

Fostering

in Scotland

Issue 45

Spring 2014

In this issue...

- **Complete our *Let's Go!* booklet and win a gold medal!**
- **Letter from Aileen Campbell, Minister for Children and Young People**
- **Our new arrival!**

and more!

the fostering network
the voice of foster care



Hi everyone,



This edition of the *Fostering in Scotland* newsletter should drop through your door in the midst of *Foster Care Fortnight™*. It is an extremely busy and active time for all of us at the Fostering Network, for fostering services and for so many foster carers. Throughout this two week period, we aim to raise the profile of foster care, highlighting the amazing work that foster carers do and the positive difference they make to so many of Scotland's children.

Highlighting the achievements of children and young people is always a wonderful honour and I am delighted to congratulate Ashley Cameron on receiving the Endsleigh Student of the Year 2014 award, presented at the NUS Scotland conference in March! This is an amazing achievement and we are delighted that Ashley has contributed to this newsletter. Enjoy reading her article on page 3 and share her 'Stand Up and Be Proud' key message with the young people in your households! We wish Ashley all the best for the start of her degree course in Politics and Social Policy.

A huge thank you to Nicole Conlan, the teenage daughter of foster carers, for submitting her story on page 10. With honesty, warmth and insight, Nicole has given us a glimpse into how

her life changed when her mum and dad chose to become foster carers. Nicole provides a strong message for fostering services and I would love to hear from others about groups and activities which they have found particularly useful, or ones which they would like to see on offer. We can then consider how best to take these ideas forward.

As the Commonwealth Games draw near, we hope all the children, young people and adults in your household will rise to the challenges in our 'Let's Go' booklet as explained on page 11. I look forward to sending out certificates and gold medals to as many of you as possible.... So, get started and *Let's Go!*

To be kept up to date with the Fostering Network news as it happens, I suggest you follow me on Twitter@fn_sara and 'like' our facebook page! e sara.lurie@fostering.net

As many of you know, Aileen Campbell, the Minister for Children and Young People, is incredibly positive about the work of foster carers and I am pleased to be able to share her contribution to our newsletter on page 6. There remain a number of challenges for the Scottish Government to ensure that young people can remain with their foster carers. We are pleased that over the coming months these issues will

It is an extremely busy and active time for all of us at the Fostering Network, for fostering services and for so many foster carers.

be further explored. In the meantime, if a young person in your household is having to move before they are ready, please get in touch with me as we want to share these situations with the Scottish Government.

And finally, huge congratulations to Sarah and Gary McEnhill on the arrival of baby Sam! Sarah, our Operations Manager and whose parents have fostered for many years, is a well kent face at the Fostering Network and many of us have watched her grow and glow over the past 9 months. Baby Sam, at 8 days old, has already been into our office to let everyone have a cuddle. We are delighted for him and his proud mum and dad!

Until next time,

Sara Lurie

Sara Lurie
Director



Sarah McEnhill, the Fostering Network Scotland's Operations Manager

Dear Members,

The year seems to be flying past and since the last newsletter there was a lot of activity in relation to the Children and Young People (Scotland) Bill which received Royal Assent in March so is now the Act. This includes some real successes for looked after young people.

There are some key topics from the act for foster care and looked after children. The legislation includes extending the age for looked after young people to be able to stay with foster carers or in residential care, which is great news, and more child care resources for very young looked after children. There has been a lot in the media about the named person provision and a lot of misunderstandings. A named person is someone who can provide advice to families throughout their children's childhood. They will help families access services and be responsible for passing on important information to other services.

As well as the act, the report of the

Review of Foster Care was presented to the Government in December. While many important recommendations have been made, the Fostering Network has been disappointed that the voices of foster carers and care experienced young people have not been adequately heard. Time will need to be spent working out the details of the proposals but the Government has already agreed that delegated authority for carers is an important topic to be resolved.

The level of fees and allowances is currently being explored by the Scottish Government and we hope that the Review can build on work done recently for the Fostering Network by Loughborough University on Minimum Income Standards.

Caring for disabled children has been the focus for more of our work recently and many people are hearing about the tremendous care some foster carers offer to young people with complex disabilities or life limiting conditions. Better support to those carers needs

to be high on the future agenda and Sara and the team are planning some discussion groups on caring for disabled children.

This newsletter is the last to involve Sarah McEnhill for a little while as we congratulate Sarah and husband Gary on the birth of their baby boy, Sam, born 31 March! Sarah has been a skilled editor and contributor and is a hard act to follow even though it is only till her return from maternity leave later this year. Deborah Cook, Linda Ogston and I will try to maintain the high standards and a lot depends on all of you to give us your comments, news and ideas, so please get in touch!

With best wishes



Anne Black
Chair, Scottish Advisory Committee

Congratulations Ashley

Ashley Cameron, care leaver, has won the Endsleigh Student of the Year 2014 award. Ashley is currently finishing Access to Degree Studies at Stirling University and in September, she will begin a degree course in Politics and Social Policy.

The Fostering Network has sent congratulations to Ashley and we are delighted to publish her message for all our readers:

The Endsleigh Student of the Year 2014 award was presented to me at the NUS Conference on 22 March.

Winning this award means that the

work I've been doing until now has been worth it.

The award gives me the confidence to continue. The next step is for us to ensure that all care leavers in Scotland have full access to further and higher education. I won't stop until we make this happen. Care

leavers want to have a life just like everyone else; we have the same dreams, ambitions and wants. Isn't it right that we are given that opportunity?

To all care experienced young people out there I say: "Stand up and be proud! Fight for what you believe in. Just because things have gone wrong in your past, doesn't mean



your future should be the same. You should have the same opportunities as everybody else and don't let anyone tell you any different!"

Ashley Cameron

**Congratulations Ashley!
You are a real inspiration!**



Raising our aspirations for disabled children and young people

On February 26 2014, over sixty participants came together to celebrate fostering and adopting disabled children and young people across Scotland. This free event, held at The Lighthouse, Glasgow, was a day of inspirational speakers, workshops, discussions and debate.

The day started with fantastic presentations from Robert Swift (Head of South Lanarkshire & ADSW), Sara Lurie (Director, the Fostering Network Scotland) and Margaret Grant (Policy officer, BAAF) sharing a range of personal, professional and research experiences. Later on in the day, Margot Gillon from the City of Edinburgh, together with two foster carers, shared their very positive experiences of fostering children with complex disabilities.

A range of local authority and third sector workshops involved presentations from foster carers and practitioners on recruiting, supporting and empowering foster carers to achieve good outcomes for disabled children. Workshops led by BAAF, the Child Poverty Action Group and the Care Inspectorate explored the legal, welfare rights and inspection processes for disabled children and carers. The event was funded by the University of Strathclyde Knowledge Exchange Fund built on an excellent partnership between the Fostering Network, CELCIS and Quarriers.

Key messages:

- We want to raise aspirations to secure permanent and loving families for all disabled children and young people who are looked after.

- We are concerned that disabled children and young people can be hidden in the care system.
- We are keen to share excellent practice across Scotland and ensure that this is replicated across the country.
- We want to listen to the experiences of foster carers and adoptive parents in caring for a disabled child and share this learning.
- We will celebrate fostering and adopting disabled children.

Feedback from the day:

"I enjoyed the experience and hearing more about foster carers' experiences and the work undertaken by other local authorities. Good networking opportunities too."

"Encouraging to hear the real life stories and how these have been overcome."

"Excellent event, excellent speakers who not only spoke from personal experience, they also combined it with professional experience."

A podcast captured the day and can be viewed on the CELCIS website: www.celcis.org

Fostering a Disabled Child –

What are the issues, challenges and successes?

If you're a foster carer, we want to hear from you!

In preparation for the event detailed above, Sara Lurie emailed a number of foster carers who had experience of fostering a disabled child, and was both delighted and overwhelmed by the responses she received. We greatly appreciate the time people took to share their personal stories, and would love to hear more! The volume of responses has highlighted the need for greater

support, and we are delighted to have received funding from Lloyds TSB Foundation for Scotland towards Reach Out, a project providing focus groups for foster carers who are looking after, or considering looking after, a disabled child. We are currently seeking match funding, but watch this space as further details will follow!

To find out more, please contact us,
e Scotland@fostering.net
t 0141 204 1400



Update from Learning and Development

2014 has started off busy with many of our popular courses being delivered to fostering services throughout Scotland.

We also have the following popular open courses taking place:

Men Who Foster *

Saturday 23 August 2014
Glasgow
Price: members £98.00 + VAT/
non-members £196.00 + VAT
(includes lunch)

* Please note: this course is for men only.

Fostering in a Digital World

Tuesday 9 September 2014
Glasgow
Price: members £98.00 + VAT/
non-members £196.00 + VAT
includes lunch)

The Skills to Foster Leaders' Course

New Third Edition
Monday 22, Tuesday 23 & Wednesday
24 September 2014
Glasgow
Price: members £299.00 + VAT/
non-members £598.00 + VAT
(includes lunch)

This course is to enable participants to develop training skills, knowledge and confidence in delivering pre-approval foster care training linked to assessment. This course will use

the new *The Skills to Foster™* (Third Edition 2014) which will be published in June 2014. Completely re-written and with a brand new DVD, this definitive foster care training product has been thoroughly updated to reflect the modern face of foster care.

Safer Caring: a new approach

Tuesday 28 October 2014
Glasgow
Price: members £98.00 + VAT/
non-members £196.00 + VAT
(includes lunch)

The Role of the Supervising Social Worker

Tuesday 18 & Wednesday 19
November 2014
Glasgow
Price: members £210.00 + VAT/
non-members £420.00 + VAT
(includes lunch)

Caring for Children who have been abused: a male perspective

Saturday 7 February 2015
Glasgow
Price: members £98.00 + VAT/
non-members £196.00 + VAT
(includes lunch)

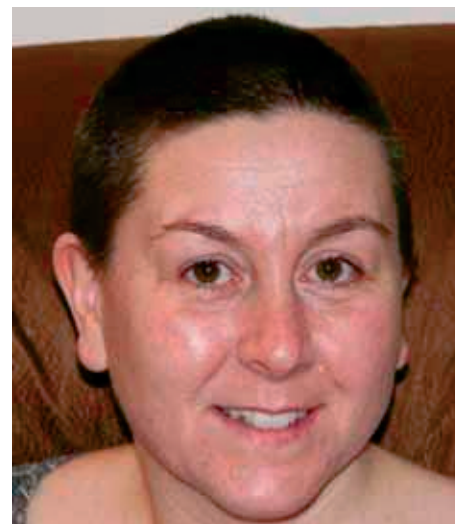
To book a place, or find out more about any of our training courses, get in touch with Joy Crawford
t 0141 204 1400 e joy.crawford@fostering.net or visit www.fostering.net

Kicks for Kids

Foster carer Charlie Stewart recently shared a success story about his local football club, Hibernian. The Club operates an initiative called Kicks for Kids in which businesses, organisations and individuals purchase season tickets then hand them back to the football club, who in turn give them out to fostering organisations, residential units and other organisations working with young people in different care settings.

The scheme has been in operation for a few years now and has given many young people the chance to go to football matches at no cost. All the Club asks is that users send a thank you note to the season ticket provider and the club.

We are keen to hear of similar initiatives in your local area – why not get in touch?



Help us to raise funds!

This year is our 40th anniversary as a charity and we have many exciting things planned. In September, we will be climbing the UK's highest mountain, Ben Nevis. Why not do something amazing and join us?

We'll give you all the help and support you need with your fundraising, and every penny you raise will help us to continue raising the standards for nearly 63,000 children in foster care. With your support we can keep making progress with the *Don't Move Me* campaign to give children in foster care the stability they need, and stop them being moved unnecessarily.

Of course, fundraising isn't just about climbing mountains, as super Scottish fundraiser Gail Turner proves. Gail and her family, from Angus, are taking on a new challenge every month for the rest of the year! They started earlier in the year with a sponsored head shave, and now Gail is looking for inspirational suggestions for new challenges. To sponsor Gail and submit your suggestions, just visit: www.justgiving.com/thefosterfamily.

Together, let's do something amazing and make life better for children in foster care. We have more exciting news about our 40th coming soon, and a Kiltwalk in September, so please keep an eye on our website and Facebook page for details, or contact Laura e laura.hocking@fostering.net or t 020 7620 8403.

Minister thanks foster carers and care leavers



I am sure, along with me, you welcome the strengthening of young people's rights to remain with their foster carer that have been introduced through the passing of the Children and Young People (Scotland) Act.

With the help of groups like The Fostering Network, I was able to meet with a number of carers and young care leavers as we worked on the act, which was vital in shaping the transformative reforms we have brought in. By sharing their experiences of foster care and the challenges faced when leaving it, everyone has helped create legislation that directly responds to the difficulties being faced.

The new provisions will ensure that teenagers turning 16 from April 2015 will be entitled to continue to live with their foster families until the age of 21. They will also be entitled to extended aftercare right up to the age of 26.

This means that any children in your care who were born on or after 1 April 1999 will be able to remain with you if that is what you all want. We have had extremely positive feedback saying that this is a greatly appreciated improvement for both care leavers and their carers that properly recognises the strong relationships and attachments that develop over time.

Moving out of the family environment is always going to be a difficult time, even with the strongest support systems. This change acknowledges that for many young people the timing of the move to more independent living will affect their ability to pursue their goals in higher education, training or employment. It also recognises how important it is that the right financial and social skills are in place to allow care leavers to be confident about moving out on their own.

The provision to remain in foster care will be implemented in April 2015, but before then we have been working hard to ensure the transition is staged and managed and have produced guidance to support this.

Our '*Staying Put Scotland*' guidance is based on evidence that shows the benefit of using a gradual transitional period for leaving care and is shared on the Scottish Government website. It makes it clear that no young person should be forced into independent living before they are ready to do so.

Local authorities will work with carers and young people to find the solution that best suits the situation whether that is to remain in their placement or to move to living independently and have a duty to make sure that everyone leaving care knows where they can turn for help.

Every young person leaving care should have the necessary skills and feel equipped for the new challenges ahead. Foster carers are experienced in anticipating what issues need to be addressed ahead of moving out of the carers' home and have an important role to play in the decision making. Many organisations, families, carers and care leavers have helped us to reshape the support available and set clear goals on the type of care system we want to provide in Scotland. Throughout the process I have been deeply moved by the passion, commitment and dedication of those who took the time to help us make policies that will make a real difference to people.

I would like to take this opportunity to say thank you to the Fostering Network as an organisation, and to its members as individuals, for helping us create a better legacy for the young people of Scotland.

A handwritten signature in blue ink that reads 'Aileen Campbell'.

Aileen Campbell
Minister for Children and Young People

Fosterline UPDATE

During the past few months,

Fosterline Scotland has seen an increase in calls from foster carers who have been concerned about their home address being disclosed at a children's hearing. These carers have expressed their worry and concern about this as they feel it may pose a risk to the child or children in their care as well as the fostering household. We would be interested to hear from you if you have experienced this at a hearing and the consequences, if any, of this decision.

Following on from this, we contacted SCRA (Scottish Children's Reporter Administration) for more information around 'non-disclosure requests.' The information provided was that a non-disclosure request is a request that information should be withheld on the basis that disclosure would be likely to cause significant harm to the child. A non-disclosure request can relate to information which is much broader than simply a specified place of residence or whereabouts of a child. For example, a non-disclosure request could relate to family history or to information about a relevant person's health. However, a non-disclosure request could also relate to withholding of a child's address or prospective address. Any person, including a relevant person, may make a non-disclosure request prior to the hearing or pre-hearing panel. The reporter must refer a non-disclosure request to the hearing and may make a request on his/her own

initiative. There is a rule which allows the reporter to withhold information disclosing the whereabouts of the child when sending any notification or documents before or after a hearing, if disclosing this would be likely to cause significant harm to the child or any relevant person.

Where a local authority wishes a children's hearing to consider non-disclosure of the address of carers with whom the local authority is recommending the child be placed, the local authority can either make a written non-disclosure request in advance of the hearing, or table the request at the hearing. In the latter case, at any stage during the hearing, the social worker may table the information about the new placement in writing and make a verbal non-disclosure request. The social worker would not provide the written tabled information to the person or persons to whom the information is not to be disclosed in accordance with the non-disclosure request. The hearing would then consider the non-disclosure request and make a decision as to whether to accept or reject the non-disclosure request.

The test applied is whether, if known, the information would be likely to cause significant harm to the child. This is a high test and should not be applied lightly. The spirit of a children's hearing is of openness and participation and therefore withholding information from someone entitled to



it should be an exception as opposed to the norm. If the non-disclosure request is accepted by the hearing, the information, document, etc. will not be provided to the named non-disclosure individual either before or after the hearing. The hearing's decision to accept the non-disclosure request will apply to future hearings until a substantive decision is made.

Remember, Fosterline Scotland is here to assist with this specific query and many other types of queries! Mirren Vanko, our Fosterline worker, is contactable Monday to Friday, 10am until 4pm. **t** 0141 204 1400 **e** FosterlineScotland@fostering.net.

Please do not hesitate to get in touch if you have a query you would like help with.



Foster Care Fortnight™

Foster Care Fortnight™ is the Fostering Network's annual campaign to raise awareness of fostering across the UK, celebrate your foster carers, and help encourage more people to come forward to meet the diverse needs of children in care in your area.

This year's campaign, from Monday 12 to Sunday 25 May 2014, will have

a *guess who fosters* theme with members of the public and prospective foster carers invited to *guess who* currently fosters from a mix of case studies including existing foster carers and 'red herrings' – people that don't foster themselves but have a connection to fostering in some way. In doing so, people will be able to find out more about the skills and qualities

needed to foster and help them decide if they and their family are ready to begin the fostering journey.

You can find out more in the *Foster Care Fortnight™* section of our website: **www.fostering.net**. Contact your fostering service to find out how you can be involved!



Countdown to the referendum –

are you ready to vote?



On 18 September, Scotland will have the opportunity to vote on whether it should be an independent country or not. This referendum will allow young voters, aged 16 and over, to vote along with voters over 18.

If you are a young person, or have young people in your home who will be aged 16 on the date of the referendum, you can have your say in Scotland's future.

The Fostering Network is aware that young people in foster care (and other care settings) may not have been registered with their local Electoral Registration Office. Perhaps you have moved house, or maybe the form wasn't filled out last year, or maybe there are concerns about your address being used. If so, not to worry!

If you aren't registered you should fill out a new Young Voter Registration form which is available either from the Electoral Registration Office, or online. Options to register anonymously are available – please contact the Electoral Registration Office in your area to discuss.

The deadline for registering to vote in the referendum is midnight on 3 September 2014.



Happy 10th birthday Kibble!

Congratulations to Kibble Intensive Fostering Service (IFS) on recently celebrating ten years of supporting children and young people.

Launched in February 2004, the service provides an alternative to residential care for young people. Over the past ten years, 36 children and young people aged five to 18 have been placed with Kibble's foster carers. Many of the young people sent 10th birthday cards with messages saying how their life has been transformed through the support of the team at Kibble IFS.

Launch of Letterbox Club in Scotland



Letterbox Club was officially launched in Scotland on 3 April 2014 at the Scottish Storytelling Centre in Edinburgh, with Scottish author Lari Don.

The pilot programme, which took place last year and included 150 children, has now been independently evaluated by the University of Edinburgh with positive results.

Dr Andy Hancock and Dr Moira Leslie presented their findings from a range of case studies at the launch event, when the full report was published. Key findings show that Letterbox Club can have a positive impact on children's learning and progress and carers noted that spending time together and engaging with the Letterbox parcels had fostered family bonding and had encouraged positive interactions. You can read the full report at www.letterboxclub.org.uk

Letterbox Club is now available to purchase in Scotland at a cost of £130 per child.

To find out more please contact the Letterbox Team on
t 020 8516 2993.



Government response to the review of foster care



The Review of Foster Care reported to the Scottish Government in December 2013 and the Government announced its response earlier this year. Overall, the Government welcomes the vision in the review of a foster care service which can provide both reparative care to help children to be rehabilitated in their families or within a permanent home with the least possible drift in their care arrangements. The Government sees foster care as helping to build secure lasting attachments for children. Early collaboration and joint planning are stressed as being necessary for good foster care outcomes and it is hoped this will be achieved through working groups, reference groups and key stakeholder involvement.

Government response

Clear descriptors for the different types of foster care placements available to children should be developed. The Government agrees and is setting up a group to develop descriptors and how they could be used to inform national statistics. Foster carers are specifically mentioned as providing comments on the descriptors.

A national foster carer database should not be taken forward at the moment but alternative strategies for achieving the perceived benefits should be explored. The Government recognises that the multiple purposes

envisaged initially for a database are not achievable. However, a short life working group is to look at alternative strategies for collecting data for commissioning and for commissioning placements.

Placement limits

The Government agreed with the proposal to introduce a maximum placement limit of three unrelated children in a foster home. Legislation and good practice guidance will be introduced.

Learning and development

The Government accepted the

recommendation to develop a national learning and development framework which specifies the mandatory learning and development requirements for foster carers. This would include a number of standardised courses and encourage sharing of training efforts across agencies, as well as tying into proposed national care standards for foster care. The Government intends also to put together a working group to agree the framework for the learning, skills and development at the various stages of a foster carer career.

Allowances

The Government has commissioned research to look at generic costs associated with fostering placements and how these relate to current allowances rates. The Government intends to set up a working group to look at how to take the findings forward.

Fees

The Government accepts the view of the Review group that further discussions on fostering fees are required and stresses that fees and allowances need to be separate. The Government urges local authorities and their partners to consider the most consistent way of payment that would be in the best interests of children.

Going forward

The Government hopes that the recommendations will help to attract more people to become foster carers and to remain as carers. In addition to the recommendations, they have noted the likely pressure on foster care resources as more young people are supported by recent legislative changes to remain in their foster care placements up to 21. They also intend to issue a practice note to support delegating authority to foster carers.

For further information on any of these areas, please contact Fosterline Scotland. **t** 0141 204 1400
e FosterlineScotland@fostering.net.

Foster caring from a young baby to a young lady

By Nicole Conlan

As the daughter of foster carers, Nicole has been part of a family who fosters for the past eight years. She shares her thoughts on what her experience has been...

It's been seven years of me being a young foster carer and nobody has ever asked for my opinion or will ever see how difficult foster caring is until they are in my shoes, and are seeing it from a young carer's point of view. Seven years ago I was eight, and I've been a young foster carer for almost half my life. From year one of becoming a young foster carer I had no clue my life would be like it is now, nor that I would be the person I am today. Foster caring has its beautiful ups and its major downs. People just expect foster caring to be easy, and don't really realise how important the small details are.

I'm here to speak for all of the sons and daughters of foster carers. I'm here to give all of them a voice, because yes, foster caring is about giving the kids a better home and start in life, but what about the people who get them to that stage? What about the people who are willing to give up things that no other family has to? Share things with people that they don't know? People who have been brought into their life with such a difficult background, it's not their fault but it's people like us who help them, care for them and accept them as part of the family.

Foster caring has taught me life skills that other kids would love to have and also made me a more independent young lady. So therefore I do not regret one bit of fostering because it has brought lovely times to our family and although times get tough, there's always a rainbow after a storm, isn't there?

We are such a close family; we would not have got through fostering if we weren't. I'm very close with my sisters, but being the youngest I feel like I do feel the biggest impact as I didn't really understand what fostering was and what it was going to be like.

The past five years were the toughest as it wasn't just one foster child being added into my family, it was three. They do say that two is plenty and three is a crowd, I don't usually believe that saying, but in this situation I did. It was hard with the youngest sibling being aged 4. He was a confused child who should have been moved into a separate family from his brother and sister from the start. That way he would have had a much better start in life, however in this case this was not a current idea at the time.

My mum and dad are such generous, caring and strong people and have a bond that no other couple would have. They've gone through so much together and will always see things through to the end. They are such open and understanding parents which is so important for becoming foster carers as it is such a heavy weight pulled off the foster child's shoulders.

Besides the fact that the fostered children were brought into a new home with new people, it was very difficult for my sisters and I because we didn't get as much attention as we had, we didn't really have those family days out like we used to, and just the whole daily routine for our family had completely changed. I most certainly miss it a lot but there are some things we have to let go.

This wasn't just like a normal job for my mum and dad. It wasn't even a job that only included my mum and dad, it included all of us but I was at such a young age and nobody explained to me what I had to do. There were social workers for the foster children, and our parents, but not us. I've matured so quickly and grown up so quickly, from being knocked out of my normal, fun and crazy childhood, I had to suddenly become a responsible adult that had



to set a good example for others. But, I like my maturity; I'm proud of myself and the fact that I figured everything out on my own, became the person I am by following my own little path. It wasn't easy but it was worth it.

There are always negatives to positive things, but you've always just got to pick yourself up and keep moving. Life isn't always easy when you are fostering but I cherish every moment of it, the bad as well as the good, because I've learned to stand on my own two feet with problems put in my hands and figure them out by the click of my fingers.

I would like there to be a change for the kids like me, for there to be maybe a worker for us who can ask how we are feeling about fostering and maybe the things that we are struggling to cope with. I'd like us all to get together and have a day out where we could get away from the house and responsibility that we have and then share ideas that we have and keep the fun factor in fostering as best we can.

Our thanks to Nicole for sharing her story. The Fostering Network knows that the experiences of sons and daughters varies across the country and is keen to hear from young people, foster carers and fostering services about how sons and daughters are supported by fostering services. Please email scotland@fostering.net to share your experience.

Celebrate with a summer of sport – your chance to be a medal winner!



Please join us in celebrating a summer of sport by participating in our *Let's Go!* project, made possible thanks to funding from the National Lottery through their Celebrate programme.

2014 sees Glasgow hosting the Commonwealth Games, and we are hoping you will play a part by completing and returning the enclosed *Let's Go!* booklet. We want to see children, young people, foster carers and families take on active and sporty challenges throughout the summer.

We will return completed booklets with a gold medal and certificate of achievement!

No matter who you are, we hope you will join us in trying something new and celebrating your own achievements! Everyone has their own goal; it's time to set yours! We would love to hear about your challenges, or you could tell us your plans for the Commonwealth Games: are you going, are you volunteering, are you taking part? We want to hear from you!

Foster carers will have received a copy of *Let's Go!* with this newsletter.

For additional copies, please contact the Fostering Network:

t 0141 204 1400

e scotland@fostering.net

You can also download a PDF version from our website www.fostering.net

We look forward to hearing from the children in your households!



With thanks to
D8 for the design
and production of
this booklet



'Walk, Run and Eat That Cake' club

City of Edinburgh Council's family based care team recently started up a 'Walk, Run and Eat that Cake' club. They had a fantastic time on their first event walking and running around the Royal Botanical Gardens in Edinburgh. The company, the glorious sunshine and the stunning views over Edinburgh made it even more special. Free to join, the group meet on Sunday mornings and after a walk or jog, they enjoy a well-earned cake and refreshment!

The group welcomes more members and encourages carers and young people of all ages to get in touch and join them. There's nothing better than breathing the fresh air, exploring nature and having fun together!

To find out more, contact alma.cope@edinburgh.gov.uk



Free tax workshops for foster carers

Wednesday 11 June 2014
Edinburgh

Monday 16 June 2014
Glasgow

Tuesday 2 September 2014
Glasgow

Time: 9.45am – 2pm



- Are you a foster carer member of the Fostering Network?
- Would you like a reminder of how to make sure your tax (in relation to fostering) is up to date?
- Would you like to find out more about other matters in foster care finance – fostering payments, national insurance, pensions & benefits, savings & pocket money, insurances & member benefits?

If yes then why not come along to one of our free workshops in Glasgow or Edinburgh.

To find out more or to request a booking form, please contact Mirren Vanko, [e mirren.vanko@fostering.net](mailto:mirren.vanko@fostering.net) **t** 0141 204 1400

The Fostering Network Scotland...



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e scotland@fostering.net
www.fostering.net

Other useful numbers:

The Fostering Network - Head office
For queries relating to membership, or how to access the members' area of the website.
t 020 7620 6400

For help with membership queries
e membership@fostering.net

Legal and stress helpline
24 hours, 365 days a year

Your first point of call if an allegation arises. Queries are answered by fully qualified experts with years of experience helping our members. Members are free to raise any legal query, not just relating to foster care.
t 0845 013 5004

Publications & Resources

t 0844 335 1892
e orders@fosteringresources.co.uk

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