

# news

## autumn 2015

positively shaping children's futures



## Director's Welcome

The articles in this newsletter give me great pleasure as they show not just the vast range of work Family Care undertakes but also the many successful events throughout the summer at which many of the children and young people we support, their families and friends, staff, volunteers and our many supporters all come together to enjoy each other's company and have fun.

Days and activities such as these are often the best days in Family Care's annual calendar and help remind us in very practical ways the reasons why we do what we do.

I also hope you've had chance recently to see our Annual Report which is very impressive! The Report shows how the charity is moving forward, evolving its services and the successes we have achieved, in offering a high quality of service to all who seek our help and support.

If you haven't had a copy but would like one, please contact [chris.burton@familycare-nottingham.org.uk](mailto:chris.burton@familycare-nottingham.org.uk) who can provide either a hard copy or a downloadable version.

As ever, thank you for your continuing support for Family Care's work.

Steve Hargrave



## -STOP PRESS-

We will be holding at Family Care Carol Service on 13th December from 3pm at St Jude's Church, Mapperley. Everyone is welcome.

We will be adding further information on our website once it's available.

## Safeguarding

Our safeguarding work rarely gets a mention (apologies for that!!) but earlier this summer we bade farewell to Martin Hollingsworth, Diocesan Safeguarding Adviser for the Anglican Diocese. Martin has carried out his role and responsibilities with great diligence and enthusiasm and we wish him well for the future.

We welcome Donna Bernard - Carlin as Martin's successor. Donna brings a wealth of safeguarding experience within both Local Authority and faith-based settings and we all look forward to working with her.



# Sphere Domestic Abuse



The team at Sphere have worked hard over the summer to practice and embed the training we have received to properly evaluate our service and to provide therapy for parents and children together by using Theraplay and DDP (Dyadic Developmental Psychotherapy). These two therapies aim to improve communication and understanding between parents/carers and their children.

This Autumn one of our staff will be attending further training in Theraplay and in the meantime the Sphere Service Manager is working closely with the Adoption and Bereavement teams to run monthly Theraplay support groups which are open to the whole service. We are all very excited to be working in this way of working together and are hopeful that it will provide an important

addition to the Family Care offer to children and families.

Sphere is proud to be part of a national project with Safelives to provide information about the impact of services for children who have experienced domestic abuse. We input our data onto their database and are able to benefit from externally generated reports of our work in comparison to other similar services throughout the country. Safelives provide us with quarterly summary reports and their staff come to give an annual presentation of our work to which we can invite our Trustees and funders as well.

As well as our individual work with children and families we have continued running groups for teenagers referred to us from CAMHS. One is due to finish



in mid August and the next will run from September through to Christmas. These groups have maintained a good attendance rate and are always oversubscribed and well evaluated.

Our summer holiday activity day was held on the first Monday of the holidays and we invited all the children, their carers and their siblings that we are currently working with. We provided coach transport from the centre of Nottingham and went to Ferry Farm - a family run play and activity farm park in Hoveringham, just 10 miles away. The day was a huge success and very much enjoyed and appreciated by all the children and their parents. Many thanks to Sports Relief for providing the funding for this event!

## Adoption

Adoption was in the news recently with the sad loss of the British Association of Adoption and Fostering (BAAF), which closed their doors on 31st July after over 30 years' supporting Social Workers and agencies, and championing adoption. The independent charity was responsible for the National Adoption Register, National Adoption Week, Activity Days and Be My Parent magazine. The adoption agency Coram, First4adoption (the government's adoption gateway) and Adoption UK will be taking over some aspects of BAAF's work.

We had a wonderful day at our annual picnic for our adoptive families. With activities including kite and rocket pack making (pictured).



There were a few soggy sandwiches when rain stopped play, but we hope everyone enjoyed it as much as we did! Hopefully we'll see everyone again next year too.

Our work with Home for Good continues. The charity's aim is to make adoption and fostering a significant part of the life and ministry of the Church in the UK. We have three Information Evenings taking place in 2015 that Home for Good are hosting and leading on.

The evenings will take place from 7-9pm on:  
30th September 2015 in Derby  
7th October 2015 in Loughborough  
14th October 2015 in Lincoln

We'd love to hear from any Christian adopters who would be happy to talk at any of these. Please contact Laura on 0115 9603010, email: [laura.mynett@familycare-nottingham.org.uk](mailto:laura.mynett@familycare-nottingham.org.uk) if you would like to find out more.

As well as our Home for Good Information Evenings, our regular Information Evenings continue to be well attended and receive good feedback. We recently held an LGBTQ Information Evening following on from this year's Gay Pride in Nottingham. To celebrate Pride our Family Care logo had a rainbow makeover on our Facebook page and leaflets (pictured) that our team handed out on the day. It was great to hear one of our adopters talking about the joy of adopting as a same-sex couple on Radio Nottingham on the day of our Information Evening too.



If you're adopted through Family Care, you will hopefully have received our recent letter regarding children's groups. There has been some interest in us running these, so we have organised an activity day for 5-11 year olds on 28th October. If you've not contacted us already but feel your children might benefit and enjoy meeting up with other adopted children in a fun environment please get in touch with Jane Lees in our Adoption Team ([jane.lees@familycare-nottingham.org.uk](mailto:jane.lees@familycare-nottingham.org.uk))

This year's National Adoption Week is taking place 19-25 October with the theme 'Too old at four?'. Children over this age, often wait the longest to find their forever family. If you have adopted a child who was four or older and would be happy to share your story with the media to reach new adopters during National Adoption Week please let Laura in the adoption team know. We would support you with any interviews and ensure that they were handled in an understanding and anonymised way.

As well as adopters of children over four, we'd love to hear from any adopters who would be interested in taking part in brief films that will appear on our website. In particular we'd like to hear from single adopters, adopters with birth children, adopters of children with disabilities, gay adopters, people who have come to adoption after fertility treatment and adopters of siblings.



# Spiral Bereavement



**spiral**

supporting children and families

Between April and July 2015 Spiral ran 15 social activities with 190 participants in total. These included our family golf day, happy hands workshop, fun run, our active together program, FABS, Articulate and Ants.



Our residential activity weekend at Hagg Farm took place in early July for children aged 9-12 years, thanks to Comic Relief's

funding. It was a very active weekend and was a great achievement for all those who participated. Activities included gorge walking, shelter building, zip wire, boulder hopping as well as time relaxing and eating together. We even took some time to remember the person that had died by releasing a yellow rose in the stream on our first evening, a special moment for us all to be a part of.



Here's what some of the children had to say:

*'I had the best experience of a lifetime, having fun and making friends'*

*'I loved taking in the events, and would love to come here again'*

*'I could have stayed longer'*

*'Hagg Farm was the best trip I've ever been on. I wish I could have a remote control so I could press pause and stay here for a long time'.*

We also held our summer BBQ and were pleased to welcome 42 people. Even though it rained, we made the most of the time and one of our activities involved creating our tree.



We continue to grow our service and have recently secured a two day contract for 12 months with Gedling Primary Partnership, supporting primary aged children at risk of exclusion. This will involve support through consultation and training to staff, and emotional support to children who are accepted under our referral process.



# Spiral Volunteering

Spiral volunteers continue to make a huge and varied contribution to the work of Spiral, over the last four months volunteers have contributed a massive 905 hours to support our work!

This ranges from providing the ongoing befriending support to individual children and carers, to helping out with the Fun Run as well as our annual BBQ.

We have trained three new activity organisers to help support Spirals annual calendar of events, and our wonderful friends at Boots ran another pub quiz in aid of Spiral, which this year was based around the Eurovision Song Contest. Unfortunately the Spiral Team could only dream of taking away the cup, Eurovision trivia simply wasn't our forte!



A huge thank-you to Boots who continue to provide a range of support. Their fundraising for our Family Fun Day has enabled us to venture further afield this year and we are planning to enjoy the great outdoors at Conkers in Derbyshire. The team have also organised to make over our waiting area which as well as a team challenge it will really improve the surroundings our families so often use.

Plans are also in place for our volunteers to help us in hosting a Macmillan Coffee Morning for families accessing our bereavement service. We are hoping to have a raffle, and 'faked or baked' taster session.



# Fundraising



Our Annual Christmas Toy's collection will once again take place at St John's Church Hall in Bilborough. Donations will be collected between 8th-10th December with gifts distributed out to children and young people in time for Christmas. If you would like further information please contact Sam in our Support Services Team on the main phone number, email: sam.wilson@familycare-nottingham.org.uk

In June Family Care were lucky enough to be chosen as one of the beneficiaries for this year's Park Garden Trail. It was a fantastic event which was extremely well attended by members of the public and the sun shone throughout! Family Care staff were on hand during the day volunteering their time to direct visitors and give information about the event. We were very pleased to receive a generous donation from the proceeds of £2,000 presented to us by the Lord Mayor of Nottingham. Our heartfelt thanks go to all involved in the organisation of the event.



*Pictured: Louise Casey from Family Care with the Lord Mayor of Nottingham*

We continue to get a lot of support from Boots, both from teams as well as individuals. John Swan recently raised £370 in his cycle challenge:

*"Doing the Great Nottingham Bike run for the first time I was keen to be able to raise as much as possible for a charity at the same time. Hearing and reading about Spiral over the past few years it was the obvious choice. It felt very humbling to be able to support such a brilliant cause. I managed the first 30 miles in just under 2 hours and felt good. Miles 35-38 felt very bad! ...last 10-12 miles were a bit of a blur but I enjoyed it immensely"*



*Pictured: John completing the Great Nottingham Bike Ride.*

A big thanks to John for putting in the pedal power and well done for managing to go the distance!

We have another fit fundraiser who is taking part in the 'Big Bold Challenge' a triathlon event organised by Vodafone. They will be taking part in the Olympic Triathlon Swim, which is a whopping 1500m outdoor swim! You can sponsor him [www.justgiving.com/Steve-Pascoe-Evans](http://www.justgiving.com/Steve-Pascoe-Evans) or by texting SPEV99 plus £(the amount you'd like to donate eg: £5) to 70070. Vodafone will match all Sponsorship up to £350 too.

Spiral led on organising the Family Care Fun Run which was held on 15th June and was hosted by Nottingham Girls School. We had 28 participants and the total fundraised has now increased to £1,000. A huge thank you to our runners, and those who gave sponsorship.



Four girls from Nottingham Girl's Schools have recently raised £836 for Spiral, doing a sponsored 5k run wearing brightly coloured clothing which took place on July 4th, with teachers vs student netball and a cake sale. They exceeded their aim to raised £600 and are hoping to run some additional events later in the year, an amazing achievement.



## Feedback

The aim of this newsletter is to give supporters of Family Care information about service developments, events and fundraising. We value any feedback you have on the format or content of this newsletter.

If you do not want to receive information on Family Care's work, please email [chris.burton@familycare-nottingham.org.uk](mailto:chris.burton@familycare-nottingham.org.uk) or write to Chris Burton at our address.



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