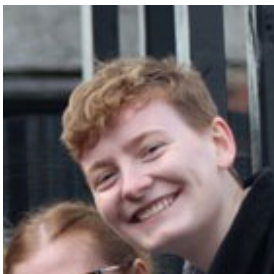


# Meet the team working with the board



Zoe is our Young Person's Participation Worker and runs our Young People's Advisory Board. Zoe will support you throughout your time on the board. Zoe is passionate about children and young people having a say in the decisions being made about their lives.

**Contact:** [zoe.roy@fostering.net](mailto:zoe.roy@fostering.net)



Sioned is our Policy and Public Affairs Officer and works with Zoe to make sure the board is kept updated on what the government is doing and how they can be involved in this if they'd like to.

She loves helping the board create campaigns and believes in being led by young people on the issues that matter to them.

## Our 'Making It Work' Rules

To help keep the board a safe, respectful, and fun space, everyone — staff and young people — agrees to these shared values:

- **We respect one another**  
Sometimes members might not agree or may have different opinions — and that's okay! What matters is that we respect each other's perspectives and create space for everyone to be themselves.
- **We listen to one another**  
During discussions, we make sure everyone has time to speak and be heard. Every voice matters, and listening is just as important as sharing.
- **Regular vibe checks**  
We want the board to be a space where everyone feels comfortable and supported. That's why we do regular vibe checks — short check-ins to see how everyone is feeling. If you ever want to chat with staff one-on-one or check in privately, that's always encouraged.

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## Young People's Advisory Board

In this leaflet you will find helpful information about being on the Scotland board.





## Who are we?

**Our Young People's Advisory Board was established in October 2022 as part of our ongoing commitment to ensuring that children and young people's voices guide our work.**

The board is **open to anyone aged 14-21 with experience of foster care**, from across Scotland. It's a space for young people with shared experiences to come together, have their voice heard and take part in new experiences.

## What's in my welcome pack?

**When you join the board, you'll receive a few items that may come in handy. These include:**

- This leaflet with helpful information about being on the board.
- A notebook and pen, which you may want to have with you at meetings.
- A Fostering Network t-shirt
- A welcome All4One or Amazon voucher (your choice)

## When do we meet?

The board meet once a month on zoom, usually a Monday at **6.30 pm - 8.30pm.**

During our meeting we will discuss what you want to focus on. We will also invite other organisations along to facilitate learning sessions.

You will always be sent a reminder of your next meeting with the zoom link one week in advance. You will also be sent a reminder on the day of the meeting.



// **Being on the group has brought me out my shell.**

// **- Advisory Board Member**

## What do we do?

That's very much up to the board. Together you may choose to support one of our campaigns or raise awareness of an issue that affects the foster care community.

You may want to design opportunities for those with experience of foster care to come together and have fun, create new friendships and build a community.

We meet regularly to agree on what we would like to do and are supported by staff to make ideas come to life.

The board has already taken part in some important and exciting work, including:

- Reviewing our Skills to Foster resource — This training is used across the UK to help prepare new foster carers. Board members helped make sure it reflects the real experiences and voices of children and young people.
- Taking part in consultations and meeting key people and decision makers — Members have shared their views to help shape policies and improve the system for other young people in foster care.



## Residential

Each year board members are invited to a residential, usually in Scotland for a few nights. We organise a mix of activities that help everyone get to know each other, build confidence, and have a good time.

In the past, we've done everything from paddleboarding on lochs to abseiling down cliffs, as well as games nights, and chilled-out hangouts by the fire.

All travel, accommodation, and food are fully covered.

## Is this a paid opportunity?

The majority of the work on the board will be on a voluntary basis, meaning you will not be paid to be a board member. Although any expenses for things like travel, accommodation and food while you are doing anything with the board will be paid for.