



January, 2023



**Don't  
miss out  
on our  
latest  
news!**



**FosteringLincs**  
Lincolnshire Fostering Services

Fostering Celebration 2023

IMPOWER: Heroes of 2022!

New Training Schedule

Online Safety Bill

Sleep better...Make the swap!

Early Years Group

Staffing news!

FAB is back!

Recipe of the month

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**The Fostering Celebration is back!**



We are delighted to invite you to our fostering celebration 2023!

Join us to celebrate another year of successes with lovely food, acclaimed entertainment, and great company!

- **Date: Thursday 16th March**
- **Time: 10:00 – 14:00**
- **Location: Hemswell Court, Lancaster Green, Hemswell Cliff, DN21 5TQ**

Please RSVP here: [Lincolnshire Fostering Celebration 2023 Tickets, Thu 16 Mar 2023 at 10:00 | Eventbrite](#)

If you have any questions or need further assistance, please email [caring2learn@lincolnshire.gov.uk](mailto:caring2learn@lincolnshire.gov.uk)

We can also confirm a creche will be available on the day.

We look forward to seeing you there!

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## IMPOWER: Heroes of 2022



Richard recently spoke in IMPOWER's plenary session at the National Children's and Adult Services Conference (NCASC), bringing to life the lived experience of being a foster carer.

He spoke about the challenges, rewards and opportunities – and his passion came across so clearly, leaving everyone in the room inspired.

As a result, Richard has been selected as one of IMPOWER's heroes of 2022! You can read all about him and his experience with IMPOWER using the following link:

<https://www.impower.co.uk/insights/impowers-heroes-of-2022-richard-ayres-foster-carer-lincolnshire>

What a fantastic way to start the New Year by raising the profile of our wonderful fostering community. Congratulations Richard, on your amazing achievement!

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## **New training schedule for 2023-2024**

Our training schedule for 2023-2024 is now live!

Would you like to join any of our upcoming training sessions? Have a look at our brand-new schedule on our online document library.

<https://drive.google.com/drive/folders/1sHB8EO51t1BD4X-zjOyniv35PYpY74FP?usp=sharing>

Did you not know about our online document library?

Foster Carers can directly access forms, policies, events schedules, expense forms, payments handbook etc... using the link above. This will save you having to request forms, documents, and information from your SSW.

Please note that the documents will be kept live with the most up-to-date version always being accessible from here. Please delete any old copies (hard copy or electronic) that you may already have.

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## New Online Safety Bill



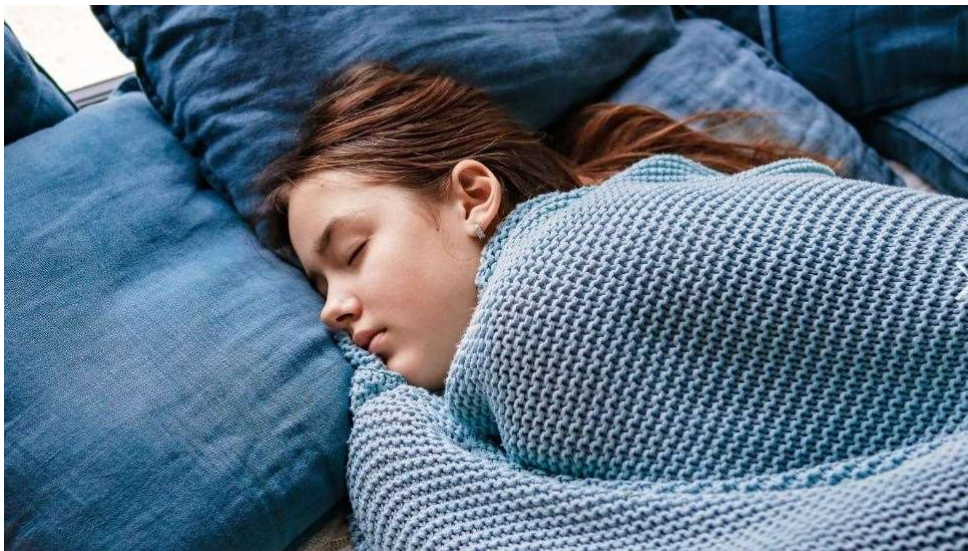
The Online Safety Bill is a new set of laws to protect children and adults online. It will make social media companies more responsible for their users' safety on their platforms, published by the DfE (16/12/22). Michelle Donelan, Secretary of State for Digital, Culture, Media and Sport, has written an open letter to parents, carers and guardians, setting out the key measures in the government's Online Safety Bill.

You can read the letter to parents/carers about the online safety bill here: [Read the Secretary of State's open letter to parents, carers and guardians. - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/secretary-of-state-writes-open-letter-to-parents-carers-and-guardians)

You can also find a guide to the online safety bill in the following link: [A guide to the Online Safety Bill - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/a-guide-to-the-online-safety-bill)

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## Sleep Better... Make the Swap!



Are you or anyone in your household struggling to sleep at night? If so, you are not alone! It is estimated that over 20 million people in the UK suffer from insomnia and/or sleep deprivation.

Some cases might require medical attention and we recommend consulting with your GP. However, did you know that it is estimated that over 40% of those issues could be fixed with easy lifestyle changes? Something as simple as watching what you eat and drink as well as establishing a strict bedtime routine could be the solution to your problems.

Would you like to read more about it? Please visit The Teen Sleep Hub's latest article at <https://teensleephub.org.uk/sleep-better-make-the-swap/>

Would you like to learn more about how to help children and young people sleep

better?

Come along to our next sleep workshop, led by one of the county's champion foster carers, Jayne Arnold.

There are 4 planned sessions throughout the year.

- 28th April 2023 (10am-12pm)
- 11th July 2023(7.30pm-9.30pm)
- 15th December 2023 (10am-12pm)
- 9th February 2024 (7.30pm-9.30pm)

Please email [Caring2Learn@lincolnshire.gov.uk](mailto:Caring2Learn@lincolnshire.gov.uk) to book your place.

## Come and join our Early Years Group!



**Come and join our Early Years Group**

**All foster carers and their under 5's welcome!**



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Would you like to learn more about it? Please email [caring2learn@lincolnshire.gov.uk](mailto:caring2learn@lincolnshire.gov.uk)

- Would you like to meet more local carers?
- Do you care for a child under 5?

- Would you like to spend 2 mornings each month creating new friendships while the little ones also have a great time?

If your answer is yes to any of these questions, you cannot miss our Early Years sessions!

Our Early Years group provides activities created by foster carers for foster carers and the little ones they care for. It provides a safe and trusted space for carers, their children in care and/or their birth children.

Having play dates is an excellent way for children to develop their independence and social skills such as sharing, developing friendships and communication. It's also great for carers as it allows them to extend their own support and social networks.

The early years group meets every other Thursday at one of our most popular children's centres from 11 am till 12:30pm. Would you like to learn more about it? Please email [caring2learn@lincolnshire.gov.uk](mailto:caring2learn@lincolnshire.gov.uk)

Come and join us on our next session: (No need to book)

- Thursday, 2nd February
- Thursday, 16th February
- Thursday, 2nd March
- Thursday, 16th March
- Thursday, 30th March

**11am – 12:30pm**

**St Giles Children's Centre, Lamb Gardens, Lincoln, LN2 4NP**

We look forward to seeing you there!

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## Staffing news!

Sadly Rebecca Dolman, North Team Manager left the Team to begin a new career and enjoy more time as a grandparent in December. We will welcome Emily McCallister on 23<sup>rd</sup> January as the new Team Manager, I'm sure many of you will have the chance to meet her in the near future.

We would also like to welcome back Emma Hewson. Emma left the team a few years ago and is pleased to be back. We have also welcomed Laura Wilkinson; Laura is a Social Worker apprentice and will be with us over the next 3 years.

We would also like to wish Charlotte Fisher and Amy Pacey well as they will be starting their maternity leave very soon.

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## FAB is back!



### **FAB! is back in 2023**

After a long break due to Covid the FAB! Awards return on 17<sup>th</sup> June 2023.

FAB! (Fantastic Amazing Brilliant) is the awards event for Children in Care and Care Leavers.

Nominations will open in February. Would you like to know more about how to nominate young people you know or have cared for? Please

email [participation@lincolnshire.gov.uk](mailto:participation@lincolnshire.gov.uk)

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## Recipe of the month: Easy Breakfast Quiche!



Did you know that cooking and baking are some of our Foster carers' preferred activities to do with their families?

Cooking and baking can be an easy way to entertain our children for a while, but it is so much more than that! Cooking can teach them maths and science skills, help them develop comprehension skills and even boost their self-esteem. All of that, while having great quality family time!

This month we bring you a family favourite during breakfast time. Healthy (in moderation), super easy but also super yummy recipe that will be enjoyed by the whole family. Our easy breakfast quiche!

### **All you need is:**

- 4 sausages cooked and sliced
- 6 bacon medallions cooked
- 6-8 mushrooms sliced

- 3 tomatoes sliced
- 8 eggs
- 100g of cream cheese
- 100g of single cream
- 1 Sweet pepper sliced
- Sea salt and Pepper to taste
- Cheese

**Method:**

1. Pre heat the oven to 190°c.
2. Cook the sausages and bacon medallions. You can do this in advance and keep them in the fridge until you're ready for them.
3. Crack the eggs into a large bowl or jug, add the cream cheese and single cream, and some salt and pepper to taste, then whisk until they mixed well and there's no lumps. Pour the eggs into the cake mould, then sprinkle the chopped parsley on top.
4. Once cold, add your chopped meat and vegetables to the mixture.
5. Pour the mixture into a cake mould and sprinkle with cheese (optional)
6. Cook at 190°C for 25 - 30 minutes, or until the quiche is set and golden in colour.
7. Serve a slice with a slice of bread and some fruit, and enjoy!

\*Would you like to make it a bit more filling? Add some pastry for the base!

Are you trying this recipe? Send us a photo of the process or the result. We would love to see it!



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**Address:**

Lincolnshire County Council Fostering Service  
County Offices  
Newland  
Lincoln  
LN1 1YL

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Lincolnshire Adoption and Fostering · County Offices · Newland · Lincoln, Lincolnshire LN1 1YL · United Kingdom

