



Barnet Peer Support Newsletter - Carer to carer – November 2017

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Welcome to our November Edition



BAFCA Next Coffee Morning with a Difference

Coffee mornings are on the first Tuesday of the month.

Let's use it as an opportunity to discuss anything fostering relate, we can offer advice and ways forward in a relaxed, friendly atmosphere amongst friends and colleagues.

Toasted Bagel Breakfast with various fillings to suit all tastes
As well as the usual biscuits, cakes and juices. All Carers welcome and don't be afraid to bring the children.



Time: 10am -12pm.

Date: Tuesday 7th November 2017.

Venue: St Pauls Church, 50 Long Lane, Finchley.

Applicants' and New Carers' Group – Topics for Discussion

Date: Monday 6th November 2017

Time: 7pm – 8:30pm.

Venue: 34-35 Woodhouse, North Finchley, N12 0RG.

Subject: Panel Preparation, Information and Advice.

Guest Speaker: Amanda Gold

Under 12's and Teen Support Group

This month's support group will be held for one MAIN group.

Date: Tuesday 14th November 2017

Time: 6:30 – 8:30pm.

Venue: St Pauls Church, 50 Long Lane, Finchley N3 2PU.

If you have any interesting news please email:
fostering.peer.support@barnet.gov.uk
This newsletter is for all Foster Carers and members of the Barnet Fostering Team.

Featured Fostering Training

Promoting Health & Wellbeing of Children in Care

9th November 2017

10am – 3pm

NLBP, Building 3, Room 1 (first floor)

This course is designed to help Foster Carers develop an understanding of what they can do to promote the physical health, emotional well-being and healthy lifestyle choices for children in their care, specifically in relation to development and attachment. Also, a session on dental hygiene from one of the community dental nurses.

The content of the course is aimed at pre adolescence. This course can increase foster carers' knowledge of how to access appropriate services and an opportunity to meet the health team for Looked after children in the London Borough of Barnet including Dr Nicola Feuchtwang (Designated Doctor for Children in Care), Christine Jenkinson (Designated Nurse for Children in Care), Yvonne Conway (Specialist Nurse for Children in Care) and Veronica Osborne (Administrator for Children in Care Health Team)

By the end of the course participants will be able to:

- Be familiar with the roles of the LAC health team in Barnet
- Have a basic understanding of child development - pre-adolescence
- Understand possible differences of development in looked after children
- Have an understanding of when and how to raise concerns around development
- Be familiar with local resources related to development and attachment
- Have an understanding of good dental hygiene

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#MORETOGIVE Campaign Launch

Recruitment Campaign – Thank you

As you know, we recently launched our new fostering recruitment campaign - #MORE2GIVE

I would like to say a massive thank you to the following foster carers for giving up their time and effort to help us with this campaign. The support of foster carers is vital with recruitment, and I really do appreciate the support from the following foster carers and their families:

- Sonia and Martine
- Iman and Denisha
- Liz and Jackie
- Sharon and Liam
- Heather and Graville
- Carol and Ross
- Ben
- Sophie
- Reece
- Tami
- Sammy and Yoni
- Ion and Maria
- Annaruby
- Dana, Jayden and Angeli.

If you'd like to get involved with fostering recruitment, please email charlotte.barlow@barnet.gov.uk

Focus Group – Working Area

I am looking to hold a focus group with foster carers about a new area of our website, which will hold various information, and be a place where you can lift policies, guidance and various information. If you are interested in participating and sharing your views, please email charlotte.barlow@barnet.gov.uk

“ There are lots of reasons to foster. For me, it was about helping young people like Maya feel part of a family.”



DO YOU HAVE #MORE2GIVE ?

Join our fostering community today and see how you can change a child's life.

020 8359 6274 | www.barnet.gov.uk/fostering



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Your sexual health matters

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A range of new services aimed at improving sexual health has been launched in Barnet.

The new services which were launched on 3 July aim to bring down rates of HIV, sexually transmitted infections (STIs) and unplanned pregnancies and to make services more accessible and simpler to use by residents.

As part of a new contract with Central and North-West London NHS Foundation Trust (CNWL), all these services will be open for longer and at weekends and will offer a new 'one stop shop' providing both contraceptive and sexual health services initially at three locations in the borough. Specialist clinics will also be available to young people under the age of 18 between 3pm to 6pm at one of these locations.

CNWL will provide an improved range of sexual health and contraceptive services, including contraception, testing and treatment of STIs, HIV testing and diagnosis, sexual health outreach work and health promotion.

The services will be located at the Vale Drive Primary Care Centre, Edgware Community Hospital, and Grahame Park Health Centre.

The new services have been developed in collaboration with Camden, Islington and Haringey councils. The new contract is part of a unique London-wide programme to improve the capital's sexual health services. London has the highest rates of HIV and sexually transmitted infections (STIs) in the country, and as a result, the demand for sexual health services in London is significantly higher.

In addition to the three clinics in Barnet, residents can also use services at locations in these other boroughs as well as those in LBB Enfield.

Barnet's services will also work closely with a new London-wide online sexual health service, which will allow patients to access information online and register to receive self-sampling kits, thereby reducing the need to attend clinics.

The website will guide people through a risk-assessment process to identify the most clinically appropriate tests for their individual needs. A self-sampling kit will then be posted to them which they can complete in the privacy of their own home, before sealing it and dropping it off at a post box.

Councillor Helena Hart, Chairman of the Health and Wellbeing Board, said: "This important new sexual health service will provide Barnet residents with a One Stop Shop for Sexual Health and Contraceptive Services at three locations across the borough. They will provide a full range of sexual health and contraceptive services with far easier access and availability made possible through the introduction of longer opening hours and availability at weekends.

"The additional online services will also help to make it as safe and convenient as possible for people to get information, advice and access to self-sampling kits, whilst ensuring the utmost confidentiality.

"London has the highest rates of HIV and sexually transmitted infections in the country and these services should play a very important role in helping to reduce those rates."

Mark Maguire, CNWL Sexual Health Service Director, said: "We're pleased to be working with local councils to deliver a modern service across North London that is quick and easy to access.

"Our services provide a one stop shop for people wanting sexual health treatment and/or contraception. We will also focus on prevention of disease and increasing the uptake of Long Action Reversible Contraception (LARC).

"To support this, we will have two specialist centres, Mortimer Market Centre and The Archway Centre, and we'll also be offering services in community settings that may be more convenient to access."

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New Sexual Health Services

Notes to editors:

- In 2015, 3025 new sexually transmitted infections (STIs) were diagnosed in residents of Barnet, a rate of 806.8 per 100,000 residents (compared to 767.6 per 100,000 in England). Although below the London average (1,606), Barnet has the 41st highest rate (out of 326 local authorities in England) of new STIs excluding chlamydia diagnoses in 15-24-year olds; with a rate of 980.0 per 100,000 residents (compared to 815 per 100,000 in England).
- The rate of all diagnosed HIV (which includes people with longer term HIV diagnoses as well as new diagnoses during 2015) was 3.0 per 1,000 adults aged 15-59 in 2015 in Barnet, compared with an average 5.83 in London and 2.26 across England.
- This is part of a London wide programme to transform sexual health services, supported by 27 boroughs. Responding to increasing sexual health need, the transformation programme aims to improve access and outcomes for residents while making the very best use of the resources we have. As part of this, a London wide service specification has been agreed to ensure high quality services are maintained. In addition, a new digital based service will enhance the local choice for residents and will help service users take control of the way they access sexual health services. The offer of 'self-sampling' kits that are simple to use will be available from many of London's sexual health clinics and directly from a newly developed website.

For clinic opening times, contacts, and details of the new sexual and reproductive health services please visit Barnet council website at

<https://barnet.gov.uk/citizen-home/public-health/Sexual-Health-Services.html>.

Religious Festivals in November 2017

11 November: Diwali

Diwali is known as the Festival of Lights and is celebrated by Hindus, Sikhs and Jains albeit for different reasons.

For Hindus it's the most important annual festival when they celebrate New Year and give thanks to the Goddess of Wealth, Lakshmi. Sikhs celebrate the release from imprisonment of the sixth Guru Hargobind. For Jains, it's the day when, in 527BC, the sage Mahavira gave his last teachings and achieved ultimate liberation.

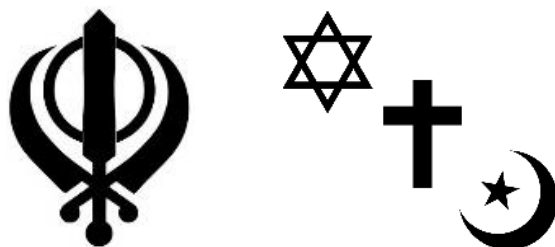
25 November: Birthday of Guru Nanak

Guru Nanak was the founder of the Sikh faith and the first of its 10 Gurus. He was born in the Punjab in 1469.

Sikhs celebrate with prayers, the singing of religious songs and readings from the Guru Granth Sahib (Holy Book). Free sweets and a community meal are offered to everyone at the temple. Houses and temples are lit up for the festivities.

29 November: Advent Sunday

Advent is the four-week period before Christmas when Christians prepare for the coming of Christ. The word Advent means 'coming' or 'arrival'. Advent begins on the fourth Sunday before Christmas, which also marks the beginning of the liturgical year for Western Churches.



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The Fostering System in England: Evidence Review

Introduction

In the summer of 2016 the government announced a national 'stocktake' of fostering in England. The aim of the stocktake is to reach a better understanding of the current system and where improvement can be made.

The evidence review was commissioned to inform the stocktake by bringing together quantitative and qualitative research to contribute to an overview of the fostering system in England.

Full review:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/629383/The_fostering_system_in_England_Evidence_review.pdf

Checking your Driving License - the DVLA Website

The DVLA no longer issues points on paper driving licence, the information is now held on the DVLA website. Your Supervising Social Worker will need to view the status of your licence on line. See the website to enable your SSW to check your licence, see link below:

Please go on the link below and follow the instructions to generate a code. This code is for viewing your license for any points, which will need verifying by your SSW.

To generate a check code the driver should visit www.gov.uk/view-driving-licence

Education: Our Virtual School - Lighting the Spark

If you haven't already call today and book your place

On **16th November** 2017 Barnet Virtual School are holding a conference at the Best Hub to celebrate all that Carers and Adoptive Parents are doing to provide a brighter future for our CLA and Care Leavers.

We know that carers can make a huge difference to raising the aspirations of our young people, to prevent them becoming the parents of children who are in the Care system and to have bright and successful futures. As Nelson Mandela said:

Your attitude could make all the difference to how a young person feels about education. Rather than conversations such as "I didn't go to university and it didn't do me any harm," it could be re phrased "Have you considered the possibility of university? It is an option you should look into" It may well be that you had a disappointing school career and struggled to engage with education. This does not need to be the case for your child. Carers can be extremely influential about changing a negative into a positive attitude to education.

This can be achieved by:

- Helping kids feel GREAT about who they are.
- CREATING SUCCESSES that would not otherwise exist.
- Become adept at IDENTIFYING WHAT IS RIGHT rather than always referring to what is wrong.


The conference will include such subjects as The Impact of Trauma on Learning, Resilience transitions, navigating the Education System, Special Educational Needs, Mentoring, Moving onto HE and FE.

We look forward to starting with exciting journey with you to create bright and aspirational futures with our young people.

Flyer with full details and contact information attached.

Education is the most powerful weapon which you can use to change the world.

Nelson Mandela

 BrainyQuote

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#BOP – Children in Care Survey Report

8 – 17 Year Olds

We would like to thank everyone for taking the time out to complete this survey to tell us about your experiences of Barnet's care system.



We received 46 responses from children and young people inside and outside of the borough. If you didn't have the opportunity to complete this survey, please don't worry as there will be more opportunities to 'have your say'.

Listening to the voices of children and young people is really important to us in the London Borough of Barnet. The survey was completed using the five priorities outlined in the Pledge for Children in Care and Care Leavers, with the five priorities being:

- a good education
- feeling a sense of belonging
- keeping healthy
- staying safe
- championing your needs.

One more section was added to this survey called:

- coming into care.

This section was added because your Children in Care Council, #BOP (Barnet on Point), really wanted to know about the experience you are having in care.

This report will tell you:

1. What you have told us about being in Barnet's care
2. What we are going to do with the information you have told us.

If you have any questions or comments about the survey, please contact us;

The Voice of the Child Team

020 8359 3156 / 020 8359 4373

haveyoursay@barnet.gov.uk

The London Borough of Barnet,
North London Business Park, Oakleigh Road South,
London N11 1NP

Independent Living Skills

Please be aware that the Family Resource Centre is offering **Independence Skills Workshops** over a rolling 6-week period, starting on **Wednesday 8 November 5.30 – 7.30pm**.

- these workshops are for any young person in care who is over the age of 16 and who has identified needing support in the transition to leaving care and/or full independent living
- young people can join the programme at any point as the groups will be running continuously on consecutive Wednesday's. Their participation will be noted on their file and in their pathway plan
- the workshops will focus on **housing, benefits, cooking, basic DIY skills, mental health, sexual health and general health needs**.

Young people who successfully complete the programme can also benefit from a 3-week placement at the **Independent Living Skills Studio *(ILSS)** that will include:

1. Approx. 6-8 hours of keyworker support and direct work per week - this work will inform a wider assessment of preparedness for independence.
2. An analysis of all work completed with recommendations for the young person, uploaded to the respective young person/child's file

***Please be advised that this no longer sits with leaving care.**

Referrals for either of the above should be sent to TrainingFlat@Barnet.gov.uk using the referral form attached to the newsletter, copying in Gaea Delandro and Mark McGovern.

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Takeover Day Mash-Up Featuring Young People and Unicef Launch

Remember last year's Mannequin Challenge? You have another exciting opportunity to be involved in this year's Takeover Day on **Monday 20 November**.



This is a hugely successful project which puts children and young people into decision-making positions and encourages organisations to hear their views. The children gain an insight into the adult world and the organisations benefit from a fresh perspective on their work, with both parties inspired by their experiences.

This year we're going for the triple whammy with a mash-up of Takeover day, World Children's Day and our Unicef National Launch which will mark our partnership with Unicef UK to deliver the [Child Rights Partners Programme](#).

We'll share more details about our plans for the day in the coming weeks, which will include a joint lunch and share in the Atrium, fun activities to help you understand more about children's rights, being child friendly in our work and what our partnership with Unicef means for all of us.

If you want a young person to take over your day, contact Kerry.hodges@barnet.gov.uk.

Placement Stats

In the last 4 weeks:

- 17 new children/young people came into care
- 76% of these were over 12 years old
- 8 of these children were over 16 years old
- 5 of these children were unaccompanied minors

Could you care for older children, siblings groups and children with complex needs? Revisit your approval age and help and support children who currently need Barnet foster families. Speak with your SSW if you would consider other age groups.

Firework Safety for Bonfire Night

Bonfire Night Facts and Safety

This month hosts Guy Fawkes Night. Please be careful with your fireworks and any events you are hosting. Here are some useful and interesting facts:

- Fireworks can travel at speeds up to 150mph, the cruising speed of some biplanes
- It is illegal to sell fireworks to anyone under the age of 18
- If three sparklers burn together they will do so at the same heat of a blowtorch used for joining metal
- Until 1959 it was illegal not to celebrate bonfire night in the UK
- Bonfire night was originally called 'Bone Fire'
- Throwing a firework is a criminal offence and you can be fined up to £5000 for doing so

Safety

Lay out the firework while it's standing on its bottom or stand. Adults need to make sure there is nothing flammable nearby. The adult will then warn people that they are about to light the firework. Once the firework is lit, the adult will then make sure no one else is in the area and will walk away. Once the firework has 'whooooooshed' and is cool, place it in a bucket of water.



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Upcoming BAFCa Events

BAFCa Seasonal / Christmas Card Design Competition

We are asking Children to grab their pens, pencils, crayons or computers and get creative.

We are looking for a design that has an association with the festive period.

Please send designs to us by email or post and ensure you label each design with the child's name, age, address including the carers name.

By email: Please send the design in PDF, JPEG, Tiff or EPS format to bafca2@btinternet.com and label it "Christmas Card Comp" in the subject field.

By Post: To Paul McGoohan, 12 Richard Stagg Close, St. Albans. Herts. AL1 5AT.

All entries must be received by 30th November 2017

Two age Groups: 11 and Under and 12-18 years old. Prizes Will be given to the best 3 entries from each age group.



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