

YOU DON'T NEED TO SUFFER IN SILENCE...



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London SE16 7EX

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The
who
CARES?
Trust



Feeling
trapped?



Report it



Free
yourself!



Ofsted
raising standards
improving lives

Piccadilly Gate
Store Street
Manchester
M1 2WD

0300 123 1231

www.rights4me.org



ChildLine
0800 1111

THERE'S HELP OUT THERE

1.2.3 STEPS TO HELP

1. Try talking to someone you trust—that might help you. Your Foster Parents or Supervising Social Worker or a teacher
2. Contact Synergy Fostering if things have not been sorted out. Use the number on this leaflet and ask for Shobha.
3. You can also contact Ofsted Childline or Who Cares? to get more help. Look inside for details.

THIS LEAFLET IS FOR FOSTER KIDS

It doesn't matter what anyone says, kids have rights. So no matter what the problem is, you deserve to be listened to and treated fairly like anyone else. Make sure you get the help you need



What happens if I call?

Someone will listen to you. A manager from Synergy Fostering will investigate your complaint and try to help sort things out.



Synergy Fostering

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Comments?

If you have a suggestions how we can make this leaflet more useful for you,
Please call, email or write to us:
Enquiries @Synergy Fostering.co.uk
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Rope Street London SE16 7EX
0203 713 7293

NEED HELP?
WORRIED?
NO-ONE
LISTENING?