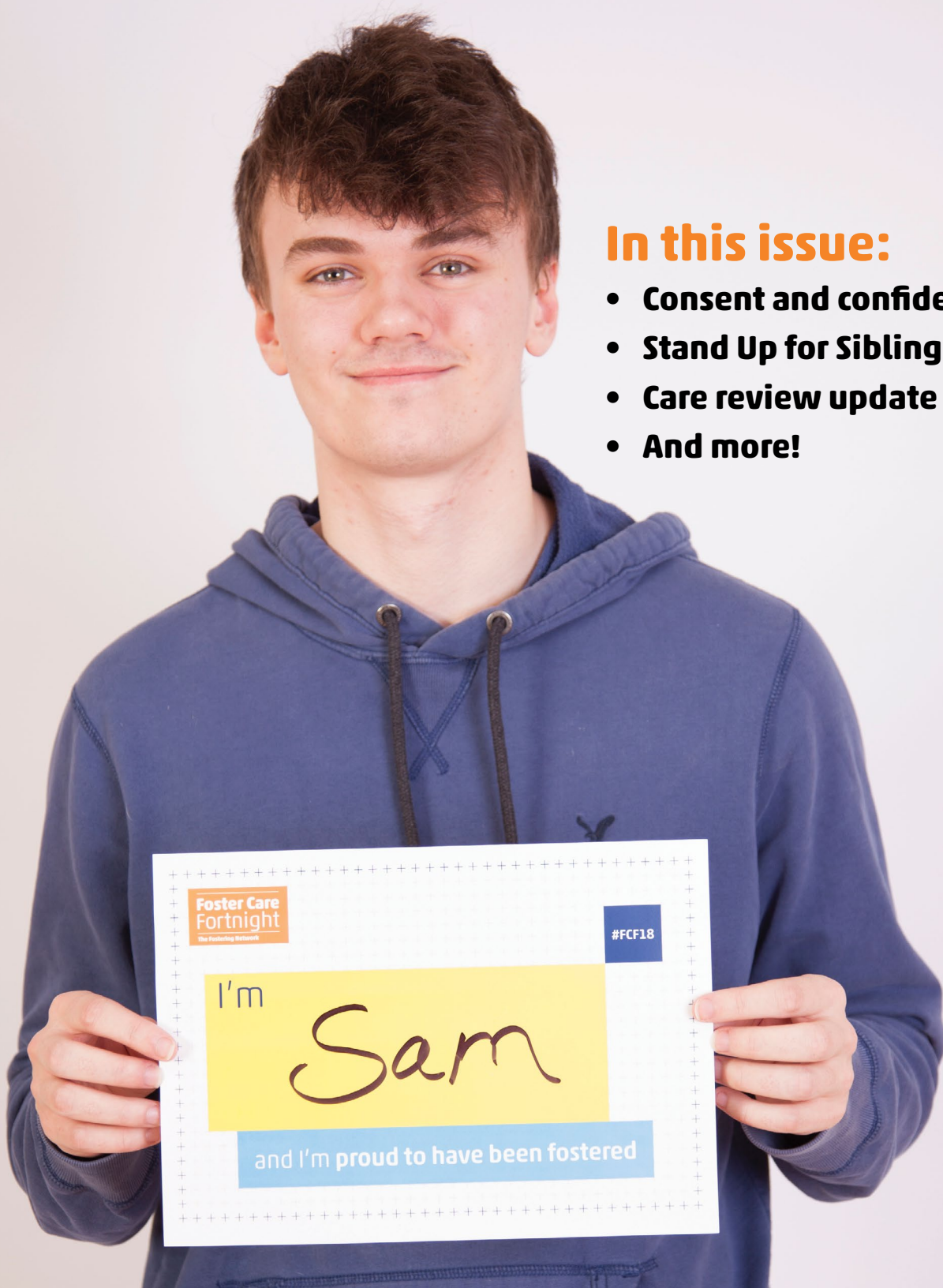


In this issue:

- **Consent and confidentiality**
- **Stand Up for Siblings**
- **Care review update**
- **And more!**



Hello everyone

Hello everyone

After a busy start to the year, including our very successful roadshow, I am delighted that May, our busiest month, has arrived! Foster Care Fortnight™ 2018, #FCF18, kicks off on Monday 14 May and runs until Sunday 27 May.

Foster Care Fortnight is The Fostering Network's annual campaign to raise the profile of fostering and to show how foster care transforms lives. It is the UK's biggest foster care recruitment campaign, with a lot of media activity and with many fostering services holding local recruitment events and celebrating with their foster carers. Keep an eye out for activities in your area, log on to our website to see how you can support #FCF18 and please take a photo, holding one of our placards (see the back of your Foster Care magazine) and post it on social media using #FCF18 or send directly to me (sara.lurie@fostering.net).

As you know, The Fostering Network has been campaigning for many years for a

minimum fostering allowance for Scotland. I am pleased to be a member of the Scottish Government Allowance Review Group and to report that the group is now at the stage where they wish to consult with foster carers. At the time of this newsletter going to press, they have assured us a questionnaire will be live on their website (<https://consult.gov.scot/>) in time for FCF.



We will send further details by e-news so if we do not have your email address, please get in touch with us.

Huge congratulations to our fundraising and impact manager, and usual editor of this newsletter, Linda Bowie, on the birth of little Calum (pictured here). We hope Linda is enjoying these precious days, but I can't wait until she return to us!

Sara Lurie

Sara Lurie
Director for Scotland

The Fostering Network Scotland Roadshow

What a success! In the year of Young People 2018, it was very important that The Fostering Network had young people hosting our Scotland Roadshow. The roadshow had a packed audience of 80 delegates, a fantastic mix of social workers, fostering providers and foster carers which allowed for some excellent discussion.

The day was hosted by Adam Bennett, Sophie Henderson and Amy Davidson, young champions with The Fostering Network. They started the day with a showing of their film – 'Give me a Chance' and they spoke eloquently about their reason for making this film and their message that foster care can have positive outcomes for young people.

The morning sessions focussed on children and young people in foster care, with Bruce Adamson, children and young people's commissioner for Scotland, talking about foster care from a children's rights perspective. He also hosted a question and answer session and was able to listen to the concerns of carers, many of which were around continuing care and the issues carers and young people had accessing this.

Fiona Duncan followed with an overview of the care review. She fielded questions about the review and laid out her vision for the future.

The opportunity to have the listening ear of Fiona Duncan and Bruce Adamson was too good to miss so a round table discussion was held, with each table given one minute to present their case on the key issues impacting on fostering. This was very well managed by Adam, with a buzzer and no allowance on time. Many powerful messages were heard and it is amazing how to the point you can get if put under time pressure!

There were four afternoon sessions, the first of which focussed on what support foster carers can expect to receive from the legal team in the event of an allegation.

This was followed by an introduction to the new legislation for children in education, a very interesting and informative session by Catriona Thomson from Enquire, Children in Scotland. This highlighted the new rights for children to be listened to in education.

Delegates had a brief introduction to The Fostering Network's new training, Moving into Adulthood. Delegates were challenged to think about what they were up to at 16 to 18 years old and reflect on what they need to allow young adults to do; and to think about how with continuing care and the aim of having young people staying in foster care into adulthood, foster carers will have to change how they work with the young people. A fun, thought-provoking short session.

The day was finished with an excellent overview of the importance of foster care in the mental health of children, presented by Dr Fiona Turner-Halliday. This involved looking at some research being carried out around mental health and how foster carers can support young people. The research is not complete but we will feedback when it is.

All in all a busy information packed day where all delegates left with very positive feedback and congratulated us on the day and for allowing young people to host the day – what a powerful message that was.

Update from the care review

Fiona Duncan, chair of the independent care review, has sent the following message to foster carers:

I had such a fantastic time at The Fostering Network Roadshow. It was great to get to meet with and hear from so many people – both familiar faces and new ones. The conversations were really insightful and I look forward to continuing these the next time we meet.

How powerful to see the conference being chaired by the young champions, Adam, Amy and Sophie. They always make truly brilliant, expert, contributions to every conversation about care. It was fabulous that they were at the very centre of all conversations taking place at the roadshow.

The review recently concluded the work of **discovery** – during this stage we asked what the vision and scope of the independent care review should be. You told us about the challenges and frustrations that foster carers experience and we recognise that the needs



and concerns of foster families have not been adequately addressed until now.

This is why it has been so important for the review to hear your views and why we are grateful to both The Fostering Network and the independent voluntary providers forum for working so closely with the review over the last 16 months.

It took time to properly understand where all of the roots and the branches are in Scotland's care system, the complexity and disconnects.

Now it is time to embark on the next stage, the **journey**, together:

The commitment and contribution that many readers of this newsletter have made to the review is hugely appreciated and we now hope that you will travel on the **journey** and continue to be involved to ensure that the review really delivers for foster families and the children they care for.

We will not wait until the end of the review to act.

There are changes that can be made now to make everyday life better for Scotland's children and young people growing up in care.

To hear more about our plans for **journey** please visit: carereview.scot or follow @TheCareReview on Twitter.

Fostering Excellence Awards nominations now open!



Three of the winners from Scotland at last year's Fostering Excellence Awards: Daniel Pauley, Nathan Fleetwood and Caitlyn Dodds

Calling all members in Scotland! Don't forget to submit your nominations for the Fostering Excellence Awards.

The Fostering Excellence Awards are the UK's most prestigious foster care awards. They shine a spotlight on the outstanding achievements and exceptional contributions of all those involved in fostering across England, Northern Ireland, Scotland and Wales.

Why not consider nominating the young people you have fostered, your sons and daughters, your social worker or another foster carer? Remember, it doesn't matter if you've nominated before or if you would like to nominate more than one person - help us to celebrate the transformational power of foster care!

Winners and their nominators will be invited to the annual award ceremony in London in October.

Nominations close on Friday 15 June 2018. Submit yours at thefosteringnetwork.org.uk/awards

Fostering Community Champions



Update from our champions project

We are delighted to announce that as of February Julie Reid is wearing two hats within The Fostering Network.

She will be working with the Fostering Community Champions project as project worker until autumn this year and will continue to job share with Mirren on the Fosterline Scotland helpline.

It has been an exciting time for the champions project. Many champions attended The Fostering Network Roadshow which was an informative day; it was so useful to have a mix of foster carers and professionals coming together for a shared learning opportunity.

We are in the process of running social media training alongside the Young Champions project, bringing the two strands of the project together for some joint learning. Following the trial of the social media training, we will be looking at offering this as a training opportunity for foster carers.

The community champions have helped create new positive contact training along with input from foster carers and social work. We are hoping to launch this in May this year as a pilot with the champions and following this we will open it up to a wider audience. The training covers top tips for foster carers regarding their role in supporting positive contact for children in their care.

The community champions also continue with their main role, which is to give peer support to our foster carers throughout the whole of Scotland, often through the link with Fosterline. Numerous carers have commented on the difference this peer support has made to them in often difficult times in their fostering journey. Carers are currently being supported through allegations, helped with issues around children moving home and placement breakdowns, and difficulties in education. Peer support is invaluable and we continue to receive very positive feedback from foster carers who have accessed the support of a champion.

We have also offered support to some new carers which is making them feel more supported in their role and less isolated as they start this new journey.

If you would like some support from our community champions, please do not hesitate to get in touch, we would love to hear from you. Contact Julie Reid, details below.

Education can be a very complex area for some of the children in foster care and the fostering community champions have received a training session from Cat Thompson of Enquire (Children in Scotland) speaking about children's rights in education. It was a fascinating session which outlined the rights of young people in the education setting which will really support carers in advocating for children in this area.

We now intend to host an open training session here in Glasgow on this subject:

Children's rights in education – learn more about the new legislation

Catriona Thomson, Children in Scotland
 Tuesday 29 May 2018
 The Fostering Network Glasgow office
 10.30am - 12.30pm

If you would like to attend this training please contact Julie Reid:
t 0141 204 1400 or
e scotland@fostering.net

Young Champions at the Stand Up for Siblings Conference

Sophie Henderson and Amy Davidson from our Young Champions project recently attended the launch of the Stand Up for Siblings at Strathclyde University. Stand Up For Siblings is a collaboration between a number of child welfare, children's rights, legal organisations and academics within Scotland. The Fostering Network has been involved in the development of the Scottish wide partnership which is aimed at improving and changing legislation, policy and practice.

Amy spoke at the event, with support from our director Sara Lurie, about her own experience of being placed in care with her younger brother and the positive impact that had on both their lives and successes. This was very well received and gave a strong message about the positive

experience of being in foster care. If the first placement is the right placement and it is possible to keep siblings together the outcomes for young people are so much better. Amy did a fantastic job and gave a moving account of her story and the importance of being with her brother.

The most powerful voice is the voice of the young people telling their story.

You can access all the information about Stand Up for Siblings at their website: standupforsiblings.co.uk. You can also make a pledge on the Pledge Wall, and see what other people and agencies across Scotland have agreed to do to support siblings staying connected.



What to do in the event of an allegation

Levy and McRae has for decades been the firm of choice for those facing investigation or prosecution.

Since 2017, we have been proud to represent the interests of members of The Fostering Network.

Our Fostering Network legal team is led by Callum Anderson, partner and solicitor advocate, who brings with him a wealth of experience, having appeared regularly in courts all over Scotland. Callum is joined by Iain Cahill, Lene Doherty and Hannah Beaumont, who between them have an in-depth knowledge of the criminal justice system and the children's referral process.

We recognise that foster carers and foster families give children the love, support and stability that they so desperately need and can transform the life of a child. However, being a foster carer carries with it an element of risk. Unfortunately, allegations being made against foster carers are commonplace, and could lead to you being the subject of criminal investigation.

We appreciate that being the subject of an investigation or criminal prosecution is a confusing and distressing time for any individual.

Our team quickly move to protect members from the earliest possible stage of the process. We strive to resolve cases quickly and discreetly where appropriate, through early analysis and engagement with the relevant authorities.

Should you become aware of an allegation having been made against you, carry out the following steps immediately:

1. Phone Fosterline Scotland:
☎ 0141 204 1400 - if unavailable please follow step 2.
2. Contact our legal advice line:
☎ 0345 013 5004 as soon as possible. As a member of The Fostering Network, our advice is free and available 24 hours a day, seven days a week.
3. Where possible, obtain the names of the investigating police officers. This will allow our team to contact the officers and obtain further information regarding the allegation.
4. Remain calm as the investigation process can seem excessively long, however, we will ensure you are fully informed and prepared for what's ahead and that your interests are protected at all times.

As part of the investigation process, you may be invited to attend at a police station for what is known as an interview under caution, where you will be asked questions. It is vital that you do not attend alone and you contact our team immediately. You have the following legal rights:

- To have a solicitor present during your interview.
- To have a consultation before, during, and after interview.
- To say nothing at all during your interview.

This can be a distressing process and you need to ensure you have a member of our team with you for interview.

Our team is also on hand to provide general legal advice in relation to queries surrounding the children's referral process; your rights as a 'relevant person'; the permanence/adoption process and any other matter you may encounter during your time as a foster carer.

We look forward to continuing our work with The Fostering Network and please remember we are contactable 24 hours a day, seven days a week:
☎ 0345 013 5004

You can also contact Fosterline Scotland or our champions project for further advice and support.

NEWS: Changes to children's rights in school

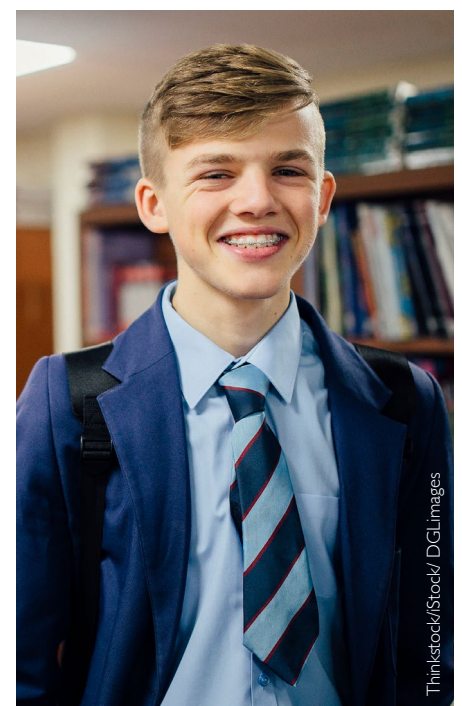
As of 10 January 2018 the rights of children with additional support needs who are aged 12–15 have been extended to make sure their views are listened to and they are properly involved in decisions about their learning and support.

Specifically, once children reach their 12th birthday they now have the right to ask for their needs to be identified; have input into plans and decision making on the type of support they may receive; have access to 'My Rights, My Say' advocates to support them at meetings when exercising their rights, and be more involved in resolving any disagreements about their support in education. These

rights will be of particular use to children whose parents may not be able to act for them, including looked after children.

Enquire – the Scottish advice service for additional support for learning has lots of information on the parents' section of their website: enquire.org.uk. Information to help children understand their rights can be found at: reach.scot

Enquire's factsheet – 'Additional support for learning: A guide for parents or carers of looked after children' – can be found on the publications page of their website and may be of interest to foster carers.



Fosterline update

Available training courses – book now!

As well as offering courses in house, we are continuing to deliver our open courses. Upcoming open courses, all being held at the training suite in our Glasgow office, with lunch included, are:

Moving into Adulthood

Tuesday 15 May 2018
£110 plus VAT for members/
£220 plus VAT non members
Glasgow

Men Who Foster

Wednesday 6 June 2018
£110 plus VAT for members/
£220 plus VAT non members
Glasgow

The Role of the Supervising Social Worker

Tuesday 19 & Wednesday 20 June 2018
£215 plus VAT for members/
£430 plus VAT non members
Glasgow

The Skills to Foster: Train the Trainers

Tuesday 18, Wednesday 19 &
Thursday 20 September 2018
£310 plus VAT for members/£620
plus VAT for non members
Glasgow

Our courses book up fast, so to secure your place on one of the above open courses, or to enquire about running one of our courses in house, please contact:

Joy Crawford:
t: 0141 204 1400
e: scotland@fostering.net
thefosteringnetwork.org.uk



Hello everyone.

We hope this reaches you well. In February we held a free workshop for foster carers on consent and confidentiality. This workshop was facilitated by Anne Wilson from Children's Health Scotland and explored the health needs and medical rights of children and young people in foster care. This workshop raised important questions about the rights of children under 16 with regards to their own health care and treatment. The workshop went into great detail about what information children should be given; what they should know and also what decisions they can make.

It's important to know that children under 16 can give their own consent if they understand what is involved and can make their own decisions. If a child cannot give their consent they can still be involved in discussions about their own health care. These decisions can be difficult to make, which means children may need the support of an adult they trust, such as a foster carer, or someone to help them express their views. Importantly, a health professional like a doctor, for example, has to make the decision if a child can give their own consent and also be sure that they understand what the examination and/or treatment is. If there is a medical emergency, however, and there is no time to get consent, a doctor can treat a child in order to save their life.

Children should be given enough information to make a decision about their

own health care and this should be fully explained to them in a way they understand. Children may want to know, for example, why they need to be examined or need treatment; if there are any risks involved; if there are other treatment options or what could happen if they don't have the examination or treatment. Children can refuse examination and treatment as long as they understand how this could affect their health. A child can also instruct their own lawyer to help them.

For further information, please look at NHS inform - a guide for young people under 16, 'Consent – your rights,' which can be read and downloaded from: nhsinform.scot/publications/consent-your-rights-leaflet

Foster carers, children and young people can also seek free legal advice from The Scottish Child Law Centre. The advice line is open from Monday to Friday 9.30am-4.00pm, t 0131 667 6333 or Freecall for Under 21s (landlines) t 0800 328 8970 (mobiles) t 0300 3301421. Please look at their website for more information: sclc.org.uk

Remember, Fosterline Scotland is here to assist with any query. The service is open from Monday to Friday, 10am until 4pm. Please do not hesitate to get in touch with us if you have a query you would like help with.

Thanks, Mirren & Julie

Walking Tall - update



We are thrilled to announce that we have now completed six of our eight Walking Tall workshops across Glasgow and Fife. Our final workshop series kicks off on 12 May in South Lanarkshire. We have had the most amazing time working with the fabulous children who have taken part.

Our use of creative and innovative consultation methods has allowed the

children to have their voices heard, while enjoying plenty of fun, laughter, growth and learning. Our consultation methods have included games; arts & crafts; puppet making; dance; drama; storytelling and den building. Indeed we have been channelling our own 'inner child' as a staff group!

We would like to express a huge thank you to the carers and fostering services who have both referred and accompanied children to the workshops. We would also like to thank our steering group members who have helped ensure that the Walking Tall project meets its aim and objectives.

Our workshops have been open to all primary school aged children living in fostering households, including children who live with additional support and/or learning needs. However, we would like to consult with even more children who live with additional support and/or learning needs on an outreach basis because we are passionate about the values of inclusion and participation.

If this is something you are interested in please contact Kirsteen Marshall:

📞 0141 204 1400 or

✉️ scotland@fostering.net.

Finally, our last workshop will take place on 19 May 2018. Following this, we will collate the data collected during the consultation and use it to create child-friendly resources that will benefit fostering households. We will also produce a written report that will be made available to our members. Stay connected for further information.



Spotlight on SAMH

Hi my name is Jade Kilkenny and I have been in foster care. I am now a peer support worker with the Scottish Association for Mental Health, which currently operates over 60 services in communities across Scotland, providing services to assist with mental health social care support, homelessness, addiction and employment, among others.

Peer support is sharing your own experience of mental health with people in the community that need support with their own mental health. Part of my role is listening, understanding how they feel, and providing resources to help them get involved in groups, meditation and mindfulness. Peer support workers do not

provide advice or tell someone what to do, but guide them towards what they want to achieve in life.

I am passionate about helping others with mental health difficulties as I know how it feels, and I've figured out different ways of keeping myself well and focused in life. My role in SAMH as a peer support worker is to work with young people aged 16-25. As a young person myself, I have overcome a lot in my life, which other young people might find useful.

When I was in foster care I wished I had a person that I could look up to, someone who had been through similar experiences, someone who had been successful in life, and ask questions about things I was going through that they had already overcome. As I did not have the chance to meet someone like this, I decided I wanted to do this for others who might be looking for answers; a role model or peer worker to support them on their journey.

In the future I hope to become a social worker or manager of social work. I want to help support, provide opportunities, and raise awareness of how important strong relationships with professionals are for children and young people. I have had positive relationships in my own life which have shaped me today, and professionals have broken barriers and gone above and beyond for me, which I could not be more thankful for.

If you, or someone you know, would like more information about SAMH or would like some support you can contact SAMH: 📞 0141 530 1000, available 9am to 5pm, Monday to Friday. We also have lots of information on our website: samh.org.uk



Thank you Waitrose!



Last month, our young champions were delighted to accept a lovely donation from Waitrose in Byres Road, Glasgow.

Over the past year, we have featured in four out of the eight Waitrose Stores in Scotland and collectively the green token scheme has raised £1350 for The Fostering Network.

A huge thank you to Waitrose.

Dates for your diary ...

Saturday 12 May 2018
Walking Tall workshop
South Lanarkshire (page 7)

Tuesday 15 May 2018
Moving into Adulthood
Open Course
Glasgow (page 6)

Saturday 19 May 2018
Walking Tall workshop
South Lanarkshire (page 7)

Tuesday 29 May 18
Children's rights in education
Glasgow (page 5)

Wednesday 6 June 2018
Men Who Foster
Glasgow (page 6)

Tuesday 19 & Wednesday 20 June 2018
The Role of the Supervising
Social Worker
Glasgow (page 6)

Tuesday 18, Wednesday 19 & Thursday 20 September 2018

The Skills to Foster:
Train the Trainers
Glasgow (page 6)



If you are interested in attending any of these events:
t 0141 204 1400 or e scotland@fostering.net

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Stress Helpline

t 0345 074 2799

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