

Foster **for**
Warwickshire

Hey! We
hear you

**A message
to the child
in my care**

Warwickshire Fostering and Alternative Carers Team

The aim of Warwickshire Fostering and Alternative Carers Team is to provide quality and safe care within a family setting for children and young people who are unable to live within their own families.

We are committed to being a service based on partnership and openness between foster carers, children and families, staff and significant others concerned with the welfare of the children and young people in care.

We seek to be committed to improvement and development, informed by feedback from children and young people, Children in Care Council, parents, foster carers, and other professionals concerned with the welfare of children and young people in foster care.

And so, our series of projects gathering the voices of Warwickshire foster care was created!

We seek to be committed to improvement and development, informed by feedback





A message to the child in my care

In our project 'Hey foster carer', we heard from our children in care who said that they wanted foster carers who listen and understand their experiences. They want to be included and have foster carers who will fight for them.

As part of a continuing commitment to sharing the fostering journey together, we asked our foster carers to respond to what our young people had shared. We asked them for some words they wished to share with the children they have cared for; to send messages that will help them in their journey and to show the role they play in foster carers lives.

We hope that our children and young people in care can hear the messages shared here and feel the passion and commitment that our foster carers so lovingly bestow upon them. We wish for our children in care to know how valued they are and to take that with them into adulthood.

We also hope that those who are thinking about becoming a foster carer will be able to understand the shared journey between children and those that love and nurture them throughout their time in care.

You can

Communicate well with thoughtfulness and intelligence and articulate well what message you are giving me and what help you may require.

Achieve anything you put your mind to!

Change the world. I have seen life through your eyes and I know it can be tough and tiring. You have all the tools you need to succeed.

Achieve your dreams with hard work and determination. Believe in yourself and remember I will always be there.

Get back up again.

Make choices on relationships and can see your family when you choose. You can make decisions regarding your future career.

Define your own life, don't let others write the script. Be you and be true.

Grow to be the best version of you.

Be capable of anything you put your mind to. Do your best and don't let others tell you that you can't

Be a good mum to your baby and be who you want to be. You can live independently and create the safe environment for you and your baby to grow.

Be brave and confident and can get through the highs and lows of each day.

Do and be anything you want in life. Achieve your dreams.

Reach for the stars. You have the ability to control your future.

When you were with me

You saw yourself as naughty and irresponsible, but you were the gentlest soul. Kind and compassionate. You were different with your friends but I only ever saw you as gentle and kind.

You proved to me that you could do anything you put your mind to.

You worked sooo hard to achieve your grades, learned to believe in yourself.

You found life difficult because you were being torn between your own feelings and trying to be the same as others.

You were great with your independence skills, catching buses and cooking. You made me so proud.

You made me smile with your funny ways. You were such a character!

You were nervous at first. You expressed your wishes and feelings and we together achieved great things.

We made it clear you could talk to us about anything and we would support you. We also talked about boundaries and we do it because we care not because it's easy.

We cried, we tried, we bonded, we laughed, oh so often we laughed, just as we still do now, and we grew a "family" love without being related at all

You were a happy, squidgy baby with such a bright future.

We had so much fun! We loved spending time with you and having you in our lives.

You were loved for being you!

In the future please remember

You are
a good,
deserving
person and
can be happy.

You should have a
partner that respects
you, friends who
cherish you and work
that inspires you –
you are special and
you are worth it.

I'll always be there
for you and 'you're
as good as most and
better than the rest'.

You accomplished a
lot with what you
learned. Remember
you are loved and
always supported

You are
loved, you
are amazing,
be yourself!

Please remember
I'm still here for you,
because I am. Not
because you need me
or cannot manage,
just because we are
now connected.

That we have
enjoyed having you
and being part of
our family. We want
you to know that
we won't judge you.

You are bright
and can
achieve so much
academically.
You could do or
be anything.

You do not need
to be what
others want you
to be. Be you.

We will always
love you.

You are an amazing
person and you
can make your
own choices.

We will always
be here for
you, our door is
always open!

You were so
loved
in my care.

I want you to know that

I feel the depth of privilege it is to be able to care for you. I value you sharing your story with me and the magnitude of this is never lost on me.

You have made such a positive difference to my life.

We have always got your back, no matter what!

I have thrived, flourished, grown and developed because of all of you, because of all the life experiences we have shared.

We will always love you and you will always be in our hearts.

I appreciated you for being so independent and for being able to express yourself.

I was doing my best and didn't always have the answers. I hope you know that I was learning too and you taught me so much.

That you can achieve anything if you set your mind to it. You are important to us and were an important part in our lives.

I always believed in you.... Even when you didn't believe in yourself.

We still think about you every day and we miss you and love you.

You are thought about every day and I feel proud of what you have made of your life.

What I wish for you is that

You dream your dreams and make them come true.

You achieve all your dreams and can be truly happy with your life.

You succeed in becoming who you are meant to be, succeed in your career and learning and succeed in your relationships.

You do well in school and achieve what you want to in life.

You are happy and go on to live a fulfilled life.

You are safe and happy and can communicate your needs.

You achieve everything in life that will give you joy.

Your future continues to stay bright and you continue to shine.

You find peace and acceptance as you go through life.

You strive, be happy, be you.

You are happy whatever life brings.

You reach your potential and that you are happy.

You know you are loved and can grow.

**I opened my door and you came in,
With folded arms and sunken chin.
We butted heads, you tried to leave,
With tears you wiped upon your sleeve.
We sat together in the dark,
The hurt had scarred, indented mark.
I held you near for quite some time,
And with drips it came;
your story, now connected with mine.**

**We found a rhythm, a beat we liked.
Sometimes we kept it, sometimes it spiked.
I proudly watched you grow and change,
Set your targets, extend your range.
Foundations shook when challenge came,
But you grew the tools to play life's game.**

**You moving on was hard for me,
As I don't know if you could see.
I gave you my all, my patience and love,
But I will never know if it was enough.**

**You changed my life, Humbled by yours.
The journey you travel, no chance to hit pause.
So privileged my dear,
And honoured to be,
A foster carer to you, now a part of me.**

