

# YOU'RE NOT HOME ALONE

ISSUE 5

Dear colleague,

Welcome to the fifth edition of our newsletter, You're Not Home Alone. We hope you find this useful during this time of school closures. We want to provide useful information so please let us know if you want new topics included. 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](mailto:marketing@fostertalk.org) or call **0121 758 5013**.

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

**Please Note: For the time being, this newsletter will replace SmallTalk until lock down is lifted.**

## FOSTERTALK CORONAVIRUS SUPPORT

In these unprecedented times, there are lots of messages being circulated but the main one we want to express is that You Are Not Alone. You are vital now more than ever and you will face situations that were unexpected when you became a foster parent but you are resilient, strong and resourceful (that's why you are a foster parent). We are here to provide support and guidance, which will be regularly updated as and when news comes in, and if you wish to share your thoughts and good practice then we have the platform for you [Click here](#) for more information.

## ASK THE EXPERT

With all of the uncertainty about sending children back to school in June, our Educational Expert Advisor, Phil Sharrock has offered to host a FREE virtual Q&A session for FosterTalk members. He'll answer all the education questions that you may have. If you are interested in this please email us at [marketing@fostertalk.org](mailto:marketing@fostertalk.org) with your email address and contact details and we will be in touch with event details.



## HOME SCHOOL



**Classroom Secrets** - have FREE home school learning packs for each year group. You will find home learning resources, guidance and answers and a practical ideas kit! Take a look, a bit of variety in your child's daily routine could make a lot of difference.

[Click here](#) for more.



## FREE RESOURCES



Book Trust have loads of interactive books to read online, or watch with signing! There are classic children's stories that we think you and your family will love, including *Hairy Maclary* from Donaldson's Dairy by Lynley Dodd to *Owl Babies* by Martin Waddell and Patrick Benson, along with newer favourites such as Chris Haughton's *Oh No, George!* [Click here](#) to go to their website.



**Bringing the zoo to you!** We are all missing family days out and trips to fun and interesting places. Wildlife and animals are always a go to option for days out. We can't visit these exciting places at the moment but we can take a sneak peek at what the animals are up to across the world with webcams. From Chester Zoo to Minnesota Zoo, we have a list of 30 zoos with webcams to keep your children entertained. See the monkeys swinging tree to tree and penguins swimming through their pools! Fun for children and adults alike! Take a look [Click here](#)



## NATURE

The National Trust have reopened more than 200 of their coast and countryside car parks in England, so many of you can get out to enjoy the landscapes and nature that you love, safely! For some car parks there is a booking system to help manage visitor numbers and maintain safe, social distancing. Unfortunately, due to UK government rules about ticketed venues, they still can't open their houses, gardens and parklands and their car parks right now.

[Click here](#) for further information.

## SCREEN FREE IDEAS

Bringing a child imagination to life whilst stuck in doors can be a challenge! It's amazing how building a den can change all of that and suddenly the front room becomes the landscape for a knights in armour it battle and the sofa with a blanket over it becomes a castle with a spy tower!!! Ikea share how to make 6 types of furniture forts during lockdown, including a Wigwam, Fortress and a Castle! [Click here](#) for more. You'll even find the recipe for their famous meatballs [here](#) to – check them out.



SECRET



MEATBALLS RECIPE



## ARTS AND CRAFTS



We're being spoilt with good weather at the moment so families can enjoy their gardens and go for family walks together. Whilst outside, why not collect some leaves and that have fallen from trees. Some wonderful creations can be made and bought to life by adding facial features with a felt tip pen! Have a go and send us a picture [marketing@fostertalk.org](mailto:marketing@fostertalk.org)

A very creative idea is to get your little one to make their own laundrette using a used detergent bottle! A work of art to be proud of.



**NSPCC**

## SUPPORT FOR CHILDREN

The NSPCC has seen a huge rise in the amount of calls they are receiving from children worried and concerned about the Corona Virus. It's important to let children know that there is someone there to listen to them at all times, in confidence. There's a lot of support and guidance on how to relieve your child's fears and worries, balancing screen time and creating structure and routine [Click here](#) for more information.

## EID MUBARAK

To all of our Muslim foster carers celebrating Eid this weekend.



## TAX ADVICE ALWAYS AVAILABLE

Remember that our tax and benefits helpline is available to you or any member of your household. We can support you and /or prepare and file your tax return and provide useful and relevant advice. Should you have any problems please call our tax helpline on **0121 758 5013** or email [enquiries@fostertalk.org](mailto:enquiries@fostertalk.org)

Best regards  
The FosterTalk team



PART OF THE  
**Martin James**  
FOUNDATION

[www.fostertalk.org](http://www.fostertalk.org)



Telephone 0121 758 5015 or email [enquiries@fostertalk.org](mailto:enquiries@fostertalk.org)