

Everyday heroes and everyday stars



We are so proud of everyone who has been nominated to receive an 'Everyday hero' or 'Everyday star' award. Recent special mentions go to:

- F, who received the award in April for her huge growth in confidence and independence.
- S, who received the award in May for settling so brilliantly in his new home and school - even getting a certificate in his first week!
- E, who received the award in June as she showed such courage and determination when auditioning to perform with her dance team at Disney, Florida next year. We're so excited for her that she got in and was also invited to join the dance competition team!
- O, who received the award in July for making such a brilliant start at his new school.
- Emily, who received an everyday hero award in June, for going above and beyond for the child in her care this month.

Anniversary

We are thrilled to congratulate the following carers as they reach 5 year milestones with us over the next couple of months:



- Tanzeem and Anjum will have been fostering with us for 5 years in August.



- Steve and Debbie will have been fostering with us for 10 years in August.



- Sharon and Dave will have been fostering with us for 15 years in August.



- Jane and Stan will have been fostering with us for 10 years in October.

Welcome to Nicola and Charlee - SSWs

We were delighted to welcome Nicola to the Tavistock team at the end of May, and also Charlee to the Exeter team in July. Sending them both a huge welcome to TFF!





Reminder!

Children away from placement

If your foster child is looking forward to an overnight trip away of any kind - whether it's a family holiday with you, a sleepover with a friend or an organised residential trip – please remember to notify your SSW in advance.

We know you will always ensure your foster child is safe and happy, but just need to make sure we notify the child's LA every time they are not at their home address. Thank you for encouraging your foster children to enjoy so many activities, friendships and visits to wonderful places.



Recommended YouTube video - from the therapeutic team:

A 10 minute film about attachment and authenticity exploring how insecure and disorganized attachment patterns are associated with higher rates of adolescent and adult substance misuse.

<https://youtu.be/BVg2bfqblGI>



Payments

Hi there, my name is Mandy Perry and I just wanted to introduce myself and let you all know that the lovely Natalie, our accounts person, is currently off on maternity leave and I will be trying to fill her very large shoes whilst she is away.

I also wanted to let you know that we have employed an external finance company to make your payments and send your remittances, however, they cannot and do not deal with queries about your payments.

If you have any queries please either:

- Speak to your SSW
- Ring the office and ask for me
- Send an email to accounts@fosteringfoundation.co.uk





When Something Goes Wrong Online — A Simple Action Plan for Parents

1. Stay Calm First

If your child tells you something worrying:

- Thank them for telling you
- Avoid blaming or panicking
- Reassure them: "We'll deal with this together."

2. Keep the Evidence

- Take screenshots (include usernames and dates)
- Save messages
- Keep profile links



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

3. Use Official Reporting Routes

Grooming or exploitation – CEOP: www.ceop.police.uk/safety-centre

Illegal images – Internet Watch Foundation: www.iwf.org.uk/report

Nude images shared (under 18s) – Report Remove: www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove

If in immediate danger, call 999.

4. If You Feel Overwhelmed - Use Structured Support

You can use free ChatGPT to help structure next steps.



Free access: <https://chat.openai.com> Example prompts:

- My child received inappropriate messages. What steps should I take in the UK?
- How do I report online grooming?
- What should I say to my child after cyberbullying?

Important: ChatGPT is a support tool and does NOT replace official reporting or police action.



5. Ongoing Protection at Home

- Keep regular, calm conversations
- Review privacy settings together
- Monitor gaming contacts
- Encourage early disclosure

Children will make mistakes online, just as they do offline.

Trust and communication protect them more than punishment.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with

