

# Welcome!

This bag - and its contents - is for you. We want you to be comfortable during the time you are in our care. We hope you like it and that everything in the bag helps you feel welcome and supported by us.

We know that you may have many different feelings and we want you to know you are not alone. This bag will have a quilt inside for you, donated by Project Linus, a 'hug you can keep'. If you need anything else, or you're worried about anything, speak to your social worker who can help you.



We have put together this bag of goodies for you to help make your first night in care a better one

## Care2listen?

### Hi there!

You are probably reading this because you are in care. We are also in care which is why we have written this letter.

Stay calm, you are in a better place now. It is fine to feel scared but hopefully you will soon realise that it is not a bad place at all.

You can have a good time in care if you want to. Most children that go into care get treats more often than you would think and sometimes enjoy care more than the time they had with their families.

One girl who went into care hated it at first, but then she realised it was the best thing for her. She got used to her carer and soon felt much happier and safer.

We meet every month for activities and to have fun. If you would like to join us tell your foster carer, social worker, support worker or contact Francesca Hubbard, Participation Officer, on 07885 822 491 or email her at [francesca.hubbard@reading.gov.uk](mailto:francesca.hubbard@reading.gov.uk).

From all of us in Reading Children in Care Council, 'Care2listen'

A welcome letter to you,  
from our Children in Care  
Council, Care2Listen