



FOSTERING UK
WELCOME TO THE FAMILY

NEWSLETTER SPRING 2021

Hello to Our Wonderful Fostering UK Family AND Welcome to Our Spring Newsletter!

We would like to include YOUR news as well as OUR news, some interesting articles, some activities and lots more, and we hope that it will be something that you will enjoy reading both for yourselves and for/with your children.

So, grab yourself a cuppa (and perhaps a biscuit too!) and settle in for the 'family' updates!



A sure sign that Spring is on its way, beautiful Snowdrops; these were spied on a Forest walk last weekend and were a very welcome sight amongst all the mud and mulch!

With other names including Galanthus and Milk Flower, the Snowdrop is not native to the UK but it has certainly been here for a very long time, with wild Snowdrops first being recorded in 1778.

Did you know that there are more than 2500 varieties of Snowdrops? We'd love to know which variety these are!



Small Starts

Some of our Young People wanted to share their 'Small Starts' with you

Here we have J enjoying carefully planting their seeds and we hear that on the day that they showed their shoots, they were the subject of news at nursery !



And here we have E having great fun planting their seeds! They have been carefully looked after and we can see how well they are doing! Well done E!



C was so inspired by E's gardening skills that they decided to plant some sunflower seeds and have been rewarded with some shoots appearing in search of the sun — great job C!



COVID19 NEWS



The most recent news regarding the lifting of COVID restrictions is so very welcome; we really do hope that this is the first step on the road to being able to meet up, spend time together and above all, give our loved ones a hug! We might not be quite through the tunnel just yet but at least we can now see a tiny light.

Foster Carers and the COVID Vaccine

Here at Fostering UK we are pleased to be fully supporting all our carers to ensure they receive the COVID vaccine as soon as possible and we have been working with all of our local authorities to achieve this. The Fostering Network recently published this update; as you can see they really did advocate for all Foster Carers. Well done Fostering Network!

The Fostering Network's chief executive, Kevin Williams, has written an open letter to Nadhim Zahawi MP, The Westminster Government's 'minister responsible for the rollout of the Covid 19 vaccine programme in England', emphasising the importance of prioritising Foster Carers in England for vaccinations.



Foster Carers should be a priority for the vaccine because:

- There is obligation placed upon Foster Carers to meet others outside of their household members, such as during social worker visits and time with birth families
- The fact that the majority of Foster Carers are over 50, and a quarter are over 60, years of age putting them at higher risk from the virus
- The need to look after the health of the Foster Carer workforce to ensure there is no drop in the number of available fostering families offering safe, stable and loving homes for children who need them.

HIP, HIP, HOORAY!



Congratulations to BH who has achieved their High White Belt at their Taekwondo Class— Well Done B! What a great achievement, keep it up!

Big congratulations to JA who has achieved the Year 8 Star of Home Learning Award.

Well done J, this is a great award to receive in these difficult times, we are very proud of you!



We were delighted to hear that CY received the Student of the Week Award at the beginning of February for all their hard work during the first half-term of Spring Term. We are very pleased for you C, what a wonderful achievement, well done indeed!



We are beyond delighted for P, who has been granted a scholarship to attend a Private School and will be starting in Year 7 in September. P gained their place through hard work and determination, they have been applying themselves to their studies with such impressive resolve and have now happily proved that hard work really does pay off!

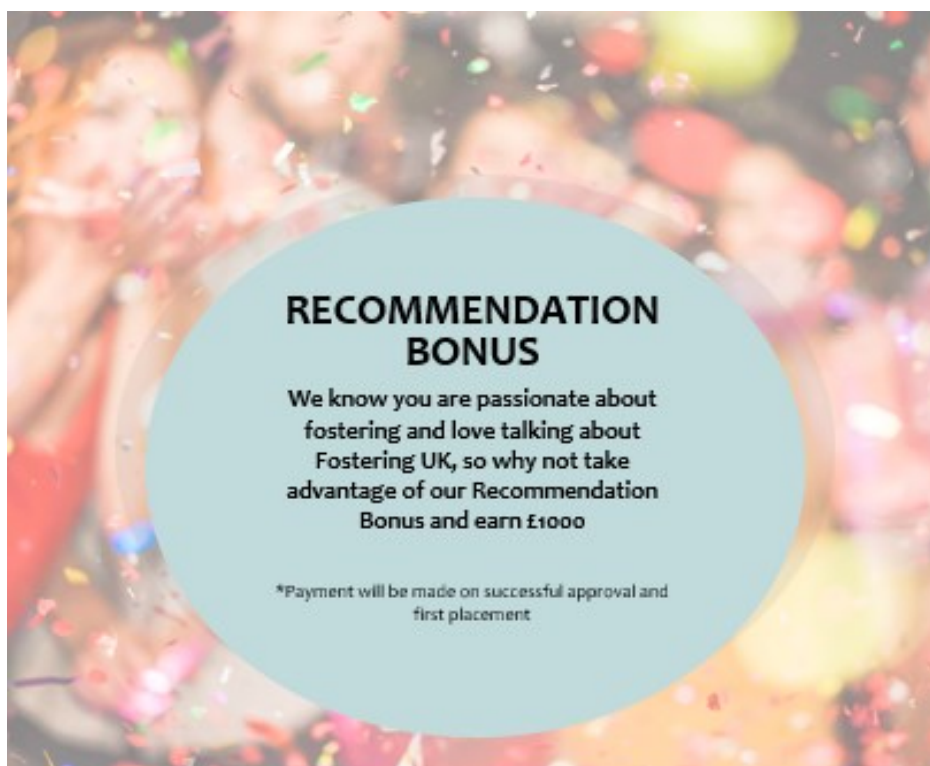
Well done to L who achieved the Year 8 Student of the Month Award for January. Fantastic work L! We are so impressed that you have managed to achieve this accolade during a Lockdown.



Well Done
Everyone!

Recommendation Bonus

Do you know someone who would make a fabulous Foster Carer? If so, recommend them to Fostering UK and you could earn a 'recommendation bonus' if they are successful and subsequently have a Placement. Please call the Office to discuss this if you have someone in mind.



Why not give our team a call today on [0330448890](tel:0330448890)

Or email: Info@fosteringuk.org.uk



National Child Exploitation Awareness Day 18th March 2021

**ANY CHILD CAN BE EXPLOITED
NO MATTER WHAT CULTURE,
ETHNICITY, RELIGION, WHETHER
A BOY OR A GIRL FROM ANY
BACKGROUND**

What is Child Exploitation?

Child exploitation refers to the use of children for someone else's advantage, gratification or profit, often resulting in unjust, cruel and harmful treatment of the child.

There are two main forms of child exploitation that are recognised:

Sexual exploitation: such as child prostitution, trafficking of children for sexual abuse and exploitation, child pornography, sexual slavery.

Economic exploitation of a child: such as child domestic work, child soldiers and the recruitment and involvement of children in armed conflict, child bondage, the use of children from criminal activities including the sale and distribution of narcotics, the involvement of children in any harmful or hazardous work.

The National Child Exploitation Awareness Day aims to highlight the issues surrounding Child Exploitation; encouraging everyone to **think, spot and speak out against abuse** and adopt a zero tolerance to adults developing inappropriate relationships with children or children exploiting and abusing their peers.

For more information: <https://www.stop-cse.org/>

REMEMBER:
Think Spot

Speak Out Against Abuse

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 round up, which we think was way back in the Summer! Since then we have gained households from all areas, we know that some of you have had the chance to ‘meet’ each other virtually already but we would like to say an official hello to :

Jen & Kev

Samia & Shaun

Alison

and

Esher

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

Our Carer, Andy, would like to introduce you to two new surprise members of the family-meet Waldo (left) and Shaba (right), who arrived on his birthday in January.



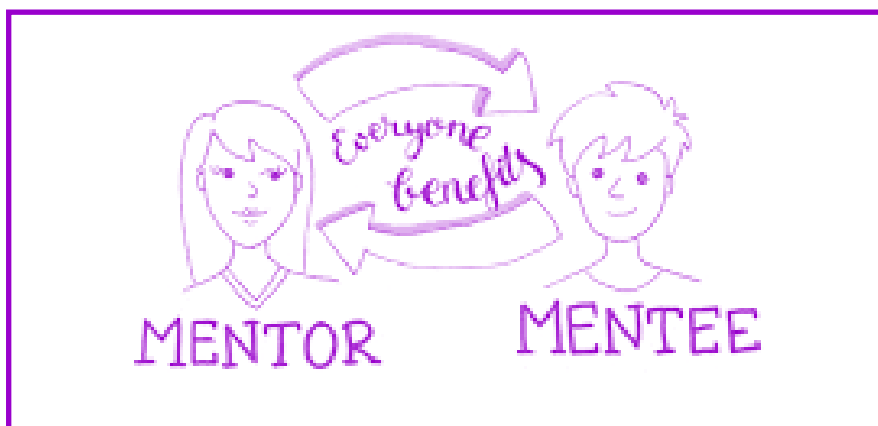
We are delighted for D & E who have received a “Shout Out” nomination via the Foster Carer Awards 2021. ‘J’, one of the Young People in the care of D & E, felt that the care that they receive is worthy of some extra recognition. As you can see, J sees their Carers as capable of giving care and help to any child, what a lovely testament to their Fostering skills; well done D & E, thank you for your continued hard work!

We have received the most wonderful news — our lovely carers, Jen and Kev, have gotten engaged! Jen has shared this photo of her stunning engagement ring; we are over the moon for them and wish them every happiness for the future.





As you know Fostering UK are working towards having a Peer Mentor in place for each of our areas. Peer Mentors are there to offer emotional and practical support and advice, to both prospective and current Foster Carers. We are pleased to announce that our new Peer Mentor is Nicky! Well done Nicky, we are very happy to have you on board and wish you the best of luck in your new role.



Get prepared for Census 2021

Census Day will be Sunday 21 March 2021

The census is a unique survey that takes place every 10 years in England and Wales.

By taking part, you'll help inform decisions that shape your community.



census 2021

Ensuring Children In Care Are Counted In Census 2021

Census 2021 is around the corner, and it is vital that children in care are counted.

Run by the Office for National Statistics (ONS) – the UK's largest independent producer of official statistics – the census is the once-in-a-decade survey that gives us the most accurate portrait of our society. It has been carried out every decade since 1801, except for 1941, and asks questions about you and the people you live with.

The census will shed lights on the needs of different groups and communities, and the inequalities people are experiencing, ensuring the big decisions facing the country are based on the best information possible, through the anonymised answers you provide.

It will highlight areas of deprivation and provide information on our living arrangements, health, education and the jobs we do. This data will help inform policy at a local and national level for years to come.

Charities and voluntary organisations often use census data as evidence of the level of need for a certain cause in order to get funding.

Researchers also use it to expose previously hidden issues. For example, the team at University College London's (UCL) institute of epidemiology and healthcare used census data in a recent study of the disparity in life outcomes between those who spent time in care as children and those who did not.

Their stark findings, using data linking records from censuses conducted between 1971 and 2011, showed that adults who had experienced care during childhood were twice as likely to die prematurely.

Factors such as poor mental health, and the likelihood of care leavers to be more disadvantaged economically and socially were suggested as contributors to lower life expectancies.

Professor Amanda Sacker, who led the research, said: "There's always been the idea around that people who've been in social care are more disadvantaged, but we wanted to look long term and find out whether people were affected right through adulthood."

She added that she hoped identifying this issue would benefit “people who through no fault of their own have had some knocks in life, starting in childhood.

“Being in care and the experiences that have led them to being in care is certainly something that for many people, is really distressing. They shouldn’t be disadvantaged later in life. It’s a basic human equity issue.”

The UCL team behind the research expect to present their findings to the Independent Review of Children’s Social Care, which was launched in January 2021, in due course.

Children’s Homes engagement

Children’s home managers will receive two types of census packs ahead of census day on 21 March, delivered by a census officer to the accommodation.

The manager pack contains a letter with an access code to an online form, which asks questions about the establishment you manage and a count of residents and visitors staying overnight on Sunday 21 March.

The resident pack contains a letter for each resident with an access code. This gives them access to an individual online form. All usual residents should complete their form, but a member of staff can help if they have difficulty filling it in independently.

Other information

Like all households in England and Wales, foster carers will receive a letter with a unique access code allowing them to access an online census form in March, although paper questionnaires and other additional support is available on request.

The ONS aims to provide in-person support to complete the census online through Census Support Centres where it is safe to do so.

It is ONS policy never to share personal details, and no-one, including government bodies, will be able to identify individuals in census statistics. Personal records will be kept secure for 100 years.

The census will include questions about your sex, age, work, health, education, household size and ethnicity, with options to allow everyone to identify their nationality, ethnic group and religion as they wish.

For more information, please visit: www.census.gov.uk

CRUMB CORNER

SUGAR BISCUITS

Makes: 34 Biscuits

Ingredients

- 225g butter at room temperature
- 135g granulated sugar plus approx. 3 tablespoons
- 275g plain flour
- 1 teaspoon vanilla essence (optional, but recommended)

To Decorate

- 125g Icing sugar
- 15ml warm water
- Coloured sprinkles/Hundreds and Thousands

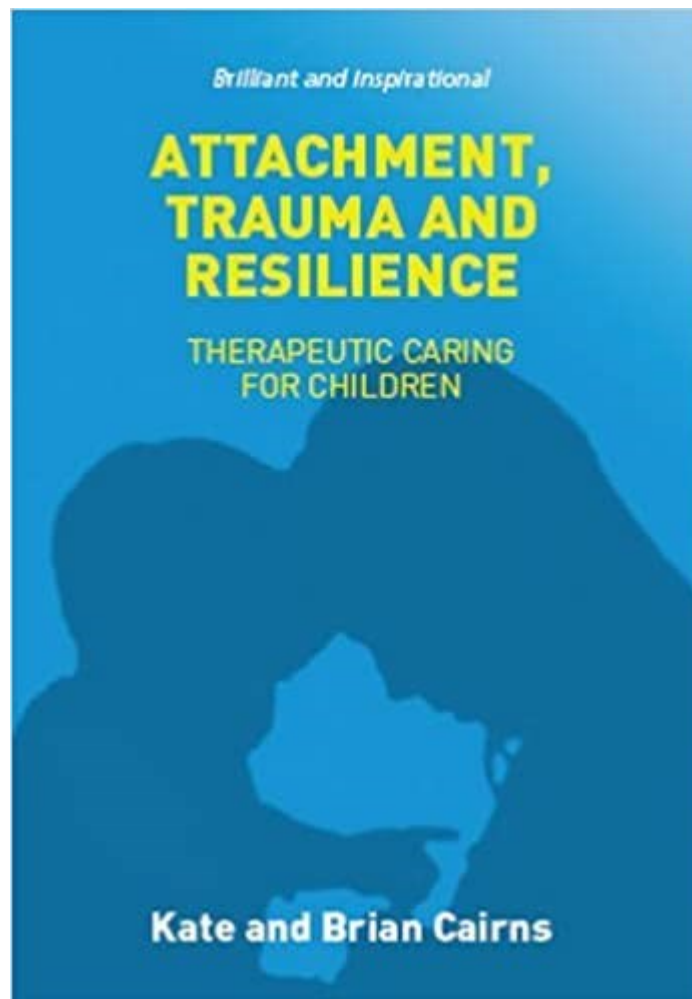
Instructions

- Preheat oven to Gas Mark 3/165c/150cfan/325f
- Line 2 large baking sheets with baking/parchment paper
- Beat together butter and 135g sugar until combined - it will be a little 'gritty' - this step is easier if you have an electric whisk/beater!
- Add in flour and mix well - add vanilla if using
- Divide the dough in to 1-inch balls
- Gently roll the balls in the remaining 3 tablespoons of sugar until lightly coated and transfer to the baking sheets approx. 2 inches apart
- Press down on the balls to flatten - you can use the bottom of a glass, a fork or your hands! Each ball should be 3-6mm high, they will look small in circumference, but they will spread
- Bake for 14-16 minutes or until just slightly golden around the edges and on the bottom.
- Remove from oven and let rest on the baking sheets for at least 10-15 minutes - don't skip this bit however tempting it is 😊
- Transfer to a cooling rack to cool completely
- If you wish to decorate, mix icing sugar and warm water together (you may wish to add more/less water or more/less icing sugar depending on preference), drizzle icing over biscuits as desired and add sprinkles
- If you fancy adding a flavour try swapping the water for lemon/orange/lime juice and add to the icing sugar

Enjoy with a drink of your choice - tea, coffee or hot chocolate!



RECOMMENDED READ



Over a 25-year period Kate and Brian Cairns, along with their three birth children, fostered 12 children ranging in age from four to 15 at the time of joining the family. In their highly successful books *Attachment, Trauma and Resilience* (Kate Cairns) and *Fostering Attachments* (Brian Cairns) they offered a compelling insight into the realities of family life with children who have lived through overwhelming stress. Now, for the first time, Kate and Brian's separate works have been combined in this essential new edition of *Attachment, Trauma and Resilience*.

In this remarkable and inspirational book, Kate and Brian draw upon the wealth of their personal and professional experience to offer an insight into the realities of family life with children who have lived through overwhelming stress. Vividly described scenarios show how the family responded to children displaying powerful feelings and difficult behaviours following their experiences of attachment difficulties, loss, abuse and trauma.

The authors' commitment to traumatised children and helping families care for them informs the humane and mature approach that is evident throughout. Anyone caring for or working with children separated from their families will find much that is inspiring, illuminating and affirmative in this seminal work.

EASTER 'EGGS' TRAVAGANZA

What can you create with eggs?

We would like to invite all children in our Fostering UK Family to take part in our Easter 'Eggs'travaganza Competition! We would like to you create your own masterpiece to celebrate Easter, which can be anything as long as it involves eggs! Easter eggs, plastic eggs, boiled eggs, mini eggs—the choice is yours! We are 'eggs'cited to be able to offer prizes for 1st, 2nd and 3rd place and look forward to seeing your wonderful craft/art/sewing/cooking skills put into practice.

Please put together your creation and take a clear photograph (or several, we want you to show your creation off in all its glory!), and email them to

amanda@fosteringuk.org.uk

The deadline for entries is Easter Monday, 5th April 2021.

Here are some ideas to get you started





EASTER



Thank you to all our wonderful Carers for their continued hard work over the months since Christmas, where once again we have found ourselves 'Locked Down'. We hope that with our children now returning to school and spending time with their friends, and working in their actual classrooms that they will continue to flourish and accept the new normality as a welcome event.

Here at HQ we have found ourselves facing new challenges all the time; we too are accepting the changes and are working towards making them a 'good fit' for all of us.

We would like to wish you all a very Happy Easter and hope that we will have some fine weather to enable us to get outside and enjoy our gardens once again.



Easter Office Opening Hours:

Good Friday— **CLOSED** please use the Out of Hours Service

Saturday—Out of Hours Service as usual

Easter Sunday—Out of Hours Service as usual

Easter Monday—**CLOSED** please use the Out of Hours Service

Our usual opening hours will resume at 9am on Tuesday 6th April 2021





Knowledge is knowing a Tomato is a fruit.

Wisdom is not putting it in a fruit salad.

Philosophy is wondering if that means Ketchup is a smoothie.

Foster Care

Because a child can never have too many people to love

YOU ARE MAKING
A DIFFERENCE
EVERY
day.

We hope that you have enjoyed the first edition of our new look Newsletter. Please do email your news, thoughts and any items or ideas you would to be considered for inclusion to: amanda@fosteringuk.co.uk