

## WELCOME to our SG Newsletter!

We are excited to share with you the first edition of our 'new' Newsletter – designed for Special Guardians in Milton Keynes!

Milton Keynes Council are dedicated to supporting our Special Guardians.

Our aim is to create a community for all the fantastic grandparents, aunts and uncles, cousins, family friends and other relatives who are working hard to support the children that they are raising.

We want to keep you up to date with everything that's happening in Milton Keynes and in the world of Special Guardianship, and to offer you support.



## WHO are the Post-SGO Support Team?

We currently have two Post-SGO Support Workers in post who are available to support you and your family.

**Khushboo Shah – Social Worker**

**Grace Woodall – Social Work Assistant**

Our role is to **support you in supporting your loved ones.**

We recognise that being a Special Guardian can often be a very challenging yet very rewarding role which requires support and understanding.

We will work alongside you to create a plan that works for your family and allocate resources based on what you need.

You can reach out to us at any time to request support.

We are available  
Monday-Thursday from  
09:00am to 5:30pm and  
Friday from 09:00am to  
5:00pm (excluding bank  
holidays)

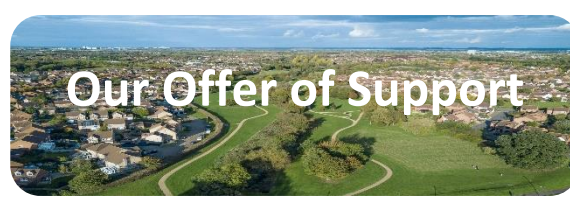
### Contact Us:



[PostSGOSupport@milton-keynes.gov.uk](mailto:PostSGOSupport@milton-keynes.gov.uk) or



01908 253206



### WE WANT YOUR FEEDBACK!

We appreciate your roles as Special Guardians and want to support you in the most effective way. If you have any feedback about your experience or ideas about how we can improve our service, please let us know!

**We are revamping the Support Service that we offer our Special Guardians as we are passionate about helping you and your family to thrive together. Here's an insight into our new support package:**

- A New Dedicated Team for Post-SGO Support.
- A New Information Pack to explain what services you can access.
- A New Referral Process for requesting support.
- New Drop-In Sessions to keep in touch with us and get advice.
- More Events so you can connect with other Special Guardians.
- More Training and Resources to keep you up to date.
- Reviews of SGO Support Plans and Needs Assessments.

Here are some of the things that we can support you to access:



Resources, Confidence, Education, Support Plan, Advice, Learning, Pupil Premium, Kinship, Referrals, Attachment, Networking, Teamwork, Family Time, Community, Mentoring, Beacon House, Relationships, Additional Needs, Emotional Regulation, Support Group, Psychological, Therapeutic, Child Development, Drop-In Sessions, Resilience, Guidance, Therapy, Virtual School, Advocate, Assessment of Need, Supervision, Community Hub (CATCH), Assess, Supervision, Assessments, Mental Health, Counselling, Parenting, Signposting, Contact, Family Time

If you would like to see something included in the next edition of the Newsletter, please email us!

## Tell us about you!

This Newsletter is made for you...we want to hear from you!

We would love to know what is happening in your lives – your successes, the big or small breakthroughs that you have made with your children, something that made you smile or laugh, or maybe something that you found interesting.

Write to us with something you want to share with other Special Guardians in your community – we just might feature it in the next Newsletter!



## It's KINSHIP WEEK!



### Kinship Week – 3<sup>rd</sup> to 7<sup>th</sup> October

**Kinship Week is a national week to recognise and celebrate the support and care offered by Kinship Carers and Special Guardians, here at Milton Keynes Council we are hosting some special events during this time.**

- **Afternoon Tea for Special Guardians**

When: Drop-In between 11am and 2pm on Thursday 6<sup>th</sup> October.

Where: Moulsoe Millennium Hall, Cranfield Road, Moulsoe, Newport Pagnell, MK15 0HB

Tea, Coffee, Cakes and Snacks will be provided.

- **Drayton Manor Trip** on Saturday 8<sup>th</sup> October.

All Special Guardians, their birth children and their cared-for children are invited to attend. Transport will be provided.

Tickets have been sent out to those who RSVP'd.

We can't wait to meet you!

#### Support/Activity Groups for Children

We are exploring running regular Support/Activity Groups for children on Special Guardianship Orders.

Would your child be interested in attending a group? This would be during after school hours, Monday to Thursday.

If so, please let us know their age and what day of the week they would prefer to attend.

We will be reviewing your responses over the next few weeks and will keep you updated.

## Kinship Support Group

Come and meet some of the friendly Special Guardians and Kinship Carers at the Kinship Support Group! The group is run by the lovely Karon Jennings, who has experience herself being a Special Guardian.

There's no need to book, just drop-in and chat with people who are just like you.

When: On the 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 09:30am to 11:30am

Where: Morrison's @ Westcroft District Centre in the Community Room at the rear of the restaurant

There are also virtual meetings on the 3<sup>rd</sup> Thursday of every month in the evening.

Please contact Karon for further details: [grandparent.sg@ntlworld.com](mailto:grandparent.sg@ntlworld.com)

## New Drop-In Sessions

### Come and talk to us!

The Post-SGO Support Team will be running regular drop-in sessions for SGs.

This is a space to chat to our Support Workers and to other SGs in the community, you can get to know us, ask us any questions, and learn more about what we offer as a service.

Please join us at Pebbles Children's Centre (Newlyn Place, Fishermead, Milton Keynes, MK6 2LP) on:

10<sup>th</sup> October – 10:00am to 11:30am

7<sup>th</sup> November – 10:00am to 11:30am

5<sup>th</sup> December – 10:00am to 11:30am

## Competition Time!

We are looking for someone creative to design a **logo** for our brand-new service and team.

You can design the logo but it must include the words: **Post-SGO Support Service**.

If your logo is chosen as the winner, you could receive a **£10 book voucher** and your logo will be featured in the next Newsletter!

Please send your designs to: Civic Offices, Saxon Gate East, Central Milton Keynes, MK9 3EJ.

We will be picking a winner on 1<sup>st</sup> November 2022.

**We can't wait to see what you come up with! Good Luck!**



Here are some of our best resources, compiled by our team for you to use with the children in your care. If you find something particularly helpful, please let us know!



**The Kinship Care Charity** are the experts in all things about Kinship and Special Guardianship Orders. You can access their free, specialist advice service – online, via email or over the phone.

There is lots of information on their website about your role as a Special Guardian and the benefits and support that you are entitled to. You can request advice and guidance around any specific issues that you may be facing, and they can offer resources to help you get the support that you need. Kinship can also connect you with other carers in your community and with local support groups.

Join the Kinship Community – [www.kinship.org.uk](http://www.kinship.org.uk) or 0300 123 7015



**Beacon House** is a fantastic service that specialises in supporting young people and their families through trauma and adversity. There are lots of valuable resources on their website to support you to understand the impact of trauma on the brain and how to support your loved ones.

[www.beaconhouse.org.uk](http://www.beaconhouse.org.uk)



You can access amazing online, virtual and face-to-face training through **The Foster Care Training Hub** and **CATCH (Children and Trauma Community Hub)**. There are also share some fantastic seminars and learning events.

There are lots of courses to explore, but we really recommend:

- Attachment and Child Development
- Emotion Coaching
- Building Resilience

There are also courses available that cover specific issues that may be relevant to your family – challenging behaviours, learning needs, and managing contact with birth parents.

**We could all learn something new!**

If any of these courses interest you, please contact the team and we will enrol you.



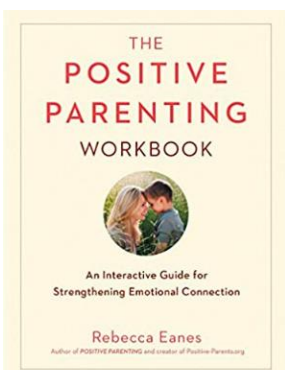
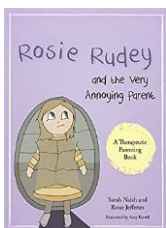
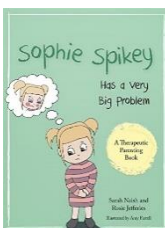
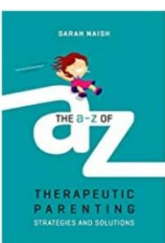
## DID YOU KNOW?

Previously Looked After children have priority for school placements – check your eligibility and make sure you include this on your school admissions form.

## DID YOU KNOW?

If the child that you are caring for was Previously Looked After, their school are entitled to receive Pupil Premium Funding to support them within education – they can access additional resources to help your child to thrive. The funding is paid directly to your child's school and can be spent on helping children with their social, emotional, and academic needs, you can speak to the school directly to ask how they are allocating your child's funding or ask us to support!

If you have something useful or interesting to share, please let us know!  
It's helpful to learn something new.



**Howard B. Wigglebottom** – Entertaining and educational videos, games and songs to help young children learn important life lessons, become better listeners, communicate in a better way, and feel good about themselves.

There are lots of themes for little ones to engage in – managing anger, good manners, respecting friends.

Created by the We Do Listen Foundation, recommended by educators, counsellors, therapists, Social Workers, parents and grandparents.

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

### Books by Sarah Naish

Author Sarah Naish is an adopter of five children and former Social Worker, she writes books for those caring for children who have suffered trauma.

The A-Z of Therapeutic Parenting

Therapeutic Parenting in a Nutshell

The Quick Guide to Therapeutic Parenting

Sarah and her daughter have also written a set of fantastic **books for children**, to support them to deal with a variety of everyday problems and manage their emotions.

Check them out on Amazon or Kindle!

### The Positive Parenting Workbook by Rebecca Eanes

Rebecca Eanes is a trusted voice among parents and carers who are looking for ways to stop yelling, nagging, and having power struggles with their children and to focus on emotional connections, better communication, and joyful moments in parenting.

This is a self-reflective book filled with encouraging prompts – give it a try!

Check it out on Amazon! [www.amazon.co.uk/Positive-Parenting-Workbook-Interactive-Strengthening/dp/0143131559](http://www.amazon.co.uk/Positive-Parenting-Workbook-Interactive-Strengthening/dp/0143131559)

### DID YOU KNOW?

Previously Looked After children are eligible to access £7,500 per year from the Adoption Support Fund (ASF). The ASF is a government scheme designed to support vulnerable children and their families. We can request funding for specialist psychological assessments (up to £2,500 per child) and therapies (up to £5,000 per child). Just ask us!

### DID YOU KNOW?

Every child is entitled to an Individual Education Plan, which can you request from your child's school. It helps teaching staff to plan for and support your child, including strategies to help them learn and thrive. You just need to ask for it!