

Hoping you've all had a fantastic start to the new year and looking forward to milder weather ahead. Have a read of our spring/summer edition newsletter for all the up to date information and more...

## Happy Easter!

We would like to start off by wishing you all a very happy Easter and hope you enjoy the half term holidays. In celebration of this, we have an Easter competition going. We have 3 top prizes of £20 each for those who complete the selection of puzzles and send them back by Friday May 31<sup>st</sup> 2019. Winners will be selected at random and notified by Friday 3<sup>rd</sup> May. The puzzles are on the last page of this newsletter.



## Training

Our training schedule for 2019 is currently being finalised and will be sent out to all in the very near future with plenty of insightful and essential courses. We encourage you to attend as many as possible, but a minimum of 3 per year, as this will be of great benefit for both foster carers and young people of all ages in your care.

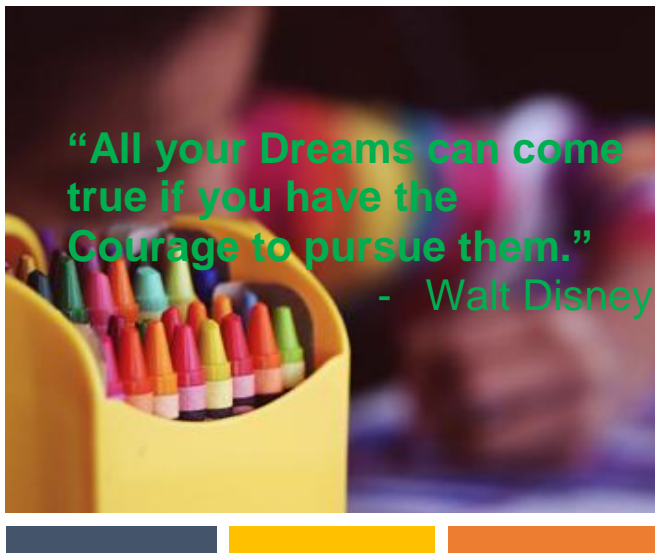
# Family First Fostering

## Spring/Summer Newsletter 2019



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**“All your Dreams can come true if you have the Courage to pursue them.”**  
- Walt Disney

### Places to go in London

- Natural History Museum
- Hamley’s Toy Store
- The London Eye - Southbank
- Hyde Park/Buckingham Palace
- Science Museum
- Victoria and Albert Museum
- The O2
- London Dungeon
- Sea Life Aquarium

### Places to go in Birmingham

- Black country living museum
- Cadbury World
- Harry Potter Tour
- National Sea Life Centre
- Alexandra theater

## Did you know?

You can get cinema tickets half price through Fostering Network.

All you need to do is log in or create an account and purchase!

Special Thank you to foster carer JL for the heads up!



## Activities and Days Out

As promised in our Autumn/Winter 2018 Newsletter we are in progress of organising another fun event for the summer. We will keep you posted.



## Staying Put

When a young person turns 18, they can either move onto independence or remain in placement under a staying out arrangement. If you would like to consider this with one of your

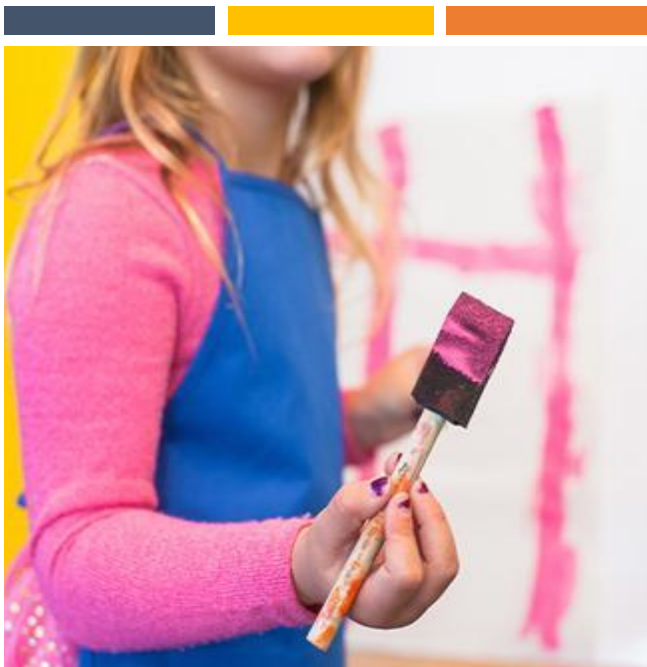


young people, please speak to your supervising social worker when your young person turns 17 and a half. It is very important

this is planned with management authorisation. Carers are paid for staying put however payment varies between local authorities and decreases as they get older.

**“Yesterday is history. Tomorrow is a mystery. Today is a gift. That’s why we call it ‘The Present’”.**

– Eleanor Roosevelt







<b>April</b>	<b>Good Friday</b> 19 <sup>th</sup> April <b>Baisakhi (Vaisakhi)</b> 14 <sup>th</sup> April <b>Easter Sunday</b> 21 <sup>st</sup> April <b>St Georges Day</b> 23 <sup>rd</sup> April
<b>May</b>	<b>Ramadan</b> 5 <sup>th</sup> May-4 <sup>th</sup> June
<b>June</b>	<b>Eid al Fitr</b> 5 <sup>th</sup> June
<b>August</b>	<b>Eid al Adha</b> 12 <sup>th</sup> -15 <sup>th</sup> August
<b>October</b>	<b>Diwali</b> 27 <sup>th</sup> Oct (Hindu)
<b>November</b>	<b>Diwali</b> 11 <sup>th</sup> Nov (Sikh) <b>Guru Nanak Dev Sahib Jayanti</b> 12 <sup>th</sup> Nov
<b>December</b>	<b>Hanukkah</b> 23 <sup>rd</sup> -30 <sup>th</sup> Dec <b>Christmas Eve</b> 24 <sup>th</sup> December <b>Christmas Day</b> 25 <sup>th</sup> December

## Culture Calendar 2019



### Other dates for your calendar

**Mental Health awareness Day**  
13<sup>th</sup> May

**Black History Month**  
October

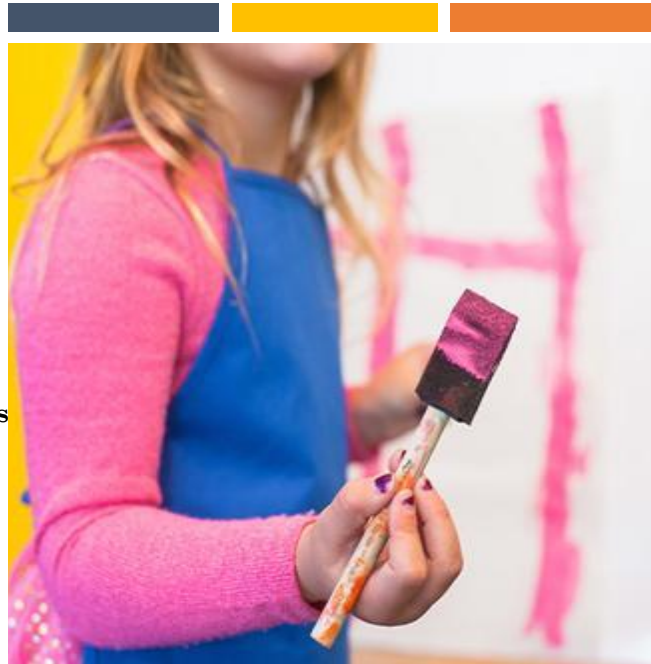
**Halloween**  
31<sup>st</sup> October

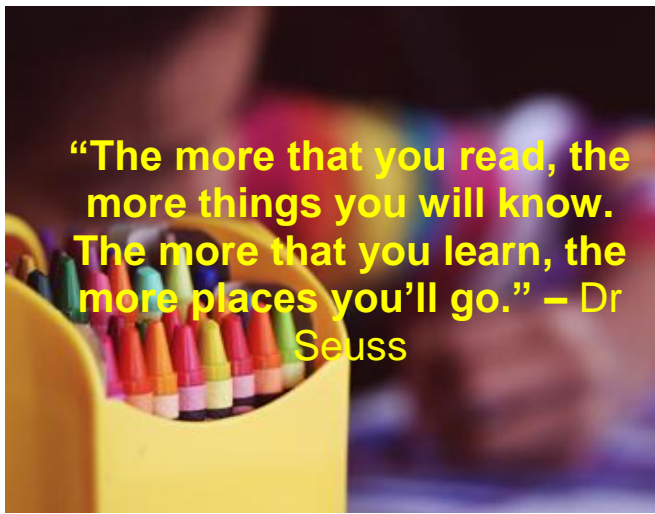
**Bonfire Night**  
5<sup>th</sup> November

**Remembrance Sunday**  
10<sup>th</sup> November

**International Men's Day**  
19<sup>th</sup> November

**International Day for People with Disabilities**  
3<sup>rd</sup> December





**“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” – Dr Seuss**

## Achievements!

We would like to congratulate Foster carer DH for winning her entry into the foster carer network competition. DH was the lucky winner of x2 tickets to a private screening of the new movie ‘Instant family’ co-hosted by the fostering network at Paramount Pictures private screening room. Here’s what she said about her experience;

*‘The film itself was absolutely brilliant it gave the directors view of his experience of fostering. While it did not go in depth it gave an overview of the sort of things that someone could expect. It was meant to be light-hearted and not a documentary uncovering issues faced by those in real life experiences. I thoroughly enjoyed it. It made me laugh, cry and get angry. I thoroughly enjoyed it. It made me laugh, cry and get angry.’*

*I thought it was a good way of informing people about real life situations and gives viewers a limited understanding of the lives of foster kids and foster parents.’*



Some of us here at FFF have already seen the movie and thoroughly enjoyed it so would recommend giving it a watch!

Young Person AD has been getting handy in the kitchen and made a delicious meal of seafood linguini with the help of our foster carers.



Congratulations AD it looked very tasty and

apparently was just as good to eat! We hope you continue to enjoy cooking more fabulous meals.



If there are any other achievements, you’d like us to share please do let

us know at [admin@familyfostering.co.uk](mailto:admin@familyfostering.co.uk)

**We have included some recipies in this newsletter for you to try at home!**

We would also like to commend the following foster carers;

- Special thanks to AA for support work which assisted in stabilising three placements for NB.
- HF who has welcomed three children who are Polish. She has gone above and beyond, cooking them polish food, taking them to Catholic church and more in order to help the children to understand their identity. Thank you!
- Congratulations to RM & VM for being approved at long term matching panel and for great work on managing a four-sibling placement!
- VC & RC for taking time this Easter holiday to show their LAC’s to a wonderful trip to London’s Buckingham Palace and Natural History Museum.







## DBS

Please ensure that we have all up to date DBS checks for anyone expected to stay in the family home. This includes from visitors from overseas, back up carers and birth children over the age of 18 already living in the family home. Please give us enough notice to be able to get this information as it is very important to do so before the event. We recommend a minimum of a months' notice so that we can get this in place in a timely manner.

## New Placements

It has become increasingly difficult to obtain admissions forms back from foster carers in the time frame required for new placements. It is important that the admissions form is submitted back to us within 24 hours of your new placement. The information on the fully completed returned admissions form, allows us to ensure we have enough vital information to hand, should a young person go missing or if there are any other serious incidences. We are keeping a closer eye and tightening up this procedure and would really appreciate your cooperation. Failure to comply with this process may result in further consideration of new placements in future.

Thank you to those of you who are already on top of this and working with us to achieve this in a timely manner.



**“You’re braver than you believe, and stronger than you seem, and smarter than you think.” – A.A. Milne/Christopher Robin**

## Staffing

Cilla Lisles: Office Manager - We would like to welcome the newest addition to our team here at FFF Stratford, Cilla Lisles; *‘I am very excited to be part of this organisation and grow with it, with the support of you all, and I hope in return to offer my support to you. I look forward to working with you all and getting to know you better.’*



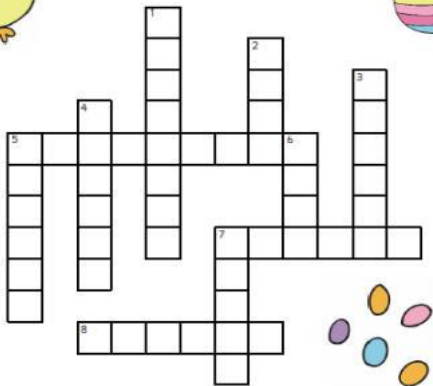
Sadly we are saying goodbye to Jacqui Lawrence: Social Care Director, and would to thank her for all her hard work since joining the team, and wish you all the best!



Our FFF team also took some time out to enjoy a team lunch last week at a local Mexican restaurant in Stratford.(MexiCasa)



### Easter Crossword



**Across**

- 5. Easter eggs are often made out of this treat!
- 7. Collect your eggs in this.
- 8. The season in which Easter is celebrated.

**Down**

- 1. Cheerful, yellow spring flower.
- 2. You may go on an Easter egg ...
- 3. Show off your Easter bonnet at one!
- 4. You may wear one in the Easter parade.
- 5. These hatch out of real eggs.
- 6. We give chocolate ones at Easter.
- 7. Will he visit you this year?



### Happy Easter!



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It's Easter Day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.



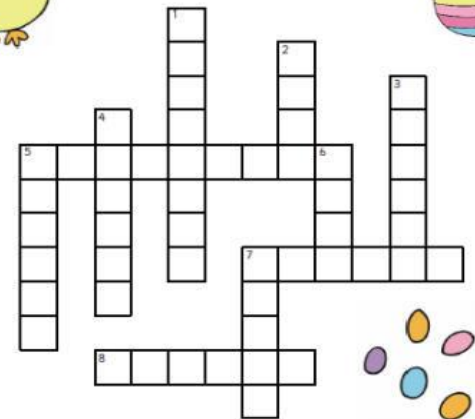
## The Fun Part!

Try some new recipes, enter our Easter Activity competition, and read some fun facts!

Post the puzzles to our head office address or email it back to [admin@familyfostering.co.uk](mailto:admin@familyfostering.co.uk)



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“Food is our  
common ground, a  
universal  
experience”

- James Beard



*bbcgoodfood.co.uk*

## Herby Spring Chicken Pot Pie

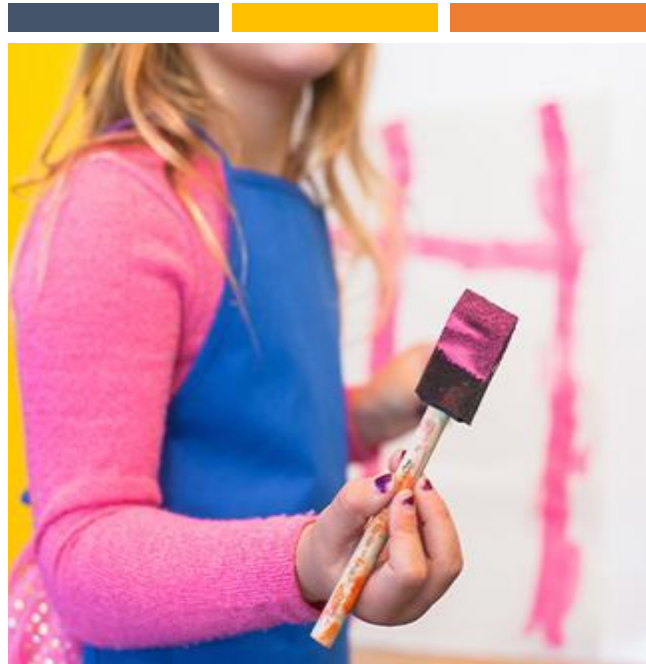
Minimise your washing-up with this delicious one-pan chicken pie with spinach and herbs and topped with crispy filo pastry. It's ideal for busy weeknights...

FFF Tip: You could replace the chicken with your favourite veg for a great vegetarian option! You could also use left-over chicken.

### Method

1. Heat the oven to 200C/180C fan/gas 6. Heat the oil in a large, shallow casserole dish on a medium heat. Add the spring onions and fry for 3 mins, then stir through the frozen spinach and cook for 2mins or until its starting to wilt. Remove the skin from the chicken and discard. Shred the chicken off the bone and into the pan and discard the bones. Stir through the stock and mustard. Bring to a simmer and cook, uncovered, for 5-10mins.
2. Stir in the peas, crème fraiche and herbs, then remove from the heat. Scrunch the filo pastry sheets over the mixture, brush with a little oil and bake for 15-20mins or until golden brown.

## LIVE.LOVE.EAT



### Ingredients

- 2 tablespoons Olive Oil (little extra to brush over pastry)
- Bunch of spring onions
- 250g frozen spinach
- 6 ready cooked chicken thighs
- 350ml hot chicken stock
- ½ tbsp wholegrain mustard
- 200g frozen peas
- 200ml half-fat crème fresh
- ½ small bunch tarragon leaves finely chopped
- Small bunch parsley, finely chopped
- 270g pack filo pastry

**If you give this or any of these recipes a try, why not send us a photo of your final dish and tell us what you thought!**

## Easter Biscuits

Bake our easy Easter biscuits then choose from two options to decorate them – or you can halve the amounts of jam and icing sugar and make both!

FFF Tip: Hide them around the home as part of an Easter Egg hunt!



### Ingredients

300g plain flour, plus extra for dusting  
150g white caster sugar  
150g slightly salted butter, chopped  
2tsp vanilla extra or vanilla bean paste

#### For the iced option

500g royal icing  
Your favorite food colorings gels

#### For the jammy middle option

Icing sugar, for dusting  
400g apricot jam, or lemon curd

### Method

1. Weigh the flour and sugar in a bowl add the butter and rub together with your fingertips until the mixture resembles wet sand, with no buttery lumps. Beat the egg with the vanilla, then add to the bowl. Mix briefly with a cutlery knife to combine, then use



1. Weigh the flour and sugar in a bowl. Add the butter and rub together with your fingertips until the mixture resembles wet sand, with no buttery lumps. Beat the egg with the vanilla, then add to the bowl. Mix briefly with a cutlery knife to combine, then use your hands to knead the dough together – try not to overwork the dough, or the biscuits will be tough. Shape into a disc, then wrap in cling film and chill for at least 15 mins. Heat oven to 180C/160C fan/gas 4. Line two baking sheets with baking parchment.

2. Dust a work surface with flour. Halve the dough, then roll one half out to the thickness of a £1 coin. Use an egg-shaped cookie cutter (ours was 10cm long; you could also make a cardboard template to cut around) to stamp out as many cookies as you can, then transfer them to one of the baking sheets, leaving a little space between the biscuits. Repeat with the other half of the dough. If you want to make jammy biscuits, use a small circular cutter to stamp holes in half of the biscuits (where the yolk would be). If you intend to make both iced and jammy biscuits, only stamp holes in a quarter of the biscuits.





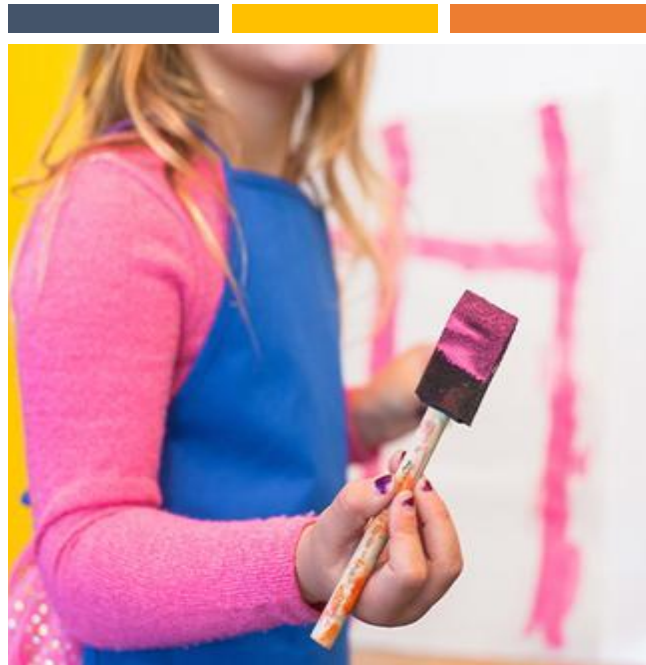
3. Bake for 12-15 mins, until the biscuits are pale gold. Cool on the sheets for 10 mins, then transfer to a wire rack to cool fully. Once cool, decorate to your liking (see next steps). *Will keep in an airtight container for up to five days.*

4. To decorate the biscuits with icing, add enough water to the icing sugar to make a thick icing – it should hold its shape without spreading when piped. Transfer about a third of the icing to a piping bag fitted with a very small round nozzle (or just snip a tiny opening at the tip). Pipe an outline around the biscuits, then draw patterns in the middle – lines, spots and zigzags work well. Leave to dry for 10 mins. Divide the remaining icing between as many colours as you'd like to use, then use the gels to dye them. Loosen each icing with a few drops of water, then transfer them to piping bags. Use the coloured icing to fill the empty spaces on the biscuits. You may need to use a cocktail stick to tease it into the corners. Once covered, leave to dry for a few hours.
5. To make the jammy middle biscuits, dust the biscuits with holes in the middle with a heavy coating of icing sugar. Spread the jam or curd generously over the whole biscuits, then sandwich the dusted biscuits on top of them.

We hope you enjoyed reading this Spring/Summer Newsletter.

If you are unsure about anything in this newsletter or have any questions please contact us, and we will be happy to assist you further.

Thank you for reading!



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