

Autumn Newsletter

ABERDEEN KINSHIP TEAM

KINSHIP

Aberdeen



DATES FOR YOUR DIARY TRAINING OPPORTUNITIES

A range of new training courses available for kinship carers from the Kinship Care Advice and Services for Scotland!

UPDATE FROM.. THE KINSHIP TEAM

Welcoming some new faces to the Kinship Team and adapting to the lifting of covid regulations. Hoping to welcome back the running of support groups in person

BRAND NEW! OPPORTUNITY GRANTS

An exciting new funding for young people providing support for hobbies, interests and skills for up to £500!

[CHECK OUT OUR NEW FACEBOOK PAGE](#)



AUTUMN 2021

Read all about the exciting opportunities available around Aberdeen in the upcoming months and support available for our kinship carers. Also find useful contacts and information about the service the kinship team offers.

MEET THE TEAM

The covid-19 pandemic has led to many changes in the workspace and the Kinship team has not been immune to these changes. Nonetheless, we are delighted about the new additions to our small team. Georgia Miller, a social work student from Robert Gordons University on placement who joined the team in August, and Christine Oji who joined the team in June as a social worker / family resource worker.

The Kinship Team offer a duty service meaning there is someone available 830am-5pm Monday to Friday to answer your calls and emails within 24 hours. We are available to support with any questions, advice and guidance.



FACEBOOK PAGE

The Kinship Team are excited to announce our brand-new Facebook Page: **Kinship Care Aberdeen!** Give the page a follow to keep up to date with information, training, and events happening. Also introducing our brand new logo for Kinship Aberdeen!

OPPORTUNITY GRANTS

Aged between 12-25 and been in kinship care? You could be eligible for some additional funding!

The brand-new opportunities grant can see young people being awarded with up to £500 where they have been looked after at home, in kinship care, or a care leaver. This funding is available to increase young people's opportunities to develop their skills, hobbies, and ambitions to enhance their future.

Applications for the grant will be presented to a panel consisting of care experienced adults, Aberdeen Young Persons Rights service, Youth Team, Kinship Team, Children's Social work and the virtual school. The panel will consider the reasons for the funding and the positive impact that receiving this funding may have!

Think you are eligible to apply?

Contact your social worker or Kinship Team to complete an application!

YOUR RESPONSIBILITY...

As Kinship Carers, you are responsible for letting the Kinship team know of any changes in your circumstances, if the child is no longer in your care, or if you are receiving additional monies. If you do not inform us, you could be liable for over payments, and we do not want to see this happen. We appreciate your cooperation in this matter. 😊



SUPPORT GROUP SURVEY ...

<https://www.surveymonkey.co.uk/r/HR6GGFP>

The Kinship Team have put together a survey to hear your views around support groups and what you hope to see for the future. Please take a few moments to follow the link and inform the team what you would like to see in the near future!

MINI CHAMPS SUPPORT GROUP

WHO CARES? SCOTLAND

Aberdeen's Kinship Team are excited to reaffirm our links with Who Cares? Scotland with the creation of the Mini Champs support group. Along with Tracy Maxwell, Who Cares Scotland Development Worker and with a focus on participation activities, the group will meet once a month with an aim to gain a better understanding of young people's experiences in care to help achieve change. This new kinship support group had its inaugural event on the 13th of August 2021 over lunchtime at the Westburn Centre Aberdeen with a modest group of young people from the ages of 10 to 16 years old. The informal event was a huge success and the children who attended enjoyed socializing with each other while participating in fun games and having pizza. The group also plans for a movie night in September, as well as a variety of other themed nights once a month. We are hoping that this group, once they get going, will agree for us to share their views and experiences in different ways to help influence change! There will be some small incentives/ tokens of appreciation for those who get involved too. As well as good food and fun. They are hoping to increase the numbers of those attending and if you are interested please contact Tracy Maxwell: tmaxwell@whocaresScotland.org Tel: 07849083246

PEEP GROUP

Come along to the kinship PEEP group for children in kinship care between the age of 0-5!

Sessions Include:

- Songs and rhymes
- Story time with fun props
- Creative and imaginary play
- Sensory activities with babies

And lots more! Join us on Thursday mornings at 10am!



**WHO
CARES?**
SCOTLAND



Kinship Care Advice Service for Scotland (KCASS)

KCASS is funded by the Scottish Government to provide additional support and guidance to kinship carers across Scotland. KCASS is a free and confidential service that can be contacted at: **0808 800 0006**

Follow KCASS on Facebook and check their website for regular updates, opportunities, and upcoming events.



Visit www.kinship.scot to book yourself on to these online zoom training sessions run by KCASS free to kinship carers. Sign yourself up whilst there is still space! A bit about the connective parenting training happening in October...

Connective Parenting Course

“The course focuses on the principles of Non-Violent Resistance (NVR) to enable Kinship carers to parent the children in their care through the development of strong connective relationships and to manage difficult behaviours. The course is practical in nature, taking attendees through the key elements of the NVR map and providing suggested strategies for Kinship carers to implement in the home. NVR is not just about dealing with child to carer violence, as the name might suggest. It is a constructive way of parenting that can be used by all family members to tackle any form of conflict, however minor. The focus of NVR is in creating strong bonds which will help reduce potential future issues; you don't need to be at crisis point to start using it. Attendees will leave this introductory course with a clear understanding of the principles of NVR and practical skills to enable them to go home and implement what they have learnt. KCASS provides follow up support to all those who attend the course.”

Training Opportunities:

6th and 13th of October

- Connective Parenting

9th and 16th of November

- Mental Health and Emotional Wellbeing of Children and Young People in Kinship Care

22nd of November

- Loss and Change





KCASS helpline 0808 800 0006

The helpline deals with many enquiries from Kinship families some of these include:

- Benefits, financial entitlements and debt
- Employment
- Housing
- Legal rights to make decisions for the children you care for
- Legal obligations with relation to Social Work involvement in your family.
- Support in applying for emergency or crisis funding
- Dealing with children's difficult behaviour relating to early life trauma
- Advice on dealing with schools and accessing support in education.

The helpline adviser is happy to discuss any matter you feel is important to you and your family.

If you prefer you can email an enquiry at kinship@adoptionuk.org.uk and we will respond either by email or if you wish to include a phone number we can call you back.

There is also a contact us facility on www.kinship.scot

OTHER USEFUL LINKS AND CONTACTS:

Children and Young Peoples Commissioner Scotland - <https://cypcs.org.uk/>
On Instagram: @CYPSC On Twitter: @CYPSC On Facebook: @CYPSC

Childline - 0800 1111 <https://www.childline.org.uk/>

Scottish Child Law Centre - 0131 6676333 - <https://sclc.org.uk/>

Who Cares Scotland - 0141 226 4441 - <https://www.whocarescotland.org/>

The Centre for Youth and Criminal Justice - www.cycj.org.uk/

Scottish Children's Reporter Administration - www.sdra.gov.uk/

Together (Scottish Alliance for Children's Rights) - www.togetherscotland.org.uk/

Children's Hearings Scotland - www.chscotland.gov.uk/

ACC Virtual School - www.aberdeencity.gov.uk/services/education-and-childcare/virtual-school



We also work closely with the Youth Team who provide support to those leaving care or who have been in care between the ages of 16 and 26. Want to know if you are eligible?

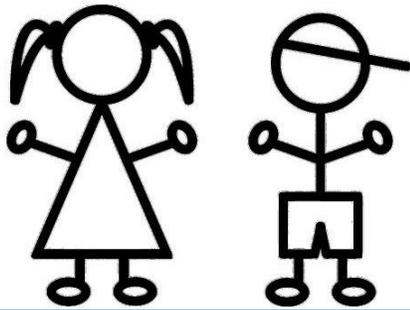
Call 0800 9178545.

Like @YouthTeamAberdeen on Facebook to find out more.

<https://www.facebook.com/youthteamaberdeen>

*MARGARET'S STORY AS A KINSHIP CARER

Navigating a complex system is hard. Margaret Jones** is a kinship carer and has looked after her granddaughter for the past decade. Here she shares some of the rewards and challenges this brings. This is an excerpt from her write-up. Understanding social work processes and procedures is hard - the 'system' is complex and complicated. Before Sophie came to live with me, I didn't have any experience of working with social workers or the law. I found much of the language bewildering – anyone who is not involved will not understand the difference between a “Section 11”, a “Section 25”, or “permanency”, and my social worker and Citizen's Advice have both helped me to navigate through it all. I've turned up to meetings to find that people don't show up, or things mentioned at previous meetings hadn't been done and the meeting would be postponed. This was frustrating as I'd need to go through it all again. I'm still not clear about everything even after ten years - for instance, although it is agreed that living here with me is the best place for Sophie, there is still a chance that her parents could legally turn up and take her away, and the older Sophie becomes, the more aware she is of this and it can be unsettling for both of us. My current situation means that I have no parental rights and therefore have no say over decisions at school, decisions about her health say with doctors and dentists or any of the many other day-to-day priorities for a child that parents take for granted. The full write-up can be found at <https://www.celcis.org/knowledge-bank/search-bank/blog/what-i-wished-id-known-about-kinship-care>



Sport Aberdeen continue to provide free memberships to Kinship families and is a great source for families to stay active in the community with access to several gyms and pools across the city! Contact the team for more information.

Also, if you live outside Aberdeen we might be able to link in with your local scheme, contact us for more details.

SUPPORTING SIBLING RELATIONSHIPS

Following The Plan 2021-2024 published by the Scottish Government, there is a strong commitment to maintaining positive sibling relationship within being care experienced. Professionals, including the Kinship Team recognize the importance of brother and sister bonds and how this can form and shape individual's identity. Scotland is committed to improving the quality of maintaining sibling relationships after many families, brothers and sisters have been separated through kinship care, fostering or adoption. The Promise recognizes that half, step and adoptive siblings also have a huge impact on the child's experience within family's lives. Contact between siblings in different places will be encouraged and supported so that families can maintain these relations and have a sense of family life. Where it is safe to do so, siblings should remain together in placements and should not be separated. Brothers and sisters should have their voices heard when making decisions about their and their sibling's care, including the introduction of siblings being allowed to attend children's hearing systems. These changes are set to improve family life for siblings and promote these positive relationships.



Light The North Aberdeen Trail 2021

Aberdeen has recently seen the new Lighthouse trail all around Aberdeen! These Art Sculptures are all around Aberdeen and raising support for CLAN Cancer Support. The trail runs until the 17th of October and is a great way to get out and around Aberdeen exploring the trail and finding all 45 of the beautiful hand painted sculptures! Check out the website or the "Light the North" App on the app store for locations and to collect all the lighthouses on the trail!

<https://www.lightthenorth.co.uk/>



"A lighthouse is a symbolic of a safe haven, a beacon in a storm, helping to navigate through troubled waters and signifies hope"

PARENTLINE

08000 28 22 33

Will talking help? Free advice and support for parenting.

Mon-fri, 9am to 9pm

Sat-Sun, 9am to noon

If you live in England please contact [Family Lives](#) on 0808 800 2222.

BREATHING SPACE

0800 83 85 87

A free confidential phone, and web-based service for people in Scotland experiencing low mood, depression or anxiety.

SHOUT!

FREE TEXT SERVICE

Free 24/7 text service if you are finding it hard to say how you feel. **Text 85258** and someone will be on hand to respond. This is ideal if you do not like to or can not speak on the phone

ADVOCACY

01224 332314

Independent advocacy is a way to help people have a stronger voice and actively participate in decision making by helping them to know and understand their rights. Help to consider the options available to them, express their views and wishes, and to make informed choices.

THE SPARK

0802 802 2088

A free online service for:

- Parenting teenagers
- Self harm: a guide for parents
- Sexting: a guide for parents
- How to talk to children about mental health

And lots more...

SLEEP SCOTLAND

0800 1386 565

Provides free support line for carers struggling with children and teenagers sleep problems.

Open Monday to Friday 10am to 4pm. Or email at

Sleepsupport@sleepscotland.org



Autumn



WORD SEARCH

E	A	X	W	A	L	R	S	T	S	T	
T	K	W	Q	U	E	E	F	G	C	N	Y
F	B	O	O	T	S	F	A	E	I	D	L
H	A	E	A	R	C	I	L	S	K	A	I
M	F	E	O	E	A	P	L	S	C	S	E
A	W	H	H	E	P	U	M	P	K	I	N
S	I	H	K	A	R	B	E	T	P	R	D
E	A	A	N	E	Y	N	M	R	O	A	C
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H	L	E	A	F	S	C	A	R	F	I	O



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| SCARF | APPLE | BOOTS |
| TREE | FALL | RAKE |
| ACORN | PUMPKIN | PIE |
| HAY | SWEATER | LEAF |