

news

summer 2016

positively shaping children's futures



Director's Welcome

Welcome to our Summer Newsletter and as ever I hope you enjoy reading about all that has been going on at Family Care in recent months.

I'd like to highlight in particular, the work of both our children and families' teams (Sphere and Spiral) who continue to provide consistent and high quality support for children and their families at very difficult and traumatic times in their lives. This is very specialised work and I and the Trustees of Family Care appreciate the hard work and commitment shown by the Children's Practitioners in both teams.

The adoption service is rightly proud of its record in supporting adoptive families and I'm pleased that we have now extended the support available for all our families and are working with Dr Helen Rodwell and Dr Zoe Webb who are featured elsewhere in the newsletter. Helen and Zoe bring a range of specialist expertise which complements all our other adoption support provision and we look forward to working with them both for a long time to come.

This leads me onto an early notice about National Adoption Week later this year. The theme is "Supporting Adoption" and we will be holding an event for people touched by adoption. More details will follow nearer the time but if anyone is interested in hearing more, please contact my colleague Laura Mynett - laura.mynett@familycare-nottingham.org.uk

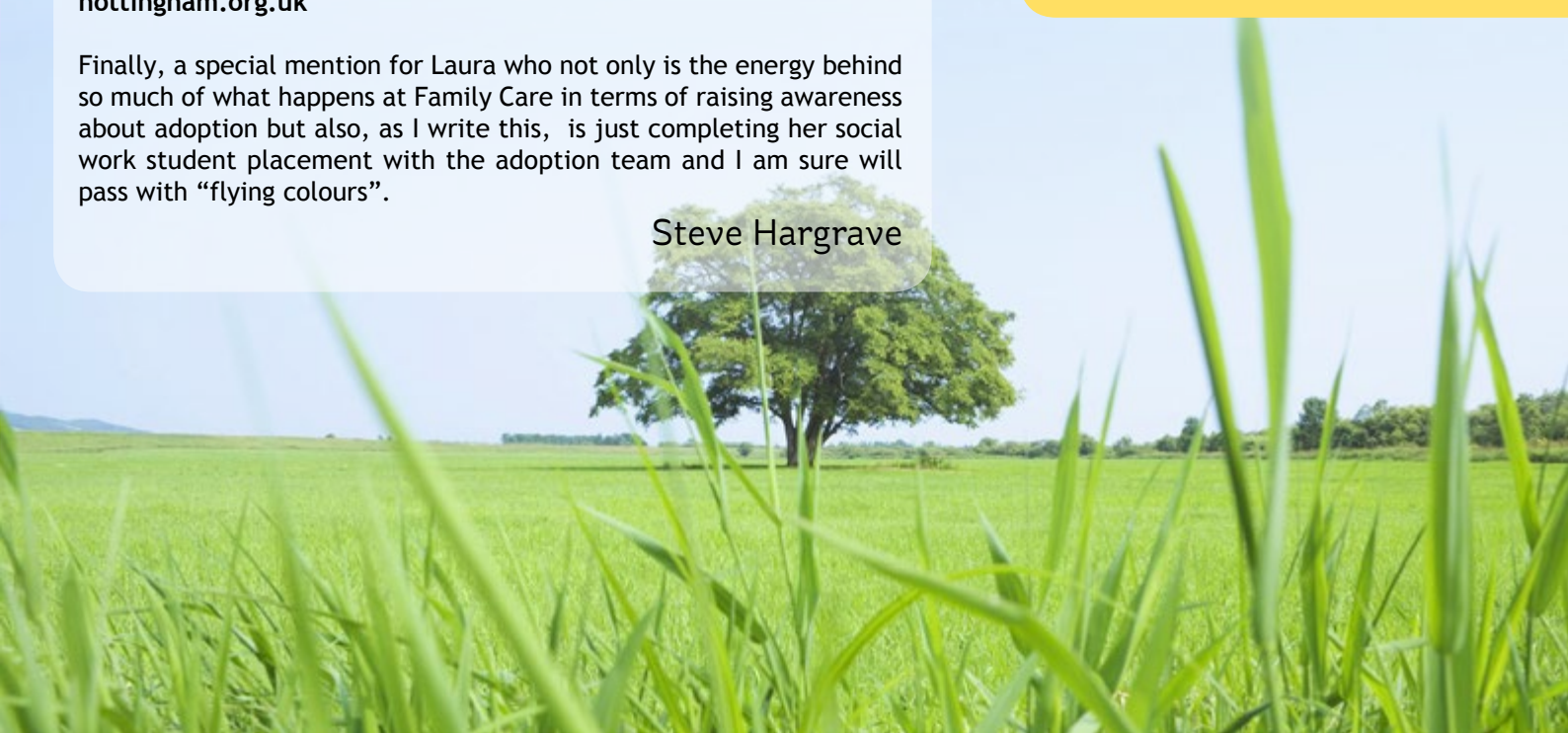
Finally, a special mention for Laura who not only is the energy behind so much of what happens at Family Care in terms of raising awareness about adoption but also, as I write this, is just completing her social work student placement with the adoption team and I am sure will pass with "flying colours".

Steve Hargrave



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Sphere Domestic Abuse



Linked to the Big Lottery funding to Sphere which started in March this year, there has been additional 'Building Capabilities' funding from the Big Lottery which included an Organisational Review of Family Care as a whole. The Foundation for Social Equality (FSE), a consultancy in London, was commissioned to do this work and a representative from this organisation visited Family Care for the day on 17th May to meet with all the Managers and a representative from the Trustees. This review will focus both on the strengths in Family Care and challenges for both the short and long term future. We eagerly await their findings and recommendations.

The subject of Domestic Abuse - in particular coercive control and emotional abuse has recently been in the media and raised public awareness by the powerful story in the long running Radio 4 drama 'The Archers'. The storyline has slowly and carefully developed the theme and shown how one partner in a couple can be controlled and dominated until she (or he) comes to a breaking point. It also shows how children can be drawn into the dysfunctional relationship and how confusing and disturbing this is for them. In Sphere, we work with many parents and their children where coercive control is the main manifestation of domestic abuse. The Serious Crime Act 2015 received royal assent on 3 March 2015 and came into force in December 2015. The Act creates a new offence of controlling or coercive behaviour in intimate or familial relationships

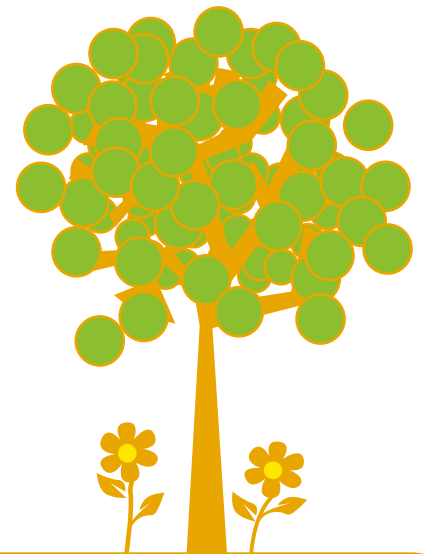
(section 76). The new offence closes a gap in the law around patterns of controlling or coercive behaviour in an ongoing relationship between intimate partners or family members. The offence carries a maximum sentence of five years' imprisonment, a fine or both. Although this is harder to evidence than physical abuse for example, Nottinghamshire Police were the first force to bring a successful case to Court this year. Sphere team members have attended briefings on Coercive Control and had a talk on the legal aspects in a recent team meeting. Two of the team are also going to attend a conference on Post-separation Domestic Abuse in Birmingham in June, where we hope to learn more about the influence abusers have on both their ex-partners and children even after they have left the family unit. As a team we see this regularly, as we only work with children post-separation.

We had our annual team away day at Center Parcs in May where our Service Manager, Ros, presented an overview of the work undertaken over the last financial year (April 2015 to March 2016) and where we discussed our targets and goals for 2016-2017. The team found it encouraging to see the impact of all the hard work they have done working with children and their parents/carers. In particular how positive it has been to start to concentrate on the more specialist therapy, working on children's attachments and relationships with others.



An exciting development for the team is our plan now to set up a parent/carer steering and support group. We have had funding for this from JN Derbyshire and Henry Smith Charities and have recruited Louise Casey - until recently the HR Manager at Family Care - to set up and run this important project. An update will be given in the next newsletter.

Finally we are planning our summer outing for the children and families we are working with and which will be funded from our Children In Need grant. The date set is Friday 29th July and we are currently looking at a couple of local outdoor venues. A report and photos will be included next time!



Fundraising



We have been very lucky again this year to have been chosen to be a beneficiary of the Mapperley Open Gardens. The event will take place on Sunday 26th June from 1pm to 6pm. There are lots of fantastic gardens to visit as well Tea & Cakes. Children's Activities, Craft & Plant Sales and Champagne & Pimms! Please do come along and support this wonderful event. More details can be found on their website:
www.mapperleyparkopengardens.co.uk

Our very brave bereavement Manager Angela Cheadle along with other volunteers & staff are participating in a Skydive to raise funds for our Spiral bereavement service. The Skydive will take place on Monday 12th September. If you or your company are interested in taking part in the Skydive, sponsoring the event or is able to provide us with prizes for the raffle please get in touch with Angela Cheadle, Spiral Team Manager:
angela.cheadle@familycare-nottingham.org.uk

Spiral Bereavement



spiral

supporting children and families

Spiral remains committed to providing a variety of support to bereaved children and their families throughout Nottingham City and Nottinghamshire.

Between January and March 2016 Spiral received 32 new referrals and was actively assessing 19 children and families. 15 children were receiving 1-to-1 emotional support and 31 adults received family support. In addition 42 professionals were supported by the Spiral team through consultations and training.

Our social activities continue to be an integral part of the work we do, enabling bereaved families to access peer support and reduce social isolation. We had 135 attendees join us in a range of activities from a visit to laser-quest to a trip to Brackenhurst and a family bowling trip.

The family bowling session in the February half-term, had 37 attendees at the City Centre venue. It was a great activity for all ages, and it was really lovely to see some of our Dad's taking part.



Spiral has provided a number of training sessions in this last few months. These include: running the module on supporting siblings following a bereavement, within the palliative care course for Nottingham University, an' Introduction to Bereavement and Loss' day for Nottingham City Council professionals

and a two hour introduction session for the Mansfield Primary Partnerships on the 'Missing You' Pack.

We could not provide the service we do without the continued support we receive through fundraising. This quarter we have received £2,375 which was predominantly from Boots match funding. Thank you so much to all those involved.

Members of our team will also be doing their own fundraising for the service on Monday 12th September. Please see the Fundraising section on how you can get involved and support the team.



Spiral Volunteering



A trip to Nottingham Trent University's Brackenhurst Campus was our Easter activity day organised by some wonderful volunteers from the University's Catering Department. It was an amazing day with the animals and even included funding for a bus to transport families, along with a hot lunch in their cafeteria. We think it might be one of our favourite trips! Everyone of all ages enjoyed it and were able to get hands on with the animals including, holding a snake, meeting Napoleon the rabbit and visiting their prize winning red Lincoln cows. We were also very lucky to see two newly born lambs alongside their mums. It would be lovely to see if it could become an annual trip for our families!



Our fantastic volunteers from Nottingham Trent University continue to provide precious weekend activities for 16 children to attend ANTs and 15 children to attend ARTiculate projects. 28 volunteers give up their time on a Saturday to run these projects.



We are really pleased to have three new male volunteers to be trained within our next training programme; the first since the start of the project.

We will be delivering a new training programme for a minimum of five new volunteers prior to Summer 2016.



Adoption



The Adoption Team have worked hard to achieve a successful 2015/2016 and matched 24 children with their adoptive families. Additionally, we have approved 15 households as adoptive families at our panel.

As well as working with our new families, we continue to offer support to our existing adoptive families. As part of this support we would like to welcome Dr Zoe Webb and Dr Helen Rodwell who have joined Family Care.

Helen and Zoe are currently offering regular consultations at Family Care. They hope to offer an empathic space in which parents, parents-to-be and their supporting professionals can discuss and explore any matters which may arise during any part of their adoption journey.

Zoe is a qualified child and adolescent clinical psychologist with over eight years' experience of working with young people and their families, including children who are adopted or in local authority care. She is able to work therapeutically with young people and adults in either individual or family sessions.

Helen is a Consultant Clinical Psychologist who has worked with children, parents and families for over 15 years. She began her career in Child & Adolescent Mental Health Services before specialising in work with looked after and adopted children before moving on to work in independent practice. Helen's skills include specialist assessments of attachment, relationships and child development.

We currently have FREE consultation slots available with both Zoe or Helen, these can be booked through your Family Care Social Worker.

Our partnership with Home for Good continues. Their role as a charity is to 'find a home for every child that needs one'. They aim to do this by putting adoption on the agenda of the Church by raising awareness, encouraging people to consider adoption and inspiring and equipping churches to better support families that adopt. They currently have two events planned in Leicester. The first event on 9th June is for people within church communities who would like to 'champion' adoption. The second event on 28th June is for anyone wanting to find out more about adopting. Information on both

events can be found on either Family Care or Home for Good's website (www.homeforgood.org.uk)

Just a reminder that we have two regular groups for adopters. PLACE is for families who are accessing, or might access therapeutic support, and our under six's group is for adopted parents with young children. Both groups offer a supportive, therapeutic and friendly environment where you can meet other adopters and develop new skills. Please ask your Social Worker for further details.



Dr Zoe Webb

The Adoption Team are making preparations for the annual Family Care Summer Picnic, which is scheduled for the last week in July. An invite will be sent shortly and hopefully you can join us for a fun packed family event.

For up to date news on adoption' please 'like' our Family Care Adoption page on Facebook



/familycareadoption



Dr Helen Rodwell



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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