

NEWS

AUTUMN 2016

POSITIVELY SHAPING CHILDREN'S FUTURES



WELCOME

In July we said a fond farewell to Steve Hargrave, Director of Family Care. In the six years that he was with us Steve made a significant impact on the growth and development of our agency.

His commitment to Family Care, his achievements in strengthening our financial position, and his sense of humour were very much appreciated. We wish him well in his new role within a fostering agency.

As we said "goodbye" to Steve we said "hello" to our Interim Chief Executive Maureen McGrath. Maureen is a qualified Social Worker and senior manager with extensive experience of the statutory and voluntary sectors. Previous roles have ranged from Manager at Sargent Cancer Care, Assistant Director at Barnardos, Interim UK Head of Safeguarding for TCV, and more recently Looked after Children's Improvement Partner for various local authority Children's Services departments, and Key Link Advisor for the introduction of the Adoption Support Fund. Maureen is delighted to be working with Family Care and looks forward to meeting with families, volunteers, and staff who are tireless in their commitment to the excellent services Family Care provides, alongside our funding partners who are vital to our success.

In July we also said goodbye to Beth Henderson who has resigned as Chair of the Trustees. Beth has been our Chair for over four years and has brought a wealth of knowledge and experience to the role. We wish her all the best. Graham Howe, a Trustee and adoptive parent has taken on the role of acting Chair. Graham says "Family Care will be forever special to me and my family, without the agency indeed I wouldn't have my special family. Family Care provided unbelievable levels of support whilst my wife (Louise) and I adopted full sibling sisters, when they were aged 4 and 18 months. Now aged 8 and 5 we are a happy and active family, still accessing some of Family Care's support services.

When I was approached to be a Trustee, I was more than happy to try and return the support we received from Family Care. I'm confident that my experience owning and managing various apprenticeship training companies means I can offer strategic guidance.

I'm keen to understand better the excellent services provided by Family Care in addition to adoption"

It is a period of change for Family Care both internally (with our personnel changes) and externally with impending national strategic changes arising from the Children and Social Work bill to consider along with plans for the implementation of Regional Adoption Agencies. Graham and Maureen will work closely with our Trustees and Managers over the coming months to ensure Family Care is well equipped to respond to challenges and opportunities ahead.

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SPHERE DOMESTIC ABUSE



The Summer has flown by and our team of two full time and three part-time children's practitioners continue to be busy working with children, young people and their parents who have been impacted by domestic abuse.

Our training over the last 18 months in parent-child interaction therapies has helped us work more closely with parents and children together - either through play (for the younger children) or through therapeutic conversations - often alongside a creative activity. This has meant a change in approach where we involve parents from the beginning to take part in the therapy for some families. For others we continue to offer individual work for the child/young person but still do regular reviews with their parent/carer. We are now receiving referrals from a wide range of agencies from children as young as 3 years up to 17 years. Our boy's project has continued to attract referrals and our boy's worker is currently working with ten teenage boys.

Our parent support/steering group has now had two meetings - the first in May at Family Care and the second in July at the Women's Centre. A name for the group is being chosen by members and they have put forward several ideas of particular activities or workshops they would like. The next planned meeting is 14th September when a practitioner

from CAMHS is coming to give specific advice on eating difficulties and sleep problems. We hope this group will provide friendship, support and encouragement to the parents/carers who use Sphere. The group is open - and accepts any parent at any time who has either used Sphere in the past or is currently with us. It is facilitated very ably by Louise Casey who has been recruited specially for this role so as to keep it separate from the therapeutic work.

Thanks to Children in Need funding we were able to take a number of the families we are currently working with to Yorkshire Wildlife Park for the day on 29th July. A total of 63 parents and children attended along with six staff and one volunteer helper. We were able to provide a coach for two-thirds of families and the rest came in their own cars.

Although it was a drizzly day, it seemed to make no difference to everyone's enjoyment. There was a lot of safe space for children to run around and they were able to see beautiful and several endangered wild animals such as polar bears, Siberian tigers, leopards, giraffes - as well as African deer, meerkats, wombats and wallabies (to name a few). We mostly took our own picnics but supplemented with drinks, cakes and doughnuts!

In addition to this we were able to provide four teenagers access to a Bikeworks four morning workshop for free where participants built, resprayed and customized BMX bikes - which they were then allowed to keep!

As mentioned in the last newsletter, the Foundation for Social Improvement (FSI) provided an Organisational Review of Family Care as part of the Sphere Big Lottery Funding award. This review particularly highlighted the positive ethos of Family Care in working with disadvantaged children across Nottinghamshire, and the dedication and professionalism of the staff. It commended the hard work we do raising funds so we can continue to provide our services. The main recommendations were for Family Care to upgrade and modernise the IT and computer systems and to work on a marketing and communications strategy. The Management team are now looking at this and taking steps to concentrate on these particular areas. The FSI were very complimentary about 'all the great work' we do and have asked Family Care will be their featured charity in their national training programme over the forthcoming months. We are of course very proud to have been considered for this!





SPIRAL BEREAVEMENT



Spiral's biggest challenge for 2016/2017 is sourcing ongoing funding for our service, and we are working closely with our Interim CEO here at Family Care regarding this.

Ten people from our FABS (Families Affected by Suicide) group took part in a Treasure Hunt around Nottingham City Centre, which allowed us to see sights and learn some history. It was also a great activity for our parents and carers to reminisce with their children and young people about the memories they had in and around Nottingham City.

Spiral continues to use our systemic family assessment to ensure those we accept for direct work are accessing the right support for their family. During term time our consultation slots are very busy supporting parents/carers and professionals working with bereaved children and young people. We are hoping to make some sessions available on a Thursday to increase capacity to meet the requests for this.

Spiral's social activities have continued to be a great success. Our family golf event held at the Lost City Adventure Golf had 33 people join us. We also ran our annual BBQ at the end of July, with 26 attendees. Children and their families enjoyed a soap making workshop hosted by LUSH and had fun with our Mad Science Scientist making slime, candy floss and seeing how bubbles and ice work.



The Spiral team attended a three day bespoke residential training program facilitated by Arlene Healey, a registered systemic psychotherapist with more than 40 years' experience working with children and their families in the NHS in both child and family and CAMHS. In 2008 she established the Family Trauma Centre in Belfast.

This training was funded by Macmillan Cancer Support, to support families who have experienced cancer related diagnosis and/or a single or multiple traumatic deaths. The focus was working with trauma and loss reflecting on the needs of families and staff, including vicarious trauma.



SPIRAL VOLUNTEERING



As ever the volunteers have continued to be an integral part of the work we do at Spiral.

In June we held another volunteer training day and we can now welcome three more volunteers to the team. We are also in the process of developing some exciting links with local business to build on the corporate volunteering. Watch this space, we will keep you posted!

At the Spiral BBQ in July we had some volunteers from Lush come and do a 'bath bomb' workshop with the children and families. This went down well and families were able to take home their very own made relaxing lavender robot bath bomb.



Over the last two year's Spiral has been greatly supported by a local park keeper John Caulley. He has provided space for us to do outside workshops and activities e.g. pond dipping whilst always making our children and families exceptionally welcome. He always goes above and beyond what would be expected of him. As a result we decided to nominate John for the Nottingham City Council's GEM award for Outstanding Customer Service.

We are pleased to hear that he has been shortlisted as a finalist in the Outstanding Nomination category.

The winner in this category will be chosen by Nottingham City Council's Chief Executive and Assistant Chief Executive and will be announced at the awards dinner on 17 November 2016. We are keeping our fingers crossed for him!



Pictured: John Caulley

We were really pleased that Chloe and Lexi, final year students at Nottingham Trent University were given special awards in recognition of their volunteer work with Spiral. Chloe and Lexi were team leaders of Articulate and ANTS projects; Saturday art and activity groups for bereaved children being supported by Spiral. They both gave up their Saturdays to plan and run the sessions. We were so impressed by their commitment, enthusiasm and thoughtfulness and we are thrilled that this was also recognised by NTU after our nominations of them."

Chloe O'Conner leader of Articulate receiving her award



Students from NTU receiving awards. Lexi (ANTS leader) is 5th from the right

ANNUAL REVIEW



Our Annual Review is due to be published soon. As well as being able to download a copy from our website you can request a hardcopy from Chris Burton, email: chris.burton@familycare-nottingham.org.uk or call 0115 9603010.



Spiral Bereavement

Our experienced staff team and trained volunteers are passionate about the quotes from ' Insight' our qualitative research project funded by the Lottery where services users share their experience of the support they have received. A large part of our support is focused on spending time with children to make sense of the death they have experienced, providing space to rebuild their lives and look towards a more positive future following the death of someone significant.

We have developed and implemented a more in depth assessment in the last 12 months to ensure children and families have access to the wide range of services Spiral provides. We focus on the individual's needs, this could incorporate advice and support through early intervention, consultations, 1:1 emotional support, family support, family group work, social activities, bereavement work etc. of our volunteers.

The success of ' Insight' gathering quotes from service users regarding the impact of Spiral's support has been extremely positive. Providing qualitative evidence about our service provision.

Complications include: witness to a traumatic death, experiencing suicidal thoughts, parental mental illness, domestic abuse, living with a child who lives in financial difficulty. Many of these complexities involving the death of support children and families require. Spirals focus is on the provision of quality support for children and their families which often requires together and more intensive support.

Causes affected by Cancer, Suicide, Violence/Murder and Substance Misuse have dominated referrals.

Complications include:

- Witness to a traumatic death
- Experiencing suicidal thoughts
- Parental mental illness
- Domestic abuse
- Living with a child who lives in financial difficulty
- Many of these complexities involving the death of support children and families require. Spirals focus is on the provision of quality support for children and their families which often requires together and more intensive support.

Causes affected by:

- Cancer
- Substance misuse
- Sudden death
- Heart conditions
- Accidents RTT
- Violence/murder
- Suicide
- Substance misuse
- Premature/lost death
- Other
- Not yet determined

WE ARE

Family Care is a welcoming, forward-thinking and creative local charity that works to support children and families. We offer a range of services in adoption and emotional support to children and young people and we work with other organisations to keep children and vulnerable adults safe from harm.

Providing the best outcomes for children and young people is at the heart of everything we do. Our team of skilled professionals bring their experience, expertise and specialist knowledge to our organisations and help us to be there to offer the support children and families need.

We want children to be happy, healthy, have fun and achieve and we work closely in partnership with parents, carers, schools and other agencies to make this happen.

We have been working in Nottingham, Nottinghamshire and the surrounding areas for over 20 years, evolving throughout the time to meet ever-changing needs.

Family Care is dedicated to helping and supporting children and families, to provide them with the best chance of achieving happy and fulfilling lives.

in 2015/2016 we

- Received 102 general enquiries regarding support to children and families.
- Have seen a significant increase in the length of support, children and young people require for 12 emotional support sessions.
- We have dedicated over 300 hours of support to an essential part of the line we provide.
- We have had a 25% increase in members and professional consultations. As well as professional advice we also delivered training to staff via 7 external bereavement sessions. This included for Nottingham City Council at Nottingham ALMA Supporting School Griefing and Bereavement.
- We ran a residential Farm in Derbyshire for 2015/16 in July included grief walk, zip wire and boat ride.
- Our annual activities have been a great success, these include our Summer BBQ, Summer Fun Day was held at Convent, Loughborough and October Celebration week included a trip to Palace Bowles and a celebration event.

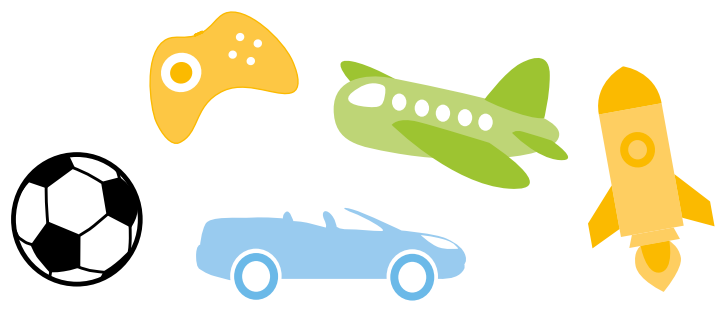


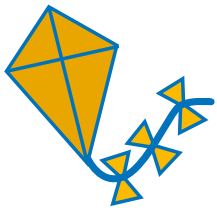
FUNDRAISING



This summer we were fortunate for two Open Garden events to choose us as their beneficiaries. Both Willoughby on the Wolds and Mapperley Park raised money for us by people throwing open their garden gates and inviting members of the public to come and see some truly fantastic and interesting gardens.

With us waving goodbye to Summer and our BBQ's, picnics and day outs, our thoughts turn towards our Annual Christmas Toys collection. This will be taking place from Tuesday 6th December- Thursday 8th December between 9.00am-12.30pm at St John The Baptist Church Hall, Graylands Road, Bilborough NG8 4FD. This appeal really does make a difference to not only some of the children and families we work with, but children across the whole of the County. Donations of new toys and gift vouchers (for older children) will all be gratefully received.





ADOPTION



We had a wonderful day at our annual picnic for our families. The weather was glorious and fun was had with activities including puppet making, face painting and designing and making windmills. We enjoyed catching up and spending time with you all and will

hopefully see everyone, as well as some new families, next year. We would love to hear your feedback about this year's picnic and ideas for next year and have made a short online survey for you to complete <http://bit.do/fcpcpicnic>

Our work with Home for Good continues. The charity's aim is to make adoption a significant part of the hope and ministry of the Church in the UK. We

have regular meetings with Joe McSharry, Home for Good's Regional Manager who is currently facilitating Information Evenings in November to coincide with National Adoption Week. We are happy to announce that some of our Christian adopters have signed up as Home for Good Champions, supporting and talking at Home for Good events about their adoption journey. If you would like to hear more about becoming a Champion you can find out more by visiting Home for Good's website www.homeforgood.org.uk or by calling Joe on **07557 886 382** or **0300 0010995** email: joe@homeforgood.org.uk (Joe's working days are Wednesday and Thursday).

The East Midlands Regional Adoption Agency continues to be in the early stages of development and are facilitating EMRAA Adopter's voice sessions. We will be sending all our adopters a formal invite to these sessions to get involved in the creation and shaping of the new RAA. The two events will inform people about how the service may be delivered and allow adopters to say what they would like from the service. The two events are:

12th September 2016, 7.45pm-10pm at Millgate House Hotel, 53 Pelham Street, Newark, Nottingham NG24 4TU

13th September 2016, 10am-1pm at Family Care, 28 Magdala Road, Nottingham NG3 5DF.

We will keep you posted as future events are currently being arranged.

We would like to say a huge congratulations to Laura Mynett on successfully completing her Social Work placement with Family Care. We wish Laura all the success in completing her final stages of her Social Work degree and final placement.

We would also like to say a big 'thank you' to the volunteers from Lush who came along to our Adopters PLACE group and gave our adopters a pampering session. We know all our adopters really enjoyed this session.

We are fastly approaching National Adoption Week which is about #SupportAdoption and would like to hear from you with regards to developing our Adoption Support Service to meet the needs of our adoptive families. If you have any suggestions regarding our training, groups or social events please contact Laura in our Adoption Team on 0115 9603010, or email:

laura.mynett@familycare-nottingham.org.uk



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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