

Preparation and training is undertaken by each short break carer before being assessed and approved to take a child.

"Thomas loves going to their house for short breaks and I know that he is safe."

Parents' Comment



Short Break FOSTERING

North East Lincolnshire offers its short break foster carers:-

- Regular support visits and contacts from your qualified Fostering Social Worker
- A comprehensive training programme
- Membership of "Fostering Network" a national foster carers organisation.
- Social events and awards ceremonies
- A 'buddy' support scheme to newly approved carers.
- Specialist psychological advice and guidance
- Flexibility in a part time role
- Careful matching of your skills with the needs of a child
- A chance to really feel you are making a difference and helping a local family.

Call the Fostering Service on **01472 325545** or go on line at www.nelincs.gov.uk/social_care/fostering/how_to_apply

**Fostering
Changes Lives**



**PUT
YOURSELF
IN THE
PICTURE**

**Could you be a SHORT
BREAK foster carer?**

Information on how you can
help a child with disabilities

"I could do that!"



Specialist training events...

...are available to help you to understand the needs of any child you may look after and carers are encouraged to meet together to give each other support and to learn together.

Caring for a child with disabilities...

...can be a very demanding kind of parenting. Many families feel they have to fight for everything they can get to help their child and feeling tired is very common.

A short break to relax a little and switch off can be so valuable for parents, especially if you know your child is having a fun time.

Most children requiring short break overnight care have learning disabilities and may present with challenging behaviours at times because of autism or ADHD.

However they are often very rewarding children who respond to predictable routines and planned activities.

"We find ourselves missing him on the weekends we do not have him to stay."

Carer Comment

Short break foster carers provide overnight stays in their own homes, usually once or twice a month for a child with disabilities on a regular basis. It is not a full time role but a regular pattern of stays works best.

Each child is matched with Short Break Carers and there are plenty of visits and meetings before a first overnight stay occurs to make sure the child is settled.

"They take him to activities that I would not be able to."
"There should be more short break carers like ours out there"

Parents' Comment

"We had visits and short times together before our link child stayed over with us; now, we enjoy giving him new experiences."

New Carer Comment

"It has been so rewarding. I have been a short break carer for 10 years for the same child and have seen him grow up into a young man"

Carer Comment

"I aim to work towards children being independent and having the same chances as any other child. Just supporting a young person to get on a bus alone is a big achievement."

Carer Comment

