

Fostering Solutions South Carers Newsletter

October 2025



**A MESSAGE FROM SOPHIE,
REGISTERED MANAGER**

Hello and welcome to the October newsletter!

October is the 10th month of the year, despite it's name coming from the early Latin word "octo" which means eight, as it used to be the eighth month in the Gregorian calendar before January and February were added in 700 BCE.

I hope you are enjoying the beautiful new colours on the trees that October brings, despite the cooler temperatures and shorter days. Don't forget the clocks go back this month on the 26th, so we'll have a period of lighter evenings for a couple of weeks.

October also marks the start of Black History month, a time to learn about and honour the amazing contributions Black people have made throughout history and today. It's a chance to celebrate stories, achievements, and culture that have helped shape the world we live in.

Thank you to those of you that generously donated to our Macmillan Coffee Morning, we greatly appreciate your contributions to our cause. We had a great time chatting over our delicious home-baked goods.

This month we have organised for the children to go tubing, please do let us know if you'd like to join us.

Take care and have a happy Halloween!

*Best Wishes,
Sophie*

Events, Celebrations & Special Days in



October

- 1st - 31st - Black History Month*
- 1st - World Vegetarian Day
- 2nd - National Poetry Day
- 4th - 10th - World Space Week
- 5th - World Smile Day
- 5th - World Teachers Day
- 6th - 13th - Dyslexia Week*
- 7th - Grandparents Day
- 15th - Shwmae Su'mae Day
- 18th - 22nd - Diwali
- 21st - Apple Day
- 26th - British Summer Time Ends
- 29th - National Cat Day
- 31st - Halloween
- 31st - 2nd Nov - The Day of the Dead



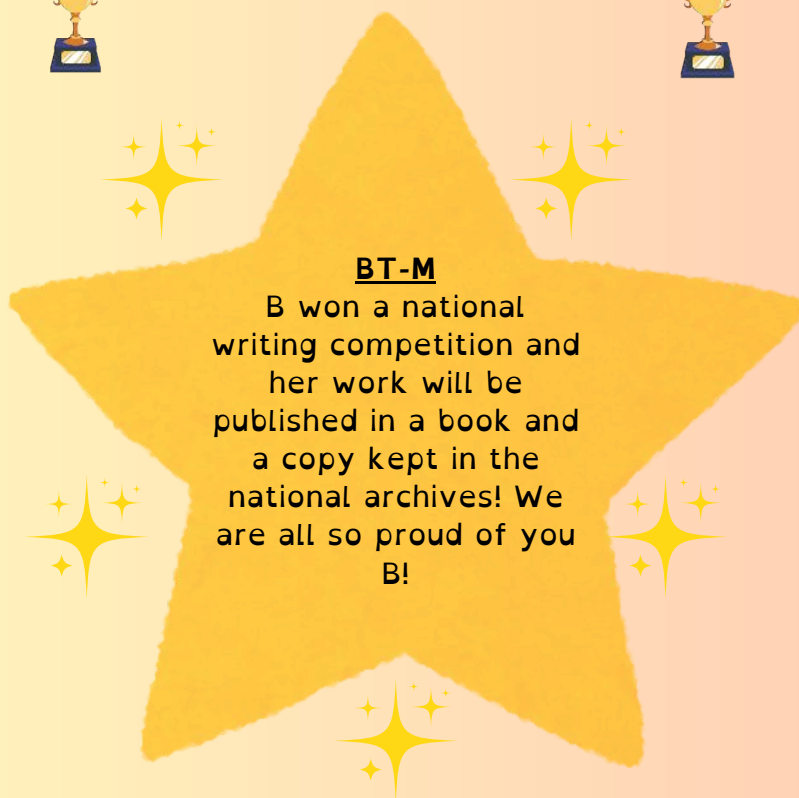
Black History Month recognises and celebrates the contributions, culture, and history of Black people around the world. It also encourages reflection on past and present racial inequalities and the ongoing fight for justice and equality.

Did you know that these newsletters use a dyslexic-friendly font? Each letter is weighted at the bottom so they're less likely to flip, rotate, or blur together.



Star of the month

goes to....



BT-M

B won a national writing competition and her work will be published in a book and a copy kept in the national archives! We are all so proud of you B!

Runner-up

T-JK completed his first ever 5km park run this weekend, what an amazing achievement!

Please keep your nominations coming!

Send an email to adminsouth@fosteringsolutions.com with your nomination and reason!



Foster Carer and Children's News



WELCOME NEW CARER!



Welcome and congratulations to our new carer Milika! We're so happy to have you join our fostering community. Thank you for opening your heart and home.

The Book Trust's 'Letterbox Club' for children in care

Looking for a way to boost your child's reading and maths skills? The Letterbox Club is a brilliant programme by Book Trust designed especially for children who are looked after. Each child receives a colourful parcel every month (May–October) filled with books, maths games, stationery and more – 'For many children, it's the first time they have had a letter or a parcel through the post'.

The cost is £145 per child, which can be covered using PPG+ funding. To register, ask the school to consider it at the next PEP meeting, or bring the details along yourself.

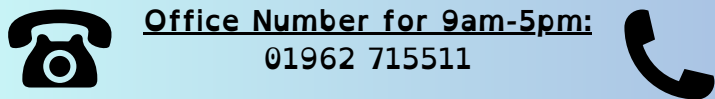
Find out more at:

www.booktrust.org.uk/letterbox-club

letterbox@booktrust.org.uk | 020 7801 8805

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. Kindly delete any other mobile numbers you may have saved for out of hours contact, as these are no longer in use.

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



Have a look at these pictures from our Macmillan Coffee Morning! We shared some amazing home-baked treats and raised £85.00 for Macmillan Cancer Support. Thank you to everyone who donated, every little helps this incredible cause.



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 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!



Safeguarding

Fire Safety this Halloween 🔥

1. Remember Halloween costumes are highly flammable

Many fancy dress costumes are not manufactured to the same safety standards as normal clothing, meaning they can ignite almost instantly and burn far faster. That's why it is crucial to ensure children wearing Halloween costumes are kept well away from naked flames and other heat sources at all times.

2. Check costume labels for a UKCA or CE mark

These labels don't mean a costume won't catch fire. But it has been tested for fire safety so it should burn more slowly.

5. Teach children to Stop, Drop and Roll

Ahead of Halloween, make sure children know what to do if their clothes catch fire. The instinct is to run. So, encourage them to practice stopping, dropping to the ground, covering their face with their hands, and rolling over a few times to put out the flames.

6. Keep candles well out of the path of trick or treaters

Candles and lit pumpkins create a fantastic spooky atmosphere but remember to keep them well out of the path of trick or treaters and away from any Halloween decorations that might catch light. Remember not to put candles on a surface that may burn. And, in all the excitement, don't forget to blow them out when you're done.

Guest Speaker Event



SWGfL

Safe, Secure, Online

SWGfL 7th October 2025: Sexual Extortion (Sextortion)

6:30pm - 7:30pm

- Increasing cases targeting boys as well as girls
- Threats involving fake images or videos, blackmail for money or more images
- Tactics used by perpetrators (e.g. AI-generated fakes)
- Responding to a disclosure and supporting recovery

SWGfL are a charitable trust dedicated to empowering the safe and secure use of technology through innovative services, tools, content and policy, nationally and globally.

"We are proud to be a world leader in online child safety, a founding member of the UK Council for Child Internet Safety as well as an advisor to Governments and a partner in the UK Safer Internet Centre. Our vision: Everyone should benefit from technology, free from harm."

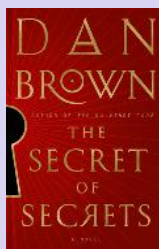
Book your place via Shine.

Recommendations



Book Recommendation

The Secret of Secrets - Dan Brown



The world's most celebrated thriller writer returns with his most stunning novel yet—a propulsive, twisty, thought-provoking masterpiece that will entertain readers as only Dan Brown can do.

Robert Langdon, esteemed professor of symbology, travels to Prague to attend a groundbreaking lecture by Katherine Solomon—a prominent noetic scientist with whom he has recently begun a relationship. Katherine is on the verge of publishing an explosive book that contains startling discoveries about the nature of human consciousness and threatens to disrupt centuries of established belief. But a brutal murder catapults the trip into chaos, and Katherine suddenly disappears along with her manuscript. Langdon finds himself targeted by a powerful organization and hunted by a chilling assailant sprung from Prague's most ancient mythology. As the plot expands into London and New York, Langdon desperately searches for Katherine... and for answers. In a thrilling race through the dual worlds of futuristic science and mystical lore, he uncovers a shocking truth about a secret project that will forever change the way we think about the human mind.

Website Recommendation



www.booktrust.org.uk/letterbox-club

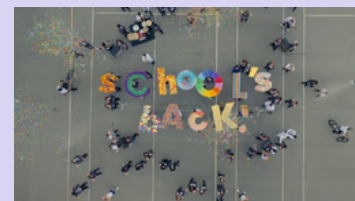


As mentioned earlier, the Letterbox Club sends monthly parcels filled with exciting items like books, fun maths games, stationery, postcards, and even letters from authors – all designed to support reading and numeracy for children in care. Visit the website for more info!

TV Recommendation



Educating Yorkshire (Channel 4)



12 years since the nation fell for Educating Yorkshire, Dewsbury's Thornhill Community Academy re-opens its doors, telling stories of modern Britain through the eyes of one brilliant school. The show focuses on themes like behaviour and attitude, career aspirations, AI usage, exam anxiety and friendship group arguments.

App Recommendation



Calm Harm (for your young people aged 13+)

Calm Harm is funded by teenage mental health charity stem4, to help manage the urge to self-harm, vetted by the agency. The young person can choose from these categories: Comfort, Distract, Express Yourself, Release, and Random. There is also a breathing exercise to help with mindfulness and staying in the moment, regulating difficult emotions, and reducing tension.

Podcast Recommendation



Black History Bites

Black History Bites is a podcast that shares short, insightful episodes about Black history, culture, and identity from around the world. Each episode explores different topics, ranging from important historical events and figures to cultural traditions and social issues, in a way that's easy to understand but thought-provoking. It's a great way to learn something new and deepen your understanding of Black experiences and contributions across time.

If you have any recommendations then do please let us know as
adminsouth@fosteringsolutions.com, and we can include it in the next newsletter.

Support Groups - October 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 may be attending support groups and we look forward to seeing you there!



Fareham & Gosport with Charisse

22nd October

10-11:30am

Bayside Cabin, Gosport

Swindon/Gloucester with Fenella

17th October

Ask Fenella for details

Southampton with Lianne

No meeting this month



Chichester with Lucy

No meeting this month

Basingstoke with Michelle

No meeting this month

Oxford with Fenella

No meeting this month



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 who would like to join us then please get in touch with Casey. The next meeting is TBC.

Welcome packs include a welcome letter, lanyard with card, pen, keyring, notebook and 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>