

# DEVON FOSTER CARERS' ASSOCIATION



## UPCOMING EVENTS

### **Picnic in the Park!**

**(Victoria Park, Bideford – by the paddling pool) on**

**Friday 27<sup>th</sup> July (11 – 4 pm)**

**DFCA will provide all food**

*(but please don't forget to let Kim St. Barbe know your numbers)*

**...but don't forget to bring drinks for your youngster and their swimming kit if you want to take advantage of the paddling pool.**



**Please remember, ALL children MUST be accompanied by their carer(s) on ALL DFCA trips.**

**Then...as if THAT wasn't enough 😊...we have joined forces with the Fostering Service to provide another...**

### **Walk in the North!**

**Lynton & Lynmouth**

**On 10<sup>th</sup> August**

**And more events have been planned...check out our Calendar of Events (attached)**

**More information will come out soon, so.... watch this space! 😊**



# DEVON FOSTER CARERS' ASSOCIATION

## DATE FOR YOUR DIARY!

**Our AGM this year will take place on  
Thursday 13<sup>th</sup> September 10.30 – 1.30 p.m.**

**at The Kenn Centre, Kennford**

**followed by a support group with bring and share lunch**

*(Further details to follow shortly)*

## NATIONAL UPDATES

### Fostering Network Update!

It's been 2 years since the Impact Report on the 2016 State of the Nation's Foster Care survey. The report below summarises the positive impact FN have had as a result of collating this data from foster carers. Take a look...

<https://www.thefosteringnetwork.org.uk/sites/www.fostering.net/files/content/2016stateofthenationsfostercareimpactreport.pdf>

***...and the 2018 survey has just gone live!***

<https://www.surveymonkey.co.uk/r/RGLHBRY>

***Please take a minute to give your views***

*(just click on the above hyperlinks)*

***Be a part of change, and not just a victim of it!***



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## SOUTH WEST FOSTERING FORUM

### REMINDER NEXT MEETING

22<sup>nd</sup> November 2018

All meetings are held in Taunton (as they involve carers from all over the South West Region). If you're interested in coming along, let one of us know. We can arrange to accompany you, so you wouldn't feel at a disadvantage. 😊

## SARAH NAISH is coming to Town (!!)

Sarah Naish, founder of The National Association of Therapeutic Parenting (NAOTP) will be the key speaker at the Fostering Carer's Conference on 31<sup>st</sup> October (more details in the Fostering Devon newsletter) and will talk about, among other things, compassion fatigue. Not to be missed!

WATCH OUT FOR MORE INFORMATION ON THIS FROM THE FOSTERING SERVICE ,  
COMING OUT SOON! 😊

Most of you will already know that NAOTP provides support, education and resources for ALL therapeutic parents (including us!). They offer real strategies around effective interventions and information around compassion fatigue and the effects of early life trauma.

You can find out more on their website at [www.naotp.org.uk/](http://www.naotp.org.uk/) or their Facebook page (NAOTP).  
NB: Members can take part in Listening Circles and receive a whole range of information and resources.

## DISCOUNTS, OFFERS and other 'FREEBIES'!!

### FREE / DISCOUNTED HOLIDAYS FOR CARERS

Many of us are already aware that **Timpson Trust** offers **free holidays** to foster carers (more information and application form can be obtained from any Timpson outlet OR at our DFCA meetings) but many are not yet aware that **Ilfracombe & District Lions Club** have been running Holiday Homes for the disabled at The Golden Coast Holiday Park in Woolacombe that they are willing to offer to foster carers at **discounted rates!**

For more information, and application form, [contact www.e.clubhouse/sites/ilfracombe](http://www.e.clubhouse/sites/ilfracombe)

(Happy Holidays 😊!)

## SAFETY FIRST!

Devon & Cornwall Fire Service offer a **Free Home Safety Check** for families

simply contact them direct on 0800 0502 999 or via [www.dsfire.gov.uk](http://www.dsfire.gov.uk) to book your check.



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## MID DEVON ALLIANCE FOR

**SEN** Saturday morning activities from 10 – 4 at PETROC College in Tiverton. For more details, check out

<https://www.masctiverton.org/>

## EXETER LIBRARY

organise lots of fun activities, including their Minecraft Red Ticket Day, Time Travelling and Discovering Nature, PLUS, lots more!

Why not check out their website for more details,

<https://www.devonlibraries.org.uk/web/arena/exeterlibrary>

## FN INFORMATION!

We have acquired some more Information Leaflets for Carers from Fostering Network around the subjects of;

1. Inland Revenue & Tax for foster carers, and
2. Entitlement to Benefits for foster carers.

These will be freely available at our DFCA meetings.

If you'd like information on other topics, please do let us know.

## AND DON'T FORGET...

...to check out all the other events on our Calendar (attached).

There's bound to be something on there that could be right up your street



## DON'T FORGET...

...your MAX Card offers all foster carers discounts to a variety of entertainment venues. If you haven't received yours yet, speak to your SSW asap, so you and your children

## DON'T MISS OUT!

For more information about what's on offer check out...

<http://www.mymaxcard.co.uk/>

## Foster Carers, caring for Children with Disabilities

This Support Group meets on Mondays from 10 - 12 at Welland House, Chaddiford Lane, in Barnstaple every Monday.

Remaining dates for this year; 18<sup>th</sup> June, 16<sup>th</sup> July, 24<sup>th</sup> September, 15<sup>th</sup> October, 19<sup>th</sup> November and 10<sup>th</sup> December (Xmas lunch).

If you're interested in going along, please contact Helen Woolway (social worker) on 07967176713

## Tarka Tennis in Bideford

Is still offering lots to keep your child entertained. From mini tennis to regular tennis clubs to Wimbledon Fever, it's a fantastic place to get them on their feet. They are still offering their Special Olympics sessions on Saturdays from 2 – 4. More details can be found at...

<http://www.leisurecentre.com/tarkatennis/Tennis/page>

## ...AND... Watch this space!

We'll keep you posted of any more **FREEBIES!** that come to our attention.

*(If you happen to know of any, why not let us know and we'll broadcast it for other carers?)*

## BSL/ Makaton Practice Group

Last Tuesday of every month. No fee  
Beginners welcome  
Waterfront Inn, Westward Ho!

For more information, telephone  
[Sandy Buckley on 01237 425454](tel:01237425454)



# DEVON FOSTER CARERS' ASSOCIATION

## REMINDER

MID & EAST SUPORT  
GROUP – 19<sup>th</sup> September

Colaton Raleigh Village  
Hall 11 – 1 pm

## REMINDER

SOUTH – Support Group

13<sup>th</sup> September 2018

10:00 am - 12:00 pm - Colebrook Community Centre, Plymouth  
Devon

AND Colaton Raleigh Village Hall 11 – 1 pm

## REMINDER

NORTH – Support Groups

11<sup>th</sup> September – 10.30 – 12.30

At The Freedom Centre, Barnstaple –

Carer led (*Run by carers with experience of managing complex behaviours*)

## CALLING ALL CARERS, IN ALL AREAS!

Walks around Devon and days out at a local park are simple family events that all ages seem to enjoy.

Would you like to organise walks in **your** locality? You know the best places in your own areas and you'll know which carers in your areas would join in with you if a fun walking event was planned. We'd be happy to help with arrangements, planning and broadcasting, but we need input from carers like you who know places in their area, so do get in touch if you would like to be more involved with creating events in your area.

The more that get involved, the better the events (and, consequently, the support we can offer to one another) will be).

Contact Mandy Heggadon if you have some good ideas or would like to get more involved. ☺

## TO ALL NEW CARERS,

...if you'd like to join our Facebook page (where you can meet other carers in your area (and in other parts of the County) an access a wide range of information, guidance and knowledge from other foster carers, just like you, just send any one of the Committee (details at the end of this post) a 'friend request' and (after checking you are who you say you are – we are a closed group, after all ), we'll add you to the group. **SIMPLE!**

Committee; Trish Bagshaw, Leigh Strange, Lewis Crowden, Mike Gillard, Glyn Oliver, Denise Lacey, David Leyland or Andrew Randall)



DEVON FOSTER CARERS' ASSOCIATION

**DON'T FORGET...**

**our**

**NEXT MEETING is our AGM**

**Thursday 13<sup>th</sup> September 10.30 – 1.30 p.m.**

**at The Kenn Centre, Kennford**

**followed by a support group with lunch**

**(please bring a plate to share 😊)**

**How to contact us; -**

- **via** any one of our committee (so far!) Trish Bagshaw or Leigh Strange (**North**), Lewis Crowden (**Exeter**), Nicky Knight (**Mid & East**), Mike Gillard (**North**), David Leyland (**South**), Andrew Randall (**Mid & East**), Denise Lacey (**North**), Glyn Oliver (**Mid & East**), Sam & Stuart Penny (**Mid & East**) and Caroline Maund (**North**). Feel free to contact any of us (*via our Facebook page*) for any information about the Association and what we're doing on **YOUR** behalf or, if you'd simply like to get more involved.

If you're not already a member, simply search for any of our Committee (names above), via Facebook

- **via** Facebook. Simply 'friend request' admin' members, Trish, Leigh, Nicky or Mandy (*full names and areas above*) on Facebook and, once we've checked you are who you say you are, we'll add you to the closed group. After that, you need simply look for Devon Foster Carer's Association and you should be able to find us and join in the chat....

*If anyone would like to join us or help in any way, please do just let us know – the more the merrier*

**REMEMBER, THIS IS YOUR ASSOCIATION**

**Your views matter!**

