

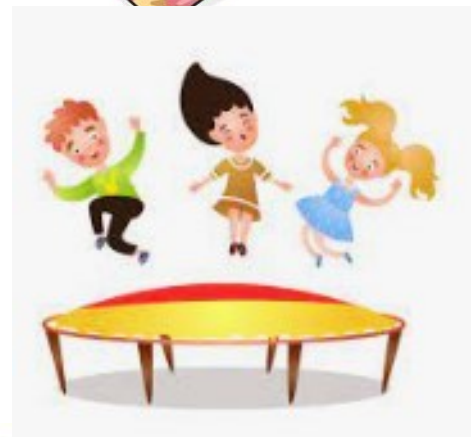


FOSTERING UK
WELCOME TO THE FAMILY

NEWSLETTER, SUMMER 2022

Welcome to the Summer 2022 issue of the Fostering UK Newsletter.

We hope that you are all looking forward to your Summer plans, we are looking forward to meeting up with you at our Summer Events. We have picnics and theme park visits planned, and some of you are having some 'meet the animals' experiences; whatever you are doing, we hope you all enjoy your gatherings!



Helping Hands

Here we are highlighting some websites and charity schemes that may be of use to our carers. Some have specific criteria, so please make sure that you meet the requirements before paying any subs or making a purchase!



Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people. They provide grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures. For more information have a look at their website here: [About Us | Family Fund](#)



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema. The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not.

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as RNID, RNIB, Dimensions and Whizz Kidz. To apply, the person requiring assistance must be 8 years of age or older and be in receipt of one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)

Or hold:

- Severely Sight Impaired Registration (formerly Registered Blind)
- Sight Impaired Registration (formerly Partially Sighted)

For more information, have a look at their website here: [Home - CEA Card](#)



Merlin's Magic Wand is an international children's charity that deliver magical experiences to children who need them most; the Charity makes fun accessible to children with three Magic Spells:

"Magical Days Out" - The Charity provide complimentary tickets and fund a contribution towards a travel grant for families to enjoy their day at a Merlin Entertainments' attractions, such as LEGOLAND Resort® theme parks, SEA LIFE Centres, and Madame Tussauds.

"Merlin's Magic On Tour"- working with our local communities at hospitals and hospices to bring the magic to children everywhere.

"Merlin's Magic Spaces" - designing and creating amazing projects in hospitals, orphanages, learning centres and more.

If you know a child/children who would benefit from a magical day out with Merlin's Magic Wand, have a look here: [Making an application with Merlin's Magic Wand \(merlinsmagicwand.org\)](http://merlinsmagicwand.org)



Working on a 'rent and return' basis, The Little Loop is a sustainable alternative to fast fashion in the children's clothing market. You choose the clothes for your child from their website and they are delivered to you. Once they have outgrown them, you arrange for a swap with your new choices of items, the company drop off the new ones and take away the old ones!

One of our carers has ordered from them and report that the clothes were lovely, and that they found the process very easy.

Fostering UK have arranged for a permanent discount – this will be applied once you have set up your account; the carers discount is 10%

Email Naomi Beamish – hello@thelittleloop.com to get started.

Identical twins separated as toddlers developed 'striking' differences in IQ



It is a heart-stopping scenario that any parent could relate to – a toddler lost in the crowd after wandering off in a busy market. In 1976 that nightmare came true for one South Korean family, in a case that would become the centre of a landmark report four decades later.

A two-year-old girl, one of a pair of identical twins, never came home after a trip with their grandmother to a downtown bazaar in Seoul. In the weeks that followed, her parents desperately tried to find their daughter, circulating flyers and appearing on a local television show for missing persons. But the child, whose identity was a mystery to the authorities who found and cared for her, had already been placed with another family.

US – an acronym used to protect her identity – had been spotted wandering alone near the market but was too young to say her name or where she had come from. She was taken to a hospital approximately 100 miles from her family home, fostered and then transferred to an adoption agency, which found her adoptive parents in the United States. She grew up with no memory of her biological family.

Then, more than 40 years later, US submitted a DNA sample as part of a South Korean family reunification programme. In 2020 the programme identified her mother. Next came the startling revelation that she not only had an older brother and sister, but an identical twin sister, dubbed SK.

Nature vs Nurture

When US told her story to Nancy Segal, a professor of developmental psychology and director of the Twin Studies Centre, at California State University, the academic recognised a golden chance to study the impact of two very different cultures on twins sharing the same genes.

Dr Segal's landmark study has now revealed new insights into the nature versus nurture debate, showing an unexpected disparity in IQ levels but strong similarities in personality traits, despite the pair's vastly different upbringing.

After the twins were reunited, Dr Segal, along with Yoon-Mi Hur, an associate professor and director of the Kookmin Twin Research Institute in Seoul, carried out a series of tests to assess their family and medical histories, intelligence, mental health, job satisfaction and non-verbal reasoning ability.

Their pseudonyms – US and SK refer to where they were raised, in the United States and South Korea. The findings were published in the journal *Personalities and Individual Differences*, adding to an existing body of work on genetic, cultural, and environmental influences on human development.

"This was a very rare opportunity. One was raised in a very individualistic culture – the US – and the other in a collectivist culture," Dr Segal told the *Telegraph*.

"There is no question that the culture, particularly very different cultures, leaves an imprint. What also fascinates me is that despite the different cultures there are a lot of similarities," she added.

"There were similarities in personality and conscientiousness. They also got along extremely well. They were very close and had a real affinity and rapport with one another."

Cultural climate influences

However, the intelligence test showed a surprising difference in IQ levels, with the sister raised in the US 16 points lower than her sibling – ten points greater than the documented average gulf between identical twins raised together. There were also marked differences in non-verbal reasoning scores.

The report is inconclusive on whether this was caused by the sisters' different upbringing, although the researchers note that US had suffered three concussions as an adult, which may have influenced her concentration and cognitive abilities, and that she saw herself as a poor test taker.

Researchers did conclude that "similarities were evident in personality, self-esteem, mental health, job satisfaction and medical life history, consistent with genetic influence" found in related studies.

Overall, their study states that "US and SK offer a novel look at how many behavioural traits (conscientiousness, self-esteem) remain the same despite their very different rearing environments. They also show that cultural climates can modify values."

"What I've learned from this case is to have a broader appreciation of cultural influences. They really do have a strong effect. But they don't blot out the basic similarities," said Dr Segal. "If you think about it, identical twins raised apart are the only people on earth who have that capacity to see themselves truly in a life un-lived."

The twins had been raised in very different home environments. The report reveals that "SK was raised in a more supportive and cohesive family atmosphere where personal growth was encouraged. In contrast, US was raised in a stricter, more religiously oriented environment with higher levels of family conflict."

Despite this, the twins were matched in terms of self-esteem and strong mental health.

"They were both very similar and that impressed me because [one] twin grew up in a home with a lot of conflict and so the fact that she was so similar to her sister was quite astonishing," said Dr Segal.

SK became a cook, while US worked as a state government administrator on licensing issues. Both had high job satisfaction.

"Both twins were volunteers. They volunteered in different ways and maybe there is a certain altruism there, a self-sacrifice, something about how they feel towards people and interpret different situations," added Dr Segal.

The study had offered the chance to differentiate more clearly between the influence of genetics and the environment, she said.

"When you study identical twins raised together you have a compounding there because they share genes and an environment, so you don't know which is which," she said. "But when you study twins raised apart who don't have any environmental connection, you can see the similarities and they are striking."

"What is striking is that identical twins raised apart are as similar as twins raised together and that to me is just mind-boggling. That really shows that genes work in important ways."

HIP, HIP, HOORAY!

KMG attended the Youth Adventure Trust Coastal Camp and did amazingly well—their instructor said that K did “Absolutely wonderfully and was a great leader”. Great news K!



MS for getting a distinction in their first exam and bagging themselves a job! Well done M!

AdJ and AmJ for getting first and second places in their sports day events! Well done to you both!





SP for doing absolutely incredibly in school! Great work S!

LD for some great results in PPEs in Health and Social Care AND for being a Finalist in the Student Excellence Awards! Fantastic news L!



LD for managing to find a job volunteering at a Charity Shop! Brilliant news L!

GP for some great feedback at their school consultation evening, where their teachers reported that they are an exceptional student, they are talented and friendly, always give 100% and are very respectful! Well done G!





KW received another fabulous end of year school report making their foster parents very proud of them and their achievements, which have set them up nicely as they prepare for their first GCSE year in September 2022. Well done K!

GP has won the award for the 'Most Progress in Dance' for their year group at school—fantastic work G!



CP has won two awards from their tutor group, one for 'Most Remarkable Learner 2021/2022—Hardest Working' and also for 'Cutest Notes on the Notice Board' congratulations C!



NM has been embracing lots of new experiences since living with their new foster family; they have been camping and loved it, and enjoyed the sea so much they have bought their very own body board! We are so pleased to hear this N!

KK has been embracing lots of new experiences Including: flying, going abroad with their carers, trying lots of new foods, snorkeling and has been on a jeep safari!

They have also been accepted at college to do hair dressing, starting in September—well done indeed to you K!



MC has received a fantastic report from school , which included a very high number of Merit awards for excellent effort, and skills and achievements in many of their subjects but in particular in reading, and showing kindness to others. Very well done M!

Well Done to You All!

CONGRATULATIONS!

We send our warmest Congratulations to Izzy, who is the daughter of our Carers Nicky and Andy. Some of you will know Nicky as she is one of our Peer Mentors.

Izzy has become a fully qualified member of Cabin Crew for Tui and is now, as Mum tells us, “Jet setting all over the place!”

Well done Izzy, we are so proud of you—who knows maybe we will get to see you in action one day as we travel to far off places!



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:

TRACEY & PAUL

JACQUI

LYNN & TERRY

JANE & DAVID

ZOE

DAVID & SHARON



LOCAL GROUPS NEWS

C and his Carer, Alison, enjoyed the Jubilee Celebrations that were local to them, we are delighted that you had a good time C!



Big Happy Birthday congratulations to J and M who turned 18 this year!

Celebrating their last looked after review after being placed with their carers, Sharon and Wayne, for over 5 years.

Unfortunately, J could not be there in person as he is away in the Army Academy, we are so proud of you both!

Project Linus UK

Have you ever wondered where get our beautiful ‘welcome’ quilts for our children from? Have you noticed the labels identifying ‘Project Linus’?

Project Linus UK is a volunteer organisation. They aim to provide a sense of security and comfort to sick and traumatised babies, children and teenagers through the provision of new, home made patchwork quilts and knitted blankets, whilst giving volunteers across the UK the opportunity to contribute to their local communities.

There are volunteer Area Co-ordinators who, along with their Assistants, deliver around 3,500 quilts and blankets to sick, disabled or disadvantaged children across the UK each month.

This helps to provide these children with tangible evidence that someone cares, along with the physical reassurance that comes with being snuggled up in a quilt.

Project Linus began in America in 1995 when Karen Loucks saw a newspaper article showing how much a comfort blanket had helped a child cancer victim. She decided to organise blankets for her local children’s cancer unit and started spreading the word. Since that time several million blankets and quilts have been delivered worldwide. The organisation began in the UK in March 2000 as a result of a Birmingham quilter’s desire

Here is our ‘Quilt Lady’; her name is Jane and she does an absolutely fantastic job of trying to source (and make!) quilts that will suit the young person they are destined for. We so appreciate all that she does for us and wanted to give her the credit she deserves— Thank you so much Jane, we think your work is incredible!



Thank You!

We were very excited when something unexpected dropped through our Letter Box a while back!

Thank you very much to AmJ and AdJ for our beautiful drawings and gifts, they have pride of place on our Office Noticeboard—we LOVE them!



'Paw'fect Pets



Hello Everyone,

My Human is Tanya, one of Fostering UK's Senior Supervising Social Workers, she thought I was a boy when I arrived and named me Terrence. However, there is a little uncertainty now and it is possible that I am actually a girl, so some days I am called Terrencina but I don't really mind what my human calls me, as long as she doesn't call me late for my dinner!

I live in a heated table top enclosure in my Human's living room, although I LOVE being outdoors when the weather is fine,

where I am able to enjoy the sunshine and nibble on my favourite snack—WEEDS!



One of the things I enjoy the most when I am outdoors is investigating all things white—my Human has found me chewing on white stones and white feathers many times! I get far too excited when I see something white and make beeline for it - I don't miss out when I'm indoors either, as I am partial to a toenail or two, especially if my Human decides to varnish her toenails with white nail polish—YUMMY!



I am now twelve years old but that is really only around age 6, as a tortoise will usually live for twice the amount of years of the average human. My Human thinks that I am not quite furry enough to 'pet' but where I am lacking in fur I make up for it by being interesting! My Human finds the prehistoric look fascinating and as I am so handsome, I'm sure she finds me quite enchanting...

I like to take a bath in an old chocolate tub when I am not basking under my heat lamp. I'm told that I make some funny little noises sometimes, that sound like a squeak or like I am deflating, which amuses our visitors—next time I will make those noises when I'm in the chocolate tub and make myself a little jacuzzi!

Shamefully, I also poop on the living room floor when I am out on the stomp, my Human has not quite figured out how to toilet train me yet...

It was nice to tell you all about myself :)

Love, Terrence/Terrencina



CRUMB CORNER

Easy Brownies

Ingredients

- 1 1/2 cups granulated sugar
- 3/4 cup all-purpose flour
- 2/3 cup cocoa powder, sifted if lumpy
- 1/2 cup powdered sugar, sifted if lumpy
- 1/2 cup dark chocolate chips
- 3/4 teaspoons sea salt
- 2 large eggs
- 1/2 cup extra-virgin olive oil
- 2 tablespoons water
- 1/2 teaspoon vanilla

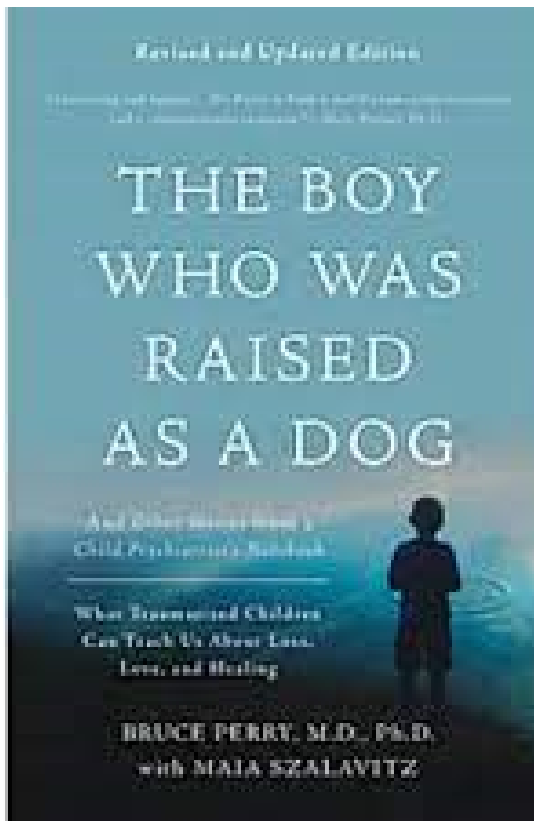


Instructions

- ◆ Preheat the oven to 325°F. Lightly spray an 8x8 baking dish with cooking spray and line it with parchment paper. Spray the parchment paper.
- ◆ In a medium bowl, combine the sugar, flour, cocoa powder, powdered sugar, chocolate
- ◆ In a large bowl, whisk together the eggs, olive oil, water, and vanilla.
- ◆ Sprinkle the dry mix over the wet mix and stir until just combined.
- ◆ Pour the batter into the prepared pan and use a spatula to smooth the top. Bake for 40 to 45 minutes, or until a toothpick comes out with only a few crumbs attached (note: it's better to pull the brownies out early than to leave them in too long).
- ◆ Cool completely before slicing. Store in an airtight container at room temperature for up to 3 days. These also freeze well!

RECOMMENDED READ

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



The Boy Who Was Raised as a Dog by Bruce D. Perry and Maia Szalavitz

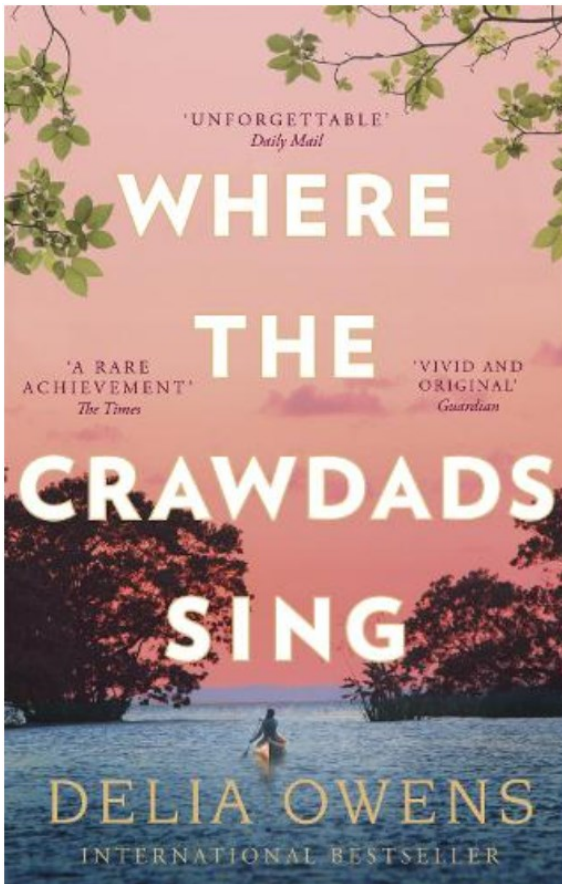
What happens when a young child is traumatized? How does terror affect a child's mind - and how can that mind recover? Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: homicide survivors, witnesses to their own parents' murders, children raised in closets and cages, the Branch Davidian children, and victims of extreme

neglect and family violence. In *The Boy Who Was Raised as a Dog*, Dr. Perry tells their stories of trauma and transformation. He explains what happens to the brain when children are exposed to extreme stress and trauma and reveals his innovative (non-medicinal) methods for helping to ease their pain and allowing them to become healthy adults. In this deeply informed and moving book, Perry shares with the reader the lessons of courage, humanity and hope he learned from these scarred children. He dramatically demonstrates that only when we understand the science of the mind and the power of love and nurturing, can we hope to heal the spirit of even the most wounded child.

*This Edition's choice has been recommend by
Fostering UK's Director, Ian.*

BEWITCHED BY BOOKS

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



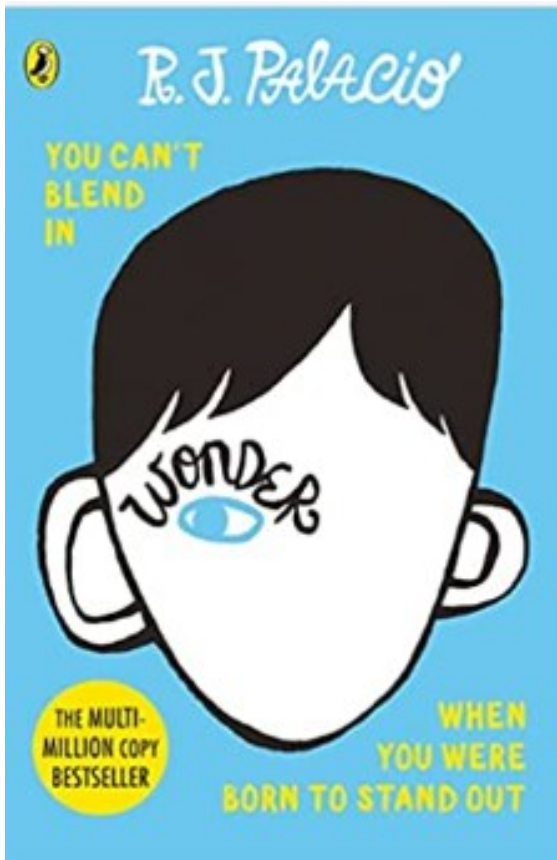
This Edition's recommendation comes from Fostering UK's Business Support Assistant, Annette



For years, rumors of the "Marsh Girl" have haunted Barkley Cove, a quiet town on the North Carolina coast. So in late 1969, when handsome Chase Andrews is found dead, the locals immediately suspect Kya Clark, the so-called Marsh Girl. But Kya is not what they say.

Sensitive and intelligent, she has survived for years alone in the marsh that she calls home, finding friends in the gulls and lessons in the sand. Then the time comes when she yearns to be loved. When two young men from town become intrigued by her wild beauty, Kya opens herself to a new life - until the unthinkable happens.

BOOKS FOR TEENS



'My name is August. I won't describe what I look like. Whatever you're thinking, it's probably worse.'

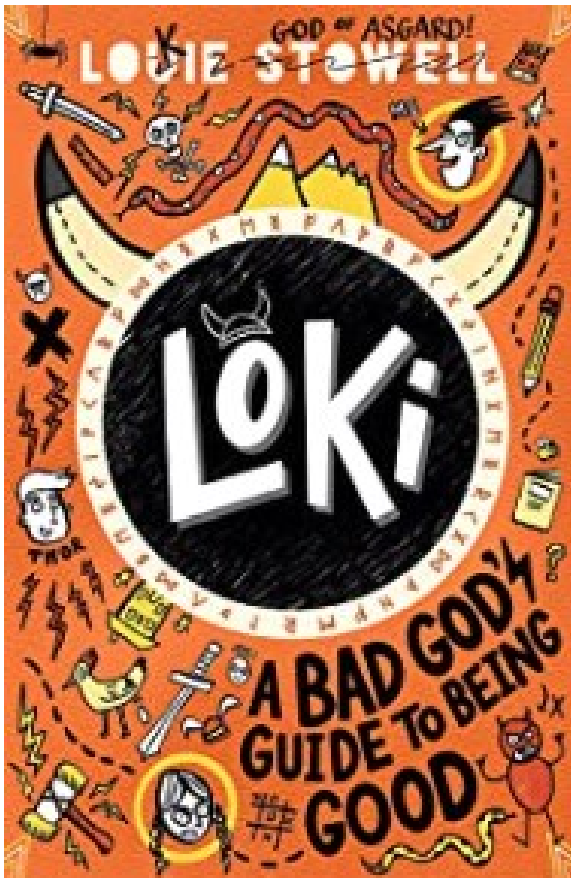
Auggie wants to be an ordinary ten-year-old. He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go.

Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all?

A funny, frank, astonishingly moving debut - and a true global phenomenon - to read in one sitting, pass on to others, and remember long after the final page.



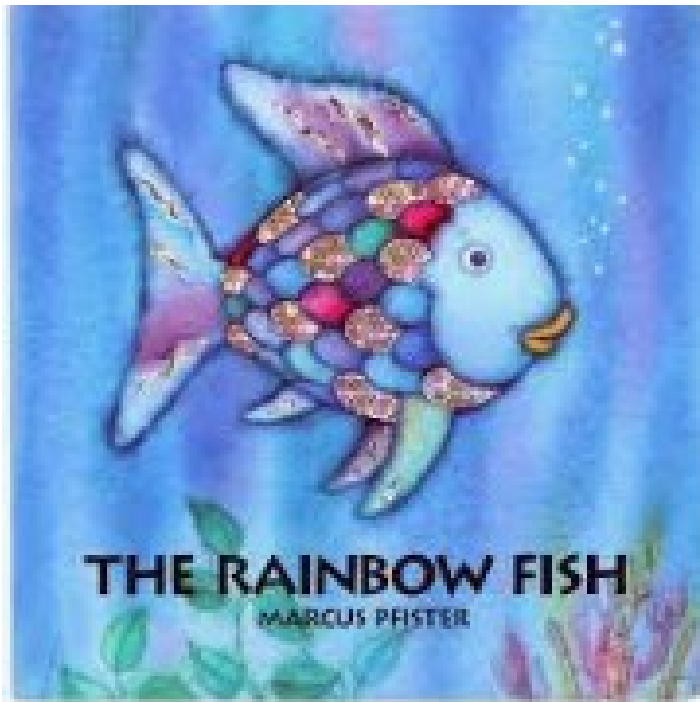
BOOKS FOR YOUNG READERS



Wry, witty and very funny diary-style story packed with doodles and comic strips about the frustration trickster god Loki feels at having to live trapped in the body of a weedy eleven-year-old boy.

After one trick too many, Loki is banished to live on Earth as a "normal" school boy. Forbidden from using his AWESOME godly powers, Loki must show moral improvement. As he records his lies THE TRUTH in his magical (judgmental!) diary, it becomes clear Loki hasn't a clue how to tell good from evil, trust from tricks, or friends from enemies.

BOOKS FOR TODDLERS AND TINY TOTS



Here we recommend books suitable to read together and to start some early story telling skills .

***The Rainbow Fish* can begin a discussion on the nature of sharing, beauty, and happiness.**

In the beginning, the most beautiful fish in the ocean does not want to share one of his shining scales with a little blue fish. All the other fish in the sea ignore him after this and he does not understand why. He goes to the wise octopus for advice, and she tells him to give away his scales. Rainbow Fish reluctantly gives away all but one of his scales. In the end, he is less beautiful than he was before, but he has new friends and is now the happiest fish in the sea.



FILM CLUB

Our Senior Supervising Social Worker, Tanya, has recommended the following film—she does say that you will need your tissues at the ready, as it portrays the real life successes of children brought up in an orphanage!



12 Mighty Orphans

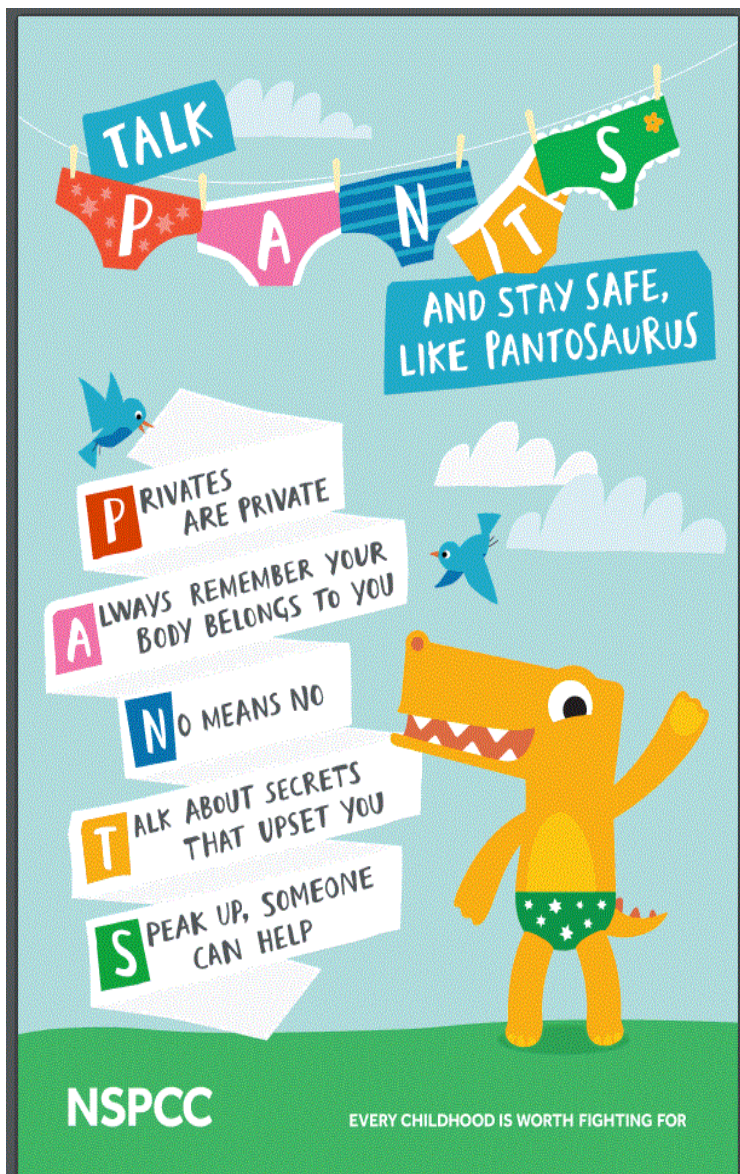
An American football-based film, which is an inspiring true story, showing the great impact sports can have on building resilience and bringing people together despite their differences or disadvantages.

Talk PANTS with PANTOSAURUS and his Pants

An important subject that can be difficult to explain to our youngest children, this little video will help:

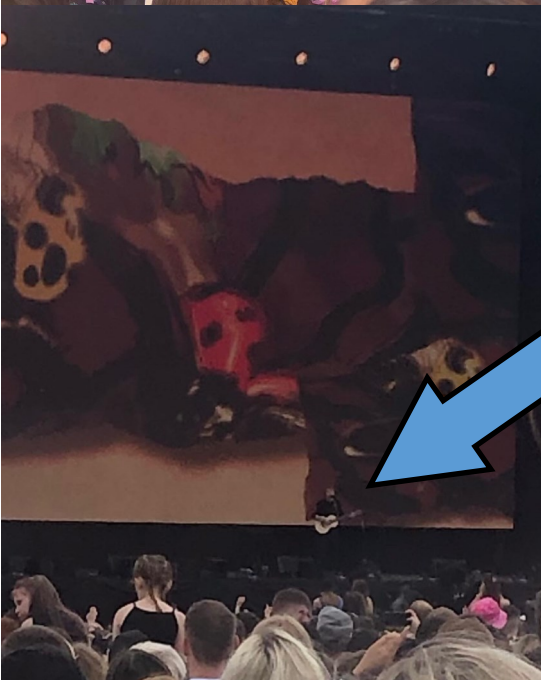
Click [HERE](#)

This was kindly shared by our carer Tammie, who warns “Be prepared as the tune will stick in your head!” And it most certainly does! As you talk PANTS with your child, it's natural for them to have some questions, please speak to your SSSW if you like more advice on how to answer them.

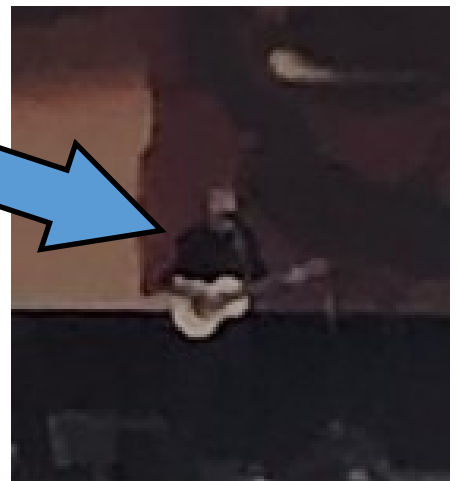
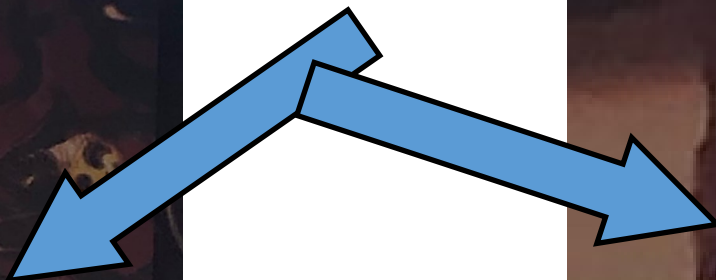


STAFF STORIES

Our Responsible Individual, Becky, took her family to the Radio 1 Big Weekend back in May. They had loads of fun and thoroughly enjoyed themselves!



We are reliably informed that this is Ed Sheeran!
Amanda is very jealous...

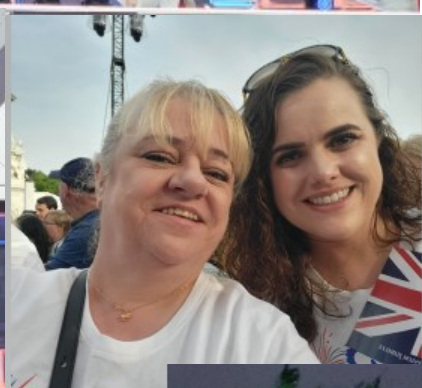




Our Panel Advisor, Angela, is lucky enough to see these guys regularly when she goes for a stroll near her home, how we wish our lunchtime walks were so beautiful!



Our Administrator, Amanda and her daughter were allocated tickets to the 'Party at the Palace'! What a fantastic event—and better than the acts was the atmosphere—just amazing!



Our Registered Manager, Dawn, has been to Gibraltar—here she tells us all about her visit

Hello Everyone,

The summer sun has finally arrived. Yippee!

Once OFSTED 'left the building' on 24th June, I headed off to what was a very special reunion for me and I thought I would share this with you.

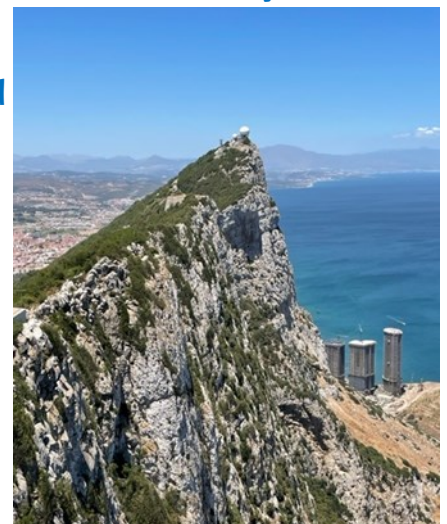
Many, many years ago when I trained as a social worker, I met a lovely lady who lived in Gibraltar, she had to come to the UK to complete a practice placement. We shared so many great ideas and we had a wonderful time working together; I missed her when she went home but we kept in touch.

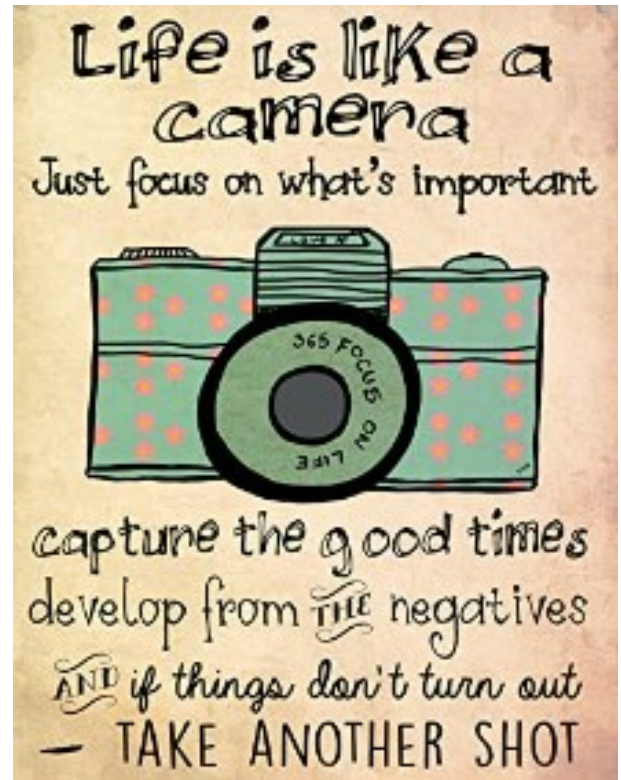
With many reasons, getting in the way, children, grandchildren and work to name but a few, we had not seen each other face-to-face for 15 years. On the 25th June I flew out to Gibraltar to reunite with my lifelong friend and it was amazing! We are both 15 years older but it was as though time had stood still and nothing had changed.

My lovely friend took me out and about, Gibraltar really is a 'Little Britain' but with sun! We embarked on a trip up the Rock of Gibraltar to see the amazing sights and of course to meet the pilfering Macaque Monkeys, who are infamous for stealing anything they can get their hands on! I watched them empty a man's rucksack in seconds... The Rock of Gibraltar is 426 m (1,398 ft) high, with most of the Rock's upper area covered by a nature reserve, which is home to around 300 Barbary Macaques.

It was all absolutely beautiful and I would highly recommend a visit.

Don't let this innocent look fool you—they are SO naughty!





Families come in all shapes and sizes, what does yours look like?



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