

YOU'RE NOT HOME ALONE

ISSUE 9

Dear colleague,

Welcome to the ninth and final edition of our newsletter, You're Not Home Alone. We will be continuing with a bi weekly newsletter as the feedback has been incredible. We'll call it a different name but the content will remain similar. Please do continue to send any pictures of any activities from our newsletter that your children have enjoyed doing – we've loved seeing so many. Just contact marketing@fostertalk.org or call **0121 758 5013**

PLEASE FEEL FREE TO PASS THIS ON TO YOUR COLLEAGUES AND TO OTHER FOSTER CARERS.

FOSTERTALK HAS BEEN NOMINATED FOR AN AWARD!

We're delighted to share that FosterTalk has been highlighted by Corporate Vision Magazine as a nominee for their fifth annual Small Business Awards.

The magazine seeks out the very best that the small business community has to offer so we are thrilled to be hand-picked this year. We're delighted to be nominated but will let you know if we get to be overall winners!

VIRTUAL TRAINING

We have our new virtual training courses scheduled in until December with lots of online training courses to offer including training on Staying Put, Life Story Work, Allegations, Education and Sexual Exploitation. **Take a look** and contact us for further information.

EVERYONE'S TALKING ABOUT OUR APP!

Have you received an email from us stating that you're part of our pilot for our brand new app? If you have, click on the link today so that you don't miss out on experiencing it first! The app will allow you to communicate with other foster carers within your area, as well as having first hand access to our most popular resources all held on your mobile phone (or computer). All of our FosterTalk publications can be found within the resources section along with lots of mental health, finance and membership resources. **The app will become part of our member's benefits package once the pilot has completed.** Contact us for further information – enquiries@fostertalk.org

HOME SCHOOL

Home schooling for many will finish at the end of this week as children across the UK break up for their summer holidays. Some parents are still going to keep up with some daily lessons and BBC Bite Sized is helping here by announcing that it will now extend its daily lesson plans with three new lessons every weekday for each year until 24 July .

For more information [Click here](#)

Remember,
we're adding
3 new lessons
every weekday for
each year until 24 July.



FREE RESOURCES



DISCOVERY EDUCATION - offer a huge range of free, downloadable engaging resources for pupils at Foundation to Upper Key Stage 2, including: videos, interactive activities, quizzes and worksheets. They also have a Social Distancing Training App which helps children understand what safe social distancing looks like. Check it out [Click here](#)

JUMPSTART

JUMPSTART - has a large collection of fun activities and games for kids. Kids' online resources can be found in many places on the internet, but JumpStart feel that parents often prefer sites where they are collected and made available in a single place so that they're easy to access and youngsters are less likely to wander to unsafe websites. There's loads of fun activities ranging from Cuisine Critters, Piggy Bank Bottle and Insect Pen Toppers, as well as Marble Art and Traffic Spotlight Treats. [Click here](#)



MAIL RAIL FROM HOME – A VIRTUAL TOUR - Whilst the museum is closed, the Mail Rail is open for everyone to experience from home. Journey back in time through the original tunnels and station platforms of London's 100-year-old postal railway. The virtual tour captures the sights and sounds of Mail Rail, with a unique experience deep beneath the streets of London! Check it out [Click here](#)

NATURE

We hope you are enjoying getting out in the fresh air when the rain keeps away. As always, there are plenty of Dandy Lion flowers covering the ground in parks and a few (quite a lot), in my own garden. Help your children get creative by making a vase out of card before you set off to the park and make some holes. Insert the very own vase of brightly coloured flowers.

SCREEN FREE IDEAS

Make Your Own Ice Lollies - To kick off the summer holidays, why don't you try making homemade, rainbow ice lollies with Greek yoghurt and food colouring. Really simple, healthy, refreshing and fun – simply divide 750g of Greek yoghurt into mugs with honey, add you desired food colouring and layer it into ice cream moulds. Freeze for a few hours and then enjoy.



ARTS AND CRAFTS



Weave your little ones busy with some weaving! Take some brightly coloured strips of paper, cut out a grid and show them how to weave it through. After a few goes they'll get the hang of it and will love their artwork at the end.

MENTAL HEALTH

Art therapy is a great way to allow your mind to relax and unwind and deal with emotions like anger and sadness through some helpful art exercises. Art therapy can be a great way to relax and feel a little more laid back. Art can not only help you deal with the bad stuff, but also help you appreciate and focus on the good. We've sourced lots of activities for you to reflect on personal happiness and joy. If you prefer to cut and paste rather than draw or paint, there are additional projects listed as well. Here you'll find a collection of projects that will help you be happy about what you have and express your gratitude for it [Click here](#) to read the complete article.



TALK OUT

REMEMBER OUR TAX AND BENEFITS ADVISORS CAN HELP ANYONE IN YOUR HOUSEHOLD!

- Just a few quick reminders from us –**
- 31 July is the deadline for informing DWP of your income for WTC renewal purposes –call our tax team if you need help
 - Don't forget to take advantage of discounts on eating out in August on Monday – Wednesday – watch our website for updates
 - The second phase of the Self-Employed Covid support can be claimed in August – don't forget to check your eligibility

For help with these any other issues please call our tax team. Our expertise is not simply limited to Foster carer tax returns, we can help with all aspects of personal tax to.

Call us on **0121 758 5013** or email enquiries@fostertalk.org

Best regards

The FosterTalk team



Martin James
FOUNDATION

www.fostertalk.org



Telephone **0121 758 5015** or email enquiries@fostertalk.org