

Short Breaks Fostering



families
for children



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Have you ever thought about fostering, but ruled it out because you work?

Keen to support a vulnerable child, but not able to make a full-time commitment?

There is a way to do both!

Families for Children needs people to offer care to children via short breaks fostering.

Short Breaks carers

Look after a child for a minimum of one weekend a month, or the mid-week equivalent.

Potentially offer a longer period of time over the summer holidays (eg a week or a fortnight).

There are three main types of Short Breaks fostering to choose from

- Family Based Respite
- Shared Care
- Respite

With each of these, carers work very closely with children and their families and are supported and supervised by workers from Families for Children. We offer support groups and extensive training. You will also be paid an allowance.



I like going to respite because I have a lot of fun there, we go out to a lot of places.

Ebony, aged 11



Family-based Respite

Family-Based respite carers offer children and young people in the community short stays in their home to assist families at difficult times.

For some families this may be a one-off arrangement, while other families may need regular short periods of respite to assist them in caring for their children.

Respite should be a positive, enjoyable experience for children and can be a real lifeline for families, helping them to stay together.



My daughter and I have both used the service. It gave us the chance not only to form new relationships, but also gave my daughter someone else in her life to make her feel secure. Now only my daughter goes, so I can have a night off to do things that I normally couldn't do, and it gives Lisa something that she looks forward to every week.

Mum of baby Lisa





It is a privilege to provide support for families who might be experiencing the kinds of challenges that we all face from time to time. It also gives us an excuse to go on fun day trips, visits to the cinema or the park, or even sledging (when it snows!).

Richard, respite carer



Most respite placements are planned in advance and can be on a regular basis. Respite placements can also be provided on an emergency basis to support children and their families through a period of crisis.

Shared Care

Shared Carers are a lifeline to birth families. For one weekend each month they look after a child or young person who has a learning and/or physical disability, to give the child's birth family a break

They may also offer to care for that young person for a longer holiday period during the year. Shared Carers build up long-term relationships with the children they look after and with birth families.

The children who benefit from the Shared Care scheme have a range of disabilities. These may be physical and or learning disabilities, autism, communications difficulties or other complex health needs.



Watching a child just have fun is so rewarding and we seem to spend a lot of time laughing.

Sandra MacDowell



Respite

Respite is similar to Family-Based Respite, in that you offer care to young people on a short-term and planned basis. The difference is that our respite carers generally look after children who are living with other foster carers: this gives both the child and their regular carers a break when needed.

Our Carers

Our Short Breaks carers come from all walks of life. They often work full-time and enjoy the reward of supporting a child and their family for short periods of time. Short Breaks carers may have their own families still at home, or not. Carers can be single or in a partnership with someone of the same or opposite sex.

If you are over 21, have a spare bedroom, are patient and caring, and would like to enhance a family's quality of life please contact us.

Our carers don't need any special qualifications. The most important qualification is the ability to care for a child in a stable and supportive environment. Full training and support is provided.

If you're not sure which type of short breaks caring would suit you best, that's no problem! We can talk you through the options and help you to decide what would be best for you and your family.



Want to know more?

Please contact **Families for Children**
phone **0345 276 5555**
email **families.children@sw.glasgow.gov.uk**
www.fosterglasgow.org**@fosterglasgow**



It's the best thing I've ever done. It's a humbling experience but also a privilege: being a carer inspires me to be more mindful of others and has given me a completely new perspective on life!
Jackie, respite carer





Being a respite carer has allowed our family to have opportunities to help children in crisis and make a difference in their lives. It is incredibly rewarding and we're so glad we decided to apply.

Debbie, respite carer

