

Fostering Solutions South Carers Newsletter



**A MESSAGE FROM SOPHIE,
REGISTERED MANAGER**

Happy New Year and welcome to the January 2026 newsletter!

As we step into a brand-new year, we hope this message finds you refreshed, hopeful, and proud of everything you achieved over the festive season. We hope you all had a wonderful time filled with warmth, laughter, and special moments with your families and the children and young people in your care.

We loved being part of your celebrations again this year and hope you enjoyed your hampers. It was such a joy to see the creativity shine through in the gingerbread building boxes – the effort, imagination and teamwork were fantastic. We were delighted to receive some lovely photos, and you'll spot a few shared in this newsletter.

It was also a real pleasure to spend time with you at our support group lunches last month. Being able to come together, catch up, and celebrate as a fostering community is always special, and we're grateful so many of you could join us.

As we look ahead to the new year, we do so with optimism and excitement. A new year brings fresh opportunities and continued support for the children and young people we care for together, and we're looking forward to sharing more moments and achievements with you in the months ahead.

Finally, British Explorers have released their new adventures for this year! These can be a fantastic opportunity for children to build confidence and try something new, so please get in touch if you think a child or young person in your care would benefit.

Thank you, as always, for everything you do, and we wish you a happy, healthy, and hopeful year ahead.

*Best Wishes,
Sophie*

Events, Celebrations & Special Days in

JANUARY

1st - New Year's Day

5th - Twelfth Night

16th - Global Word Search Day

19th - Martin Luther King Day

21st - National Hug Day

23rd - 25th - Big Garden Birdwatch*

25th - Burns Night

27th - International Holocaust Remembrance Day

28th - International LEGO Day



Twelfth Night is the last day of the Christmas period. It is traditionally when most people take down their decorations and its origins date back to the 6th century.



* Find out more about the BGB on page 6, website recommendation



Star of the month

goes to....



SH

for her amazing school report! SH is consistently reported to engage well, have a positive attitude towards learning and produce homework of a high standard and should be really proud of this!

Second Place

DW

for doing so amazing in her solo at her Christmas concert!



if you have a star of the month nomination please send it in to us at adminsouth@fosteringsolutions.com!

Foster Carer and Children's News



Here's a pic from the Fareham & Gosport festive lunch with Sally, Tracy and Charisse!



How did your gingerbread building go? Here's a few incredible ones we've seen! Is yours on here?



Have a look at this beautiful Christmas card designed by TJK, age 10.



These pics are from Tracy's craft workshop in Havant, where we spent the afternoon making mosaic tree ornaments!

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



Magic Notes

You may have already heard your supervising social worker talking about our new roll-out of Magic Notes. Don't worry if not, we have created an FAQ below with all the important info.

What is magic notes?

Magic Notes is an AI-powered note-taking aide which records and summarises a meeting, whether face-to-face or virtual, into a draft report. Your practitioner is then able to edit, update, and add their analysis to the report ahead of recording it in Charms. We are thrilled to be using this tool as our recent pilot resulted in practitioners and their foster carers experiencing free-flowing conversations without the distraction of note taking.

Do I have to give my consent?

Your practitioner will always ask you if you are happy for them to use Magic Notes to transcribe the meeting before it is used. They can also pause the recording at your request.

Who has access to the recording?

Only the person who records the meeting will have access to the transcript, which will be completely destroyed 6 weeks from the date of the recording. Data is stored securely in the UK and is encrypted to ensure confidentiality.

Please read the Privacy Notice  or ask your Supervising Social Worker for more information if you have any questions .

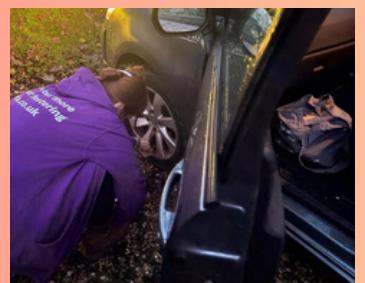
Staff Updates



Last month we had our team Christmas lunch in the office where we feasted, played festive games, and unwrapped our White Elephant gifts!



Well done to Fenella who won a Recognition Award for her supportive & dedicated work with her foster carers.



Nothing is ever simple! Here's how the lunch ended... with us doubling as mechanics for Casey's car!

Please read the Privacy Notice  or ask your Supervising Social Worker for more information if you have any questions .

Safeguarding

Check out this snippet from NFG's New Trauma-Aware Model: find out more from the full brochure on Engage.

"Trauma-Informed" Sounds Great. Until You're In The Moment.

Everyone has a theory. Everyone has an approach. Everyone claims to understand trauma.

But when a child is dysregulating in front of you - what do you actually DO?

Introducing NFG's Trauma-Aware Model

Practical. Skilled. Real.

This isn't another framework to read about - it's a living practice that gives you exactly what to do in the moments that matter most.

From theory to action. From overwhelmed to equipped. From reacting to responding.

Trauma Isn't a Label. It's a Language.

At NFG, we don't ask "What's wrong with this child?" We ask "What is this behaviour trying to communicate?"

This shifts your response from **control to curiosity**.

Our Core Trauma Practice Sequence

Four Steps That Change Everything

- 1. NOTICE** → Pause reactions and ground yourself. Tune in to what the body is saying.
- 2. NAME** → Identify feelings and frame meaning in shared language.
- 3. NURTURE** → Offer presence, empathy, and co-regulation. Practice tools that soothe.
- 4. NAVIGATE** → Support insight and reconnection. Help build coherent life stories.

But Here's What Nobody Talks About...

You can't pour from an empty cup.

When you live alongside trauma, their trauma becomes yours too. It's called **secondary trauma** - and it's normal, common, and needs support.

"Recognising my own secondary trauma wasn't weakness - it was wisdom. Now I have strategies to metabolise what I witness without being consumed by it."

– Supervising Social Worker

Trauma-Aware, Not Trauma-Informed

Because True Understanding Takes Humility, Not Just a Training Course

We will not minimise our children's experiences by suggesting they can be fully understood through a short course. Each child's trauma is unique, complex, and deserving of **ongoing curiosity rather than assumed expertise**.

Trauma-aware practice is humble. It asks

"What might this mean?" rather than declaring "*I know what this is.*"

From the First Phone Call to the Foster Home

Every touchpoint matters. Every interaction either reinforces safety or activates old patterns of stress.

That's why **everyone** - from referrals to HR, from admin to leadership - receives trauma-aware training tailored to their role.

Because a child's healing doesn't happen in isolation. It happens in a system.

Language isn't just communication - it's care.

Our Trauma-Aware Model teaches you to replace deficit-focused language with words that create dignity and safety.

Because children may read these records later in life. Every word either builds shame or builds understanding.

In the full brochure, discover our complete trauma-aware language guide and recording principles that honour dignity.

This Is Just the Beginning

This flyer gives you a glimpse. **The full brochure reveals:**

- The complete Wellbeing Framework with 4 support levels
- Detailed breakdown of trauma types (and why they matter)
- The full trauma-aware toolkit with practical techniques
- How trauma-aware leadership creates cultures of safety (top-down to bottom-up)
- Five specialised training pathways for every role
- Real examples of trauma-aware recording and documentation
- Our Clinical and Therapeutic Offer - how we deliver this in practice

Ready to Move Beyond Theory to Practice?



Download the full Trauma-Aware Model brochure

<https://app.engagees.com/page/6239>

From theory to practice. From overwhelmed to equipped. From reacting to responding.

NEW Online Speaker Event: Let's Hang On To What We've Got with David Cameron



Thursday 22nd January 2026
3:30 - 5:00pm
Online via Shine



This session will be realistic about how much we do despite, rather than because of, the circumstances and the system in which we work. We will also look at how we might change these circumstances.

In among all the philosophising and ranting, there will be a few laughs, a load of music and some surprisingly practical ideas and strategies.

- A renewed sense of self-confidence and worth
- A strengthened approach to self-evaluation
- Some tools for making improvements and progress
- The courage to say "no"

Co-Regulation Tips

Children don't learn to manage big feelings on their own – they learn it through us. Co-regulation is about staying calm, present, and emotionally available when a child is overwhelmed, so they can borrow our regulation before developing their own. It's not about fixing the feeling or stopping the behaviour straight away, but about helping the child feel safe, seen, and understood.

This poster from Social Workers Toolbox highlights simple, practical ways carers can support co-regulation in everyday moments. Even small, consistent responses can make a big difference.



NEW FOR 2026! British Exploring Adventures



2026 sees the launch of a range of exciting adventures across the UK and abroad in beautiful and stunning locations. Please get in touch with Casey or your supervising social worker if you think your young person would be interested!

1. Wilderstan Antarctica & Oman
When? Jan-Feb
Where? Online via Zoom
Age range? 14+
Fundraising challenge? Free



2. Adventure Weekend (camping)

When? 10th April - 12th April

Where? Cannock Chase, Staffordshire

Age range? 14-19

Meeting point? Stafford Train Station

Fundraising challenge? £30



3. Adventure Week (camping)
When? 23rd May - 27th May
Where? Exmoor National Park, Devon
Age range? 18+
Meeting point? TBC
Fundraising challenge? £70



4. Adventure Week (wild camping)

When? 25th July - 31st August

Where? Cairngorms National Park, Scotland

Age range? 16-19

Meeting point? Edinburgh Train Station

Fundraising challenge? £80



5. Adventure Expedition (wild camping)

When? 5th - 18th August

Where? Knoydart, Scotland

Age range? 16+

Meeting point? Fort William

Fundraising challenge? TBC

6. Overseas Adventure Expedition

When? 25th July - 22nd August

Where? Kyrgyzstan

Age range? 18+

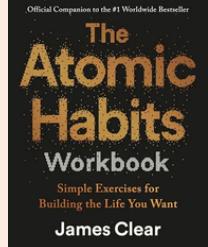
Fundraising challenge? £1250

Recommendations



Book Recommendation

The Atomic Habits Workbook - James Clear



Recommended for the start of a new year and setting your resolutions, The Atomic Habits Workbook is an interactive guide to building good habits and breaking bad ones, based on the 25-million-copy #1 New York Times bestseller Atomic Habits. Through guided journal prompts and practical exercises, the workbook helps you understand your habits and put James Clear's proven system into action. It includes easy habit-tracking templates, habit stacking, and strategies for staying consistent when progress feels slow.

The workbook also explores how your environment, lifestyle changes, and even fun play a role in habit formation. Packed with tips and activities, it offers a step-by-step approach to making small changes that lead to lasting results.

Website Recommendation

www.rspb.org.uk/whats-happening/big-garden-birdwatch



The RSPB is a charity that works to protect birds and nature, bringing together people who care about wildlife and want to make a difference. Every year, it runs the Big Garden Birdwatch, the world's largest garden wildlife survey, helping to track how garden birds are doing. To take part, choose one hour between 23–25 January 2026 and count the birds you see in your garden, on a balcony, or in a local park. **Only count birds that land**, then submit your results at [rspb.org.uk](https://www.rspb.org.uk). Even if you see no birds, your results are still important.

Film Recommendation

The Secret Life of Walter Mitty (2013)



Kick off 2026 with an inspiring and visually stunning film where Ben Stiller stars as Walter Mitty, a man who seems ordinary and unnoticed... except in his daydreams, where he imagines himself as a hero. When he unexpectedly embarks on real-life adventures, he discovers his true potential, becoming the dreamer and adventurer he always was, and finds the appreciation he truly deserves – from himself.

App Recommendation



1 Second Every Day



Kick off the new year by capturing life's little moments with the 1 Second Every Day app! Simply record a one-second video each day – anything from a smile to a quick clip of your day out – and the app automatically stitches them into a personal video diary. It's an easy, fun way that anyone can track memories and celebrate everyday joys, one second at a time.

Podcast Recommendation



Before Breakfast with Laura Vanderkam



Before Breakfast is a short, practical podcast packed with actionable tips to make your mornings and days run more smoothly. Host Laura Vanderkam shares advice on time management, productivity, and habits, with examples like organising your schedule, tackling tasks efficiently, or finding extra time for what matters most. Each episode is under 10 mins, making it easy to listen to before you get up or while having your morning coffee.

Support Groups - January 2026

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

No meeting this month

Swindon/Gloucester with Fenella

No meeting this month

Southampton with Lianne

22nd January

Chichester with Lucy

No meeting this month

Basingstoke with Michelle

23rd January 12pm
Spruce Goose

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@fostersolutions.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 10th January in the office.

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 adminssouth@fostersolutions.com, or alternatively fill in our anonymous survey by following this link:

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