



Autumn/Winter 2022-23

SHINING STARS FOSTER AGENCY

The Lansdowne Building,
2 Lansdowne Road, CR9 2ER Croydon



02082636230 | 07886127826



info@shiningstarsfostering.com



www.shiningstarsfostering.com

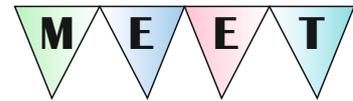
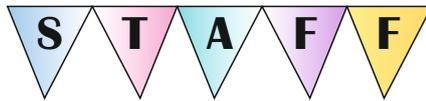
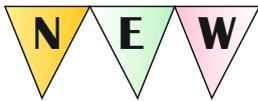




*Fall, leaves, fall; die, flowers, away;
 Lengthen night and shorten day;
 Every leaf speaks bliss to me,
 Fluttering from the autumn tree.
 I shall smile when wreaths of snow,
 Blossom where the rose should grow;
 I shall sing when night's decay
 Ushers in a drearier day*



- Emily Bronte



Munazza Ansar

Munazza is a qualified Social Worker registered with Social Work England. She has a degree in Social Work and a Master's in counselling psychology from India. Prior to joining Shining Stars, Munazza worked as a Social Worker in India for 5 years, mainly towards the welfare of children and their families who are in dire need of care, protection, and support. She has proven her skills in the areas of Child Protection, Education and Development of the disadvantaged communities and is always eager to hone her skills as a Social Worker

In her free time, Munazza likes to travel and watch movies. She also enjoys good food, good music and meeting new people.



Amy Warren

I am the deputy team manager at Shining Stars. Prior to qualifying as a social worker, I worked for several years as a support worker, supporting children and adults with disabilities. I enjoyed this work immensely. In 2012, I completed my MSc in Social work and qualified as a social worker, since then I have worked in both private fostering agencies and in local authority fostering teams. I have also sat on a fostering panel for two years. I have set up support groups, organised specific coaching sessions and delivered training to foster carers all with the aim of improving the life chances of children and young people.



Caroline Lally

I am Caroline Lally the Operations Manager, I joined Shining stars in May of 2022, I have 4 children the youngest is now at University and 9 Grandchildren, who keep me very busy! Before joining Shining Stars I worked for Talawa Fostering for 6 years as Operations Manager and prior to that as an Office Manager in a school. I thoroughly enjoy my work and very passionate about the difference I can make to people's lives through my work. Outside of work I love to travel and spend time in the Caribbean as well as being a gym addict and keeping fit.



Rachael Redican

Rachael has worked as a social worker for many years, in roles ranging from residential work, child protection, youth offending and fostering. She has a lot of experience of working with Looked After Children and admires their strength and resilience. She is committed to helping children reach their full potential and enjoys the opportunity to support foster carers in doing this and providing them with a safe and nurturing home. In her spare time, Rachael enjoys going to the gym and the theatre.



New Foster Carers



Sayed and Kamila

Young Afghani couple in leyton. They have a 2 year old daughter and have experience of seeking asylum in the UK.

Shahbaz and Humara

Asian Muslim foster carers of Pakistani descent living in Croydon. Shahbaz and Humara are experienced foster carers having fostering for 5 years with Croydon council. The couple are approved to care for 3 children.

Saima and Anjum

Saima and Anjum: Asian Muslim Pakistani carers are joining the Shining Stars family in Birmingham. The couple have three adult children and are coming forward to look after one child.

Rabia and Asif

Rabia and Asif: Rabia and Asif are married with three young children. They are of Asian/ Pakistani origin and they are fully settled in the UK. They live in Croydon and are coming forward to foster two children



Karishma and Shahidul

Asian Bangladeshi foster carers in Kent belonging to the Muslim faith. Karishma has worked in play centres and after school clubs and as a school escort and in Bangladesh she was a nursery nurse. The couple are coming forward to look after two children.



Cynthia and Malcolm

Are a married couple and are experienced foster carer having been fostering for over 5 years. Cynthia is Black Caribbean and Malcolm is White British. The couple have two beautiful daughters who are both at University and visit home during holidays. The couple are caring for a sibling group of two children. The couple live in Enfield.



Jennifer

A highly experienced foster carer of black Caribbean heritage. She lives in Dagenham with two adult sons and is approved to look after babies and toddlers.



Julitta

Has been fostering for over a decade and is a specialist foster carer for children with ADHD and Autism. She is of polish heritage and is currently looking after a sibling group of two children who have been in her care for nearly 10 years. Julitta is based in Enfield.



Rosaline

Is a black African foster carer from Nigeria and has been fostering for over 10 years. She was a police officer in the past and is currently caring for a sibling group of two who have been in her care for nearly a decade. Rosaline lives in Kent.



Joy

Is an experienced parent and child foster carer and lives in Islington. She is a mother and a grandmother and has been a foster carer for over 5 years. Joy is of black Caribbean descent and has looked after placements from various ethnic groups.

Taslim and Mukhtar

Are a Muslim couple that originate from Pakistan but have grown up in England since they were toddlers. The couple have been together for 15 years and are parents to 3 daughters. The couple are experienced foster carers based in Startford and are currently caring for 2 teenaged siblings.

Marzena and Adeel

Have been fostering for over 4 years and are parents to a 10-year-old daughter. Marzena is Polish while Adeel is from Pakistan. The couple live in Enfield and are a close and child-focused couple.

Freeha and Awais

Are a married couple of Pakistani heritage and live in Birmingham. Awais grew up in Birmingham and Freeha grew up in Pakistan moving to Germany a few years back. She joined Awais following their marriage in 2019. The couple have been back up foster carers for Awais' mother and have a good understanding of fostering.

Mumtaz and Yussuf

Have been married for 34 years. They are parents to two adult sons who are both married and live independently. The couple have been living in London since 1994 and are of Somalian and Indian descent. The couple are looking forward to caring for two children or a sibling group.



BLACK HISTORY MONTH

Entering its 35th year of celebration, Black History Month 2022 UK runs throughout the month of October. This year's theme, Time for Change: Action Not Words, focuses on the double-burden black people carry: experiencing racism and discrimination and then being expected to fix the problem themselves. The event encourages people to get involved by taking action using the 'see something, say something' idea of tackling racism.



Marcus Rashford, footballer, campaigner, and bestselling author and just a kid from South Manchester However, it really only tells half the story.

In his 23 years on planet earth, Marcus has achieved far more than most top athletes have done, twice his age. Marcus is famous worldwide for his skills both on and off the pitch.

Not many 23-year-old footballers can claim to be an FA Cup winner, League Cup Winner, Man U player of the year 19/20 and in 2020 Footballer of the Year in England. He still makes a noise on the pitch for Manchester United and is contracted until 2023 on over 10 million pounds a year too.

But before he was a Manchester United and England footballer, Marcus was just an average kid from Wythenshawe, South Manchester, and remembers his own hardships during his schools' days, having received free school meals whilst growing up.

Not prepared to see kids go hungry and miss free school meals, using his celebrity

clout, he single-handedly called on ministers to offer a guaranteed “meal a day” to all school pupils in England in financially struggling families.

The Manchester-born star drew on his own experience of childhood poverty to raise money for food charities during the Covid pandemic. As lockdown hit and schools were temporarily closed, Rashford partnered with [food distribution charity FareShare to help cover some of the free school meal deficit.](#)

The campaign was able to cover three million meals a week to the most vulnerable across the UK, but requests soon became overwhelmed following the Government's decision to cancel the food voucher scheme over the summer holidays.

In an open letter to the Cabinet, Marcus pleaded with the Prime Minister to reverse the decision.

'As a family, we relied on breakfast clubs, free school meals and the kind actions of neighbours and coaches. Food banks and soup kitchens were not alien to us.' He went on to tell MP's, “While the eyes of the nation are on you, make the U-turn and make protecting the lives of some of our most vulnerable a top priority.”

Prime Minister, Boris Johnson extended the scheme two days later.

Rashford made tackling food poverty in Britain one of the key issues of the coronavirus crisis, raising huge awareness and money for the issue via the FareShare charity.

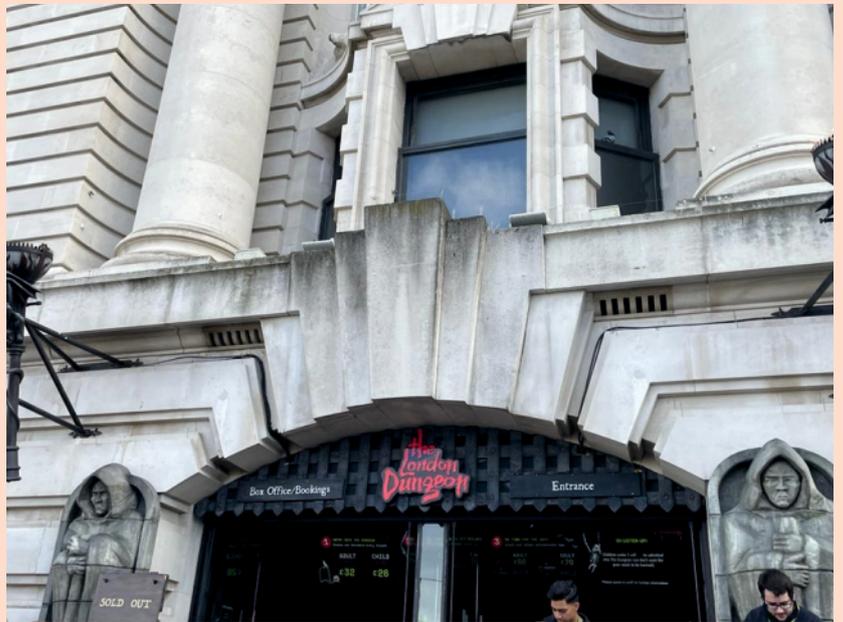
While the footballer is thought to have donated a substantial sum of his own cash to the campaign, his role in inspiring others to donate helped cement his position on the top of the Giving List.

Rashford was made an MBE in the delayed 2020 Queen's Birthday Honours List, in recognition of his services for vulnerable children in the UK during the pandemic. Now Marcus is inspiring school kids to start reading as he has become a bestselling author with his book *You are a Champion* which has been at the top of the Children book chart for four weeks and is packed full of stories from Marcus's own life, brilliant advice, and top tips from performance psychologist Katie Warriner. It shows you how to be the very BEST that you can be.

Black History Month thanks you, Marcus Rashford MBE, on behalf of all the school kids for your dedication and continued support.

HALF TERM ACTIVITY

This half term we took our looked after children to the London Dungeons. The children and young people really enjoyed the day here are some snaps of the day. We will be organising another event during the Christmas break for all carers, birth children and Looked After children. Please look out for your emails



DIWALI

Diwali, also spelled Divali, one of the major religious festivals in Hinduism, Jainism, and Sikhism, lasting for five days from the 13th day of the dark half of the lunar month Ashvina to the second day of the light half of the lunar month Karttika. (The corresponding dates in the Gregorian calendar usually fall in late October and November.) The name is derived from the Sanskrit term dipavali, meaning “row of lights.” The festival generally symbolizes the victory of light over darkness. The third day of Diwali was celebrated on Monday, October 24, 2022.

Observances of Diwali differ depending on region and tradition. Among Hindus the most widespread custom is the lighting of diyas (small earthenware lamps filled with oil) on the night of the new moon to invite the presence of Lakshmi, the goddess of wealth. In Bengal the goddess Kali is worshipped. In North India the festival also celebrates the royal



homecoming of Rama (along with Sita, Lakshmana, and Hanuman) to the city of Ayodhya after defeating Ravana, the 10-headed king of the demons, thus connecting the festival with the holiday of Dussehra. In South India the festival marks Krishna's defeat of the demon Narakasura. Some celebrate Diwali as a commemoration of the marriage of Lakshmi and Vishnu, while others observe it as the birthday of Lakshmi.



Leyton Orient Football Club referral

We have a great opportunity for Looked After children to join the Leyton Orient Football club and take part in many clubs and events.

- ⚽ This is in partnership with the Premier League, Sport England and MOPAC
- ⚽ Female Football Development Programme with the Premier League, FA, EFLT and the GLA
- ⚽ Schools Coaching Programme with the Premier League
- ⚽ Inclusive United with London United; Interactive, the FA and Wembley National Stadium Trust
- ⚽ Study Programmes for 14-19 year olds with Waltham Forest College

- ⚽ Housing Estate Holiday Programmes with London and Quadrant Housing Association and Charlton Athletic
- ⚽ Mental Health Treatment and Recovery Programme 'Coping through Football' with London Playing Fields Foundation and North and East London Mental Health Trust
- ⚽ Schools Open Holiday Programme with the London Borough of Waltham Forest
- ⚽ Targeted Health Programmes with Redbridge, Hackney, Tower Hamlets and Waltham Forest Public Health Teams.

Leyton Orient Trust is a company limited by guarantee and registered charity. Please get in touch with Sabeen our Education Consultant for a referral :

sabeenm@shiningstarsfostering.com



Shining Stars Annual Christmas Party!

As we all started to look forward to Christmas festivities, the SSFA community organised an annual end of year party that we have not been able to hold for a couple of years. On arrival guests were treated to a lovely large space, with the tables all tastefully decorated and welcoming and welcome drinks too. So with the drinks flowing, the venue started to fill up quickly with our wonderful foster cares travelling from all corners of London, making a special effort to come together and enjoy the party. The food began which was really enjoyable. Foster carers were able to meet other carers and enjoyed the experience of getting to know the SSFA staff and fellow carers. After the main meal, the agency felicitated all SSFA foster carers who had completed 6 years of (since the formation of SSFA) fostering service. We are indeed privileged to have you all with us and hope that you will all reach this milestone over the coming years.





There was also some great music and it was great to see everyone having a boogie particularly Saif and Aziz and a special mention to Lata. We do hope you all enjoyed the special party and celebration that was put on for your benefit to thank you all for the special service you give to young people from all over the world.

A HUGE THANK YOU TO ALL OUR FANTASTIC FOSTER CARERS!

Radicalisation workshop for Young People 26th November 2022

A radicalisation workshop for our young people was held on 26.11.2022. This was delivered by Manwar Ali who is a former radical jihadist and now works for peaceful coexistence that helps foster understanding with one another, good neighbourliness and caring engagement with people. He teaches Islam that restores balance, enhances human values and addresses issues of extremism in a holistic manner comprising of education, social projects, charitable events and open discussion. This was well received by young people who at the end of the session had a better understanding of how best to incorporate Islam in a British way of living and what constitutes radicalisation.



Foster Carer Support Groups.

This month we held 3 support groups. The first group was held in South London, the second in East London and the third one was online specifically for Parent and Child. It was lovely to see all our carers being able to come out and network with everyone. We have received positive feedback for these and will be holding more monthly groups. Please look out for emails or speak to your SSWs.

The South London support group was held on the 7th of November 2022. The support group was organised at the agency's office premises for 12 foster families. The core objective of the event was to provide foster carers with an opportunity to exchange their experiences and insights from caring for looked-after children and young people. Three of the agency's social workers facilitated the support sessions as resource persons. The support group employed mixed method-participatory discussion and theoretical presentation-to steer peer discussion on the significance of maintaining daily logs with comprehensive details of day-to-day events related to children.

The support group successfully refreshed the participating foster carers' knowledge and commitment that writing relevant and accurate daily logs is part of every foster carer's job. Also, logs help track significant events for a child or young person on any given day. The daily logs should be simple, accurate, and kept to a high standard, meeting the legislative guidelines of the National Minimum Standards. The post-event feedback from the participants concluded that the support group was informative and useful for them.

Children & Young People's Achievement



The Jack Petchey Achievement Award is presented to young people who are "Outstanding Achievers"



Hashmat placed with Seda and Huseyin has been awarded the Jack Petchey Award. This is a highly coveted award given to students who are outstanding in achievement and have made a positive change. Hashmat received the cash prize of £250 (which was paid directly to the school) and he was either allowed to give it towards a department or student welfare. He chose to use the money for a trip for all Refugee children at the school and took them out on a trip to London . It was a very thoughtful gesture and very selfless of Hashmat. He has also received glowing references from all his subject teachers who have all echoed the following " hard working and motivated, never gives up, always aims for the highest outcome".



Well done Hashmat.

All of us at Shining Stars are extremely proud of you. Keep up the good work!!!

We would also like to take this opportunity to acknowledge and thank Seda and Huseyin for the care and support they have been able to show Hashmat over the past few years. There is no doubt he has blossomed in their care and it was so lovely to receive amazing feedback from school. You must be so proud of his achievements, kindness and generosity that he has shown to others. It speaks volumes that he thought about helping others as he received this glowing praise. Please pass on our congratulations to him. A huge well done and thank you from all of us at SSFA.



Training calendar 2023 – 2024

Training is an important part of your development as a foster carer and complements the support and skills you have. Training is ongoing and is provided before approval and throughout your fostering career. It is an essential component of your ongoing approval as a foster carer and helps to expand knowledge and skills as outlined in the Fostering Regulations and Foster Care Standards.

We aim to provide a comprehensive training package for all our carers to deal with the demands and complexities of fostering. Shining Stars Fostering Agency has therefore organised an array of training; some mandatory training which needs to be completed every 12 months, some additional training and workshops that will assist with knowledge building and support and also organised some workshops which we feel would support and under-pin learning and supporting children with complex issues.

All training offered can be linked to your TSDS and your Personal Development Plan. Training is still categorised under Statutory, Mandatory and Specialist. It is as important as ever that you keep your Statutory training up to date to stay within regulations.

Please find the training dates below for 2023 – 2024 (please check with Tracey Mahon prior to attendance as some dates are likely to change)

Training Name	Provider	Date to be completed	Venue
Parent and Child Refresher Course – 2 days	Emma Leeder	12.01.2023 13.01.2023 (2 days course)	Croydon Ilford
First Aid	Paul Medrock	17.01.2023 26.01.2023	Croydon Ilford
Education/Autism	Sabeen Mirza Tracey Mahon	01.02.2023 02.02.2023	Croydon Ilford
Managing Stress and Mental Health Awareness in Foster care	Training Hub	28.03.2023	Online
Adverse Childhood Experiences	Training Hub	27.04.2023	Online
Drugs and Alcohol Awareness	Spark Rehab – Bhagat Singh	11.05.2023	Croydon
Radicalisation Childhood Experience	Training Hub	25.05.2023	Ilford Croydon
Drugs and Alcohol Awareness	Spark Rehab – Bhagat Singh	15.06.2023	Ilford

Child Sexual Exploitation (including Self-harming and Sexualised Behaviors and recognising grooming)	Training Hub	28.06.2023	Iford Croydon
Promoting Positive Behavior and De-escalation	Training Hub	13.07.2023	Iford Croydon
Equality and Diversity	Sally Pillay	24.08.2023	Iford Croydon
Child Criminal Exploitation	Richard Graham	Richard to confirm a date in September	Iford Croydon
Safer Caring Including Allegations	Internal	18.10.2023	Iford Croydon
Safeguarding	Internal	22.11.2023	Iford Croydon
Attachment, Trauma and Child Development	Training Hub	06.12.2023	Iford Croydon
Caring for UASC	Internal	17.01.2024	Iford
A Journey of an UASC	Internal	24.01.2024	Croydon
Record Keeping and Life story work	Training Hub	21.02.2024	Iford Croydon