



Sense of Belonging: A Fostering Placement Stability Service

We are a team of Clinical Psychologists working for Anna Freud National Centre for Children and Families (AFNCCF), a children's mental health charity. Your main contact person for this service is Anoushka Khan. She is managed and led by Helen Brasnett. The Head of this service at AFNCCF is Sheila Redfern. The team also includes two specialist fostering support workers from Kent County Council.



Anoushka Khan



Helen Brasnett



Sheila Redfern

Anoushka will be based in Kent four days per week, alongside the specialist support workers, to offer direct contact, phone advice, consultation, and training to you as foster carers. Helen will be working closely with Anoushka to support this work.

Their main focus will be to support you in preparing for difficulties or crises in your fostering placements. This will include thinking with you about how to understand the meaning of your child's behaviour and to consider what might help you to both manage the behaviour and sustain your relationship with your foster child.

Stable relationships are the platform on which children in care can build their lives and achieve their potential. We know how demanding this task can be for foster carers, and how challenging things can feel at times. We will support foster carers to ensure they meet the needs of children and young people through offering a service which provides training and support, consultation and access to a clinical psychology intervention.



The clinical psychology team, together with two Support Workers, will deliver a flexible and responsive service to you as foster carers and your children who are experiencing challenges to the stability of their placement. We will do this by structuring the service under the umbrella of the adapted Reflective Fostering model, helping staff teams and foster carers to develop a mentalizing stance towards caring for young people, while helping carers feel supported by their network.

A mentalizing stance involves working with the thoughts, feelings and intentions behind behaviours and seeing how this understanding can strengthen relationships and reduce stress. There is evidence that bringing a mentalizing focus to foster carers increases their sense of competence and leads to greater stability of placements.

Referrals can be made to the service using a referral form completed by either the child's social worker or Fostering Social Worker. A copy of the referral form can be requested from, and sent back to the team via the following email address: senseofbelongingreferrals@kent.gov.uk

Contact details

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