



FOSTERING UK
WELCOME TO THE FAMILY

NEWSLETTER SUMMER 2021

**Hello and welcome to the second edition of our Newsletter!
We cannot think how we have managed to arrive at halfway
through the year already, how time flies.**



Look at these AMAZING Easter Biscuits made by L! We think they look delicious and absolutely love the decorations! Well done L—we reckon that Jamie Oliver needs to watch out, you are obviously a great chef.



Small Starts

Remember our 'Small Starts'? They are not so small anymore!

These are E's plants, aren't they doing well?

(The blooms are from some of HQ's plants which are little ahead of our young people's seedlings!)



HIP, HIP, HOORAY!

Congratulations to AS, who has been receiving some amazing feedback from school, including being awarded a number of certificates. What wonderful news—well done A!



A huge well done to TM who has received awards for excellent work and huge improvements - fantastic news T!

Well done to JM, who has received three awards from school! What a great achievement, well done J!



Big congratulations go to IF for doing so well in their Maths Test - we are so pleased for you!



CY has also been receiving awards from school—well done C, you are a great job!



SP has managed to achieve Star of the Week at their Acro Class, congratulations S, we know you have been working hard at Acro!

BH has managed some great achievements at school, we are very impressed B!



Well done to JA who has received a great report from school - keep up the good work J!

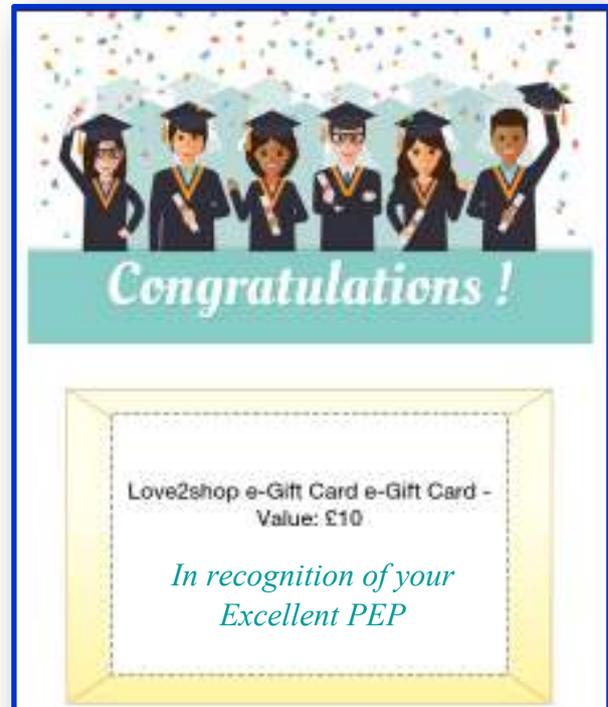
Well done to KG who has won a Gold Award from school for going above and beyond for another pupil - you have been so kind K, keep it up!





P is delighted to share with you their wonderful award from Trinity College London gained for their contribution to The Tempest workshop. Well done P!

K was absolutely thrilled to be presented with an e-voucher in recognition of their excellent PEP!



Well Done to You All!

Read All About It

We wish to extend a very warm
"Welcome to the Family"

to all the Carers who have joined us since our last newsletter. Once again we have gained households from various areas and we know that some of you have had the chance to meet each other or indeed already know each other!

We would like to say an official hello to:

DAWN MICHELLE & GAVIN JAN & TESS

WENDIE & RICHARD MARCELLA JILL & HARVEY

We look forward to a time when we can all meet up again
meet you all in person!



Fabulous new start for Molly*



“Would you take a 15-year-old girl?”, would be a pretty standard question from our placement officer you may think. However, when this is not the age of child you would usually accept as a carer it can be a little bit daunting - particularly when the young person has been involved with some risk-taking behaviours.

But when the school is so close and the young person just needs a caring, loving, home after being rejected by her family, who can say no? Our carer, Suzie*, said yes thank goodness and we are so pleased she did!

Molly is a tall, slim, young lady, with beautiful light brown hair and she has the smile of an angel. However, underneath that smile is a sad and lonely girl, who feels totally rejected. Suzie saw this immediately and began to ensure that Molly felt wanted and at home.

Molly lacked trust and certainly lacked the ability seek positive attention. This has not fazed Suzie, for she has seen Molly for who she really is - a lovely, kind, caring, young person who just needs love.

Molly has spent the last week on holiday with Suzie and her daughter, where they have had a fantastic time. Suzie has really worked hard to enable Molly to trust her and feel safe with her, calling on all the therapeutic skills she has learnt on the ATC training course.

What was initially considered to be a complex placement has in fact turned out to be a positive new start for Molly; one that is hoped will continue for years to come. This is all down to the skills, love and care of a foster carer who is focusing on the needs of this lovely young woman.

Thank you Suzie... you are a star.

*(*Names have been changed to protect confidentiality)*

All Foster Carers are automatically subscribed to
Fostering Network Membership
following their successful approval with Fostering UK.



Click here for more details on Membership Benefits:

<https://www.thefosteringnetwork.org.uk/get-involved/membership/foster-carer-membership>

EASTER 'EGGS'TRAVAGANZA

We had some beautiful designs entered for our 'Eggs'ellent Easter Competition and we are delighted to share with you the winning entries!



Congratulations to our Easter Competition Winners:

1st Prize = J
2nd Prize = I
Joint 3rd Prize – G and A

Beautiful designs and 'eggs'ellent entries!

Thank you for your entries guys, enjoy your prizes 😊



Congratulations to all our winners!

The first thing parents/carers need to know about Chatroulette is that it has been dubbed a “predator’s paradise”.

Chatroulette is an online chat website that pairs random users for webcam-based conversations. Visitors to the website begin an online chat (text, audio, and video) with another visitor. At any point, either user may leave the current chat by initiating another random connection.

Users must be at least 16 years old and have to agree not to broadcast explicit material; however, these barriers can be by-passed by creating fake accounts and may expose young children to child molesters.

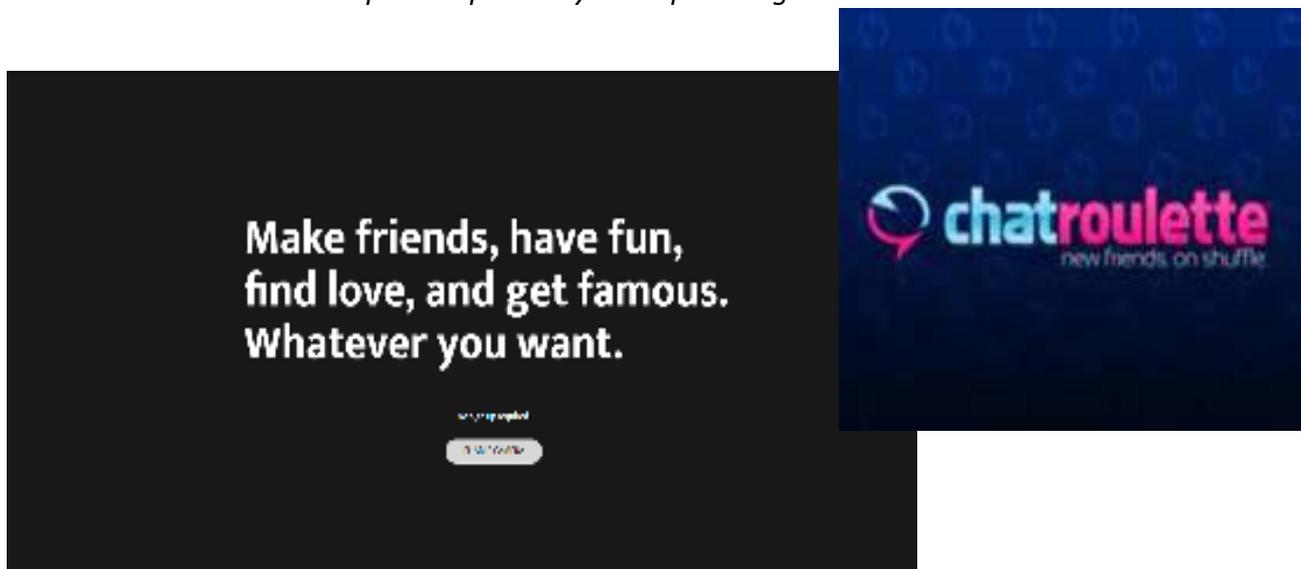
The site works by allowing the user to randomly chat with individuals as they appear on the screen.

This site is renowned for widespread inappropriate sexual behaviour
this can be mentally and emotionally scarring for children.

As a parent/carer please:

- ◆ **Be aware of your child’s internet activity** - if you are aware that your child is using this site, especially if they are under-age, you might want to have a serious conversation about it.
- ◆ **Warn them of the dangers of webcams** - make sure they know the dangerous consequences of chatting to strangers on a webcam.

If you would like advice on how to approach this subject with your young people or help with what to say, please speak to your Supervising Social Worker.



COVID19 NEWS

Well it would appear that we are close to having our final COVID restrictions lifted, let's hope we can find a 'safe back to normal' once they come to an end.

The impact on the UK's hospitality and recreational sectors has been severe as our theatres, cinemas, pubs and restaurants had to remain closed, or open with restrictions, for so long. For many couples the constant shifting of wedding dates has been necessary and our long social gatherings have been sorely missed. We can only hope that we will now be able to enjoy these things once again.

Are you up to date with the latest developments with regard to mutations of the virus and how they may affect us differently?



You will find updates regarding news, restrictions, data and other relevant information regarding Coronavirus/COVID19 available here:

<https://www.gov.uk/coronavirus>

CRUMB CORNER

Chocolate Concrete with Caramel Sauce

Ingredients

175g plain flour
50g ground almonds
60g cocoa
115g golden Caster sugar
145g butter, softened, plus extra for the tin

Demerara sugar for sprinkling over

4 tbsp Caramel

50ml single cream



Method

STEP 1

Heat oven to 180C/160C fan/gas 4. Put the flour, almonds, cocoa, Caster sugar and a large pinch of salt into a food processor and whizz briefly. Add the butter and whizz until the mixture resembles damp sand.

STEP 2

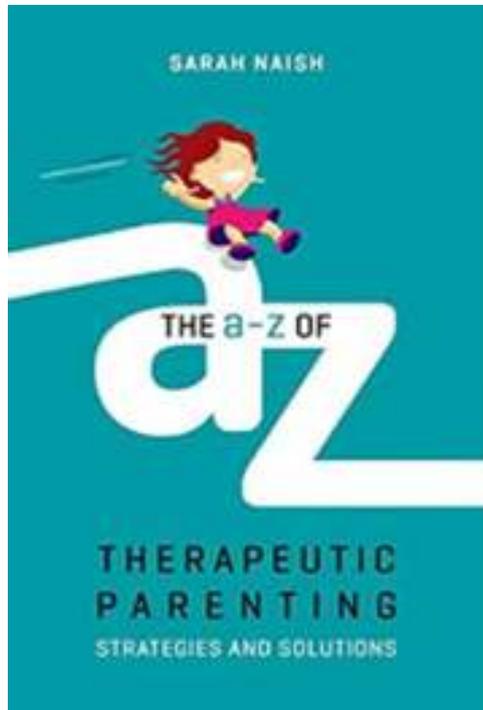
Generously butter the base and sides of a small (15 x 25cm) baking tin. Tip the mixture into the tin and press it down. Bake for 30 mins. Remove from the oven, sprinkle over some demerara sugar and cut into squares using a sharp knife while still it's soft.

STEP 3

Meanwhile, heat the caramel and cream together in a pan. Serve the concrete warm with the caramel sauce. You can cool any leftovers and eat them cold – they will harden like shortbread.

RECOMMENDED READ

Our regular recommendation of interesting books and articles relevant to Foster Care



Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for those children with attachment difficulties or who have experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.

Providing a model of intervention, *The A-Z of Therapeutic Parenting* gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond.

Easy to navigate and written in a straightforward style, this book is a 'must have' for all therapeutic parents.

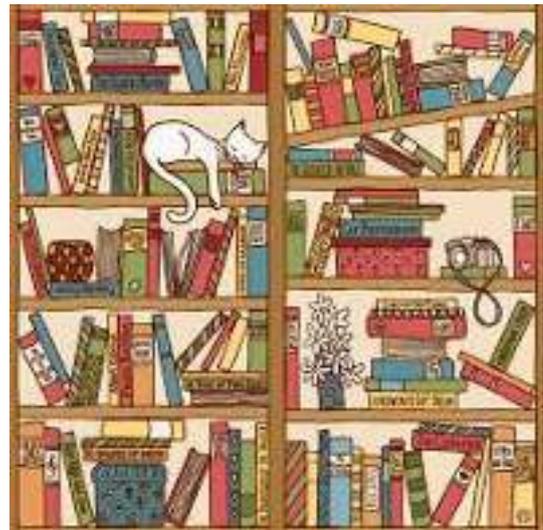
This Edition's choice has been recommend by one of Fostering UK's Senior Supervising Social Workers, Jamie.

BEWITCHED BY BOOKS

Our regular recommendations for those who love to read for pleasure!



This Edition's recommendation comes from Fostering UK's Panel Advisor, Angela



Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices . . . Would you have done anything different, if you had the chance to undo your regrets?

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better?

In *The Midnight Library*, Matt Haig's enchanting new novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

QUEST ARTICLES

This is where Guest Contributors want to say hello and pen their own articles to share with you; in this edition we hear from our Responsible Individual, Becky.

Hello Everyone,

The lovely Amanda is often working tirelessly behind the scenes to pull together the Fostering UK newsletter – along with her many other administrative duties and tasks—so when Amanda suggested that we might want to contribute some of our own content, this little article was created.

I write this as most of England is enjoying a heat wave and let's be honest these gorgeous sunny days will probably come to an end soon, as we head for a more typically British summer. However, the sunshine spurred me on to get out and about with the children and I thought I could write a bit about what I have been up to. For those that don't know, I live in the amazing Cathedral city of Coventry in the West Midlands; I am probably the most Northerly of the Fostering UK family. Coventry 2021 has been awarded the City of Culture and I am pleased to report the city centre has undergone a much needed make over.

Coventry is steeped in history, you might have heard of Lady Godiva from medieval times and Coventry has a rich past and present with the car industry; there is the excellent Transport Museum for any little or big ones who have an interest in vehicles. We also have the Herbert Art Gallery (and museum) and later in the year they will be hosting the Turner Prize. No, I don't work for the Coventry tourist board, however, I thought I would write about something I know about and that may be of some use to other families. The few things I have mentioned are very inexpensive activities and potentially have universal appeal.

For the next newsletter I would like to invite others to write about their home town or perhaps offer a review of what has been a good family day out somewhere and perhaps this could become a regular feature; if we are inundated with articles perhaps we could even put together a Newsletter Special (sorry Amanda).

It might even be possible to build up a resource leaflet by sharing a bit about our home towns or what we like to do but more importantly I feel it is a way to get to know each other and connect.

I would like to finish off with a picture of my youngest child, Nellie, running through the ground level fountains that are now a feature in Coventry City Centre.

Enjoy the summer whatever the weather.

Best wishes, Becky





A smart person
knows what to say.
A wise person
knows whether or not
to say it.

EVERY
CHILD IS A
different KIND OF flower,
AND ALL TOGETHER,
MAKE THIS WORLD
A Beautiful
GARDEN.

A simple line drawing of a flower with five petals and a stem with two leaves, positioned to the right of the text.

Every child deserves a family

If there is something that you would like considered for inclusion in our news-letters, please send an email to: amanda@fosteringuk.co.uk