

Fostering Solutions South Carers Newsletter



June 2025

**A MESSAGE FROM SOPHIE,
REGISTERED MANAGER**

Hello all!

We are now transitioning from spring to summer, as we start the 30-day month of June. Let's hope that June 2025 exudes warmth and vibrancy, with its longer days and abundant sunshine. June is a time when nature is in full bloom, we get the opportunity to enjoy fields of wildflowers and lush greenery. Symbolically, June embodies love, growth, and new beginnings, making it a popular month for weddings and partnerships.

June is associated with beautiful flowers such as roses and honeysuckle, symbols like pearls and alexandrite. In the world of flowers, the rose reigns supreme as the birth flower for June. Known as the queen of flowers, roses come in a variety of colours, and each has its own symbolic meaning. June is also associated with the colour light purple, specifically the gemstone called alexandrite. Interestingly the name June is a gender-neutral given name.

Please note some interesting dates coming up, next month 5th July is our 'Summer Event' at the office, and it would be lovely to see as many of you as possible to share in the fun.

On the 19th June, there is a foster carer outing to visit the wonderful Lavender fields in Alton, this is special time just for you so please sign up and come along.

We continue our search and collection for toys, books and games for our local pre-school so please support this charity work if you are able all good quality pre-school aged equipment are most welcomed.

Please keep letting us know if any of your children receive awards, achievements and share any positive comments made about your skills as foster carers, so that these can be celebrated.

*Best Wishes,
Sophie*

Events, Celebrations & Special Days in

JUNE

2nd - 8th - Child Safety Week

4th - Office Open Day, Youth

Council Meeting, NFG Tax Webinar

5th - Sausage Roll Day

5th - World Environment Day

6-7th - Eid ul-Adha*

7-15th - Great Big Green Week

8th - World Ocean Day

9-13th - Healthy Eating Week

14th - The King's Official Birthday

15th - Father's Day

19th - Carer Event in Alton

21st - Summer Solstice

25th - National Writing Day

30th - 13th July - Wimbledon

Fortnight

Eid ul-Adha ('Festival of Sacrifice') is one of the most important festivals in the Muslim calendar. The festival remembers the prophet Ibrahim's willingness to sacrifice his son when Allah ordered him to.

Star of the month

goes to....

TG

For receiving the Head
Teachers Award for being
kind and thoughtful!

WELL DONE TG

**Please keep your nominations
coming!**

We send each winner a certificate! Send an email into
adminsouth@fosteringsolutions.com

Foster Carer and Children's News



The Cultural & Diversity Pride Festival originally scheduled for 17th May has been **RESCHEDULED** and combined with our summer party, now taking place on Saturday 5th July at the Otterbourne office.

Our CRO Tracy organised a walk around Exbury Gardens with some of our foster carers. It was a beautiful sunny day and they all enjoyed meeting with one another and experiencing the stunning scenery pictured below! Read to the end to see the date and location of our next carer event with Tracy.



If you have any news you would like to see here please let us know at adminsouth@fosteringsolutions.com!

Contact Information

Please find below the contact information for the office and for when you need to contact out of hours.

Office Number for 9am-5pm:
01962 715511

Out of Hours (5pm-9am weekends/bank holidays):

For out-of-hours support, please dial the office number, and you will be automatically transferred to the Supervising Social Worker on Duty.



Shine: For any queries on accessing your Shine or Charms accounts or if you are struggling to access your online training, dial the office number during office hours.

Carer Payments: For any payment enquiries please contact our carer payments team on 01204522667 or carerpaymentsteam@nfa.co.uk

Staff Updates



Congratulations to Tracy who is celebrating her 1 year anniversary of working here at FS South!



Have a look at this wonderful note our social worker, Lucy, received from one of her foster carer's birth children!

National Fostering Group have made it to the list of UK's Best Workplaces for Development™ 2025! This has now been announced on the GPTW website and will be published within the Best Workplaces™ supplement inside The Guardian on Thursday the 17th July.



Tax & National Insurance for NFG Foster Carers Webinar



The Fostering Network will be running exclusive webinars to help guide NFG foster carers through Tax, Self assessments, and National Insurance contributions. If you are new to fostering or are unsure how to do a tax return - this is a great session to attend. Run by our membership team and fostering tax experts from their partners Xeinadin, the webinar will cover how to calculate your own tax threshold, self-assessment tax returns, and national Insurance contributions.

There will be the chance to ask or post questions to the team, who have in-depth knowledge of the unique and specialist Tax and National Insurance rules for foster carers.

The dates of the sessions are Wednesday 4th June 10:30-11:30 / Tuesday 9th September 10:30-11:30 / Thursday 4th December 10:30-11:30 / Tuesday 3rd March 2026 10:30-11:30.

Book your place via Shine.

Charity Toy Drive

Do you or your family have any toys or books for under 5's that you no longer use?

We are looking to collect toy donations for Woodley Pre-School in Romsey, a local charity-run preschool attended by children close to our hearts. Please bring any toys, books, crafts or puzzles to your next support group, hand them to your SSW, or drop them into the office. Thank you!





Spotlight on: Nika

Each month, we will shine the spotlight on a different member of staff, and ask them a bunch of questions so you can get to know us better. This month we are shining it on Nika!



1. What's your name?

Nika Sabolova-Singh

2. What's your job role and what do you do on daily bases?

I am Office Manager and my main responsibilities are health and safety of office, ensure all paperwork is recorded in system on time and helping out with events for FC and children.

3. If you could have any superpower, what would it be and why?

I would like to have ability to touch or look at a photo and instantly relive that exact moment with full sensory immersion - sights, sounds, feelings, even the emotions of that time. Just imagine - watching your favourite memory come to life, anytime you want.

4. What's your favourite type of ice cream, and why is it the best?

I like ice lollies or fruity ice creams, but I also, I like pistachio ice cream. The best ice cream I ever had was when I visited little island called Simi island in Greece.

5. If you could be any animal for a day, which one would you pick?

I would be a dog. I would get to run around outside, chase balls and get to nap anywhere I want and no one would think I am lazy 😊. Also, probably everyone would like to give me belly rubs and treats!

6. What was your favourite toy or game when you were a kid?

I loved to play hide and seek with my friends and sister. When I was teenager, I learned how to skateboard and I would take skateboard with me everywhere.

7. If you could only eat one food for the rest of your life, what would it be?

Pancakes – my favourite filling is jam, fruits and whipping cream on the top.

8. If you could give one piece of advice to your younger self, what would it be?

Don't be afraid to be yourself - being different is what makes you special! When we are younger, it is easy to worry about fitting in or making mistakes. But those things help us grow. Being true to who you are brings real happiness and helps you find people who like you just the way you are.

****British Exploring Society - NEW Opportunities!****

British Exploring Society have recently released the details of 3 new exciting adventure programmes, which are available to young people from 14 to 19 years of age. There is 1 more left this year!:



3. Adventure Week (wild camping)

When? Monday 28 July – Fri 1 August
2025 (5 days and 4 nights)

Where? Cairngorms National Park,
Scotland

Age Range? 16 – 19

Meeting Point: Edinburgh Train
Station

Fundraising Challenge? £35

If you have a young person who would be interested, please let your Supervising Social Worker know or email us at:

adminsouth@fosteringsolutions.com

All kit and train travel to the meeting point is provided

Child Safety Week is an annual campaign created by the Child Accident Prevention Trust (CAPT). Child Safety Week is intended to instigate conversations around child safety and spread awareness of how parents, carers and educators can prevent accidents. Their theme for 2025 'Safety is for sharing', as they try to combat the amount of misinformation online. They are asking us to share their expert safety advice with as many people as we can, through social media, friends and families, and posters in the community. Below are a few of their fact sheets, please visit <https://capt.org.uk/resource-centre/> for loads more.

Safety around dogs

The bond between your child and dog can bring fun and happiness to family life. We don't expect our own dog to bite, but any dog can bite if they feel they have no other option.

Children are most likely to be bitten at home, by a familiar dog. Luckily most bites are preventable and close supervision is key.

- Calm, happy dogs** are most likely to be safe.
 - Give your dog a chance to sniff you before you pick them up. They will tell you if they are happy or if they are nervous. If they are nervous, they may try to run away or hide.
 - Don't force a dog to do anything they don't want to do. If you do, they may bite.
 - Don't tease a dog. Teasing can lead to a dog biting.
- Close supervision** is key when your child is around a dog.
 - Always keep your child close to you when they are around a dog.
 - If a dog is barking or acting aggressively, don't let your child go near it.
 - If a dog is jumping on your child, tell them to stop. If they don't, pick them up and take them away from the dog.
- Teach your child** how to behave around dogs.
 - Teach them not to run or scream at a dog.
 - Teach them not to touch a dog's face or ears.
 - Teach them not to pull on a dog's tail or fur.
 - Teach them not to feed a dog.
- Triggers** - things that can make a dog aggressive.
 - Sudden movements or loud noises.
 - Being cornered or trapped.
 - Being touched in a sensitive area.
 - Being teased or provoked.

For more information, visit <https://capt.org.uk/resource-centre/>

Safe from burns

"I stood with him under a cool shower for 20 minutes. The hospital later said how good his skin was looking as a result."

Babies, toddlers and pre-schoolers have delicate skin that burns easily. They're curious and love to grab. Here's how to keep them safe.

- Hot drinks**
 - Don't give your child a hot drink. If you do, make sure it's cool before you give it to them.
 - Always hold the handle of a hot drink. Don't let your child touch it.
 - If you're holding a hot drink, don't let your child grab it.
- Baths and showers**
 - Test the water temperature with your elbow before you let your child in.
 - Don't let your child in the bath or shower until you're ready.
 - Don't let your child play with bath toys while you're in the bath or shower.
- Hair straighteners and wands**
 - Don't let your child touch a hair straightener or wand.
 - If you're using one, make sure it's cool before you let your child touch it.
- Kettles and kettles**
 - Don't let your child touch a kettle.
 - If you're using one, make sure it's cool before you let your child touch it.
- Staying warm**
 - Don't let your child wear a heavy coat or blanket.
 - If you're using one, make sure it's cool before you let your child touch it.

For more information, visit <https://capt.org.uk/resource-centre/>

Safe around roads

"One act of bad driving robbed the world of a beautiful, intelligent and caring young person. Our lives have been turned upside down by our daughter's death."

It can be hard knowing how best to teach your child to stay safe. Here we help you to break it down and keep it simple.

- Prohibitions** - things that your child should not do.
 - Don't let your child play in the road.
 - Don't let your child play on a road.
 - Don't let your child play on a road.
- Prohibitions** - things that your child should not do.
 - Don't let your child play in the road.
 - Don't let your child play on a road.
 - Don't let your child play on a road.
- Prohibitions** - things that your child should not do.
 - Don't let your child play in the road.
 - Don't let your child play on a road.
 - Don't let your child play on a road.

For more information, visit <https://capt.org.uk/resource-centre/>

Watch out in water

"This has highlighted the dangers posed when a child is left unsupervised for a short period of time and even in the shallowest of water."

Drowning happens silently. A drowning child can't speak or call for help. They slip quietly under the water. It's only in the moment they splash about and cry for help, it's a scary thought.

But once you understand how and where drowning happens, there are things you can do to prevent it.

- Baths and small children** - usually drown in the bath or in the garden. It's a very real risk to your child's life.
 - Don't let your child in the bath or garden until you're ready.
 - Don't let your child play in the garden until you're ready.
- Swimming pools** - usually drown in the pool. It's a very real risk to your child's life.
 - Don't let your child in the pool until you're ready.
 - Don't let your child play in the pool until you're ready.
- Beaches** - usually drown in the sea. It's a very real risk to your child's life.
 - Don't let your child in the sea until you're ready.
 - Don't let your child play in the sea until you're ready.

For more information, visit <https://capt.org.uk/resource-centre/>

Guest Speaker Event



LIVE

TRANSITIONAL SAFEGUARDING

with **Dez Holmes**
Director of Research in Practice

Virtual via Zoom

Thursday 19th June 2025
@ 3:30-5 pm

Log in to your **SHINE** account to access this session.

The CareLeaders Online

Children & Young People Now Awards 2023 Winner

Session Highlights:

- ★ **Understanding Trauma:** Join Dez as she leads a critical exploration of trauma-informed practice, delving into the complexities of trauma beyond the surface-level discussions.
- 💛 **Types of Trauma:** We will unpack various definitions and types of trauma, considering their potential impacts on individuals and communities.
- 🏠 **Structural and Socio-Economic Trauma:** The discussion will challenge the focus on individual pathology by exploring structural and socio-economic trauma.
- ✨ **Transitional Safeguarding Explained:** Gain clarity on what Transitional Safeguarding is and what it is not, understanding its significance in the context of whole-system change.
- 🔍 **Research and Lived Experience:** Draw on research, practical wisdom, and insights from lived experiences to comprehend the necessity of Transitional Safeguarding.
- 📈 **Developing Local Responses:** Hear about how some local areas are working towards creating a Transitional Safeguarding response tailored to support young people effectively.

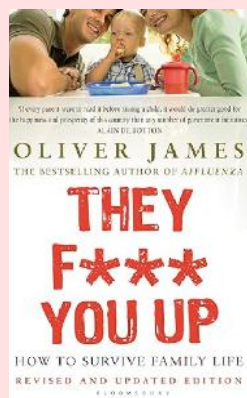
Learning Outcomes

- 💡 **Understanding Transitional Safeguarding:** Participants will understand the concept of Transitional Safeguarding and its implications for practice.
- 💛 **Whole-System Change:** Recognise the importance of viewing Transitional Safeguarding as a matter of system-wide change rather than a simple intervention to be implemented.
- 🌍 **Community Impact:** Reflect on how Transitional Safeguarding can transform the support systems in place for young people in your local area.

This session presents a unique opportunity for professionals seeking to deepen their knowledge of trauma-informed practice and its relevance to Transitional Safeguarding. Join us for an engaging discussion with Dez Holmes, a leading voice in children's services.



Book Recommendation



They F You Up - Oliver James



This is the book being read by our foster carer virtual book club. The next date is 7th July where we will be talking about chapters 1-3. You can book your place on Shine.

In this ground-breaking book, clinical psychologist Oliver James shows that it is the way we were cared for in the first six years of life that has a crucial effect on who we are and how we behave. These early experiences affect our choices of friends & lovers, define our interests and professional drives, and make us more or less prone to mental illness. Nurture, in effect, shapes our very nature. James combines the latest scientific research with fascinating interviews to show that understanding your past is the first step to controlling your present. Each chapter also includes a straightforward questionnaire that allows you to complete an 'emotional audit' so that you can be more aware of your role in the family script.

Website Recommendation



The Times - Parenting Section

<https://www.thetimes.com/topic/advice-for-parents>



The Times and The Sunday Times have launched an interesting dedicated parenting section offering advice and practical support for modern-day parenting challenges.

TV Recommendation



Alison Hammond's Big Weekend

In Alison Hammond's brand new TV show, she spends 48 hours with 6 different celebrities in the places that made them who they are. In this funny and heartwarming show she also sheds new light on her celebrity guests as they discuss their mental health, grief, complex childhoods, domestic abuse, religion and more, reminding us that we all go through similar struggles.

App Recommendation

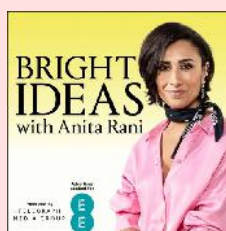


Blue Light



As foster carers, you are eligible to sign up for a blue light card and receive access to exclusive discounts. On the Blue Light app, you can easily search for stores or brands and get discounts on the go with your virtual card.

Podcast Recommendation



Bright Ideas with Anita Rani

Do you ever feel pressure to live your best life but aren't really sure what that means?

Join Anita Rani as she sits down with celebrities and experts (including Dr Ranj and Alexander Armstrong) to find out - uncovering the tips, tech, life hacks and bright ideas they use to make life a little happier every day.

Support Groups - June 2025



Support groups are a great chance to be able to chat to other Foster Carers in your area and discuss ideas, support you may need, or ask questions you may have with your Supervising Social Worker.

Casey will be attending support groups and we look forward to seeing you there!



Fareham & Gosport with

Charisse

4th June

10am - 11:30am

Bayside Cabin, Gosport

Swindon/Gloucester with

Fenella

No meeting this month

Southampton with

Lianne

No meeting this month

Chichester with Lucy

No meeting this month

Basingstoke with

Michelle

No meeting this month

Oxford with Fenella

3rd June

7:30pm

Microsoft Teams



Recommend Us!

People that you refer to us often go on to become foster carers. We want to acknowledge the contribution you make to growing our family of carers and the 'Recommend Us' scheme aims to do just that.

Once the person you have recommended has been approved at panel, you will receive a loyalty payment of £1500* on your next appropriate allowance date. You will also receive a Love2Shop voucher just for getting us in touch with someone.

*Speak to our Carer Recruitment Officer,
Tracy, for more details:
Tracy.Wilding@fosteringsolutions.com

Here is some feedback from one of our Foster Carers. Thank you so much, it means a lot.

'The agency has been amazing, yet again this year. Our social worker is always available or calls back and is a constant source of information. Everyone we come in to contact with is always enormously helpful and encouraging.'

Youth Council

In Youth Council, children meet other people who are in care, and share their experiences with each other. They can give their views on different topics and we will make sure their ideas come to life.

We welcome foster children and birth children and send all new members a welcome pack!



If you have a child/young person over 9 years old who would like to join us then please get in touch with Casey. The date of the next meeting is 4th June via Teams.

Welcome packs have been sent out to the young people on board! Here is a photo of one of the packs we have sent (they include a welcome letter, lanyard with card, pen, keyring, notebook and some sweets).



What do you think of our newsletters?

We would love to hear your honest thoughts on this newsletter. If there's anything you'd like to see that's not on here, email us on adminsouth@fosteringsolutions.com, or alternatively fill in our anonymous survey by following this link:

<https://forms.office.com/e/ygY4xxtESB>

Please join us at the

Lavender Fields

to meet other foster carers and celebrate
nature's beauty!



Ticket to lavender farm and tea & cake in the café included

Thursday 19th June at 11:00am

The Lavender Barn, Hartley Park Farm, Selborne Road, Alton,
Hampshire GU34 3HP

 For foster carers only RSVP Tracy Wilding: 07385381223