

asphaleia fostering information pack



foster v. – to promote growth

In 2025, asphaleia celebrated 25 years of delivering services to children and young people who have experienced disadvantage. As an organisation, we remain passionate about our mission to impact as many children and young people as we can.



asphaleia fostering

asphaleia fostering is a small independent agency based in Worthing, rated OUTSTANDING by Ofsted. We provide safe and nurturing foster care placements in West Sussex and neighbouring counties.

With over 20 years of experience working with children and young people, our Worthing-based agency has a dedicated, local fostering team and foster carers who maintain high levels of care for children and young people.

We have specialist experience in unaccompanied asylum seeking children (UASC) and parent and child placements. Our fostering service is intentionally small and personal, uniquely embedded in the asphaleia organisation, which can additionally support carers and placements with specialist services such as child sexual exploitation (CSE) intervention, 1-1 mental health and wellbeing support.

HELLO!

My name is Kim Scillitoe and I am the registered manager of asphaleia fostering agency. Thank you for your interest in our agency and the foster carer role. In this pack, you will find information to support you to think further about becoming a foster carer.

It includes:

- what is fostering?
- why become a foster carer?
- requirements and benefits
- about asphaleia fostering
- skills you need
- recruitment process
- hear from a foster carer
- FAQs

If there is anything else you wish to know at the end, you are welcome to contact us. I hope to meet you soon.



The agency's high standards permeate through every element of practice and firmly underpin the culture of professional curiosity and kindness.

Ofsted report, May 2025



foster v.– to promote growth

what is fostering?

Foster care provides a child with support and a stable place to live. asphaleia offer different types of foster care, which include:

- **Emergency:** providing a placement with an immediate start for children who are at risk of immediate harm, e.g. for refugee children.
- **Short term or bridging:** placements may be made where the intention is a time-limited, task-centred piece of work. These placements may be for a period of up to two years.
- **Long term:** any placement that is intended to last longer than two years.
- **Parent and child:** we offer two types of parent and child placement. Assessment placements are time-limited placements in which a trained foster carer/s will observe and record key information, including parenting capacity, caring abilities and emotional support from the parent. Support placements are longer in duration, and will include the foster carer's supporting the parent to develop the skills and capacity necessary to parent their child.
- **Siblings:** where a foster carer/s offers more than one placement allowing siblings to stay together whilst they are placed in foster care.



why should you foster?

Fostering is a rewarding and secure career option.

Every year, thousands of foster families are needed in England. Alongside the rewards of making a difference in the lives of vulnerable children and young people you will receive competitive rates of pay. The number of children needing foster placements is on the rise with hundreds of placements needed nationally each day and fostering gives you the opportunity to work out of your home and be available for other children or family members. Or you can potentially continue to work and supplement your income, provided the needs of the child are met.

You will also develop skills and be given opportunities to attend training to support your ability to provide quality care. Being in a nurturing and safe environment can make a huge difference to the outcomes of a child in care. If you want to know more about the difference fostering can make to a child's life, keep reading for the lived experience of one of the foster children in one of our placements.

Hi my name is M. I have lived with my foster carers for the last 5 years. When I first arrived I felt very afraid, but after a few days I realised my foster carers were very kind and caring people and made me feel at home. I miss my country and family a lot but living with such lovely people helped me with my home sickness. My aunty first showed me around Worthing, I soon found friends and my confidence grew.



foster v.– to promote growth

My foster carers helped me get my travel document, which was a big relief. I really enjoyed my English classes and met many new friend there from different parts of the world. My favourite hobby is cricket and I play for a local cricket club, which my carers supports me in. I have been attending a mechanics course, which I really enjoy and I also work in a takeaway restaurant, this job has helped me become independent. Overall my experience here in the UK has been excellent and I thank my foster carers very much.

what benefits you can expect as a foster carer?

- 24/7 support 365 days of the year from your allocated supervising social worker and/or other members of the team.
- A wide range of inclusive and necessary training days will be put in place alongside a personal development plan to support you while you foster.
- BACS payments are made on a fortnightly basis.
- You will be offered partnerships with other more experienced foster carers.
- Being part of an organisation that provides holistic services to children and young people enabling you to access education, CSE, and mental health support services that your yp might need and also connect with knowledgeable and experienced staff.



It's a rewarding job in that there's always a lot of placements available... the personal development that you have is always catered to areas that you might specialise in. asphaleia foster carer

who can foster?

- The law states you must be 21 years or over, with asphaleia requesting that all applicants have life experience.
- You need a spare room.
- You must be a full-time UK resident.
- You must be certified as fit and healthy by your GP through a funded medical assessment.
- You need a Disclosure and Barring Service (DBS) check.
- You must be willing to complete a seven-part course called Skills to Foster (normally delivered across two days).
- You need to complete a Form F assessing your skills and knowledge with a qualified social worker to assist. This can take anywhere between 8-10 visits.
- The entire household will need to be interviewed.
- You need to demonstrate that you can provide a safe and happy home for a young person.

We are confident that our supportive approach will enable you to manage the process and explore your suitability with us.

the skills you need

Foster carers commit time and energy to children in their care. Being someone for them to trust, talk to and celebrate achievements is important, as is having the patience, resilience, and confidence to deal with situations which do not go to plan.



foster v.– to promote growth

Foster carers also need to be observant to recognise when they need to step in or seek assistance to help deal with a particular situation. Foster carers are also encouraged to reflect on their actions to learn from experiences and continuously develop their skills.

All foster carers receive training before being approved to foster, giving them the tools and complimenting their skills and experience to help meet the needs of any child in their care. Throughout a foster carer's career there will be opportunities and expectations to complete further training, as well as ongoing support.

Training for foster carers is well organised. Additional training that has been identified through learning and supervision is of a high standard. Foster carers speak positively about the agency approach to training, including monthly supervision in the family home.
Ofsted report, May 2025



introduction to asphaleia fostering

We are a unique agency in that we are part of a wider organisation providing services for children and young people and so have a wide breadth of knowledge and skills across our staff team and foster carers. asphaleia as an organisation has been delivering services to disadvantaged children and young people for over 25 years and these services have included further education and training (including ESOL), services for unaccompanied asylum seeking children, mental health and exploitation interventions, advocacy, supported accommodation for 16+ young people, amongst other projects and services. We have developed trauma-informed approaches in our services to develop our skills and capabilities of working with our service users.



As an agency, we are a small, friendly, and immensely experienced team. We collaboratively work to ensure children are cared for in a safe and supportive manner, that they are heard and are able to express themselves and their wishes, and that they are provided an environment in which they can thrive. We are also passionate about seeing our foster carers thrive and offer comprehensive support, careful matching, and personal development plans. Read our latest Ofsted report [here](#).

recruitment process

initial home visit

The purpose of the visit is to see the home and complete a form together. We will be able to answer any questions about fostering and explain the next steps of completing an application form. Once this has been returned to us the application journey begins.

form f completion

asphaleia will then allocate a social worker to you to complete a form f. This is a document about how you have become the person you are today and what you have learned on your life journey. This is a piece of work that can take between four and six months.

We will also complete references and complete other safer recruitment checks. You will be asked to have a medical with your own GP and this will be funded by our agency. Once all this information has been collected and all information gathered has been approved we will then arrange for you to attend our panel.

attending panel

Our fostering panel will have read your form f prior to you attending panel and will ask you questions. During this panel meeting you will be supported by your social worker. Panel will then make a recommendation. This will then be passed to our agency decision maker who will then consider the information collected and make the decision to approve you as a foster carer.

asphaleia will then begin your induction and prepare you for your first placement.

hear from a foster carer

Who better to tell you about fostering than one of our current foster carers! Below is a series of videos you can watch on our YouTube channel that will provide you with a foster carer's perspective and experience. Just click on the boxes to link to the video you want to watch.



foster v.– to promote growth

what was the skills to foster course like?



did you give up work when you started fostering?

how have your birth children found it?

what's the best thing about being an asphaleia foster carer?

what is a typical day like?

The management team aims for 'more than good enough' and goes above and beyond in many areas. Forward thinking and continually striving for excellence means there is no limit to their aspirations for children and foster carers.
Ofsted report, May 2025

learn more from our blog

asphaleia's website is full of blog posts providing further information about fostering and the journey to becoming a foster carer. Here are a selection of posts that you might find useful. Click on the titles below to visit the posts.

managing challenging behaviour

trauma-informed practice

parent & child placements

transferrable skills that will help you as a foster carer

managing endings & transitions

taking your foster child on holiday

For more visit: asphaleia.co.uk/latest-news/categories/fostering

Foster carers and the child and young person feel highly supported by the registered manager, who remains in close contact with them all.

Ofsted report, May 2025



foster v.– to promote growth

FAQS

Here are some answers to some common questions about fostering. These are often things that put people off applying when many of them aren't obstacles.

Do we need a large spare bedroom?

No, the room does not need to be excessively big. Your spare bedroom, of any size, could become a room to facilitate learning, playing and a safe space for a child to grow.

Can I foster if I have pets?

Yes. asphaleia will complete an assessment on your pet, which will consider its temperament and behaviour. Sometimes a pet is an asset when fostering as it can encourage engagement with a child.

Can I foster if English is not my first language?

Yes. Many children placed with asphaleia over the years have also not had English as a first language. We have been able to match carers and children with the same first language, which is a great benefit to the child.

Can I foster if I have a long term health concern?

All carers are required to complete a medical assessment. Any conditions or concerns will be highlighted in this assessment and will be taken into account and explored with your assessor.

Do I need qualifications to become a foster carer?

No. You will need to attend a 2-day Skills to Foster training course as part of your assessment. This course is designed to develop new skills and build upon existing skills to prepare you to be a foster carer. In your first year of becoming a foster carer you will complete a Training Support and Development Standards for Foster Care course.

Can I foster and keep my current job?

Yes. As part of your assessment this will be explored with you and depending on your exact circumstances you would be given appropriate placements, for example, only teenagers or you could be assessed to become a respite carer so you don't have full-time placements.



It is hugely rewarding and I have not once regretted giving up my professional job to pursue a career in fostering.
asphaleia foster carer

what is the next step?

We hold quarterly information events where you can ask any specific questions you may have. We try to have a foster carer present to you can learn from their experience too.

[click here to attend](#)

Alternatively, feel free to pick up the phone and speak to Kim, our fostering manager. It's helpful to have an initial conversation on the phone and then if you and the agency want to take the next step, Kim will book an initial home visit with you during that call.

contact details

 **01903 522966**

 **recruitment@asphaleia.co.uk**

 **www.asphaleia.co.uk/fostering-agency**
www.asphaleia.co.uk/be-a-foster-carer