

FOSTERED

The Inside story



Poems and stories by Young People growing up in care

Intro

Hi, I'm Kieran, I'm 17 years old and I live in Gloucestershire. As someone who's been through the care system and fostered by many families, I wanted to create a booklet filled with poems and artwork from other young people who have been fostered.

I hope by reading this book, your mind will be opened to the views and experiences of those children and young people living in foster care. We are often misunderstood so we hope this will provide you with an insight into our lives.



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Home



By M, 18 years old.



christmas day

You feel as icy as the weather outside.
You feel like the dark, like the long coming nights.
The warm wave on the back of your neck could melt the kindest of hearts.
The burning embers of the Christmas fire light your way.
The warm hand of someone close but not the ones you hoped.
They draw you in for that hug you have longed for.
They say don't give up now, we want you to stay.
Let's have some fun, this is Christmas day.

By Code, 18 years old.



Boy in the sky

In Memory of My Little Brother

Turn the corner as people rush by.
You hear their mumbles but don't know why.
The things that are said you can't comprehend.
The people you hurt, the bridges you mend.
It's been so long since I last saw you.
Days turn to months but none are anew.
I will rap this up by saying goodbye.
I just hope this gets to the boy in the sky.

By KC, 18 years old.



Finding the hidden smile

Temper. Tears. Terror.
All faced alone,
Not feeling safe, even at home,
All the things I do,
Will I ever be accepted and loved by you?
Learning to trust is hard,
I've tried writing in letters and cards,
It helps to express the way that I feel,
Not to wonder if I will get a meal,
But soon I begin to settle in,
And find at last the smile that's within.

By Lala, 15 years old.



Scars

Some scars hurt,
Some scars don't.

Some scars heal,
Some others won't.

Some scars fade,
As time goes by.

Some scars haunt you,
Until the day you die.

By Nemo, 13 years old.



Friends



By A Gel, 7 years old.

Fostered - A poem

Meetings. Meetings. Meetings.
Oh what a fuss,
but what is behind it all
to support us?
Letters, texts and emails, they all come through.
But which one? Which way?
What shall we do?

Report writing takes time,
other duties fall in line,
school runs, meal times, and contracts too.
Is there any time left for me and you?
Paths cross, notes written,
Important information given.

Bed time and peace at last,
we look at each other and say,
yes, we made it through another day.
Day by day, week by week,
we have now learnt to turn the other cheek.

Fostering to us is great,
to help and support before it's too late,
to turn lives around through love and play,
or just by being there day after day.
Just remember that to get it right
we are here in the morning, noon and night.

By A. Carer.



Imagine

Most children don't know their real families...



They have to imagine them...

By ChelC, 14 years old

Fostered

Frightened at first, as I was
On my own. But I was
Safe.
Time meant
Everyone
Relaxed, and I now feel
Cared for.
Always
Remember my old life
Ending and this new one beginning.

By S. Win, 13 years old



Home



cats

Cats sleep anywhere,
Any table, any chair,
Top of piano, window ledge,
In the middle, on the edge,
Open drawer, empty shoe,
Anybody's lap will do,
Fitted in a cardboard box,
In the cupboard, with your socks.
There's nowhere cat's won't sleep,
Cat's sleep anywhere!

By Eleanor Farjeon
Picked by La, 8 years old



Fostering means...

Fostering means **I now value what proper family is all about.**

Fostering means **that all children should feel like they belong and have a home, have security and are getting their needs met.**

Fostering for me is **being able to love and spend time with more children when my own have grown up and moved away.**

Fostering for me means **that you have a new family and get to be loved again by new people.**

Fostering for me is **having great opportunities that you can't always have at home, also having people who love for you like their own children.**

Fostering means **I get looked after and I feel happy.**

Fostering means **I have been able to change my life, believe in myself and have been able to feel and give love.**

Fostering is about **having opportunities, experiences and challenges which may not have been possible otherwise and having the chance to form new relationships.**

Fostering is **about difficult times and amazing times.**

Fostering for me **got my life started.**

Fostering is **opening your heart to others and being loved in return.**

Fostering for me is **OK but I still want to be with my family. I like weekends away in fostering.**

By various - gathered at the Fiver Rivers Independence Skills weekend by 16 & 17 year olds.

This book was created by a young person from Gloucester who is currently in care and wishes to share his experience and the experience of others within the foster care system. The poetry, images and stories are based on some of those experiences. A big thanks goes to all the young people who have contributed!

If reading this book makes you feel you could foster a child or young person, then follow the suggestions below for further information:

five-rivers.org
gov.uk/foster-carers
or contact your local authority.



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