

# Fostering

Promoting foster  
care in Scotland

Issue 21 Spring 2008

# in Scotland



*Cheryl Legget and Christine Tait from the Young People's project with Kevin Browne from SCCYP*

**Scotland's Commissioner** for Children and Young People launched the *Sweet 16?* report on 26 March in Glasgow. At a time when most young people in Scotland remain at home well into their twenties, the report highlights that too many young people are being pushed out of the system at 16.

The report finds that sometimes those with more complex needs are encouraged to leave care early and

many of those involved in the consultation reported a strong culture assuming that 16 is the age that people should leave care.

Encouragingly, the report found that for those in foster placements, many tend to stay in care beyond 16, with some local authorities having supported carer schemes supporting young people in foster care past their 18th birthday.

Commissioner, Kathleen Marshall said: 'Though policies do offer looked after young people care until they are 18, in practice they are often pushed out of the system at 16. Turning 16 should be a sweet and exciting prospect, not a source of anxiety. It should not be the end of 'care'.'

For further information or to download the report, contact SCCYP  
t 0131 558 3733, [www.sccyp.org.uk](http://www.sccyp.org.uk)

We would welcome your contributions on any news, views, articles or ideas. Please send to Sarah Crangle, The Fostering Network Scotland, Ingram House, 2nd floor, 227 Ingram Street, Glasgow G1 1DA  
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Alison Boswell

### Fostering Links project

### National Recruitment project

Sarah Crangle

## Hi there!

I'm Sue Hardman and I am delighted to have secured the part time position of Advice and Mediation Worker for the Fostering Network, North East Scotland. This area covers Aberdeen City, Aberdeenshire, Angus, Dundee, Fife, Moray, Orkney, Perth & Kinross, Shetland, Highland and Western Isles.

I come to the Fostering Network from a background of social work in many different settings. A Northern woman at heart I trained in Teesside followed by studies at Newcastle. My experience of fostering first started in Milton Keynes where I was a member of a busy Children and Families Team.

A career gap followed whilst I raised a young family and travelled overseas living in the Far East for a few years.

On returning, Scotland beckoned initially for two years but fifteen years later I am still here and have no intention of leaving!

As a family we love the outdoor life and indeed our interests reflect this. There are lots of four legged friends on site - horses dogs and cats, the smaller variety often used as Therapets. Live music is also a passion as I follow my son and daughter to whatever gigs they are prepared to take me to. If after all this and running a busy household there is time then you will find me at the gym, ipod to the ready having strictly me time and no, I am not superwoman! Just failing miserably to keep the passage of time at bay!

More recently I have had personal experience of mentoring two young people and after years of social work practice can honestly say this last area of work has been most enlightening. I now truly appreciate the commitment and dedication of foster carers. I now hope to be able to support them in this task.



## Resource pack for health

Health Scotland recently launched a resource pack to support those caring for looked-after children and young people. *Caring About Health* contains an A-Z of easily accessible health information, advice, websites and organisations.

The pack includes medically related information on subjects such as asthma, diabetes, epilepsy, immunisation and measles, also bed wetting, head lice and ADHD, as well as health promotion on topics including sexual health, healthy eating, substance misuse and supporting through loss and change.

Of interest to all those working with children and young people of all ages, this free pack is available from Health Scotland, t 0131 536 5500 or e marketing@health.scot.nhs.uk

## Foster Care Fortnight 2008 runs from Monday 12 to Sunday 25 May 2008

**Foster Care Fortnight** is an annual campaign which raises the profile of fostering and highlights the need for more foster carers, co-ordinated by the Fostering Network.

Fostering service members of the Fostering Network can download a toolkit to help make the most of the recruitment opportunities offered by *Foster Care Fortnight*.

Each year *Foster Care Fortnight* helps raise awareness of fostering, and in particular encourages people to consider becoming foster carers. During the two weeks fostering services around the UK hold events and promote their need for more foster carers in their communities and through their local media.

For more information, or to share your *Foster Care Fortnight* events, contact Sarah Crangle, National Recruitment project worker t 0141 204 1400

e sarah.crangle@fostering.net, or visit [www.couldyoufoster.org.uk](http://www.couldyoufoster.org.uk)

# Dear Members,

**With the threat** of Siberian conditions this Easter weekend it is hard to believe that today when I am writing this letter is the first official day of spring! The months since Christmas have flown past and for the Fostering Network this has been another very busy time.

Councils and agencies have been trying to understand the new way in which their budgets have been calculated. The Government and COSLA, the Convention of Scottish Local Authorities, have signed a new agreement about funding which is designed to give Councils more independence in deciding the levels of spending on different parts of their services. This 'Concordat' is set to shape spending for the next three financial years.

There are anxieties about several areas of service and whether Councillors will see them as priority as they are sometimes not the most popular services.

The Fostering Network will continue to speak up about the services for children who are looked after and the resources needed in foster care to provide the best care possible for the children who have had to leave their parents. Perhaps Councils should consult some of our foster carers who are always trying to juggle a thousand and one things and find money for all the things that children need as they grow up.

The Strategy that I spoke about in my last letter is moving forward with a number of Task Groups looking at the different strands of foster care services and practice. One group is

looking at the Assessment and Approval of carers, one at Recruitment and Retention of carers and another at the Training needs of foster carers and of staff working with carers. We hope to get the voices of carers clearly heard and each group has foster carers involved.

We are looking at ways of including the views of young people as well so if you want to give us some views or have a young person who would have opinions about the topics to get in touch with the Fostering Network.

Alison has secured funding for the next six months for the Young People's project but we want to get more secure funding to continue the excellent work with young people.

We are still awaiting word back from the Big Lottery Fund about future funding for the Links project. We hope to hear back from them by the Summer, but in the meantime, the Big Lottery Fund have agreed to keep the project going part time until June 2008.

It is important to continue the project as we see it as a very important service to carers, agencies and to young people to enable them to share their views and to shape policy. Continuing until June will secure at least one more newsletter and a membership meeting so I will look forward to seeing some of you at the Membership Meeting.

If you have ideas and issues you want the Fostering Network to explore in these meetings, or if you are interested in attending do let Sarah know.

We have welcomed Sue Hardman to the Fostering Network since the last

newsletter. Sue will be joining Sandra Moody as an Advice, Information and Mediation worker. Sue is to be based in the North East and this will mean that services can be provided to carers in the North East of Scotland more locally. You can find out more from Sue in this newsletter.

We have been very lucky to have Mary McKenna working as Interim Director of the Fostering Network in Scotland while we seek to recruit a replacement for Bryan. We hope to interview in mid April but Mary has done a fantastic job coping cheerfully with many issues emerging from the Strategy as well as the usual funding headaches. We will find it hard to let her go!

Bryan has sent us a few e-mails and made us green with envy as he speaks of sandy beaches, sunny skies and warm weather! He and his family appear to have settled in well to life in New Zealand and we look forward to further bulletins.

Mary and I had a very useful meeting with Adrian Clark who is on the Fostering Network Board and has to take to the Board good practice and any Scottish issues that have an implication across the UK. We intend to keep Adrian in touch with the developments in our services as much as we can.



**Best wishes,**  
Anne Black  
Chair, Scottish Advisory Committee

## Meetings consult on *Looked After Children (Scotland) Regulations*

**The Scottish Government's** consultation on the draft *Looked After Children (Scotland) Regulations* closed on 14 March, and the regulations are due to come into force in 2009.

The regulations are aimed at supporting the care of looked after children and young people in foster, kinship and residential care, and encompass care planning, placement and review arrangements.

The Fostering Links project's focus groups, along with the Young People's project, were influential in shaping the Fostering Network's response to the consultation on the draft regulations through meetings held in February 2008, and the collective response is available on our website, [www.fostering.net/campaigns/scotland/consultations.php](http://www.fostering.net/campaigns/scotland/consultations.php)

# Meet the Gruffalo!!!

**On Sunday 27 January** thirty-eight children, nine young people and twenty-one foster carers met the Gruffalo at the macrobert arts centre, Stirling.

This was a fun-packed and creative day for children, young people and foster carers with a range of activities for everyone.

Children participated in storytelling, face painting, mask making and drama workshops. Young people spent their day as part of the Gruffalo film crew learning the art of animation. Foster carers participated in a storytelling workshop with Janet Robertson of the Scottish Youth Music Theatre. Foster carers and children attended a performance of *The Gruffalo and friends* show in the macrobert arts centre theatre.

All the children had the opportunity to meet Julia Donaldson, author of *The Gruffalo* and received their own personal signed copy of the book.

Alison Boswell, from the Young People's project said: 'The day highlighted that reading can be fun for everyone and all the children, young people and adults had a fantastic day.'

## And those who came along back this up:

*'I enjoyed the Gruffalo cake'*

*'I enjoyed everything it was great'*

*'It made us think how we can improve our children and our experiences of reading and storytelling'*

*'We all had a fantastic day!'*

The day was part of the Fostering Network's *Telling My Story* project funded by the Roald Dahl Foundation aimed at improving literacy levels of children in foster care.

## Here, Carrie, who is the daughter of a foster carer, tells us about the day:

A week before the event, my Mum told me that we were going to the macrobert arts centre to an event with the Fostering Network all about storytelling and the Gruffalo. When I heard about this I

discovered that my sister had a Gruffalo book and every night before bed I would read it to her. We were all excited about going that all week we could not stop talking about it.

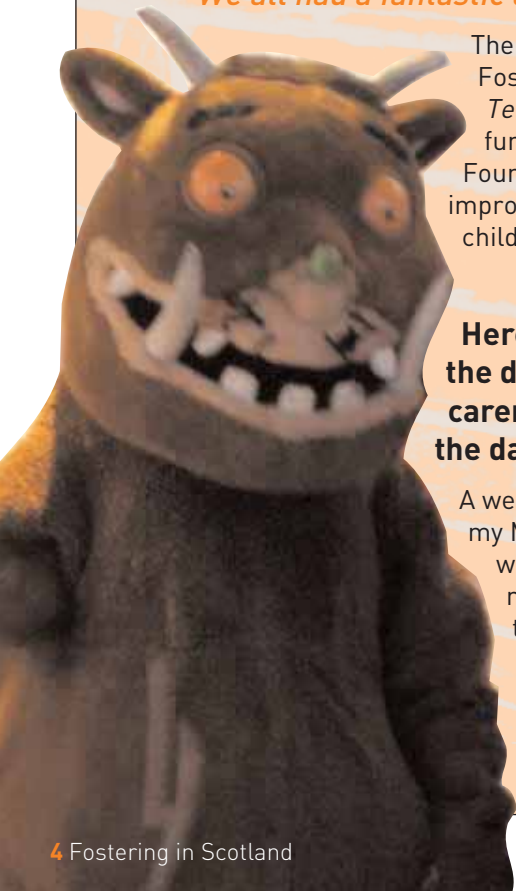
On Sunday we all got up earlier than we usually do and my little sister Abi was bossing us all around to get us to be there early.

When we arrived we signed in and were given a program of the events we would be doing. We were separated into our age groups. Abi went to the tree house to do some painting of the Gruffalo and made animal masks and had storytelling time which of course was about the Gruffalo. I went to the film house with Heather and Gordon to make our own characters, discuss what they were like and to draw them. It was great fun. My Mum went to the Playhouse with Janet Robertson to do a workshop on story telling where parents got involved in drama and ways of expressing themselves through body language and facial expression.

Mum and Abi then went to meet the author of the Gruffalo, Julia, where she signed autographs in the children's books. Abi also got to meet the Gruffalo himself. The minute Abi saw him she ran up and gave the Gruffalo a great big hug!

After this we all met together in the lunch hall where a lovely buffet was set up. It also gave us a chance to talk about what were doing and have a chat with friends.

In the afternoon I went to do some more storytelling and we made a story with all our characters in it. Abi and Mum went to watch the Gruffalo on the stage and had a great time singing and listening to the stories by Julia and





her family. Some of the older kids also joined in to watch the show too. After the show we all went back to the lunch room to meet Wallace the wolf and have Gruffalo cakes and say our goodbyes.

Overall the day went really well and we all had an excellent time and we hope that it happens again. Thank you to all those who made the day possible. Events like this are really important to us.

**Thanks Carrie for telling us about your day!**

## World Book Day

The Young People's Project and the big step celebrated World Book Day on 6 March with a drama and storytelling workshop for young people at the City Halls in Glasgow.



Thanks to the Scottish Book Trust for their generous donation of books for this event.

## YPP groups

These groups are run across Scotland for young people in foster care and the sons and daughters of foster carers. In February the latest round of meetings were held in Glasgow, Dundee and Stirling.

At the meetings young people were consulted about the Scottish Government's *Looked After Children (Scotland) Regulations*. The findings from these groups fed into the Fostering Network's response to the draft regulations, which can be downloaded from our website.

For further information about any of the above events or to find out more about the work of the Young People's project contact Alison Boswell.

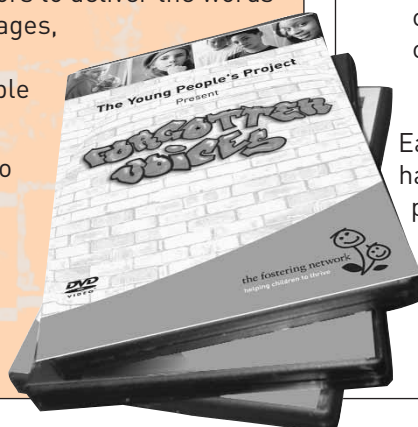
## Forgotten Voices DVD's

Through our relationship with the Fostering Network we purchased a copy of *Forgotten Voices*. In Careers Scotland we have used *Forgotten Voices* for new members of Careers Scotland staff particularly those who will be working with young people who are looked after and accommodated or previously looked after and accommodated. The voices of young people in foster care are particularly relevant and has increased the understanding of staff. Using actors to deliver the words increases the impact of the messages, highlighting what are often the forgotten voices of the young people in and leaving care.

We have recommended the DVD to several of our partners for staff training.

**Mary Carson**

Team Leader, Careers Scotland



# Getting it Right for Every Child in Kinship and Foster Care - implementing the strategy

**Launched in December 2007**, the *Getting it Right for Every Child in Kinship and Foster Care* strategy sets out the areas that the Government in Scotland wants to see developed to take fostering and kinship care services forward so that they can provide secure and nurturing experiences for children who have to be looked after away from their parents.

As part of that development, the Government and COSLA have asked the Fostering Network and the British Association for Adoption and Fostering to co-lead a Reference Group of stakeholders with responsibilities for and interest in foster and kinship care.

Five task groups will examine the strands within the strategy:

- Assessment and Approval of foster carers
- Recruitment of foster carers
- Kinship Care
- Training for foster carers
- Organisational arrangements supporting decision making process for children's permanent care

Each recommendation has to give something positive towards the goal of transforming the life

chances of young people who need to be looked after away from their parents.

To involve a wider audience of interested people in the development of the Strategy, the Reference Group is planning a number of Policy Consultation Events over the coming months. This will give you a chance to hear what work has been done and what some of the dilemmas are but more importantly to give you the opportunity to help to unravel some of the complexities!

There is a lot of excellent practice, many sound policies and procedures in Councils and agencies and each task group will build on existing good practice.

You are invited to get in touch to share information, raise questions, attend a meeting or provide solutions you have created in your agency or Council.

The Task Groups are expected to develop proposals by summer 2008, which means a lot of hard work for everyone involved.

Anne Black has been appointed as the Independent Chair and Natalia Duncan is the Project Support Officer to the Reference Group. Natalia is the main initial contact for agencies and Councils. Natalia can be contacted  
**t** 0131 220 4749  
**e** girfecproject@aol.co.uk

# Improving the literacy of children who are looked after - tips for foster carers...

**2008 will be a fun and exciting year** for reading books. It has been designated National Year of Reading and there will be many opportunities to get involved with improving children's reading.

So why read? And are books so important? The answer is 'yes, most definitely'. Reading acts as a gateway to learning: it is the key to the door which, when unlocked, opens up a whole new world of knowledge, fun and excitement. Establishing this skill will enable children to increase their self-confidence, improve their success at school and to feel included.

## So what can you, as a foster carer, do to help?

Read aloud to your child. The voice is a wonderful instrument and can bring the story alive for a child.

Choose books that reflect the child's interest. Books that are of high interest, include plenty of illustrations and are colourful will appeal to your fostered child.

Discuss the book with your child. Talk with your child about the book, what they did and didn't like, including the characters and subject matter. Talking together about the story can help build your relationship with your fostered child.

Leave books around the house. Reading just doesn't have to take place in the living room. Children may just be tempted to open a book if they find it in unusual places - even the bathroom.

Use different media types. Children who are looked after may have different needs, so books in different media types maybe more accessible, e.g. audio books/talking books, CDs and DVDs. Newspapers and comics are also another way of attracting children and young people to reading.

Show by example. If your fostered child sees other members of their foster family reading they may be curious to see what you are up to and want to copy.

Visit and join your local library. Many libraries run storytelling sessions for younger members. For teenagers, libraries offer such activities as after-school book clubs and are developing collections specific to young people. Talk to your local library, ask them to recommend titles and find out how they can help you and your family. Remember, at your library books are free!

Approach your local support group or foster care association. A number of FCAs are creating their own libraries with books/CDs for foster carers to borrow. Resources can include books to read with your fostered child and books for foster carers to read on a specific topic in your role as a foster carer.

Talk to your child's school. Your child's school library maybe running a number of reading initiatives, such as reading groups, book awards and storytelling sessions.

World Book Day is held in March each year: find out how your child's school is celebrating this activity.

## Resources to help improve your fostered child's reading skills

### National Year of Reading

2008 is the National Year of Reading, with monthly themes starting in April with the theme *Read All About It*. The website contains details of the co-ordinator and activities in your area. [www.yearofreading.org.uk](http://www.yearofreading.org.uk)

### Scottish Booktrust

The leading agency for the promotion of literature, reading and writing in Scotland. [www.scottishbooktrust.com](http://www.scottishbooktrust.com)

### The Foster Care Resource Centre

Run by the Fostering Network, this produces a series of resources sheets (including one on literacy). [www.fostering.net/resources](http://www.fostering.net/resources)

How to Enjoy Reading Aloud to Young Children by Edmund Pegge and Alison Shakespeare. Southgate Publishers (2007) ISBN 1857411560. A book giving hints and tips on how to read to your child, further information is available on the publisher's website [www.southgatepublishers.co.uk](http://www.southgatepublishers.co.uk)

### The Literacy Trust

[www.literacytrust.org.uk/index.html](http://www.literacytrust.org.uk/index.html)

### Read together

Campaign based in Scotland to promote reading together between parents or carers and their children. The website contains many hits and tips. [www.readtogether.co.uk](http://www.readtogether.co.uk)

### Reading Connects

A project aimed at primary and secondary schools in developing a school reading culture. [www.literacytrust.org.uk/readingconnects/aboutindex.html](http://www.literacytrust.org.uk/readingconnects/aboutindex.html)

### The Reading Agency

An independent charity promoting reading amongst all age groups. [www.readingagency.org.uk](http://www.readingagency.org.uk)

### Volunteer Reading Help

A national charity which supports parents, carers, teachers on how to help a child to read by a series of workshops and training sessions. [www.vrh.org.uk](http://www.vrh.org.uk)



## World Book Day

An annual event where publishers, booksellers and libraries work together to promote reading for pleasure and enjoyment. All primary school children will receive a £1 book voucher to use in their local bookshop to select one of the nine new short stories issued for World Book Day, or as money off any other book. [www.worldbookday.com](http://www.worldbookday.com)  
[www.campaign-for-learning.org.uk/cfl/flw/index.asp](http://www.campaign-for-learning.org.uk/cfl/flw/index.asp)  
Family learning is part of the campaign for learning which works to build motivation, create opportunities and provide support for learning in families through events, workshops, and publications.

## Adult Literacy

If you too would like to get involved in improving your literacy skills then the following sources of information maybe helpful:

### The Vital Link

Part of the *Skills for Life* strategy programme, it aims to support adults with lower literacy levels and encourage an enjoyment of reading, increase skills, help boost confidence and motivation. A series of Quick Reads has been developed to help - these are high interest stories written by popular authors for those wanting a 'quick read'. [www.literacytrust.org.uk/vitallink/](http://www.literacytrust.org.uk/vitallink/)

### Move on Up

An organisation helping people to 'move on up' by developing their literacy and numeracy skills. [move-on.org.uk](http://move-on.org.uk)

### Learndirect Scotland

A provider of skills and courses for adults. [www.learndirectscotland.com](http://www.learndirectscotland.com)

### Penny King, the Fostering Network

# Scottish Social Services Council - regulating the workers who provide care in Scotland

**The Scottish Social Services Council (SSSC)** is the organisation responsible for registering people who work in social services and regulating their education and training.

There are over 138,000 social service workers in Scotland and the SSSC will register key groups of these workers in phases. Registration will increase the protection of people who use social services by ensuring that workers are trained, have the right qualifications for the job that they are doing and are properly regulated. Those who are or will be included in the register include:

- Social workers
- Students on the new social work honours degree and postgraduate programmes
- Care Commission officers
- Managers of residential child care services and residential child care workers
- Supervisors within residential child care services
- Managers of day care of children services
- Practitioners in day care of children services
- Support workers in day care of children services (begins October 2008)
- Practitioners in care home services for adults (begins January 2009)
- Workers in school care accommodation services (begins 2009)

Workers who apply to register with the SSSC must provide evidence of

competence and good character. Every applicant also has to have an Enhanced Disclosure Scotland check and will need to gain a relevant qualification.

The qualification requirements for these groups have been set and are available at [www.sssc.uk.com](http://www.sssc.uk.com)

## Codes of Practice for Social Service Workers and Employers

The SSSC publishes and distributes *Codes of Practice for Social Service Workers and Employers*. This document contains standards of conduct and practice which all social service workers and their employers must follow.

The Codes of Practice are available to order in a number of formats including Makaton symbol, Makaton sign, pictorial version, Braille, audio, large print and over 30 languages. The Codes are also available in a British Sign Language DVD format.

To request a free copy of the Codes of Practice please contact the SSSC using the details below or download a copy from [www.sssc.uk.com](http://www.sssc.uk.com)

For further information about the SSSC and our role, please contact:

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11 Riverside Drive  
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t 0845 60 30 891  
f 01382 207215  
e [enquiries@sssc.uk.com](mailto:enquiries@sssc.uk.com)  
[www.sssc.uk.com](http://www.sssc.uk.com)

**Dawn Geddes,**  
Communications Officer, SSSC

## National Recruitment project in Scotland

**As part of** the *Getting it Right for Every Child in Kinship and Foster Care strategy*, the Scottish Government is supporting the Fostering Network to run a National Recruitment project.

Starting in January 2008, the project is working with all fostering agencies in Scotland to share and develop effective recruitment

practice for attracting foster carers, as well as feeding into the Scottish Government's *Getting it Right for Every Child in Kinship and Foster Care* task groups.

Sarah Crangle, also Fostering Links project worker for the Fostering Network, is based in our Glasgow office managing the National Recruitment project. Sarah has

already been in dialogue with various fostering agencies and organisations throughout the country, bringing together effective practices in recruitment, and is happy to discuss with fostering agencies their recruitment issues.

To get in touch, contact Sarah,  
t 0141 204 1400, or  
e [sarah.crangle@fostering.net](mailto:sarah.crangle@fostering.net)

# Open training courses 2008

We are delighted to say that our training program for 2008 is already very popular with many of our courses already filled! We do still have places available on the following open courses:

## Men in Foster Care

Saturday 8 November 2008

£80 plus VAT (including lunch)

The role of men in foster care and residential work has been the subject of increased debate. There is concern about how best to work with children who have been sexually abused, worries about abuse by carers, and unsubstantiated allegations of abuse in foster care.

The course explores the idea of the 'positive male role model' to identify ways in which men can be more effective carers. This course is for men only and is facilitated by men.

### This course will:

- Examine how gender influences work in childcare.
- Consider the role of men in work with children who have been sexually abused.
- Help identify why sexism must be challenged and how to do this effectively.
- Challenging the myths and stereotypes surrounding single male carers and gay men and promote anti-discriminatory practice.

## The Skills to Foster Leaders Course

25, 26 and 27 November 2008

£240 plus VAT (including lunch)

For many social workers, training foster carers and foster care applicants is a significant part of their job. Many experienced carers are also involved in delivering training. It is considered good practice by most fostering services for foster carers and social workers to combine their skills and experiences and conduct training together.

This course will prepare participants to run the *Skills to Foster* preparation pack for foster carers. It gives participants the chance to work in partnership preparing and presenting material and experience the whole course from an applicant carer's perspective.

To book a place, or to find out more about our personalised training programs which can be tailored to meet your needs, contact Joy or Sue t 0141 204 1400

## Pathways Through Fostering: Contact

This new book on **Contact** is part of the *Pathways Through Fostering* series. It explores the issues and responsibilities involved in contact, and looks at how foster families can overcome the challenges that contact can pose.

The Pathways series places its emphasis on practical, accessible information. Each publication focuses on dealing with day-to-day challenges and is packed with helpful guidance and case studies. Pathways will help foster carers to enhance their knowledge and develop their skills, in order to provide the best possible care for children and young people.

Other titles in the Pathways series:

- Safer caring
- Attachment (due Spring 2008)
- Education (due Spring 2008)
- Health (due Summer 2008)
- Managing behaviour (due Autumn 2008)

To order publications, contact our distributors, Central Books, t 0845 458 9910 or e [tfn@centralbooks.com](mailto:tfn@centralbooks.com).



## Please help me fundraise!



In October I'll be part of a team taking part in a *gruelling ten-day trek* following the **Inca Trail** in **Peru** from Cusco to Macchu Piccu. It's for a great cause as all the funds I raise will go to the Fostering Network in Scotland.

In Scotland there are over 4000 children in foster care. I'm hoping to raise over £4000, that's just £1 for each child - and **your contribution will make a huge difference!**

**So please sponsor me now!**

To see how my fundraising is going, visit my justgiving site, [www.justgiving.com/sarahcrangle](http://www.justgiving.com/sarahcrangle)

It's easy to donate!

**1 In Person**

**2 By Post**

**3 Online Visit**

[www.justgiving.com/sarahcrangle](http://www.justgiving.com/sarahcrangle).

**Thank you for your support!**

*Sarah*