

## Support Systems

We value the work foster carers do and the contributions they make to young people's lives. We provide financial assistance and a support system to enable you to provide a good standard of care for the children you look after.

“ it's great to see a child being a child ”

**Gerard** foster parent

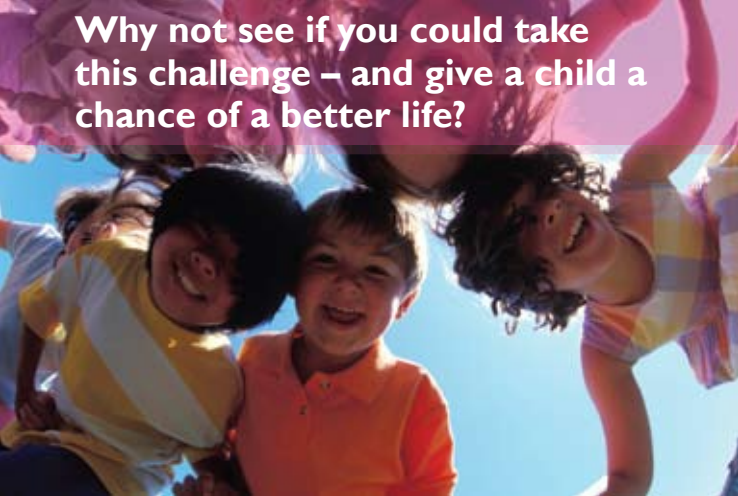
### *I am interested! What happens now?*

The first step in becoming a foster carer is contacting your HSE Local Health Office and speaking to the Fostering Team. A list of contact numbers is provided on the back of this leaflet, and you can also get contact details from the HSE Infoline on CallSave 1850 24 1850. The infoline is open from 8am to 8pm, Monday to Saturday. You can also find your Local Health Office on the HSE website, [www.hse.ie](http://www.hse.ie).

You can read more about fostering at

[www.hse.ie/en/fostering](http://www.hse.ie/en/fostering)  
or on [www.ifca.ie](http://www.ifca.ie)

**Why not see if you could take this challenge – and give a child a chance of a better life?**



<b>Carlow /Kilkenny</b> .....	056 7784532
<b>Cavan</b> .....	049 4377305 / 306
<b>Clare</b> .....	061 718400
<b>Cork</b> .....	021 4923025
<b>Donegal</b> .....	074 9123675
<b>Dublin North West</b> .....	01 8692700
<b>Dublin North</b> .....	01 8708000
<b>Dublin North Central</b> .....	01 8556871
<b>Dublin South City</b> .....	01 6486650
<b>Dublin South East</b> .....	01 2680361
<b>Dublin South West</b> .....	01 4600615
<b>Dublin West</b> .....	01 6206387
<b>Dun Laoghaire</b> .....	01 6637300
<b>Galway</b> .....	091 546354/366
<b>Kerry</b> .....	066 7195623
<b>Kildare / West Wickow</b> .....	045 896120
<b>Laois / Offaly</b> .....	057 9370700
<b>Limerick</b> .....	061 328336
<b>Longford</b> .....	043 50783
<b>Louth</b> .....	042 9392220
<b>Mayo</b> .....	096 21511
<b>Meath</b> .....	046 9097800
<b>Monaghan</b> .....	047 30426
<b>Roscommon</b> .....	071-9662087
<b>Sligo</b> .....	071 9141011
<b>South Tipperary</b> .....	052 77303 / 77302
<b>North Tipperary</b> .....	067 46661
<b>Waterford</b> .....	051 842880
<b>Westmeath</b> .....	0906 491324
<b>Wexford</b> .....	053 9123522
<b>Wicklow</b> .....	01 2871482
<b>Shared Rearing Traveller Fostering Service</b> .....	01 6206387



## Becoming a Foster Parent



**Could you give a child a chance?**

 Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive





## Fostering – is it for you?

## Who can foster?



### What is Fostering?

“it’s about providing stepping stones to a better future”

**Mary** foster parent

Foster care is caring for and sharing your home and family life with children who are unable to live with their own families for a variety of reasons. These might include parents with physical or mental health problems, alcohol or substance abuse, and may be added to by poverty, poor housing and other difficulties. Children may need foster care for short or long periods.

“helping children to blossom”

**Sinead** foster parent



### Many different types of people can provide foster care.

- Couples – married, co-habiting, same gender
- People who are single, widowed, separated or divorced
- People with disabilities, provided your disability or medical condition does not prevent you from caring for a child
- People who already have children and people who do not have children
- People who own their own homes, are in private rented accommodation or local authority housing
- Employed and unemployed people
- People from different cultures, ethnic or religious backgrounds – having carers from different cultures allows us to match children and young people with suitable families

### However, in all cases it is vital that:

- You can provide a stable, nurturing and loving environment for children
- You relate well to and have respect for children
- You do not have a police record for violence, offences against children or other serious offences
- You can demonstrate flexibility, openness and patience
- You are aware of and open to understanding children’s behaviour when they have been physically or emotionally hurt
- You are willing to attend training courses and support groups
- You have room in your home for a child or young person

“giving children good memories and the tools to survive and improve their lives”

**Frank** foster parent