

Your Guide To Becoming A Foster Carer

Changing the face of fostering



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Welcome

Thank you for your interest in fostering and taking the first step.



Fostering changes lives - not just for children and young people, but for the families who care for them. We hope that as you read on, you'll see the difference you could make and how Care Visions can support you to make it.

This information pack is here to guide you through everything you might want to know about fostering with us: from how it works to the support, training and community you'll be part of. Whether you're just starting to think about fostering or you're ready to take the next step, we hope this pack helps answer your questions.

Fostering is a big decision - one that comes with real rewards and meaningful moments - and we'll be right beside you throughout the journey. From your very first phone call to the day you welcome a child into your home (and beyond), our team will be there to offer support, encouragement, and expert guidance every step of the way.

There's no pressure or expectation - just an open invitation to find out if this path feels right for you.

Let's explore the journey together.

Warmest wishes,

Sarah & Eilidh

Head of Fostering / Fostering Recruitment Co-Ordinator

What Is Fostering?

Fostering means offering a safe, stable and caring home to a child or young person who cannot live with their birth family.

Children come into care for many different reasons, but often it's because their parents are unable to look after them safely at that time. While every situation is unique, many children will still have hopes of returning home one day.

That's where Foster Carers come in – providing the care, stability and guidance children need to feel safe, loved and supported when they need it.



We always wanted to foster and have looked after children with different needs over the years. We had all the room, time and love to give to someone.



It can be challenging but the rewards outweigh everything. You love them unconditionally, but the most wonderful feeling is when they love you straight back. It's a privilege to watch these kids blossom and exceed their goals in life knowing I played a part in helping to get them there.



Who can foster?

Fostering starts with people like you.

There's no such thing as a 'typical' Foster Carer. At Care Visions, we actively welcome carers from all walks of life and backgrounds, and families of all shapes and sizes. Every child is different and so is every family. What matters most is that you have the time, space and heart to support a young person when they need it most.

We celebrate the unique skills and experiences that each of our carers brings. You don't need specific qualifications - we'll give you all the training and support you need.

What we're looking for is:

- Someone who can connect with children and young people
- A stable, supportive environment to share
- Energy, patience and enthusiasm
- The ability to respond to children's emotions supportively and positively
- A willingness to nurture wellbeing and promote positive routines
- The ability to practically support a young person in everyday life – school, appointments, family time, and fun
- An openness to learning, training and ongoing development
- A spare room in your home
- Wanting to be part of a team and a community with the child at the heart

Who are Care Visions?

Care Visions has built a fostering community where you can thrive and help others do the same. With over 20 years of experience, we've been supporting children and young people through high-quality, compassionate fostering that puts relationships first.

We believe every young person deserves a safe, stable place to grow - and every Foster Carer deserves to feel supported, encouraged and valued. That's why we've created a fostering community built on trust, warmth and connection. We're proud to offer trauma-informed care, local decision-making, and responsive support that reflects the needs of our carers and the children they care for.

We are committed to:

- **Keeping siblings together wherever possible**
- **Supporting children in maintaining important family relationships**
- **Upholding the principles of Getting it Right for Every Child (GIRFEC), Getting it Right for Everybody (GIRFE) and The Promise**
- **Therapeutic and educational support provided by Care Visions staff within the team to ensure every child receives what they need to flourish.**

We're wholly Scottish-owned, which means the decisions that matter are made close to home, not by a distant head office. And we take great care to match children and families thoughtfully, with the long term in mind.

Why foster with Care Visions?

- **A strong, caring community** You'll be part of a warm and welcoming network, with peer support groups, reflective learning opportunities and carer-led forums. We're passionate about helping you grow in confidence and capability. We also offer a Buddy System, connecting you with an experienced foster carer who can offer personal insight, encouragement and support as you start your journey.
- **24/7 support** You'll have a dedicated social worker, access to senior managers, and therapeutic family workers who truly know your story. From regular one-to-one visits to 24-hour on-call support, our team is here when you need us.
- **Practical support**, including generous fostering payments, 14 days of short breaks each year, and babysitting assistance when you need it. You will also have legal protection through membership to The Fostering Network.
- **Educational advocacy**, with our Senior Manager for Education Services working directly with schools to support your child's journey.
- **Personalised learning and development**, including access to specialist therapeutic models like Theraplay, PACE, and DDP. These services are provided within our core Care Visions team to support the children and are focused on strengthening carer child relationships. You will also have access to high-quality learning opportunities tailored to your journey with a minimum of 20 hours training each year.

Why foster with Care Visions?

- **Celebrating carers** We see you – and we value you. Your experience, dedication and insight are deeply appreciated. Carers are fully involved in our matching process, and we work closely with you to ensure placements are thoughtful, supportive and set up for success.
- **Committed to quality** We hold ourselves to high standards. With regular reviews, independent second opinions and reflective team meetings, we continually improve to offer the best possible support for our carers and children.

At Care Visions, you'll be part of something special – a supportive, caring team working together to make a lasting difference. Whether you're an experienced foster carer or just starting out, we're here to help you thrive.



A couple of times I've thought "have I got the energy for this all over again?" but the flip side is there's so many rewarding moments. The wee one was recently in a dancing show and came away with a medal as if she'd won the Olympics and the eldest boy is helping me restore and rebuild an old motorbike. He loves his own tool kit so gets a huge amount from that. Fostering has been my job and vocation. You accept the challenges as part of the job, but it doesn't really feel like a job. It just feels like life."



Fees and Allowances

Thinking about the financial side of fostering is natural and we're here to help you understand what's involved.

As a Foster Carer, you'll receive a weekly payment for each child in your care. This is made up of:

- A fee for you, recognising your time and commitment. The fees are around £315 per week, per child.
- An allowance for the child, to cover their daily needs. The allowances are in line with the Scottish Recommended Allowances set by the Scottish Government.

These payments reflect the fact that many carers may need to be available full-time, depending on the needs of the child. The amount can vary depending on the child's age.

In addition, we offer:

- **Extra payments for birthdays, Christmas and summer holidays**
- **Reimbursement for any unused short break entitlement** (up to 14 days per year)

We know every family's circumstances are different. We'll talk through the details with you and help you work out whether fostering is the right fit, practically as well as emotionally.

Your Fostering Journey With Us

We're here to support you at every step – from your first enquiry to welcoming a child into your home and beyond. The process of becoming a Foster Carer typically takes between 12 and 20 weeks - but this depends on your availability and circumstances. If you're ready to move quickly, we're more than happy to fast-track things. We will work at a pace that suits you.

Step 1: Exploring

Take your time to research. We're here to help you learn more about fostering and whether it's right for you.

Step 2: Initial Chat and Home Visit

Eilidh from our team will get in touch for a friendly call and you'll have the chance to speak to existing Foster Carers. If you're ready to move forward, Eilidh will arrange a relaxed home visit.

Step 3: 'Skills to Foster' Training

Join other potential carers at our two-day training alongside reflective home learning, which you can complete in your own time. This will support you as you move toward the assessment stage. It's a great opportunity to deepen your understanding, ask questions, and hear real stories from those already fostering. You'll gain insight into what this journey involves and what it could mean for you and your family.

Your Fostering Journey With Us

Step 4: Application and Checks

Complete your application form and begin background checks. We'll also request employment and personal references as part of the process. We have recently introduced a Buddy System to team you up with an existing foster carer to help you through the process.

Step 5: Assessment

A social worker from the Care Visions team will work with you to carry out an assessment based on national guidelines. This helps us get to know you and your family to help understand how fostering might fit into your world.

Step 6: Fostering Panel

You'll meet our independent panel who will review your journey and make a recommendation about your approval as a Foster Carer.

Next Step: Welcome to the Care Visions Family

Once approved, you'll become part of our fostering community – supported, celebrated and never alone.



I went to a foster training night and was a nervous wreck because most of the other prospective carers were couples, but they told me being a single mum wouldn't be an impediment and explained how it could enhance my life skills and boost my confidence in my own abilities, after all I did a good job raising my own children single handedly. My children were away, and I felt I could still do more.



Hear From Our Foster Carers

The best people to tell you more about fostering are our own Foster Carers and Families. Click on the links or read the testimonials below:

[The Howie's Story](#)



[Karen's Story](#)



[Nicola's Story](#)



[Carol-Ann's Story](#)



[Fiona and Vicki](#)

[Celebrating Achievements in Fostering](#)



Contact Us

Thank you for requesting this information pack. We'll be in touch, but please feel free to reach out in the meantime:

 Call us:

01324 464 200

Our office hours are: Monday to Thursday 9am-5pm, Fridays 9am-4.30pm.

 Visit our website:

www.carevisionsfostering.co.uk

 Email us:

fostering.enquiries@carevisions.co.uk

 Message Eilidh on WhatsApp:

07919 576561

Care  Visions