

Your Guide to Fostering



Contents



- WELCOME
- WHO'S WHO
- CONTACT DETAILS
- WHAT DO FOSTER CARERS DO?
- WHO DECIDES WHAT HAPPENS?
- YOUR RIGHTS AND THE LAW
- SEEING FRIENDS AND FAMILY
- KEEPING IN TOUCH
- MOBILES AND THE INTERNET
- PRIVACY AT HOME
- FURTHER USEFUL INFORMATION
- HOW WE LOOK AFTER YOUR INFORMATION
- PEOPLE YOU CAN TALK TO ABOUT YOUR CARE
- USEFUL LINKS



Welcome to your guide



This guide has been made to help you understand fostering and to answer some questions you might have. Every young person who is looked after by foster carers who work with Cuffe and Lacey Fostering will receive one. You can read it by yourself, or your foster carer can help you.

We know you might be feeling lots of different emotions right now. However you feel, we're here to listen and help you.

Lots of children live with foster carers when they're not able to live with their own family. This can be for lots of different reasons. We want to make sure you are safe, happy and settled.

We hope you find this guide useful, and that it answers some of your questions. If you have any other questions, your foster carer will help you to find the answers.

We'd also love to hear from you if you have any suggestions about how we can improve this guide. Our details are at the back of this book.

There are lots of different people around to help you settle in, and to make sure you are doing okay. If you ever need to reach out to us, there's always someone available.

CUFFE AND LACEY FOSTERING

Who's Who



Your Foster Carer

You will live with your foster carer and they will make sure you have everything you need to be safe and well looked after.

Your Social Worker

You will have your own social worker who is there to help you and make sure you are safe. They will visit you and listen to you. They will help to decide where you live and how best to support you and your family.



Your Foster Carers Social Worker



Your foster carer will have a social worker who will give them help and advice. They will make sure you are being well looked after. They will visit your foster carers house and sometimes talk with you too to make sure you have the things you need.

Cuffe and Lacey Fostering

Cuffe and Lacey finds foster carers to help, support and look after young people who, for whatever reason, cannot live at home with their families. Your foster carers social worker will work for us and will support them to look after you.



Contact Details

Foster Carers Name:

Number:

Email:

Social Workers Name:

Number:

Email:

Foster Carers Social Workers Name:

Number:

Email:

Cuffe and Lacey Contacts

Michelle Cuffe - Director

07545786540

michelle.cuffe@cuffeandlacey.com

Felicity Lacey - Director

07545786553

felicity.lacey@cuffeandlacey.com

Chelsea Stanworth - Registered Manager

07803124901

chelsea.stanworth@cuffeandlacey.com

What do foster carers do?



Foster carers help children and young people. There's lots of different things they will do to help you...

Your carers will make you feel at home, and make sure you are safe and well cared for.



Your carers will write down important things to remind you what you have done every day.



Your carers will make sure you carry on going to school and do your best.



Your carers will have training to help them understand how they can help you.



Your carers will help you stay healthy and will get help when you don't feel well.

What do foster carers do?



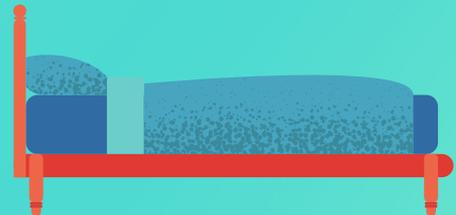
Your carers will keep things they know about you private, and will only tell people who need to know, this could be a social worker, your teacher or a doctor.

Your carers will help you keep your religion and you will be able to go to where your place of worship.



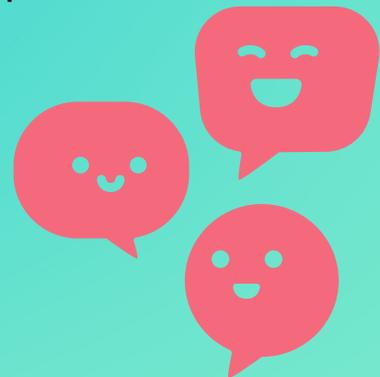
Your carers will help you understand and celebrate your culture and identity.

You will have your own bedroom and be part of your carer's family.



Your carers will help you if you are hurt or if you tell them things about when you have been hurt in the past.

Your carers will make sure you keep contact with your friends and family as long as this is what is best for you.





Things a foster carer must not do...

There are some things that foster carers are not allowed to do to you.

If you are worried about how you are being treated, there are always people you can speak to. You can talk to your social worker, your foster carer's social worker, or someone at school. There are also lots of services at the end of this guide who can give you help and advice.

Remember, there's always someone available to listen.

Foster carers must never --

- Smack, hit or hurt you.
- Stop you from seeing your family or threaten to do this because you have misbehaved.
- Lock you in your room
- Stop you from having food
- Stop your pocket money, but they can ask you to pay for any damage you may have caused.
- Make fun of you or make you feel small.
- Talk about private things about you to their friends or family.

Who decides what happens?



There will be a document called a care plan which includes lots of important things about you. Your care plan will say where you will live, go to school and about seeing your family. If you have any health needs they will be included in your plan too. The decisions written in your plan are to make sure you are kept safe, happy and healthy.

This plan will be made by your social worker and will be discussed at a meeting called a Review Meeting. This is usually a meeting between your social worker, your family, your foster carers and an independent reviewing officer (IRO). You can ask to attend or have someone attend on your behalf.



All young people living with foster carers are entitled to an advocate to help them understand their rights and think about things they might like to ask about their care.

It is important that you know what your plan says. If there are some things you do not agree with or want to change you can tell your social worker, foster carer, IRO or the independent advocate.

There will be a review meeting within the first 4 weeks of you coming into foster care, if things are ok there will be another meeting 3 months later and then every 6 months.

Your rights and the law



Your Rights

It is important to make sure that you understand your rights and that they are respected. Rights are things that are important, and that should never be taken away from you. They are the things that keep you happy, healthy and safe.

The UN made a list of all of the rights a child should have, and countries, including England, signed to say they would protect these rights. They include things like not being discriminated against, having decisions made that are in your best interest, and seeing your family wherever this is safe.



You can read the full list on the Unicef website:
www.unicef.org



The Law

There are laws about how young people must be treated in England. The government also has rules and regulations that fostering organisations (including Cuffe and Lacey) must follow to make sure that young people are treated well when they are away from their families.

All fostering organisations and fostering carers follow these rules.

Your rights and the law



Our Job

Your foster carer, social worker and Cuffe and Lacey will always respect your rights and make sure to follow all laws and rules.

You might have heard or seen stories on the news about when children have not been looked after properly, and you may have experienced difficult times yourself. We are here to make sure that you are kept safe and are listened to if you have any problems.

We will also always try to include you in any decisions that are being made about your life. It's your right to have your voice and opinions listened to!



Who checks we are doing our job?

An organisation called Ofsted will check that organisations are following the law and respecting children's rights. Their details are at the back of this guide.

**ABOVE ALL WE WANT YOU TO FEEL HAPPY WITH YOURSELF AND
IN YOUR FOSTER HOME;
WE ARE COMMITTED TO MAKING YOUR LIFE BETTER FOR YOU.**

Seeing Family and Friends



Your social worker will talk to you about seeing your family. We know it's really important that you keep in touch with your family and your friends too. How often you see them and where you see them will depend on the reason you are being looked after. If there is someone you would really like to keep in touch with, make sure you tell your social worker and they will try to sort this out. Your family includes grandparents, aunts and uncles and cousins.

You can keep in touch with your friends and hopefully make some new ones too. Your carers will make sure your friends feel welcome. Talk to your carer about inviting people round. Your carers may ask you about your friends and may want to be sure your friends are treating you well and you are safe. The carers are not being nosy, they are looking out for you! It is important that you trust your friends and that they treat you well.



Sometimes you may want people to stay over, this can be arranged if your carers and social worker agree. To make sure this is safe it may take a short time to arrange, try not to be disappointed if it cannot be sorted straight away.

Keeping in Touch

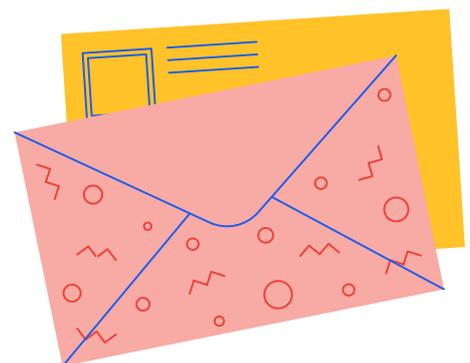


You will be able to keep in touch with family and friends and we know this will be very important to you. You might like to talk to your carers about who you would like to keep in touch with. They will be able to help you and discuss the best way to do this. This might be through visits, messages, facetimes or phone calls.

If there are any reasons why you cannot keep in touch with certain people, your social worker and carer will let you know. They will always be honest with you about why this is.

Your carer can also help you read and write letters if you want. Writing a letter can be a great way to start a conversation or talk about something that's difficult to say out loud.

When you receive private letters addressed to you, this is your property. Your carers will not open your mail. There may be some times when for your safety it may be agreed that your carer can open some of your mail, but this has to be agreed in discussion with you and your social worker. You should understand the reasons why this decision has been made. You may not always agree with decision but you have the right to be involved in decisions about you.



Mobiles and the internet



You can phone your friends and other people from your carer's phone and they will let you know how to use it.

You might have a mobile phone yourself. The arrangements for using your mobile and paying for your calls will be agreed with your social worker. It can be expensive to use your mobile and so it is important that you agree how your phone will be used.

When using social network sites to keep in touch the usual rules will apply to keep you safe.

- Never give anyone your personal details and never give anyone your password.
- If you read or see anything that worries you on your computer let your carer know.
- There may be some restrictions on the use of the computer and these will be explained to you by your social worker.



There's lots of tools online that can help to keep you safe. Scan the QR code to find out more.

Respecting your privacy



Your carers understand that you must be able to have privacy when you need it. This can be times when you want to be on your own to think, relax or unwind.

You also have the right to privacy when you use the phone, or are using the bathroom or toilet. Your carer will have made a safe caring plan. The plan lists the different ways that everyone in the house can be kept safe, have privacy and be shown respect.

The plan usually has things in it like making sure that bathrooms are locked when in use and making sure that no one comes into your bedroom without your permission.



Your carer will show you the safer caring plan. You might think of some things to you'd like to add to it. If you do, let your carer or social worker know and these things can be added in.



If at any time your private things need to be searched, this will be done with your knowledge and only in very serious circumstances.

If you feel your right to privacy is not being respected you can **always** discuss this with your carer or social worker, or an adult you can trust.

Daily Diary



Your carer is expected to keep a diary of what has gone on. It is important to remember when you have been to appointments. It may also help you and your carer understand how you act and feel. It might be that at certain times in the month you feel unhappy or low, keeping a diary helps us see if this is a regular thing and find ways of helping you to cope with your mood or make you feel better. This diary is not secret, your carer will let you look at what is written. The diary should be honest and sometimes the things in it may be about times when things have not been so good, keeping a diary can help you understand why you have acted in certain ways.

Life Story Book



This is all about you. It is a way of remembering all the things you have done. You can put photos in it, drawings, song words anything that is important to you. This is your book and it is there to remind you when you are older of all the things you have done. Your carer can help you with your book if you want, and your social worker can also help you if you like. Sometimes, a life story worker might help you to make a book that helps you to understand the different things that have happened in your life so far.



My School

It is important that wherever possible you stay at the same school. Your Social Worker will sort out how you will get from your foster home to school and back each day. Sometimes it's not possible to stay at the same school. If this is the case, your Social Worker will find another school for you. Changing schools can be stressful, so make sure you talk to your foster carer and Social Worker if you have any worries or if anyone is bullying you or you just need to talk about it.



There will also be a teacher at your school called a 'Designated Teacher' whose job it is to help you sort out any problems you might have. Make sure you know who they are and speak to them about any problems or worries - it's their job to help you.

Your foster carers will help you with your school work. They will make sure you have the equipment you need. They may attend progress reviews at your school and keep in touch with your school to make sure that you are doing well.



We want to help you succeed and have the opportunity to make a good life for yourself!

My bedroom



You will not have to share a bedroom with someone who is not your brother or sister. Sometimes you might want to share a room and this will have to be decided with your social worker and family. It is not always easy to get decisions made straight away but your carer will do their best to get an answer.



When someone comes in your room they should knock, and the same if you want to go in someone else's room. You should always knock and see if it's ok. No one should touch your things in your room without permission.

If there is something in your room which may be dangerous or against the law, for example drugs, alcohol or something that has been stolen. then your carer, or social worker, or the police might enter your room and look for these things. This should only be when there is a reason, otherwise if your carer is going in your room they will ask you and you can be there if you want.

If you think that someone has been in your room or been touching your things tell your carer or social worker. It is important that you feel safe in your room and that you feel confident your things are safe.



What can I eat?



Your carers will provide your meals and food. Please tell them your likes and dislikes. Your carers will help you to eat healthily and to prepare meals. If you have any food allergies, make sure to tell your carer. If there are some foods you do not eat because of your religious beliefs please tell your carers, it is important that they know this. If you are vegetarian let your carers know.



You will be able to go food shopping with your carer if you would like. This is a way of getting to know about shopping and budgeting, it also gives you a chance to see all different types of food and you might fancy trying some new food out.

If you have difficulties eating or are worried about food, let someone know. Your carers and social worker will be able to support you and let you know about help that is available.

You will always have breakfast, lunch and tea. There will also be snacks around. Eating good foods will help you grow and give you energy. Your carer will make sure you know the arrangements for food at home and at school. At school you might take a packed lunch or have a hot dinner.



Clothes

You can talk to your carer about how much you have to spend on clothes. You will have your own style and will be able to choose clothes you like. Clothes can be expensive so you will have to plan how to spend it, your carer can help you.



You can talk to your carer about how to look after you clothes and how the washing gets done. You will have a washing basket to keep your room nice and tidy and might be involved in helping to make sure your clothes are clean and well looked after.

Pocket Money & Savings



You will get weekly pocket money. The amount you get is down to your age. Your carer will tell you how much you will get and when you will get it. You can save some money up for holidays or outings. If you want to do this ask your carer who can help you open your own bank account.

All children who live in care longer than 12 months will also have savings which will be kept safe for you.



Helping out around the house

You may be expected to do some jobs around the home, such as clear away after meals or tidy your room. You should be treated fairly and you can discuss how jobs are organised with your carer.



As you get older you may be expected to do more and this is part of becoming independent. One day you will have your own home and doing jobs now will help you know how to keep your own place looking good.

Going on holidays and days out



When you live with foster carers they can take you on holiday with the permission of your parents and social worker. The carers you live with will organise holidays and outings.

Sometimes, your carers might go on holiday with their birth children or by themselves. If this happens we will make sure you know who you will be staying with. It is important that you talk to your social worker and carers about how you are feeling and about any worries you might have when your carers take a holiday.

Your health



You will be registered with a local doctor and dentist when you live with your carers. If you go to the optician this will also be arranged. Any help you need with your health will carry on. You will have regular health checks, if you want to see the doctor on your own you can do this but sometimes your carer will need to be with you when you see the doctor. If you are not happy with your carer coming to appointments with you, talk to your social worker about this or to someone you trust like a teacher or tutor. If you are not feeling well you can let your carer or social worker know.

You might sometimes find that your mood and thoughts are interfering with how you feel about your everyday life.



You might feel unhappy and depressed, please try to tell someone when you feel this way and they can try to find ways to support you. Your foster carers will listen to how you feel and if they cannot help they can get other people to help you. It is often difficult to talk about the way you feel and to get people to understand what is bothering you. Remember we are here for you and want to make sure that you feel okay.

Exercise and Healthy Diet



Exercise and a healthy diet are important for all people. Young people need to eat healthy food and take regular exercise. This helps you to grow and develop. It is important to eat fruit and vegetables. You can have the foods you like but remember that your carers have to make sure you have a healthy diet.

Medical Card



You will have a Medical Card, this is a document which has information about you and gives you the right to get medical and dental treatment. Every British Citizen has a Medical card and you will need to look after this card when you are older. Until you are 16 your carer will look after this for you. After this you can look after the card. It is important that you keep your Medical card in a safe place.

Contraception

The law says that no one under 16 years of age should have sex. You can get confidential contraception advice from your GP, family planning clinic and school nurse. If anyone tries to have sex with you or touch you in a way you do not like please tell an adult you trust about this, it is important that you are not made to do anything that makes you feel uncomfortable by another person. If you are worried or scared please tell your foster carer, social worker or teacher, they will help you.



Personal Safety



You must always let your carer know where you are, who you are with and agree a time to come home. You may be able to go out and about on your own. If you are younger you may still need someone to go with you when you go out. You can discuss this with your carers and social worker. It is important that you are asked your views and also that you understand the reasons for any decision made about you.

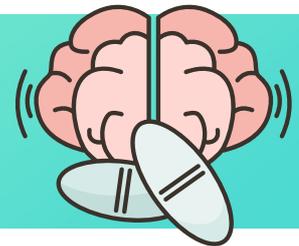


Alcohol



It is illegal to buy alcohol until you are 18 years of age. It is also illegal to drink in certain places. Alcohol can cause serious health problems. Binge drinking can cause a loss of consciousness, vomiting and alcohol poisoning. You will not be fully in control of your own actions and could do something you later regret.

Drugs



The buying, selling and using of drugs which are not provided on prescription or authorised for over the counter sale is illegal. Drugs can have very serious effects on your health. If you are found to be involved in drugs in any way which is not legal your foster carer has no choice and will inform your social worker who may inform the police. You may have friends who use drugs and find it difficult to say you do not want to be involved. Talk to your foster carer and social worker, they will try and help you find ways of making your own choices and decisions or contact the organisations listed at the end of this handbook.

Smoking



Cigarettes cannot be bought by someone who is under 18 years of age. Smoking is very bad for you. It can cause serious health problems. There is lots of help available to encourage you not to smoke and to help you give up if you do smoke.

When Things Aren't Going So Well

There will be times when things aren't going well for you and you may find yourself acting in ways which get you into trouble. This is part of growing up. To help you learn the 'right' way to do things, your foster carers will explain acceptable ways to behave and set boundaries.



When things do not go well your foster carer will explain why your behaviour or actions are not acceptable. Your foster carers may also take some action for example sometimes they may stop you from going out or expect you to take some time to think about what you have done and how you can make things better.

Talk to us



We want you to feel safe and settled. Please let your foster carer or social worker know if there is something that is bothering you. We would always want to help you sort out anything that is not right for you or we will explain why things are the way they are. If you cannot tell anyone please contact Michelle, Felicity or Chelsea, you can do this by email, text or by phone.

How do you feel?

There may be times when you feel very upset and lonely. There will also be times when you are happy and pleased with the way things are going. It is ok to feel this way. When young people live away from their families they can often feel confused and worry about things that have happened.



Your foster carers and social worker are there to listen to you. They want to help. You might want to talk to them if you are having a hard time at school, if someone is hurting you or if you are being bullied.

**If you feel you can't speak to them,
you could speak to another adult
you trust or you can contact
Childline on 0800 1111.**



Scan the QR code to visit the Childline website to learn more.



How do you feel?

it's okay to feel



your feelings

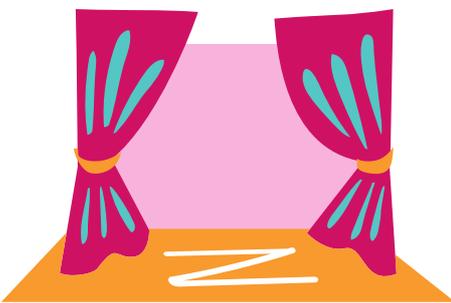
There are other things you can try to help understand how you are feeling...

... You might want to write down your feelings...



... Or talk with someone you trust ...

... Or try something creative like drama, art, vlogging ...



We really want to help you succeed and have the opportunity to make a good life for yourself.

How we look after your info



What does the law say about your information?

The law says we must tell you what information we keep about you, and we must also keep this information safe. The only people who see it are people who need that information to help you.

How do we keep your information safe?

Information about you is kept on our computer system and we try to make sure that it is kept safe. Our workers must have a password from us before they can see the information and not all our workers will see your information. It will only be those people who are working with you or your foster carer.

Why does the foster carer write down things about me?

When you live with our foster carer, they are asked to keep records about how you are getting on, what is going well and what is going well and what is not going so well. Your foster carer is helped to do that by one of our social workers. This person may also write down things when they visit you and the foster carer. The law says we must keep information about you and share this information with your social worker.

How does my foster carer keep records?

Your foster carer will keep records on our computer system so that these are kept safe. If your foster carer has things like letters from your school, these will go in a file that will be in a locked cupboard so no one else in the foster home can see them. This is because the records are your personal information and we must keep them safe.

How we look after your info



Who sees information about me?

The social worker who supports your foster carer will see the records your foster carer makes, and the boss of the social worker may also see the records. Your social worker will see the records too, and sometimes other people who are helping you may also need to see them. We will not show them to anyone who does not have a proper reason to see them. We will tell you when we share the records about you with other people.

Can I see the records my foster carer makes about me?

Yes, you have the legal right to see all the information about you but not information about other people. You can ask your foster carer or their social worker and they will sort out with you the best way to do this. You may want us to print the records out or may want to read them on a computer. You may want to read the records all at the same time. We can make a plan with you about the best way to do this.

Can I see the records that my social worker makes about me?

Yes, you have the legal right to see all the information about you, but not information about other people. You can ask your social worker or your foster carer or their social worker. We will help you to sort this out.

What can I do if I am unhappy about what happened when I asked to see my information?

We have an important person in our fostering service called the Data Protection Officer who you can ask to help you sort this out. They are Michelle Cuffe and can be contacted at michelle.cuffe@cuffeandlacey.com.

Who else can I talk to?



If you have asked for information about your records, and you are not happy with the response, you can make a complaint to the Information Commissioner, who is an independent person and not part of our fostering service

Address:

Information Commissioners Office
Wycliffe House, Water Lane
Wilmslow, Cheshire, SK9 5AF

Website:

www.ico.org.uk



Telephone:

0303 123 113 (local rate)
or 01625 545 745 (national rate)

We can help you do this or you might want to get help from another organisation that helps children, like the Children's Commissioner for England; (www.childrenscommissioner.gov.uk; 020 7783 8330), or Coram Voice (www.coramvoice.org.uk; 0808 800 5792).

Share your thoughts

You have the right to express your opinions and to be included in decisions which affect you. When you live with foster carers you will be involved in discussions and decisions about how things are organised.

You can give your views on things you would like to do, how you would like to spend your free time and clubs you might want to join. You should feel included in the decisions that are made about everyday life at your foster carers.

You should never feel excluded or that your views are not important. Remember your foster carers are there for you and want you to be part of their family life.

If you feel this is not how it is for you please let your social worker know or talk to Michelle, Felicity or Chelsea at Cuffe and Lacey Fostering. Their details are at the front of this guide. It is their job to make sure that foster carers are including you.

At Cuffe and Lacey we are really interested in hearing your views, and if you have any ideas you'd like to share, you can get in touch with us on the details below.

Cuffe and Lacey Details:

01253 542 678

FOSTERING@CUFFEANDLACEY.COM

Childrens Rights

As a young person you have rights and there is a person called a Children's Rights Officer or Advocate who can help you. This person is nothing to do with Cuffe and Lacey Fostering, or your foster carer. When you talk to them, they will listen and give you advice. They will not tell us anything unless you have asked them to.



The Children's Rights Officer or Advocacy worker can be contacted through your Local Authority. It may be useful to find out this information and keep a note here of details.

Children's Rights Details:



If you are not sure how to organise this you can ask your foster carer or social worker to help. They can help you to organise or give you the contact details so that you can organise yourself.



Children's Commissioner



The Children's Commissioner's job is to listen to children in England, and to make sure the rights of children are protected.

They work with the government to make sure children and young people have their voices and needs heard. They run different projects across the country to try and make sure they are capturing wide range of thoughts and suggestions.

They also have a website called Help at Hand, where you can access advice and resources, specifically made for children who are well looked after. You can talk to them on the phone or email, or look online at free information about your rights.

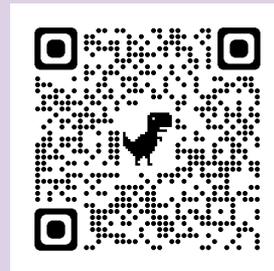
You can contact them at:

www.childrenscommissioner.gov.uk
www.childrenscommissioner.gov.uk/help-at-hand/
help.team@childrenscommissioner.gov.uk
0800 528 0731



CHILDREN'S COMMISSIONER

HELP AT HAND



Ofsted

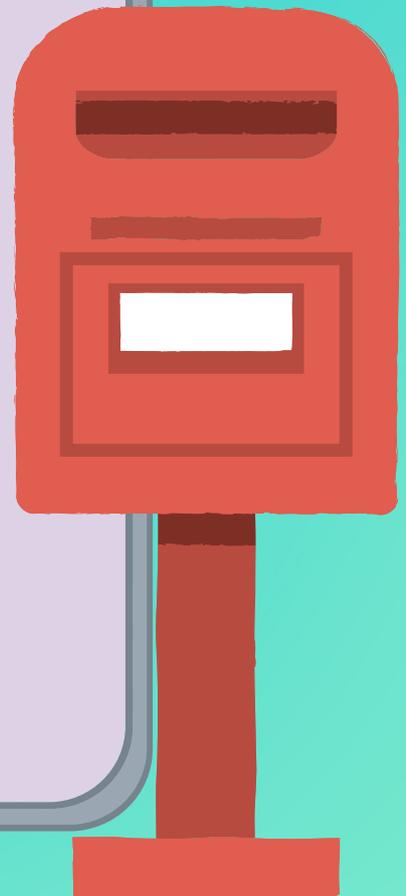
All fostering services are inspected by Ofsted. As part of each inspection Ofsted may ask you for your views about your care. Someone from Ofsted may arrange to meet with you. It is important to make your views known so we can improve, or change, the service that we offer.

You can contact Ofsted at:

WBHL
Ofsted
Piccadilly Gate Store Street
Manchester
M12WD

Tel: 0300 123 1231

Email:
enquiries@ofsted.gov.uk



Useful Links



A National Voice
Tel: 0161 237 5577
www.anationalvoice.org

Child Line
Tel: 0800 1111
www.childline.org.uk

NSPCC Child Protection Line
Tel: 0808 800 5000
www.nspcc.org.uk

Become Charity
Tel: 0800 023 2033
www.becomecharity.org.uk/

Weekly Link-Up for Care Experienced Children
<https://becomecharity.org.uk/get-support/link-up/>

Get Connected
Tel: 0808 808 4994
www.getconnected.org.uk

BEREAVEMENT

Winston's wish
Tel: 08452 03 04 05
www.winstonswish.org.uk

Child Bereavement UK
Tel: 0800 02 888 40
www.childbereavementuk.org

Useful Links



BULLYING

Kidscape

Tel: 020 7730 3300

www.kidscape.org.uk

Bullying UK

Tel: 0808 800 2222

www.bullying.co.uk

CAREERS AND EDUCATION

Career Connect

Tel: 0844 824 0500

www.careerconnect.org.uk

COPING

The Samaritans

Tel: 08457 90 90 90

www.samaritans.org.uk

Young Minds

Tel: 0808 802 5544

www.youngminds.org.uk

EATING DISORDERS

Eating Disorders Association Beat

Tel: 0345 634 7650

www.b-eat.co.uk

Anorexia and Bulimia Care

Tel: 03000 11 12 13

www.anorexiabulimiare.org.uk

Useful Links



DRUGS AND ALCOHOL

FRANK

Tel: 0300 123 6600

Text: 82111

www.talktofrank.com

Quit (Smoking)

Tel: 0800 00 22 00

www.quit.org.uk

Drugs the Law and Human Rights

Tel: 020 7324 2989

www.release.org.uk

Action on Addiction

Tel: 0300 330 0659

www.actiononaddiction.org.uk

HEALTHY LIVING

Sports England

Tel: 0207 273 1551

www.sportengland.org.uk

HEALTH

NHS

Tel: 111

www.nhs.uk

Youth Sport Trust

www.youthsporttrust.org

Notes



Always remember...

