask your social worker for one if you would like one ”
- “ To play and rest and to do the things that you enjoy ”
- “ To have your own room or share with a sibling ”
- “ To food, clothing and a safe place to live! ”
- “ A high quality education! ”
- “ To choose your friends and join groups ”



You have lots of rights, these are just a few of them. For more info about your rights, go to www.coramvoice.org.uk/myrights

Online tips!

GAMING

Never share personal information (like your phone number, school or where you live) with other gamers. It's safest to game with friends you know in real life.

If a gamer you don't know in real life asks you to join them on another game, app or website, don't reply, and tell an adult you trust.

SHARING

It's safer to chat to people you know in real life.

It's always ok not to reply. If a message makes you feel worried, annoyed or upset, don't reply and tell an adult you trust. If someone you are chatting to is being mean or making you feel uncomfortable, tell an adult you trust. They will help you block and report them so that they can't contact you again.

CHATTING

Think before you share: who might see your photo, video or live stream? It's safest just to share your stuff with family and friends you know in real life.

If someone you don't know in real life asks you to share a photo or video or go on camera, don't reply, and tell an adult you trust.

Worried about something you've shared online or sent to someone? Ask an adult you trust for help.

LIKING

Think before you share: avoid posting anything that could upset someone else. If someone is being mean, block them and tell an adult you trust. You can also report them to the website or app. Ask an adult for help with this.

Worried that someone has shared something hurtful about you? Ask an adult you trust to help you.

LOOKING

Take control of who sees your stuff: ask an adult to help you change the privacy settings on your accounts.

Keep your passwords secret. Never write them down or tell any of your friends. If you think someone has found out your password, change it.

Make sure apps, games and websites don't tell other people your location. Ask an adult to help you switch off the location setting on your phone, tablet or computer.

EXPLORING

Remember you can't always believe everything you see online. Even photos can be fake! Ask your carer, family member or friend to suggest websites you can trust.

If something you see online makes you feel upset, uncomfortable or even a bit confused, don't look at it again or send it to anyone else. Tell an adult you trust, who will be able to help you.

FUN AT THREE CIRCLES

At Three Circles we have lots of fun. Every year we have a Christmas party where we all get together to celebrate. We go on trips like ice skating, to theme parks and climbing.

Ask your carer to let you know what events are coming up - you might like to come along to one! See some of the images below for some examples!



CLIMBING



ART WORKSHOPS



XMAS PARTY



ICE SKATING



THEME PARK

We have loads of other activities like Christmas card designing and activity days. Ask your carer to find out what's going on to see if you would like to get involved!

Make N' Bake!

1 Make your very own dream catcher!



3 Cut out the middle of the plate (get an adult to help with the scissors!)



5 Thread the wool through and tie a knot to keep it in place



7 Tie three pieces of wool to the bottom and let them dangle down under the plate (like in the first picture)



What you will need:

- Paper plates
- Wool
- Feathers
- Beads
- Scissors
- Hole punch



4 With a hole punch make lots of holes around the plate



6 Thread the wool through all the holes around the plate to make a web



8 Add some beads and tie a feather to the end of each string



We would love to see your designs! Send a picture of your finished dream catcher to 07958 291 784 and we will send you a certificate!

EASY CHOCOLATE FUDGE!



Always ask an adult to help you in the kitchen!

A yummy treat to

share with your friends!

What you will need:

- 250g chocolate
- 1 can condensed milk
- 1tsp vanilla extract



- 1 Line a baking dish with baking paper so the sides are covered.
- 2 Break up the chocolate and place in a large bowl with all of the condensed milk.
- 3 Place in the microwave for one minute, stir, and microwave for another 30 seconds until the chocolate is smooth!
- 4 Add the vanilla extract and stir!
- 5 Pour the mixture into the dish and spread it around so it's even.
- 6 Place in the fridge to cool.
- 7 Cut the fudge and ENJOY!

WHY NOT?
Add some crumbled biscuits for an added crunch!

We have hidden two little monsters on this page somewhere, can you find them?



Share your views

Your views matter! You have the right to share your views. There are lots of ways to share how you are feeling. If you want to send positive views or to complain there are so many ways for you to be heard.

First try to talk to your carers. If you can't do this, speak with your social worker or an adult you trust.

If you are worried and feel you can't talk to your social worker, you have the right to an advocate who can help you tell people how you are feeling.

Ways to share



Ring us on **01625 533 531** and tell somebody at **Three Circles**. They will help you find the best way to share your views.

Catalyst: We have a youth forum for young people to have their say on exciting new projects and things that really matter to you! Ask your carer if you want to get involved!

Online: Go to the Three Circles website and make a complaint on the online youth zone

Ofsted: An organisation called Ofsted checks the work of Three Circles. They have people who you can talk to about how you are feeling.
Phone: 0300 123 1231
Web: ofsted.gov.uk

My key contacts

Use this space to write down all your important numbers, like your friends or social worker. Keep them safe so you have them when you need them.



Someone from **NT&AS** or **Three Circles** will call you - or come to see you at home at least once every 6 months. If you want to send your views - it could be about an amazing day you had, to send some feedback about your carers or just to tell us how you are, you can send your views using your phone! Go to threecircles.com/wishesandfeelings fill out the form and press send! It comes straight to us at the office and we will pass on your views to your social worker. If you don't have a phone, ask to borrow your carers - they will help you to share your views with us.

NSPCC

If you need help or advice you can call NSPCC. The helpline is open 24 hours a day.
Call: 0808 800 5000
Web: nspcc.org.uk

Free 24 hour helpline for children. They are there to help you find ways to sort things out. It is confidential - which means they won't tell anybody about your call - unless you want them to, or if you are in danger.
Call: 0800 1111
Web: childline.org.uk

CHILDLINE

JOKE CORNER!

Try these jokes out on your carers and friends!

1 What does a bee use to brush it's hair?

A honeycomb!

2 Why does it take a pirate so long to learn the alphabet?

Because they can spend years at C!

4 How do you make an octopus laugh?

Ten-tickles!

3 Where do cows go on friday nights?

To the Moo-vies!

5

Why do bicycles fall over?

Because they're two-tired!



Information from this document can be made available in alternative formats and different languages.

We'd love to know what you thought about this magazine.... would you like to get in touch?

Call: 01625 533 531