



news

spring 2015

positively shaping children's futures



Director's Welcome

Sunday 8th February 2015 was a great day in the life of Family Care with the launch of "Sphere" the new name for Family Care's Domestic Abuse service. The team has developed significantly in recent times and by giving them their own identity within Family Care, we hope to see the service expand to help even more children who are impacted by the effects of living with domestic abuse.

We were delighted to be part of Nottingham Rugby Club's event which was promoting the immensely important message of the White Ribbon campaign by raising awareness of the issue of violence against women and girls. We were also grateful to Rushcliffe Borough Council for inviting Family Care to participate in the event.

Meanwhile, Delphis Akintunde in the Spiral Bereavement team has been leading on Family Care's application to be accredited as an "Investor in Volunteering". Delphis and her colleagues prepared a very full portfolio of information and as part of the process, we were visited by an External Assessor from NCVO (National Council for Voluntary Organisations) who interviewed volunteers and colleagues. We will hear the outcome of the assessment in April. Many thanks to Delphis for all her hard work.

I hope you enjoy reading about all that's been going on here at Family Care over the past few months and as ever, thank you for your continuing support of our work.

Steve Hargrave

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Adoption



The adoption team are continuing to work hard with, and on behalf of our families, as well as maintaining relationships with local authorities to find and maintain strong adoptive placements.

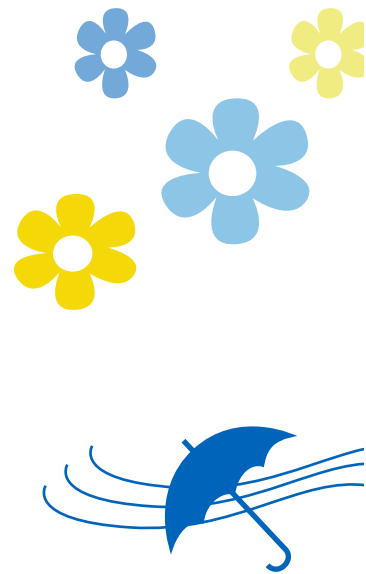
The adoption landscape has changed significantly over the past 12 months, due to some recent court cases, with many children now taking longer to have an adoption plan in place. This has led to an increase in waiting times for most of our approved adopters when linking. We want to make sure our waiting adopters continue to get our full support, and are working to ensure we are able to offer continued training whilst we look to find their 'forever family'.

We recently heard that we've been fortunate to have been allocated money through the Government's Expansion Grant as part of a funding bid we worked on with other agencies. The money will allow us to work in partnership with the Home for Good charity. They will help strengthen our relationship with churches in promoting adoption, as we know the support people receive through their church network really helps them and their families.

Our regular information evenings continue to be well attended, and feedback from these always mentions how the adopters stories are really powerful and make such a difference. Due to the increasing demand on our regular speakers we sent out a letter to recent adoptive families asking for support with information evenings, speaking with the media and promoting adoption generally. We had a really good response to the letter and organised for people who said they were able to help, as well as past adoptive speakers to join us for a small tea party at our offices where we were able to meet with them and talk through the various ways they could help. Thank you to everyone that attended.

As you may be aware, all our adoptive families have access to books which might be useful for parents and their children. Unfortunately not all our books are returned to us. If you have any books that Family Care have loaned to you that you've finished with, can you please return these to us at your earliest convenience? As well as Family Care's library, did you know adopters who live in Nottinghamshire county can gain access through their local library to the many books on adoption which Nottinghamshire County Council provide? If you have any suggestions on books you think are useful for adoptive families or people applying to adopt please do let us know, and if we don't have them already we might be able to purchase them to help people in the future.

We're seeing some great engagement on our Facebook page and are nearly up to 100 likes! We've also listened to feedback from some of our single adopters who find it hard to access our support groups and have set up a private Facebook page where they are able to link to other single adopters for support. If you're an approved single adopter through Family Care and would like to be added to the group please contact Laura in the adoption team on 0115 9603010, email: laura.mynett@familycare-nottingham.org.uk.



Sphere Domestic Abuse



As you'll have seen from our new title and the Director's Welcome the Family Domestic Abuse Team has now been officially launched as 'Sphere'.

Our launch, which took place on the 8th February, has been many months in planning so we now have our name which is an acronym for Safety, Progression, Hope, Empathy, Respect and Empowerment - which we also regard as our mission statement.

The launch itself was held on a beautiful clear, crisp and sunny day and was part of the Nottingham Rugby Club's Charity Match to support their charity of the season The White

Ribbon Campaign - a charity for men to pledge against violence towards women and girls. We worked closely with our partners at the Rugby Club, the White Ribbon Campaign and Rushcliffe Borough Council (special mention must be made here of Wendy Green the Domestic Abuse Outreach worker for Rushcliffe who worked tirelessly to ensure this event was a success).

Steve Hargrave our hardworking Director and Ros Hill, Sphere Service Manager, went early to the ground to set up the Sphere stand and to be filmed by Notts TV. Steve was part of the honorary guest list to take part in a pre-match dinner and speeches and Ros and the team staffed the stand

and acted as general hosts. We had asked 24 of the children linked to our service to come to be a mascot at the game and from this had 51 children and parents plus additional friends who came to support us and participate in the event. Thanks to the generosity of the Rugby Club for giving them all free tickets and to Rushcliffe Borough Council for providing a drink and food coupon for each mascot and one parent/carer, this made the day extra special.

As well as the actual rugby match - obviously the main attraction (although sadly Nottingham didn't win on this occasion) - there were various activities for the children throughout the afternoon such as a treasure hunt, batac and samba drumming from the Nottingham School of Samba as everyone came in.

Our rebrand, which was done for free with the help of Louise Schofield, has included getting new literature, leaflets and other promotional material, as well as updating our website to reflect this in the near future. As well as our new look and name we've also changed our duty times to Tuesdays and Thursdays 9am to 11.30am, when one of the team is available to offer advice and take referrals by phone. We are introducing online enquiry and referral forms to help families and agencies access our service more easily.



Spiral Bereavement



Our service continues to show no signs of slowing down. In 2014/15 our target was to support 50 families, but in the first six months we've already worked with 48 families. This figure highlights the importance of the support we are providing and the real need for our service.

As well as updates to our referral process we have also begun to take new referrals for emotional support work. Our early intervention work is

continuing for parents/carers through one-to-one support and there is also a range of other services families can access ranging from social activities, family support, group work, workshops, and our befriending service with our volunteers. We also have consultations available for professionals.

At Christmas some of our teenagers attended an ice-skating trip and we also held a climbing wall session for



spiral

supporting children and families

FABS (Families Affected by Suicide) with both being well attended.

Spiral's annual calendar of events has been updated and sent to families, as well as a residential trip being planned for July 2015 it's looking like a busy year ahead with lots of social activities.

Volunteering

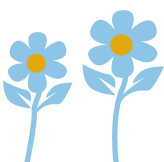


Spiral volunteers celebration event took place in Dec 2014, it went really well and was supported by the Spiral team and Family Care's Chair of Trustees, Beth Henderson at Riley's Pool Hall. We had 18 volunteers attend and the evening was a lovely social event that we plan to do annually. This included our individual volunteers, as well as supporters from Boots and NTU, who have been

a key support in helping with our larger social events.

As well as being able to thank our volunteers, we also used the opportunity to gain feedback from them. Here's just one example:

'Volunteering with Spiral has been extremely rewarding, I've really enjoyed working in a friendly atmosphere'.



Supported by Big Lottery

A little BIG Thank you

Spiral also launched our 'little Big Thank You' book, which is full of images, photos and words from the children and young people who have benefitted from the support of volunteers working with Spiral. The book was given to each volunteer on the evening and the feedback about it was really lovely... with a few volunteers saying it had 'brought a tear to their eyes'.



Fundraising



The beginning of the year can often be quiet for fundraising, with people getting back to normal after the Christmas and New Year break. It's been wonderful to know though, that hasn't stopped our supporters!

The Minster School in Southwell have also been pledging their support to Family Care and raised £457 with various activities including a non uniform day and bake sale. We'd like to thank all the staff and pupils for their hard work and generosity.

Chris Burton was invited to Radcliffe Golf Club to accept a cheque on behalf of Family Care for being their Men's and Ladies' Captains' Charity of the Year. Over 12 months, fashion shows, flower arranging and golf days took place and raised a staggering £9,756. Chris Burton commented, 'Nobody would tell me how much had been raised, so I had no idea until the big cheque was presented to me. I was speechless; I never expected so much money to be raised for Family Care. I really can't thank the Captains enough for having Family Care as their Charity of the Year.'

Chris Burton photographed with Men's Captain David Rich and Ladies Captain Ady Brightman.



Family Fun Run

We know how lots of our families would like to do something to raise money for Family Care, which is why we've organised our own Family Care Fun Run. The run will take place on Sunday 14th June from 11.00 am. The run is for one mile and will be held at The Nottingham Girls High

School on the sports field - run, jog or walk you decide!

If you'd like to take part, please contact Sarah Alger in the Spiral Team sarah.alger@familycare-nottingham.org.uk who'll be able to register your details.



Churches



Thank you to the many churches that held special offerings during their Christmas services where Family Care was the beneficiary. We're so grateful to your support of Family Care at Christmas and throughout the year.

We'd like to give a special mention to St Helen's church in Burton Joyce and St Mary's church in Edwinstowe who both made Louise Casey our Fundraising and Engagement Coordinator very welcome when she came along in December to talk about the work that Family Care do, as well as giving generously to our Toy Appeal.

If you would like Louise to come along to talk at your church, please get in touch.

Family Care's Mothering Sunday resource brochure is now available from Chris Burton. The brochure has lots of ideas for celebrating Mothering Sunday in an appropriate sensitive way, in a church environment and was developed by Nick Harding, the Diocesan Children's Ministry Adviser. If you would like a copy please e-mail chris.burton@familycare-nottingham.org.uk with your postal address.



Lights, Camera, Action!

Models needed



Our Annual Review will be available towards the middle of the year. We'll be organising a photo shoot in the next couple of months so we have plenty of photos to use in the report. A professional photographer will be doing the photo shoot and anyone taking part will get a copy of all their photos.

Any photos used from the photo shoot will only be used in the Annual Review (unless you give us permission for use elsewhere), no names are used and we also make it clear that we have used models for the photos.

As well as children, we'd love to get some family photos. For an example of the type of photos you can view our Annual Review on our website:

www.familycare-nottingham.org.uk

If you'd like to take part please get in contact with Laura Mynett on 0115 9603010, email:

laura.mynett@familycare-nottingham.org.uk

who will be able to give you further information.



Family Care's Christmas Toys Appeal

Approximately 1,500 children received gifts this Christmas thanks to the generous donations of new toys, gifts and vouchers. A large number of local organisations who are supporting vulnerable children and families accessed gifts for families they are working with.

A big thank you to the staff, and dedicated volunteers (including Boots) who support this event with the day to day organisation, setting up, sorting and deliveries.

Feedback received included:

"We really appreciate the continued support your organisation gives to

our residents and their children. It makes such a difference knowing people are thinking about you during this very special time of the year. This is a time when families come together. Sadly many of our families can't be with their friends and loved ones because they are in another country or it is unsafe for them to visit. It is, therefore, important for these families to know they are not alone and they have not been forgotten".

Nottingham City Homes

"Thank you very much for our Christmas presents. It was very kind of you".

Siblings aged 10 & 17



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 or write to Chris Burton at our address.



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