

# Family First Fostering

## SPRING NEWSLETTER

# 2020

Happy Easter Everybody! All the staff at Family First Fostering do hope you're remaining in good spirits during this difficult period. We just wanted to remind you that we are only a phone call away if you require any support.

*"Act as if what you do makes a difference. IT DOES" - William James*

We wanted to say thank you to each and everyone one of you. You're all doing an amazing job during this period and your hard work doesn't go unnoticed. We would also like to thank all the young people for taking part in the Children In Care Panel earlier this year and the ever growing attendance of carers for in house training.

*"With the new day comes new strength and new thoughts." - Eleanor Roosevelt*

All in all please have a read of our spring newsletter for agency updates, advice for during this period of time and more, and remember stay safe and stay home!

*Best Wishes,*

*All the staff and team at Family First Fostering!*

### Managing Wellbeing

We understand that this period of time is difficult for everybody, especially mentally. Therefore we wanted to inform everybody that there are support systems available for anyone and everyone of all ages.

- \* The mental health charity 'Mind' have a lot of support and guidance on how to maintain a healthy mind during this period of time.
- \* Young Minds has a lot of guidance and support for young people who may be struggling or feeling anxious regarding COVID-19.
- \* Also just a reminder that we as an agency are always here to support and provide you with any resources or guidance you may need.



### Things to do:

During this period we can imagine its hard to remain busy at home all day, here are a few fun tips we sorted through:

- \* It is important we all stay active during this period. Joe Wicks provides a 30 minute workout daily for free via YouTube which has been extremely popular.
- \* It's important to keep our minds working, especially young people therefore BBC School Radio, Schooltastic and K12 Learning lift off all provide brilliant educational learning virtually for all ages between 3-18.

It is also important for young people to remain stimulated at home which may be hard therefore please see below a few websites that can help with ways of keeping young people stimulated:

- \* Many family households are using a Facebook page called "Family Lockdown Tips and Ideas" which has thousands of daily tips and ideas on how to keep families busy.
- \* Also there are multiple websites that are providing fun activities for young people to do, the fostering network have a long list of these under the advice and information sector of COVID-19.



**Training:**

Due to current circumstances and us not holding any in house training during this period of time we expect carers to be completing online training. We are looking to hold some virtual trainings via Zoom and expect some carers to take part in these courses.

Also can I please remind and encourage everyone that is a **requirement** you all complete the free Coronavirus training that has been emailed out to you. If you have yet to complete this training you will be chased.

**Thank You NHS:**

During this difficult period of time our NHS staff are working extremely hard and putting themselves on the front-line to ensure we remain healthy. Therefore due to their courageous work Family First Fostering are going to make a donation to say thank you.

We wanted to also give you the opportunity to make a donation of thanks and **we will also match any donation you are willing to make.**

**Documentation:**

Can we please remind carers the importance of sending the agency PEP reports, monthly reports and health and safety documents. These are standard documents that foster carers should send as a requirement. Can we also remind foster carers that any adult member of the household is required a DBS check, this including birth children and staying put.

Also we would like to wish the prime minister Boris Johnson a speedy recovery with his battle against the coronavirus.

**Agency Changes:**

We just wanted to remind you all that due to COVID-19 all members of staff will be working from home but are still available to reach regular hours and days via mobile and email. Supervisions will be held via phone and for those with annual reviews, IRO visit and Panel will be held virtually via Zoom.

**CHARMS:**

If anyone is unsure of their CHARMS login details can they please contact Bayley on admin1.

**Achievements:**

Congratulations to GJ who has had a number of 'achievement notices' in recognition of her excellent school work during this time.

Thank you and well done to AA, BD and MM for completing young people training.

**Address and Number:**

Just a reminder of our new office details:

413 High Street, Stratford, E15 4QA  
0800 389 4448 & 0203 457 4249



**When to Notify:**

Can carers please inform the agency if any member of the household becomes ill and is experiencing COVID-19 symptoms. Can carers also please inform the agency if young people are refusing to stay home.

**More things to do:**

It was also noted a few other activities to keep children and young people busy and stimulated during this period of time. Here's a short list of ways to do so:

- \* Buying a trampoline or some new, fun board games,
- \* Apps such as Zoom, Skype or Facetime to keep young people sociable.
- \* Encouraging new hobbies such as painting, drawing, all sorts of crafts. Also there are some providers who are holding ballet lessons, Marshall arts and other sporting activities.

**GCSES**

Can we remind carers that it may be a difficult period of time for the young people who may have been due to take their GCSEs as they had been studying for a period of time but never got around to officially finishing school. Please remember to continue to promote education and we would love to hear the young peoples final results.

**Routine**

Can carers please encourage young people to keep their routine and promote education. This could include keeping break times the same, Waking up the same time and encouraging fitness and remaining social .

