

Update for foster carers – 28th May 2020

I hope you and your families are all continuing to keep well and safe.

Thank you for all the positive support you are providing to our looked children and young people.

A short update this week, as no changes as to how we are currently operating, but I do want to share with you a thoughtful gesture of kindness by one of our cared for children and a project you may want to try on mindfulness.

Cayden and Number 10

The importance of kindness has been highlighted during this lockdown period and I was delighted to receive a lovely example from one of the children in our care, Cayden, being cared for by his Sally his foster carer.

When the Prime Minister was ill in hospital, Cayden asked Sally if he could send the Prime Minister a get-well picture (attached). The first Photo is the Prime Minister holding up the picture, the second photo is Cayden with an ice lolly and a thank you note from the Prime Minister! The third photo is a close-up of the thank you note from number 10.

Cayden's kindness and his consideration of others is inspirational as children often are. I am really impressed and proud and grateful to Cayden and Sally for agreeing to the photos being shared with you and our staff.

Mindfulness challenge

I have been sent details of a mindfulness challenge (attached) by Ali, one of our family workers, which is from Mind Of My Own, who wanted to do something to support children and young people's wellbeing.

Do make use of our foster carer website: <https://www.nottinghamshire.gov.uk/fanotts> for updates re; COVID-19 and where there is lots of good information and resources and our Facebook page: <https://en-gb.facebook.com/fosternotts/>

Thank you for all you are doing and for your ongoing support to our looked after children and young people. I will keep you all updated of any changes to our working practices impacted by any further government guidance.

Ty Yousaf
Fostering Service Manager
28th May 2020