

"Family is a life jacket in the stormy sea of life." - J.K. Rowling

Fostering Connections Newsletter... September 2023 edition

Dear Foster Carers

It was lovely to see so many of you at the last coffee morning and thank you to the directors who joined us... good to get answers to questions and good old-fashioned chit chat! We hope you enjoyed your back-to-school chocolate brownies... by the sound of it – the children did too!

Meet Sam, one of our foster carers...



Thank you for sharing, Sam.

I know this was written after a frustrating issue with schooling.

A day in the life of a foster carer

It's a fight ...

Not with the children not for us anyway

A fight for them to be heard.

A fight for us as " just the carers " to be heard.

A fight with the local authorities

A fight with the schools

A fight to get them into school when there's no spaces for them.

A fight with their birth parents as we are seen as the " bad people that took their child away".

A fight with the ever changing LA social workers that promise the earth and never run the sprint with these children never mind the marathon.

A fight with ourselves - are we good enough? Are we doing what's best? Are we fighting hard enough for these children?

BUT I will FIGHT to the ends of the earth for them because who else will!! And they deserve all the fight I have for them! Sam

Book Corner

Our team want to share some more book recommendations...

David's recommendation this month is "The Boy, the Mole, the Fox and the Horse".

And

more

Sarah

Naish

books,

recommended by

Kelly...

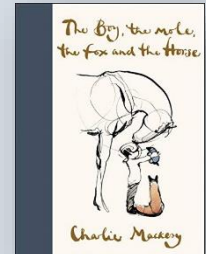
The A-Z of

Therapeutic Parenting

and

Therapeutic Parenting

in a Nutshell



Please share your favourite reads and we shall put them on our website.

Kid's Zone update

It is good for us to get input from your children.

I asked you on our Village WhatsApp for their ideas about things they would like to find out more about... we loved the answers, and these will help to create the Kid's pages on our website.

It is also good for us to hear your thoughts about how we are doing and what you would like to see or hear from us.

We think of ourselves as being a caring agency; we don't treat you as a number... we listen and want to get it right for you.



"We do not need to know the beginning of a child's story to change the ending." Fi Newood

Useful websites for you...

MIND - www.mind.org.uk

The national Mind charity website has a lot of detailed information about mental health and wellbeing. The information varies from descriptions of different mental health conditions to more anecdotal stories about everyday people and how they cope with their mental health. It aims to help everyone to learn and understand all aspects of mental health.



YOUNG MINDS - www.youngminds.org.uk

This is a UK based charity which focuses on improving lives of young people through mental health support. The website is geared up for young people and contains information of different signs/symptoms young people could experience, alongside guides and advice on how to manage difficulties such as bullying, exam-stress, grief, eating problems and self-harm. There is also a parental support section on the website as well as medication information for young people with mental health difficulties.

Phone: 0808 802 5544 (parents' helpline)/ 8258 (Crisis messaging service via text).

THE MIX - www.themix.org.uk

A website for under 25's they have information about a variety of topics that impact on young people. Their mental health section contains informative articles and discussions about topics such as 'What to expect from counselling' and 'social media makes me feel bad about my body'. They also offer a 1 to 1 professional chat service, crisis messaging and free online counselling services for young people aged 10-18 or free telephone counselling to those 25 and under.

Phone: 0808 808 4994 / text 'THEMIX' to 85258 (crisis messaging service)



CHILDLINE - www.childline.org.uk

A website with useful information and advice about topics such as bullying, friendships, relationships, homelife etc. The site has a 'toolbox' section that gives different resources for behaviour and mental health. This site is accessible for children with hearing impairments.

Phone: 0800 1111 (Young people can talk about anything that is worrying them)

HEALTHY YOUNG MINDS - www.healthyyoungmindspennine.nhs.uk

This is the NHS children's mental health service (formally known as CAMHS). It contains information about their services and advice for self-help and where to find help locally. There are also different regional websites that you should be able to locate through this link.

SAMARITANS - www.samaritans.org

The website contains a small amount of information about how to have difficult conversations and signs you may not be coping. The website is aimed at providing 1:1 support via phone, email and messaging.

Email: jo@samaritans.org, send a letter: Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA, or in person by finding a branch @ www.samaritans.org/branches

Papyrus - www.papyrus-uk.org

A national charity dedicated to preventing young suicide (under the age of 35). The website contains help and advice for people thinking about suicide, and those who are concerned that someone else may be suicidal. It also has a resources page containing safety plans, coping strategies, distraction techniques and recommended apps.

Phone: 0800 068 4141 / 07860 039 967 or Email: pat@papyrus-uk.org

Kooth.com - www.kooth.com

Free, safe, and anonymous online counselling and support for young people. Mon-Fri 12pm-10pm, Sat-Sun 6pm-10pm. Sign up anonymously, all that is required is a post code and log-in information.



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Thank you for sharing your stories & photos on the Village WhatsApp.
We love your quotes & practical advice...



BAGGAGE YOU DON'T NEED TO CARRY



**Anxiety always passes:
The Worry Hill**

When you have big feelings of anxiety, you might feel like they will never go away but anxiety usually goes in the shape of a hill, like this:



All our feelings come and go, they never stay the same.

Out & about in the summer holidays



And finally... children working hard ...& adults too !



Keep safe...

