

Rainbow Newsletter January 2012



Rainbow
FOSTERING
caring for
bright futures

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WWW.RAINBOWFOSTERING.CO.UK

HAPPY NEW YEAR!

We would like to wish everyone a Happy and Prosperous 2012 from all the team at Rainbow!

Foster Carers Awards Ceremony 2011



“Where I was born and where and how I have lived is unimportant. It is what I have done that should be of interest”

On the 2nd December 2011, Rainbow Fostering Services had it's Foster Carers Award Ceremony at the Renaissance Hotel Heathrow. It runs annually, in recognition of foster carers fantastic work over the year supporting children and young people. The nominations for the foster carers Awards were submitted by the Supervising Social Workers. The Awards are in recognition of all their hard work, nurturing and support they provide to their foster children.

Ken Mackness, Head of Development, welcomed the foster carers for coming to the award ceremony and announced the foster carers who had been awarded an achievement award: Susan Goodchild, Jeanette Steward & Darren Hall, Wushen Imeru & Demissie Isaya, Audley Burton, Khurram & Sadia Jamal, Julia Abrams, Everton & Marelda Douglas, Javed & Nayer Iqbal, Prakash & Bharti Patel. The following carers were awarded 10 Year Service Awards (2001-2011) Dennise & Ian Christensen, Flora Gachette, Miriam El Saadi, Arphenia Harutyunyan, Abida & Fazal Saani, Mohammad & Tehseen Tanvir, Dr M H Ansari. Lastly, but by no means least, the staff award was given to Samantha Acreman.

Aijaz Ahmed, Director of Rainbow gave awards to the winners and congratulated them for their award and applauded them for their hard work. However, whether you won an award or not we would like to take this opportunity to thank all our carers for their hard work, dedication and support to foster children. It was a fantastic night full of entertainment, good food and good company. We very much look forward to next year!

Congratulations again to all of the recipients and carers who participated in the event!!

JOIN US ON FACEBOOK & TWITTER

Are you part of the social networking world? If the answer is yes, then show your support of Rainbow Fostering by joining our Facebook and Twitter page. If you have a Twitter account, simply search for Rainbow Fostering and become a follower. If you have a Facebook account already, just click on the link below, sign in to your account and Click 'Like'. If you don't have a Facebook account already, just use the same link below and click on the green 'Sign Up' button to create an account, it's really quick and easy. Alternatively, you can go to our website and click on the link from there.



Please Welcome!

Our new carers Holly Kennedy & Darren Welsh who were approved in December 2011

FOSTER CARER TRAINING COURSES FOR JANUARY 2012

Training courses for 2012 are still being finalised and a separate notification will be sent out confirming the dates, training content and venue shortly

To book yourself onto a training course please contact Clive on 0208 427 3355 or email dutyworker@rainbowfostering.co.uk.

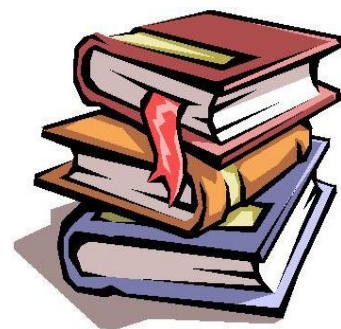
ORGANISATION & ADMIN OF FOSTER CARER TRAINING COURSES

Foster carers must bring a diary, pen and a note book to training throughout the year. They will be required to complete two evaluation forms. One will be returned to the Trainer on the day, and the other will be completed within a month of attending the course. Your Supervising Social Worker will collect your completed form and discuss your reflections during their supervisory visit. The aim of developing this procedure is to ensure that foster carers are able to reflect on their learning and demonstrate how it is being applied to their fostering practice. Courses are being delivered at different levels and they are repeated to give all foster carers an opportunity to attend. The course attendance was not good last year. Thus, foster carers missed out on many valuable opportunities to learn and improve their practice. I hope that this will improve during the coming year.

Please note:

- You must attend 3 training courses per year
- We need at least 7 people per course
- If you do not give at least one week cancellation notice you will be charged
- Please book ASAP

Thank you in advance for your cooperation!



CHINESE NEW YEAR - 2012 YEAR OF THE DRAGON!

The dragon is a symbol of power. Therefore, in Chinese astrology the dragon person born under this Chinese Zodiac sign tends to be a 'doer' - they do things and achieve power by getting things done.

A dragon can breathe out fire so the person born in the Chinese Year of the Dragon can be hotheaded. Watch out if you make them angry!

However, the dragon has a soft underbelly and so in Chinese astrology the dragon person has a 'soft spot' to them. They may get angry at someone who annoys them but they also show great compassion to people in need.

So what does 2012 hold for a person born in the Chinese Year of the Dragon?

Such people double their efforts in whatever they do - work, education and other projects.

Their natural talent and abilities should stand out with great results. However, watch out for that temper! Keep it in check and do not spoil your good work!



FOSTER CHILD'S HEROISM

A 17 year old female in placement witnessed a neighbour's garage go up in flames and quickly alerted her foster carer who was able to call the fire brigade immediately. The Young Person's quick actions helped contain the fire to only one garage and stopped it spreading to other neighbouring garages and even an adjoining house which would have caused thousands of pounds worth of damage. Rainbow Fostering would like to thank the Young Person for using her initiative and to say that we are very proud of her! We all need to be more vigilant and aware of our surroundings and Rainbow would welcome the opportunity to publish many more stories of heroics and heroisms!

Missing or Absent without Consent

From time to time a young person may be absent from the placement. This can be for a few hours to a few days. In most cases young people will return to the home that night after the agreed time that they should be in. Often you know where they are supposed to be and may have been in contact with them on their mobile phone, and they may have told you that they will be returning soon. Depending on their age and vulnerability the risk may be low. In such situations you should inform Rainbow and the local authority Emergency Duty Team (EDT), but **not** the police.

If a young person goes missing, that is leaves the placement and does not return when expected, and you do not know where they are, then they are **missing**. In these situations you must not only inform Rainbow and the local authority EDT, but also the police.

The only other time that you should inform the police is when you know where a young person is and it is agreed that they are at risk being there, and we want the assistance of the police to return them to the placement. In such situations please talk to Rainbow and the local authority first.

If you report a young person missing please remember the following: A description of the young person, what clothes they may be wearing, ethnic origin and culture, legal status, circumstances of the young person going missing, known friends and associations the young person may have, any previous history of missing/absconding, any circumstance that may increase risk to the young person, details of GP plus any medical conditions/medications. Keep a note of the Police Incident Number.

Winter Vegetable Soup Recipe

Preparation method:

Heat the oil and butter in a large saucepan. Add the onion and leeks and cook, stirring, over a medium heat, for 4-5 minutes until soft. Add the parsnips, carrots and potato and cook, stirring, for 2-3 minutes. Pour in the stock, bring to the boil, then simmer for 20-25 minutes until all the vegetables are tender. Transfer to a blender or food processor and process until smooth. Return to the saucepan and pour in a little milk to thin, if needed. Season with salt, pepper and nutmeg, then stir in the parsley. Reheat gently, then transfer to warmed bowls. Serve with bread.

Ingredients:

1 tablespoon olive oil
 25g (1oz) butter
 1 large onion, chopped
 125g (4.5 oz) leeks, rinsed/sliced
 280g (10oz) parsnips, peeled and chopped
 400g (14oz) carrots, peeled and chopped
 1 large potato, peeled and chopped
 900ml (1 pint 12fl oz) vegetable stock
 4-5 tablespoons semi-skimmed milk (optional)
 Salt, black pepper and freshly grated nutmeg
 2 tablespoons chopped parsley



Humour

Q: Why was Cinderella such a poor football player?
 A: Because she kept on running away from the ball

Q: What never eats at Christmas time? A: The turkey, its usually STUFFED

Q: What colour is a burp?
 A. Burple

Q: Why do elephants never get rich?
 A: Because they work for peanuts

TOP 10 NY RESOLUTIONS:

1. Spend more time with family & friends.
2. Fit in Fitness
3. Tame the bulge
4. Quit smoking
5. Enjoy life more
6. Quit drinking
7. Get out of debt
8. Learn something new
9. Help others
10. Get organised

We would like to hear from you

Your contributions for this newsletter are welcome. We would like to hear from you if :

- You have any interesting stories to share.
- Your Foster child has had any achievements
- You have any advice which would be useful for other carers.
- Please send your contributions to Vina at newsletter@rainbowfostering.co.uk