

# Why become a Break Foster Carer?

## What does Break offer its Foster Carers?

- Regular professional supervision from a qualified social worker
- Social workers with low caseloads who are able to provide high levels of support
- 24/7 out-of-hours support and on-call service
- Market leading allowances in recognition of their knowledge, skill and experience
- A straightforward and simple payments system
- Single placements
- Regular short breaks
- Young people regularly go to an identified short breaks foster carer
- Therapeutic group consultation from a qualified therapist once a fortnight
- Break has a well established Learning and Development team and foster carers will be offered excellent training, including the Children's Workforce Development Council Level 3 Diploma. To find out more, see our **Foster Carer Learning and Development Programme**.

## How does Break choose its foster carers?

Young people come from diverse backgrounds, so we welcome applications from potential foster carers with a range of life experiences.

## As a foster carer, you will need:

- A good understanding of your own experiences and an ability to reflect on these
- Flexibility and time
- Commitment and the resilience to work through difficulties
- An ability to understand the issues affecting vulnerable young people
- To be open to taking on new ideas and to engage with the support offered
- Some experience of working with or living with young people
- An understanding of children and young people's developmental needs and behaviours
- Good communication skills to enable you to build a meaningful relationship with a young person and work well with a team of fellow professionals
- A commitment to attend regular therapeutic support groups and training offered by Break for its carers

**For enquiries or to discuss making a referral please contact our Fostering Manager Hilary Walshe on 01603 670114 or by email at [hilary.walshe@break-charity.org](mailto:hilary.walshe@break-charity.org)**