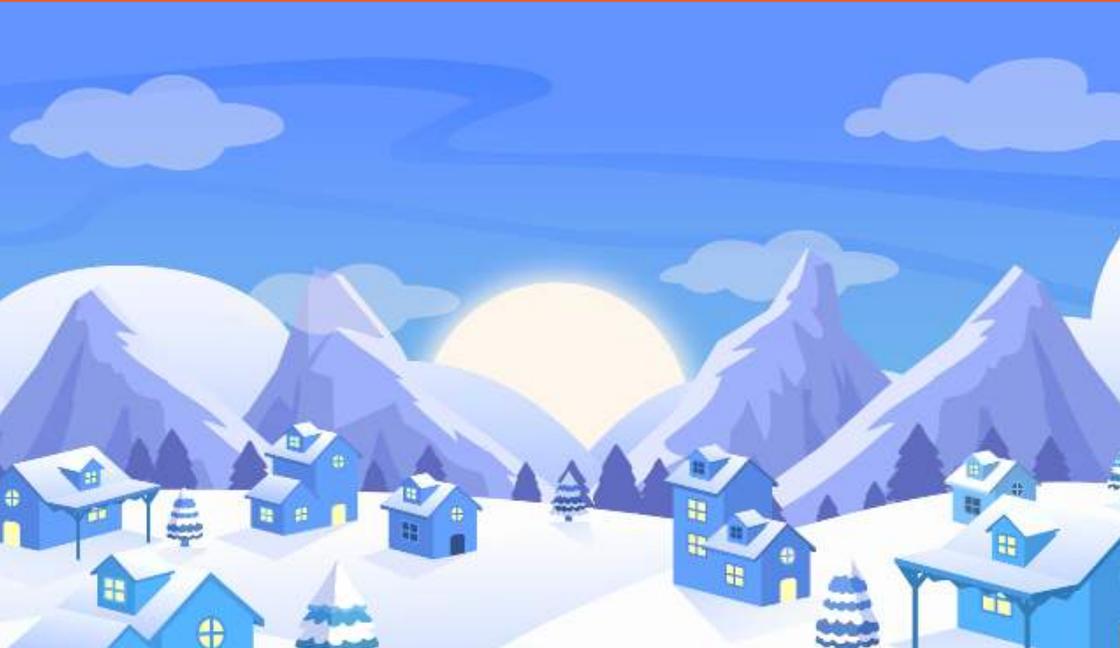


winter newsletter 2020



hello

... and welcome to the Swiis Foster Scotland Newsletter - Winter edition 2020!

Over the following pages we will share with you the highlights of the last few months and what you can all look forward to in the near future.

This newsletter has been a real joint effort from all of the offices, gathering photos and writing excerpts about recent experiences.

Thank you to everyone involved and we hope you enjoy reading it.

Staff Updates

Annie Arbuckle was a Resource Worker with Swiis and became a Student Social Worker. She has worked very hard through different placements both externally and within Swiis, gaining valuable, hands on experience and developing in-depth knowledge of her field. In October 2019, Annie received the wonderful news that she passed her Social Work qualification and remains in the Permanence team. Well done Annie, what a fabulous achievement!



Shirley Peden joined the Swiis Permanence team in Dunfermline in 2018. As a Supervising Social Worker Shirley recruits, trains and assesses foster carers beginning their fostering journey. Shirley supports, empowers and supervises foster carers to therapeutically parent children with significant developmental trauma and who require alternative permanent families. Shirley was promoted to Senior Practitioner within the Permanence team in October 2019. In this role Shirley will continue to work with the team and take on additional responsibility of supervising staff within the team.

Staff Updates

Alison Coates is a retired Health Visitor, having previously practised in nursing roles within a variety of healthcare settings. Alison worked closely with vulnerable children and supporting Foster Carers who opened their homes to looked after children. Alison says “I observed the significant difference that can be made when a child is in a nurturing, safe, caring environment which is sensitive and centred on a child / young person’s needs.” Alison welcomes the opportunity to be part of Panel, ensuring support is given to foster carers to ensure we all play our part to enable each child / young person to be given the best opportunity possible to achieve their full potential.



Ruth Caldwell joined swiis in 2014 as a Supervising Social Worker and is in a unique position to understand the challenges and rewards our Swiis Foster Carers face in their roles due to her own skills and experiences, having worked within fostering agencies for over thirteen years. She has also been a home care manager, supporting staff to transition older adults from hospital to care at home. Ruth looks forward to the new challenges and opportunities ahead in her role as Learning and Development Manager.



Recent Events

Fife Team Development Day

In September the Fife team enjoyed a day of learning and fun for their team development day. The morning offered a Mindfulness for Children workshop which explored how we can use mindfulness, compassion and guided meditation to best support children and their foster carers. Following this session the team participated in a reflective and creative affirmation activity. The afternoon session focused on team building party games. No skills were required but a lot of fun was had! By the end of the day the team had enjoyed a holistic transferable wellbeing experience, had lots of fun and devoured a delicious lunch.

A good day was had by all!



In September, the wonderful student social workers Katerina and Emma from the Fife team, helped to raise money for Macmillan along with the other Fife staff and carers. A wonderful day of cakes and goodies, not to mention the guess the number of raspberries in the pie game! £135 was raised and this went to the great cause of Macmillan who support people and their families living with cancer.



In October half term, Kenney and Allan from the Fife team worked hard at finding new and fun places for the young people to spend during their holiday. They had such a great time nipping off in the mini bus over the water to Edinburgh for a day of roller skating

The Permanence Team, their young people and carers were invited to attend a presentation of Hi5 awards! These have been achieved from attending and taking part in the Easter and Summer Activities run by Swiis. Afterwards, the young people, carers and staff enjoyed a celebration lunch too!



The Fife team (and others from Swiis) helped to knit squares which would then be used to form blankets for the homeless. The volunteers also got together to sew some hats too! Many a time over the festive period whilst on her lunch break, Louise could be found knitting these squares at her desk. What a great cause to support locals who need help.



.....

In October, the Dundee team had a Brother and Sister day which brought siblings together that are placed with Swiis and also introduced multi agency working. During this day we promoted the importance of positive relationships and contact. The day started with a visit to RYZE trampoline park in Dundee where all the young people bounced to their hearts content and showed some impressive tricks. After the session everyone enjoyed a pizza party in our own private room. This was followed by a contact workshop, helping to build their relationships with each other.



.....

The Fife Team held their annual Halloween Party on Sunday 27th October. There were 40 children/young people in attendance, dressed as all sorts of ghouls and ghosts. The bouncy castle was a great hit, as were the glitter tattoos and everyone joined in party games with the disco. They thoroughly enjoyed the party boxes full of goodies, especially the Halloween lollies! We had a large panda for the raffle prize which all the children wanted to win however there could only be one: congratulation's Jock! Big thanks to Jeanie, Frankie and Carol for their efforts on the day.

Speakeasy

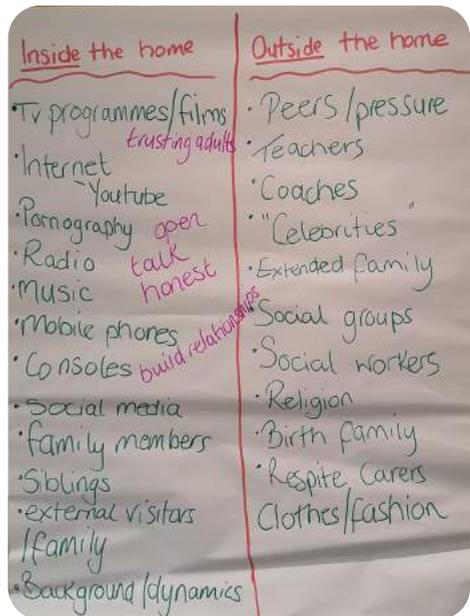
A group of foster carers in Dundee have been attending a 4-week course which helps parents and carers of children of any age to tackle the complex and often difficult issues of growing up; sex and relationships. Speakeasy provides information, resources and support to enable carers to confidently take on the role of educators in their home. The course is an informal and friendly way to reflect on how we tackle these issues in day to day life with children and young people. We hope to provide this opportunity to more carers throughout the year as we had such fantastic feedback...

"Had a great day and learnt a few new words! Looking forward to next week"

"Relevant content for carers"

"I hadn't heard about the Genderbread person until now"

(www.genderbread.org)



"I did not know the short form "slang" young people message each other"

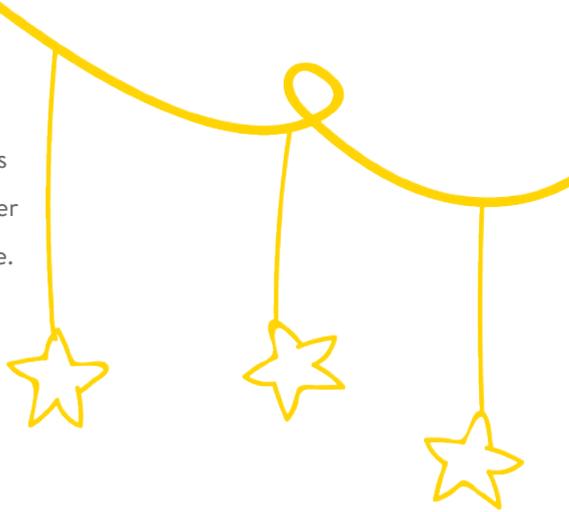
"Informative and interactive"

"I did not know the legal ages for digital use before"

"Light-hearted and helpful"

"Felt at ease, friendly environment"

The Fife team held their annual Carers Christmas Lunch on the 6th December at the Sweet Chestnut in Dunfermline. Twenty four carers came along and five staff and all enjoyed a nice lunch and catch up in a friendly and relaxed atmosphere.



The festive season saw Swiis Dundee take part in Dundee's first ever Christmas Tree Festival. The "Caring About Christmas" festival was a partnership between Business Group DD-One and the Carers of Dundee with sponsorship by Tayside Forestry. Over thirty trees were sponsored by local businesses and charities with all proceeds going towards supporting unpaid carers in the local area. Some foster carers and young people kindly gave their time to help select and decorate the perfect tree; adorning it with sparkles, tinsel, festive cheer and special 'Christmas Wish' orange stars. The tree was on display in a local shopping centre for the public to see and following the festival, was donated to a local community project Fairfield Community Sports Hub, who help to deliver suitable sporting activities and venues in the North East of Dundee.



The Permanence and HQ teams are proud to say we helped to paint the new infant playground at St Margaret's Primary School in Queensferry! Take a look at the feedback the students shared with us and find out what they really think about their new surroundings. We think it's important to be able to support our local community and for children to have bright and friendly environments to play in. We hope the new playground brings joy and fun!



.....

The West team sent out invites to the Young Champions for a Yoga retreat in the very picturesque and tranquil, Dumbreck Stables. The West team, as part of their Team Development Day, were also provided with a wonderful insight into LGBTQ training, where staff found this very interesting.

.....

The West team also held a Men Who Foster group in November and this training was an opportunity to explore issues such as the challenges and possible anxieties about being a male foster carer, stereotyping and the importance of positive male role models for children who have experienced trauma.

The Perm Team; Who Cares Scotland confirmed the amount raised was enough to provide dinner, transport and a gift for 12 care experienced young people on Christmas day.



On Saturday 30th November the Swiis Fife and Permanence fostering teams held their annual Christmas fayre. There were many stalls that offered a variety of fun and festive gifts for children and adults. The children also enjoyed meeting Santa and completing Christmas crafts. The fayre raised over £700 which will be donated to children's charities including the Chernobyl Children's Life Line, Fife Link and Who Cares Scotland. Thank you to everyone who attended and donated their time and talents.



Fife Carers Network Group

Location;

Dunfermline Office

Glenelvan House,

Enterprise Way,

Pitreavie Castle,

Dunfermline

KY11 8PY

On the following Wednesdays...

1st April

6th May

3rd June

Please contact the office about attending the network groups. You are welcome to bring small children and we will have people on hand to help keep them entertained!

Dundee Carer

Support Groups

Location;

Dundee office
Unit 5
Gateway West
Luna Place
Dundee Technology Park
DD2 1XF

Tuesday 17th March

11am – 1pm 'Postponed:
New date to be confirmed'
Fire Brigade

Tuesday 28th April

11am – 1pm 'Postponed:
New date to be confirmed'
Pot Luck Lunch

Wednesday 27th May

11am – 1pm 'Postponed:
New date to be confirmed'
STAR Project.

Wednesday 24th June

11am – 1pm
'Postponed: New date to be
confirmed' Gambling

*Please contact the office
about attending the support
groups*

Perm Carer Support Group

Location;

Dundee Office

Unit 5

Gateway West

Luna Place

Dundee Technology Park

DD2 1XF

Thursday 26th March 'Postponed: New date to be confirmed'

Drugs and Alcohol; speaker from Clued Up Project

Thursday 28th May 'Postponed: New date to be confirmed'

Lifestory Work; Jenny Arneil will share knowledge

Thursday 30th July 'Postponed: New date to be confirmed'

Mindfulness

Please contact the office about attending the support groups

West Carer

Support Groups

Fenwick Hotel

11am – 1pm ‘Postponed: New date to be confirmed’

Thursday 2nd April

Central; Dawson Centre, Falkirk

9.45am-11.15am ‘Postponed: New date to be confirmed’

Tuesday 28th April

Central; Dawson Centre, Falkirk

9.45am-11.15am ‘Postponed: New date to be confirmed’

Tuesday 9th June

Glasgow office

11am – 1pm ‘Postponed: New date to be confirmed’

Friday 12th June

Please contact the relevant office about attending the support groups

Walking group for carers

Please meet outside the visitor centre at
Lochore Meadows, Crosshill, Lochgelly KY5 8BA.
The Walk can take up to 2 hours

The next walks will be taking place on...

Wednesday 29th April: 10.30am – 12.30pm

Wednesday 24th June: 10.30am – 12.30pm



*Please contact the Perm
team at the Dunfermline
office about attending the
walks*

Young Person Achievements

Ana has won a competition held by the Fostering Network! Ana (8) is a child who fosters and entered the 'Sons and Daughters' competition. She entered an emotive picture which showed her in a tender hug from her older foster brother. The caption for the picture was 'I Feel Safe'. Ana received a £20 voucher and Jacqueline Wilson's new book. Ana's mum, Angela, was extremely proud, as we all are here at Swiis and have a framed copy of the picture in the office. The picture carried a lovely portrayal of how Ana feels with Connor in her family and we send a huge congratulations!



Dundee Office

Unit 5
Gateway West
Luna Place
Dundee Technology Park
DD2 1XF

Dunfermline Office

Glenelvan House
Enterprise Way
Carnegie Campus South
Dunfermline, Fife
KY11 8PY

Glasgow Office

1115
251 Springhill Parkway
Glasgow Business Park
Baillieston
Glasgow
G69 6GA