

Myth #9**'There's not much help and support out there for me if I foster'**

Hear what these foster carers have to say:

'When you become carers you are appointed your own worker who is there to help you with anything you need to know. There is always someone on hand at the end of the phone to talk to or ask advice if you are ever in doubt about anything. This was good for us at the very start and my poor worker was never able to do other work as I was always on the phone!! But she never complained and was always there to help. Needless to say I don't call as much now as we are settling into it just fine.'

Sharon and Grant

'I have always been given a great amount of support from my supervising social worker. Also, the training provided is excellent'

Olive

'There is plenty of support given to foster carers eg: through training, support groups, our own social worker, the out-of-hours team etc'

Anne and Alistair

'I have been given a lot of valuable support from my supervising worker. She is always on the other end of a phone if I need her and she will always follow through anything I have asked of her and get back to me with information'

Margaret

'Support for carer families includes, back up and support from the placing worker and the carer support worker, support groups and training sessions. Support groups are a valuable resource as it lets carers know that they are not out on a limb and alone with some of the problems that can arise. It is good to be able to offload any problems in a controlled environment of confidentiality. It's good to get the advice from someone who has experienced the same issues. Even just to get it off your chest makes you feel better about things.'

Carol and James

'There a number on hand in case of emergency or questions, out of hours, and a dedicated social worker for you to deal with and visits from your own social worker'

Susanne

'I would say to anyone thinking about fostering to definitely give it a go, you will not be on your own, you will be part of a team of people who are always on hand to give guidance and support. It isn't an easy job, but the rewards are priceless.'

Yvonne

