



Fostering Family Worker Service



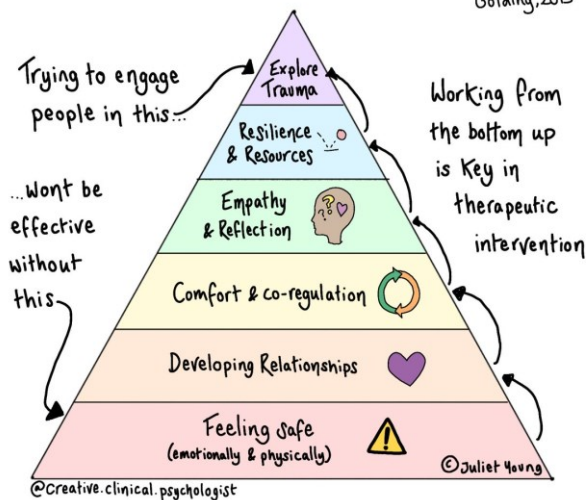
The team consists of 5 full time workers, who can support mainstream and family and friends' carers within and outside of Nottinghamshire.

Our Aims

We aim to provide preventative support to Nottinghamshire foster carers to aid resilience and support foster carers to meet the needs of children and young people aged 0-18 in their care.

Therapeutic Needs Hierarchy

Golding, 2015



Clinical research has shown that children who are looked after need to feel safe and develop relationships for them to recover/explore the trauma they have experienced. Therefore, we follow a holistic approach of working with both the carer and child.



Support undertaken is specific to the child or foster family but may include:

Therapeutic Parenting

1-1 work around therapeutic parenting within the foster home with carers, utilising strategies of PACE, Dyadic Developmental Psychotherapy (DDP) and The Three R's (Relate, Regulate and Reason).

Virtual Reality Headset

This can be provided 1-1 in the foster home, or via group sessions. Sessions will focus on the experiences of a child prior to and being in the care of the local authority.

Life Story – A Three-Tiered approach

Working with the foster carer to implement a 3-tiered approach when

asked difficult questions about a child or young person's past.

Theraplay

We can utilise 'Theraplay', which is a play-based intervention, to build relationships between foster carers and the child/young person.

Foster Carer's HUB Groups

We are available to attend foster carers' support groups to provide practical support and demonstrations, for example of Theraplay activities.

Feelings and Self Esteem

We work with children to develop an awareness of their feelings, how to manage these and work towards feelings of self-worth and confidence.

Our intervention

The carer, child or young person will continue to be supported until it is felt that all work outcomes are achieved, or if the situation changes. For instance, the child no longer being cared for by the local authority.

How to access our support

If you would like support from our service, please speak to your supervising social worker, who will be able to complete a referral form and discuss the service in more detail.



Below is feedback from foster carers and children/young people: -

“Theraplay was beneficial for all involved. It helped our child to learn not to control play, making it more of an enjoyable experience.”

“Thank you for your support, it has been invaluable. It has helped our child increase their confidence in going out independently, which is something he never did before. He has now secured a place at college.”

“Our family worker went above and beyond her role to ensure the placement remained stable, she kept all professionals around the child informed of both theirs and our needs.”

“You helped me to understand why I’m in foster care and who is in my family.”

