



changing futures  
fostering

**Local,  
Supportive,  
Life Changing.**



# Starting your fostering journey.....

Finding out more about starting this life changing vocation.

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How I feel about my foster  
family?

***"It's Minty  
Mint, with  
Mint Sauce  
on"***



BEH



# **We are.....**



## **changing futures fostering**

Welcome to our agency!

We're passionate about changing the lives of children through fostering and want to provide better support foster parents. That's why we'll train you to become a therapeutic foster parent.

We are entirely owned by a Charity, which means we are beyond profit – every penny is spent on helping local children and families (which is morally how it should be). We aren't a flash agency with top notch facilities, company cars and six figure salaries. We're a community organisation, started by an experienced Charity, that really does care about children and young people and puts them first.

You'll find that our fostering experience is different to other agencies. When you join our agency you'll be joining us in our mission to change the way care looks for children. We provide training that was developed by established foster parents and we're totally transparent about our fostering allowance and financial support.

We want to support you to understand the needs of children who have faced adversity and want you to feel you are as prepared as possible every step of the way. So if you feel that it's time to take the next step and help a child or young person we really look forward to hearing from you.

**Sarah Richardson**  
**Fostering Manager**

**Martin Todd**  
**Responsible Individual**





# What makes a good foster parent....

## CARING QUALITIES

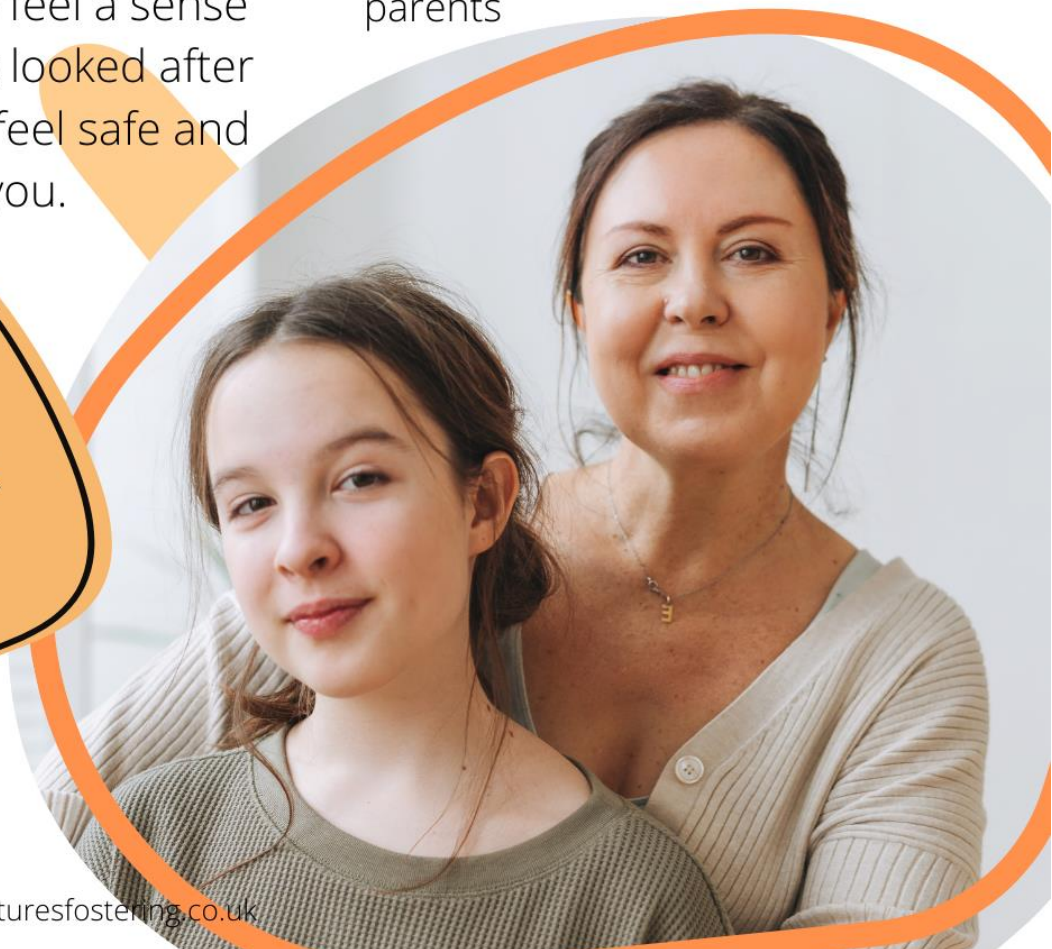
Fostering is a role that requires a lot of skills and qualities but many of these are ones lots of people have already such as being caring, flexible and most importantly committed.

Teaming your skills with the agencies therapeutic parenting approach helps children & young people feel a sense of belonging when being looked after by you. It helps children feel safe and settled when living with you.

When looking at whether someone is a good fit for fostering we are looking for people who are,

- Empathetic and have good listening skills
- Perseverance when things get tough
- Flexibility and adaptability
- Patience and humour
- Stability and consistency in your personal and family life
- An ability to guide children and provide safe boundaries
- Being able to look after yourself emotionally and staying well
- A willingness to work with other people in the child's life such as birth parents

To read about our Fostering Criteria then head to page X







**changing futures**  
**fostering**



***I'm a foster carer with  
CFF and oh my  
goodness I enjoy every  
moment - even the  
tricky days are made  
good by non stop  
support at the end of  
the phone."***

*Jane*

For more info go to, [changingfuturesfostering.co.uk](http://changingfuturesfostering.co.uk)



# Why do children come into care?

**THERE ARE CURRENTLY AN ESTIMATED 78,000 LOOKED AFTER CHILDREN IN THE UK.**

There are various reasons why children come into care, sometimes parents have asked social services to look after the children while they try to sort out some crisis in their life.

More often though social services may have had to take children into care because they felt the child was at significant risk of harm. This harm could be a form of abuse, physical, emotional, sexual or neglect.

The trauma of abuse and neglect can cause emotional and psychological issues that impact on children and cause them to display behaviours that we may find challenging as foster parents. Our Changing Futures through Fostering training programme prepares you in a practical way of how to support children through those challenging moments.

**Children and young people enter the care system through no fault of their own but unfortunately there can be affects when children receive poor standards of care growing up.**



# Can I foster?

Foster parents come from different cultural and social backgrounds, religions, ethnicities, and are of various sexual orientations, physical abilities, ages and genders. You might rent or own your own house. You might be single, or in a relationship.

There is not one single profile of what makes a good foster parent. What really matters above all else is that you have the capacity to love, care for and provide a stable home for a child or young person.



## BEDROOMS

You need to have one or more spare bedrooms in your home. Fostered children need their own room to help them feel safe and settled in their new home.

## AGE

To become a foster parent you need to be over the age of 21. We would need to find out your life skills and relevant experience.



## CITIZENSHIP

To become a foster parent both you and your partner if fostering as a couple need to have British citizenship.



## RELATIONSHIPS

You can foster as a single person or as a couple. If you do want to foster as a couple you will need to have been together for 2 years.

For further information on our recruitment policy around areas such as,

- Smoking
- Children living with you
- Driving

Speak to our team on 01429 363127



# Changing Futures Through Fostering

We've developed a training programme that meets the needs of foster parents so that they can meet the needs of children and young people. We know this because it was designed in part by local foster parents and young people who had been in care.

For children in care to ever find some form of closure and begin to heal, a therapeutic foster parent is required. We train foster parents in a therapeutic approaches covering topics such as how to manage under high pressure, stressful situations.

A therapeutic parenting approach is not rocket science, in its simplest form it is parenting and nurturing a child that enables them to grow, mature whilst considering the trauma and behaviours that may have affected them. It's by sticking with children when things can get tough so they can start to develop a sense of self belonging in the home you share with them.

This extensive training programme is an opportunity to work with the trainers on advancing your knowledge and meeting like-minded people who also wish to foster. You will also meet current foster parents and young people who are or have been fostered.

***"The training you get is also very therapeutic to you and your own family. It helps you understand each others behaviour, behaviours that you have lived with forever. It's been an added bonus for us as we have got so much out of that!"***

Jenny, Changing Futures Foster Parent

A realistic, jargon free practical training that gives you the tools and techniques to support children who have experience trauma or abuse.

## What Will I learn?

**Child Development**

**Child Attachment Theory**

**Therapeutic Parenting Techniques**

**Child Development**

**Mentalization Approaches**

**Fire Safety**

**Impact of Child Trauma**

**First Aid**

**Enquire**

**Home Visit**

**Assessment**

**Training**

**Fostering Panel**

**Approval**



# How We Support our Foster Parents



## **Fostering is parenting with a difference.... it's super parenting.**

To be a super parent, you need proper support. We'll work hard to give you as much help, guidance and support as we humanly can

You'll find that our fostering experience is different to other agencies. We're small enough to give you personalised support but big enough to change the lives of local children.

**18 days Short Break Care.** It can be tough, and you need as much time as you can to recharge your batteries. That's why we offer up to 18 days short break care every year. If you don't use it all, you get the cash value of unused short breaks back.

**Birthday, Christmas & School Holiday Payments.** Amounting to £560 to £620 a year for every child placed with you.

**An experienced foster parent as a Mentor.** Someone whose been there, done it, and learned from experience. They know more about the realities of fostering than a social worker, and can give you the benefit of their experience.

**Psychology Support.** Through monthly group supervision and where needed, help with a tailored plan for your foster child

**Fortnightly supervision from a skilled, experienced social worker.** Through monthly group supervision and where needed, help with a tailored plan for your foster child.

**24/7 Telephone Support-**By an appropriately trained member of staff.

**Education Support-** Helping finding the right school, getting the best education possible for your fostered child, and extra help in some subject areas if they need it.

**Access to mentoring and befriending for fostered children.** The child's Social Worker can make a referral for this support, which usually involves a trusted adult meeting up with the young person every two weeks to do fun things together. It's an extra layer of support for the young person that can help them have fun, enjoy life and build relationships.



# Fostering Fee & Allowance

A financial package worth £396-£463 per week. Ensuring our foster parents, children and young people are well cared for and supported is our number one priority. And financial security is an important factor in that.

This breaks down to £360 - £430 per week per child placed (depending on the age of the child), when short break care and holiday payments are deducted. If you don't use your short break care, you get this as a lump sum at the end of the year.

This works out as at least £18,720 - £22,360 per child per year. It's usually tax free for a single placement. To earn that in a normal job, a basic rate tax payer would need around a £22,000 - £28,000 salary.

Something about the dif between fee and allowance. what its usally spent on.

## MONEY AND FOSTERING....

People often find it uncomfortable to talk about money and caring for children. At our agency we feel it's really important that we are open and transparent about why finances are important.

We agree it's not all about money but we recognise that money is an important factor to think about when becoming a foster parent. Foster parents often leave job roles to become full time foster parents and this leaves them with less money coming in. There are also costs that come with looking after children such as food, clothing, transport and activities, some of the fostering financial package will need to cover that.







# Clare's Story....

Clare joined Changing Futures Fostering in 2020, she was one of our first foster parents! Clare was inspired to become a foster parent as it was something her parents had always wanted to do.

***"Our house growing up was always full of other peoples kids, when my mam wasn't working our friends were round and it was great. When it was mentioned to us as kids we were so up for it but unfortunately our house wasn't big enough. My house is the same as when I was growing up, there are lots of other peoples children around, I love the 'busyness' of it all!"***

After taking a break from running her own business, Clare began volunteering and realised now was the time to become a therapeutic foster parent. Through our therapeutic training and personalised service Clare finally realised her fostering aspirations!



# We can't wait to hear from you.....

There are many ways to get in touch with our team to find out more about starting your fostering journey.



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**Join a small family  
where you will be a  
big part of it.**



**changing futures**  
fostering