

**From:** [Rosie at Home for Good](#)  
**To:** [Roger/sue](#)  
**Subject:** Weekly Digest – 10 March 2023  
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'The course was absolutely fantastic because I think it has really helped us to see what a huge commitment of life and capacity caring for children really is. **It's the best insight we have had** into what it all entails and really prepares people for whether or not fostering, adoption or supported lodgings is the route for them.'

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[Find out more](#)

Dear Roger/sue,

We are already half through our second Foundations course of 2023!

Foundations is a six-week online course for anyone who wants to further explore fostering,

adoption or supported lodgings. Whatever stage of the journey you are on, Foundations will equip you to better understand the experiences of children with care experience and enable you to make well-informed decisions.

Our January course was attended by 24 households from all over the UK and at the end of the course **100% of them said they would recommend the course to others**. But it's not only them. 100% of **all** course attendees since we launched our new online style of Foundations in June 2021 said they would recommend it.

So, if you haven't taken part in Foundations I'd love to invite you to join us for a course this year! The next course starts in April and the following in June, with more to come throughout 2023.

Signing off this email with a huge thanks to the wonderful volunteer Champions who help us run the Foundations course, and to those of you who have donated so we can keep this course free to access for anyone. We couldn't do it without either of you!



**Rosie Killick**

Content and Communications Manager



**April Foundations Course**

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Register for the course starting on Thursday 20 April

[Find out more](#)



**June Foundations Course**

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Register for the course starting on Tuesday 6 June

[Find out more](#)

# Mother's Day resources

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