

Herefordshire Sleepover Scheme



Information booklet for sleepover
scheme carers

How the Herefordshire Sleepover Scheme works...

■ Could you be a sleepover scheme carer for a child with a disability?

Our sleepover scheme carers provide family based overnight short breaks in their own homes for children with disabilities. This is an extremely rewarding role, where a child will come and stay with you and your family at regular intervals throughout the year. The amount of short breaks you offer will fit around you, your family and lifestyle, so can be as little or as much as you can give.

You will form a close relationship with the child and their family and become an important part of the child's wider support network. You will not only be giving the child's family a break from their daily caring responsibilities, but also offering the child the chance to get away for a short break, experience new things, meet new people and develop their sense of independence.

■ What do you need?

- A commitment to caring for children with disabilities
- A spare room
- Time and patience
- A lifestyle that allows you to offer a short break

■ Do you need previous experience?

No, don't worry if you haven't got any previous experience of working with or caring for children or adults with disabilities, as full training and supervision is provided.

■ What support will you receive?

- You'll receive general foster carer and child specific training
- We'll provide you with a generous allowance and mileage costs
- Supervision from a qualified social worker
- Access to a family support worker to help you in your caring role
- Help to understand the assessment process and role of a foster carer
- Access to family based carers group meetings
- Membership to the fostering network

What our carers say about the sleepover scheme...

"It's helping me to gain confidence in my skills and abilities as a carer. I enjoy the challenges it brings and the fun we have. I know I am helping to make a difference to the child's life by providing them with a loving, safe and supportive place to sleepover. I am excited for my next challenge."

"We look forward to the times we spend with the child we provide care for. No day is ever the same and our lives are enriched with fun, love and laughter."

"I was worried about what looking after a child with a disability would involve. 18 months on, I am really glad that we pursued it; I am gaining confidence and enjoy spending time with the little man we care for."

"We have had loads of positives including meeting the child and their mother and knowing that they're happy and keen to come, having courses under your belt, seeing them enjoying being with us (even just little things), encouraging them to be independent and seeing them laughing and being happy."



Are you interested in becoming a sleepover
scheme carer?

Contact our fostering team to find out more:

 01432 383 240

 fostering@herefordshire.gov.uk