

Foreword

Learning and Development Programme September 2016 to June 2017

Welcome to this year's Learning and Development Programme for foster carers! I hope that you will enjoy the wide range of courses being offered and that you will take the opportunity of enhancing your knowledge and skills, and making links with other carers and professionals.

We have continued to offer courses in conjunction with Fostering Achievement and Fostering the Future, including: 'What's Next – Education Choices Post 16' and 'Understanding Adolescence'. Our in-house courses have also proved very popular in the past, and will this year include 'Child Protection Awareness', 'Caring for Children Who Have Been Sexually Abused', 'Care of the Under 2s' and 'The Foster Carer's Role in Moving Children on to Adoption'.

The Regional Fostering Service have continued to advocate strongly for foster carers' training and have helped engage Dr Mary Magee, Psychologist, for further training courses this year. They have commissioned a series of First Aid courses, and the 'Regional Core Issues in Fostering' and 'Recognising the Role of Men in Foster Care' are regularly provided during the training year. The Trust's Therapeutic Support Service will again provide training on 'Attachment', and the staff at the Everton Complex continue to support our carers in a variety of ways. Our partnership with voluntary organisations, such as Women's Aid and ADD-NI, has proved fruitful and their courses have been well attended to date.

Online training remains an excellent choice for carers who find it difficult to get out to training, and course participation and completion has expanded in the past year.

The **Regional Training Pathway** for all foster carers is now firmly established. This highlights the central role of Core Issues Training for all carers

and requires carers to complete a number of focused training courses within three years of approval:

- First Aid
- Child Protection / Sexual Abuse Awareness
- Respecting and Valuing the Individual
- Behaviour Management
- Attachment and Loss
- Internet Safety
- Recognising Men's Role in Fostering
- Sexual Health and Personal Development.

Professional / fee-paid carers will be expected to complete additional courses, depending on the type of placements provided. Please speak to your supervising social worker if you would like more information about this.

Please remember to tell your supervising social worker if you have completed training relevant to fostering through your own workplace or local community, as this can be recorded on your training record.

We hope you have an enjoyable training year, and please contact me if you have any queries or suggestions.

June Martin (Training Co-ordinator Belfast Trust)

How to Book a Course

You can book a place on a training course or workshop in a number of ways:

- Completion of the enclosed blue booking form, which can be returned to the Fostering team at Pine Lodge
- Telephone call or email to June Martin, Training Co-ordinator at Pine Lodge
- Your supervising social worker can book a place on your behalf.

Please keep a note of courses you have booked

You will receive confirmation that you have been allocated a place on the course approximately 2 weeks before the course date – ***please confirm your place by the required date*** (stipulated on the confirmation letter).

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SEPTEMBER 2016

**HELPING CHILDREN WHO LIVE WITH AUTISTIC SPECTRUM
DISORDER IN EDUCATION**

Morning workshop

Facilitators: Fostering Achievement Workers from Fostering Network

Date: Wednesday 7 September 2016

Time: 10.30 am to 12.30 pm

Venue: Fostering Network
Unit 10
40 Montgomery Road
BELFAST
BT6 9HL

Target Group

Foster carers who care for children on the autistic spectrum and who are in mainstream education.

Description

This workshop will focus on all conditions within the spectrum and explore practical strategies to support the children in school and in the home environment.

Behavioural, sensory and social needs will also be covered.

CORE ISSUES IN FOSTERING

Evening workshop (4 week course)

Facilitators: Fostering social workers and Foster Carer Trainers

SESSION 1 Impact of Fostering on your family and contact issues

Date: Tuesday 20 September 2016

Time: 6.15 pm to 9.00 pm

Venue: The Beeches Management Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

SESSION 2 Legal issues and participation in LAC Reviews

Date: Tuesday 27 September 2016

Time: 6.15 pm to 9.00 pm

Venue: The Beeches Management Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

SESSION 3 Safer Caring, Health and Safety, Allegations & Recording

Date: Thursday 6 October 2016

Time: 6.15 pm to 9.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

SESSION 4 Attachment and moving children on

Date: Thursday 13 October 2016

Time: 6.15 pm to 9.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

All four sessions must be completed before the Full Core Issues Certificate is awarded.

SEPTEMBER 2016

COMPASSION FATIGUE

Morning seminar

Facilitators: Belfast Recovery College

Date: Tuesday 27 September 2016

Time: 10.00 am to 12.00 pm

Venue: Girdwood Community Hub
10 Girdwood Avenue
Belfast
BT14 6EG

Target Group

All carers

Description

Belfast Recovery College is a health and well-being education and learning provision offering a range of courses for all individuals.

The focus is to provide the opportunity to learn together and to support one another.

All the courses are co-produced and co-delivered by both a practitioner with professional expertise and a peer trainer who has lived experience of mental health.

Compassion Fatigue

Self-care is a key priority for anyone who carers for a vulnerable other. This course explores the impact of the caring role on yourself and how you can look after your own psychological and emotional needs.

Teen Coaching - PAUSE

All day course

Facilitator: Anthony O'Prey from Teen Coaching Organisation

Date: Friday 30 September 2016

Time: 9.00 am to 5.00 pm

Venue: Beeches Management Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

Target Group

This training is targeted at all carers who care for young people 10 years and over, especially those who are presenting with challenging behaviours.

Description

The training focuses on the day to day challenges we face with young people and offers common sense solutions to reduce these challenges, helping us to be more effective in our roles.

What does PAUSE do?

- Reflects on the importance of environmental structures and boundaries to help challenging behaviour
- Helps participants improve their confidence and skills at reducing challenging behaviour at the earliest stage without compromising personal safety and child centred practice
- Focuses on the importance of self-awareness, especially when faced with challenging behaviour and teaches an easy to remember tool for ensuring our practice is child-centred at all times.

SEPTEMBER 2016 TO JUNE 2017

AC Education - On-line training

Date: Applicants can start at any time if places are available

Venue: Carers complete in their own home

Target Group

- Carers who find it difficult to attend formal group training
- Carers who have specific learning needs due to the children they have placed
- Carers who have a computer and a fair degree of computer literacy
- Carers who will commit to completion of each course with 3 months

Courses available

Choose from a wide range of courses at www.ac.education.co.uk

Popular courses include:

- Attachment and loss
- Autism
- Children and domestic abuse
- Children and parental mental health issues
- Children and parental substance misuse
- Healing environments
- Impulsive behaviour
- Men in children's services
- On-line safety and the impact social media
- Play therapy
- Promoting positive contact
- Record keeping in foster care
- Resilience and recovery
- Safer foster care
- Self-harming behaviour
- Sexual exploitation and child trafficking
- Understanding adoption
- Bereavement (new course)

NB Please supply your **e-mail address** and **course choice(s)** when applying for this training.

OCTOBER / NOVEMBER 2016 (TBC)

Attachment Training Level 1 for kinship foster carers

4 morning sessions

Facilitators: The Trust's Therapeutic Support Service and SWs from the Kinship Team

Date: Monday 3 October 2016
Monday 17 October 2016
Monday 7 November 2016
Monday 14 November 2016

Time: 10.00 am to 1.00 pm

Venue: The Everton Centre
585-587 Crumlin Road
Belfast
BT14 7GB

Aims

- To provide an understanding of attachment, the impact of neglect and resulting behaviours in the child
- To help carers see beyond these behaviours and begin to think about the importance of attachment and relationships

Course Content

- The impact of neglect and trauma on infant development - cognitive, psychological, behavioural and emotional
- Understanding of attachment difficulties / styles
- What behaviours communicate and how to respond

OCTOBER 2016

Basic First Aid (Paedaetric)

Morning workshop

Facilitator: Blay Training

Date: Friday 7 October 2016

Time: 10.00 am – 12.00 noon

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

All carers are required to complete a basic first aid course

Course Description

This informal First Aid session will give you the basics of First Aid needed in the initial stages of an emergency. This session will focus on emergency care of babies and young children, who are unconscious, bleeding, choking or who have suffered a burn, scald or a broken bone.

Attachment Training Level 1 (for mainstream carers)

Four morning sessions

Facilitators: Ms G Doonan, Therapeutic Support Service and
Ms J Martin, SP, Fostering

Dates: Tuesday 11 October 2016
Tuesday 18 October 2016
Tuesday 8 November 2016
Tuesday 15 November 2016

Time: 10.00 am to 1.00 pm

Venue: The Everton Centre
585-587 Crumlin Road
Belfast
BT14 7GB

Target group

Carers who would like:

- A greater insight into attachment theory
- Advice on building relationships
- Managing behaviour of the child with attachment difficulties

Aims

- To provide an understanding of attachment, the impact of neglect and resulting behaviours in the child
- To help carers see beyond these behaviours and begin to think about the importance of attachment and relationships

Course content

- The impact of neglect and trauma on infant development – cognitive, psychological, behavioural and emotional
- Understanding of attachment difficulties / styles
- What behaviours communicate and how to respond.

OCTOBER / NOVEMBER 2016

Reading with Story Sacks

4 morning sessions

Facilitator: Mikhaila Woods from Fostering the Future

Date: Wednesday 12 October 2016
Wednesday 19 October 2016
Wednesday 26 October 2016
Wednesday 30 November 2016

Time: 10.30 am to 12.30 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Course Description

The 'Reading with Story Sacks' Programme focuses on the use of story sacks to encourage paired reading with young foster children aged 3-6 years old.

A story sack is a large cloth bag containing a favourite children's book and supporting materials to stimulate language activities and make reading more enjoyable.

As part of the programme, you will make a story sack to keep, gain a qualification if you wish (OCN Level 1) and have fun learning to use all the resources you have chosen for your story sack.

OCTOBER 2016

Child Protection Awareness

Morning course

Facilitator: SWs in the Fostering Team
Dates: Thursday 13 October 2016
Time: 10.00 am to 12.00 pm
Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

Essential training for all carers, especially those who are newly approved.

Course Content

An awareness-raising session for foster carers, looking at:

- Definitions of child abuse
- What constitutes a child protection concern?
- Trust policies and procedures for dealing with referrals
- Roles and responsibilities of foster carers

OCTOBER 2016

GEM Scheme and Transition Services for young people

Morning information session

Facilitator: Dellish Kuriokose Vammattam, SW
Dates: Thursday 20 October 2016
Time: 10.00 am to 12.00 pm
Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

Carers who are caring for young people over 16 years of age

Topics covered

- Support available to young people when they reach 18 years of age
- Continuing to care for a young person in your home, post 18 year – explanation of the GEM Scheme (Going the Extra Mile)
- Employability Scheme
- Role of the Personal Advisor
- Preparation for independence

OCTOBER 2016

Child Sexual Exploitation Awareness

Morning seminar

Facilitator: Maeve Gillen, SP
Dates: Thursday 27 October 2017
Time: 10.00 am – 12.00 noon
Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

All carers, but particularly those caring for vulnerable teenagers.

Aim

To raise awareness of:

- The nature and scope of child sexual exploitation in Northern Ireland
- The risks and indicators of child sexual exploitation and going missing
- The underlying pressures associated with child sexual exploitation
- The links between abuse, current behaviour and vulnerability to child sexual exploitation
- The legislation, policy and agency responses/roles to the problem of young people going missing and child sexual exploitation

NOVEMBER 2016

Stress Management for Kinship Foster Carers

2 morning information and advice sessions followed by 1 practical session

Facilitator: Mikhaila Woods from Fostering the Future

Dates: Wednesday 9 November 2016
Wednesday 16 November 2016
Wednesday 23 November 2016

Time: 10.30 am to 12.30 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Description

These informal sessions will provide support to kinship foster carers and offer some 'time out' from the caring role.

Advice about management of stress and looking after yourself.

The practical session will look at relaxation tips and techniques and alternative therapies.

NOVEMBER 2016

Substance misuse awareness

Evening information and training session

Facilitator: Fiona Anderson from Start 360 organisation

Dates: Thursday 10 November 2016

Time: 7.00 pm to 9.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Course description

An informal and interactive session looking at:

- Definitions of substance misuse
- Current substances and trends
- How to communicate with and support our young people
- Additional services and resources

NOVEMBER 2016

Behaviour management with children and young people

Full day course

Facilitator: Dr Mary Magee, Psychologist and Trainer

Dates: Friday 11 November 2017

Time: 10.30 am to 3.00 pm

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

Relevant to all carers

Course Content

- Defining difficult behaviour in the context of foster care - what are the children's needs, their level of understanding, their relationships with birth family and subsequent effects on their behaviour?
- Positive intervention techniques - what works to effectively change difficult behaviours; what does not work so well?
- Promoting self-esteem and coping skills in our young people.

NOVEMBER 2016

Building self-confidence in children who are looked after

Morning workshop

Facilitator: Fostering Achievement
Dates: Thursday 17 November 2016
Time: 10.30 am to 12.30 pm
Venue: Fostering Network
Unit 70
40 Montgomery Road
Belfast
BT6 9HL

Target Group

All carers

Course Content

This is a very practical workshop that aims to explore self-esteem and how we can develop/build confidence in children who are looked after. It seeks to equip foster carers with skills and knowledge that will support positive self-esteem and explore behaviours associated with low self-esteem.

The workshop will also focus on the impact self-esteem has on educational outcomes for children and young people.

NOVEMBER 2016

Impact of traumatic loss on children and young people

Evening training session

Facilitator:	Helen Barry, Barnardos
Dates:	Wednesday 30 November 2016
Time:	6.00 pm to 8.30 pm
Venue:	Upstairs Conference Room Bradbury Wellbeing and Treatment Centre 1-17 Lisburn Road Belfast BT9 7AA

Helen Barry is an experienced practitioner with Barnardos Child Bereavement Service. She works on a daily basis with children and families who have been bereaved and imparts some invaluable information about how children perceive death/cope with bereavement and how adults can help them cope with and understand the loss.

Aim

This course looks at the impact of sudden or traumatic loss on a child or young person when a parent or significant other dies. It will explore how to talk to children about bereavement and help them to cope with the loss.

From the training session, participants will gain knowledge of how children and young people develop an understanding of death, including traumatic bereavement through suicide.

Participants will also learn some techniques to help support bereaved children and young people.

The training will take participants through the grief patterns of children and young people, language to use and how to support them in remembering the person who has died.

JANUARY 2017

Compassion Fatigue

Afternoon Workshop

Facilitator: Belfast Recovery College

Dates: Tuesday 17 January 2017

Time: 2.00 pm to 4.00 pm

Venue: Maureen Sheehan Centre
106 Albert Street
Belfast
BT12 4HL

Target Group

All carers

Description

Belfast Recovery College is a health and well-being education and learning provision offering a range of courses for all individuals.

The focus is to provide the opportunity to learn together and to support one another.

All the courses are co-produced and co-delivered by both a practitioner with professional expertise and a peer trainer who has lived experience of mental health.

Compassion Fatigue

Self-care is a key priority for anyone who carers for a vulnerable other. This course explores the impact of the caring role on yourself and how you can look after your own psychological and emotional needs.

JANUARY 2017

Children moving on to adoption - the foster carer's role

Two morning sessions

Facilitator: Suzanne Moore, SW, Adoption Team and
June Martin, SP, Fostering

Dates: Friday 20 January 2017
Friday 27 January 2017

Time: 10.00 am to 1.00 pm

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

All carers who provide placements to children and young people

Course Content

Session 1

- Home-finding / profiling the child – respective roles
- Preparing the child / phases of introduction
- The role of the foster carer
- What makes a good move?

Session 2

- Moving the child - the carer's experience
- The adopter's journey
- Life books

JANUARY 2017

Basic First Aid

Facilitator: Blay Training

Dates: Tuesday 24 January 2017

Time: 7.00 pm to 9.00 pm

Venue: Arches Health and Wellbeing Centre
1 Westminster Avenue North
Belfast
BT4 1NS

Target Group

All carers are required to complete a basic First Aid Course

Course Description

This informal First Aid session will give you the basics of treatment required in the initial stages of an emergency.

You will learn to deal with someone who:

- Is unconscious and breathing
- Is unconscious and not breathing
- Is choking
- Is bleeding
- Has a burn or scald
- Has a broken bone

JANUARY 2017

Core Issues for kinship foster carers

Facilitator: Kinship Fostering Team

Dates: TBC

Time: 9.30 am to 1.00 pm

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

Essential training for all newly approved kinship foster carers

Course Content

- Legal issues and LAC procedures
- Impact of fostering on your family and contact issues
- Safe Caring and Health and Safety within the home

JANUARY TO MARCH 2017

Understanding adolescence

Six session course - evenings

Facilitator: Mikhaila Woods, Fostering the Future Project

Dates: Wednesday 25 January 2017
Wednesday 1 February 2017
Wednesday 8 February 2017
Wednesday 22 February 2017
Wednesday 1 March 2017
Wednesday 8 March 2017

Time: 7.00 pm to 9.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Target Group

All carers who look after teenagers

Learning Outcomes

- To understand how parents'/carers' relationship changes as a child develops
- To increase awareness of the impact and needs of an adolescent within the home environment
- To understand the impact of an adolescent on family dynamics

*** The carers can gain an OCN (Level 2) qualification if they wish (or opt out if they prefer) ***

FEBRUARY 2017

Caring for the under 2's

Morning workshop for kinship foster carers

Facilitator: Miriam Beckett , SW and Lorraine Murphy, Health Visitor

Dates: Tuesday 7 February 2017

Time: 10.00 am to 1.00 pm

Venue: Arches Health and Wellbeing Centre
1 Westminster Avenue North
Belfast
BT4 1NS

Target Group

Kinship carers who provide placements to babies and toddlers

Course objectives

- To update carer's knowledge of child care practices for the under 2's
- To demonstrate the effect of interrupted development on babies
- To increase carer's knowledge of and confidence in resuscitation techniques

FEBRUARY 2017

Special Educational Needs

Evening workshop

Facilitator: Fostering Achievement

Dates: Tuesday 21 February 2017

Time: 6.30 pm to 8.30 pm

Venue: Fostering Network
Unit 10
40 Montgomery Road
Belfast
BT6 9HL

Course Content

This workshop is aimed at carers with children in mainstream education who have mild/moderate special educational needs. It will help define 'special educational needs' and explore how carers can best support their children.

In particular, the workshop focuses on:

- Understanding the statementing process
- Identifying resources which will benefit children with special educational needs

FEBRUARY 2017

Impact of parental mental health problems on children

Morning / Afternoon Course

Facilitator: Lelia Fitzimmons, Belfast Trust's Learning and Development Team

Dates: Wednesday 22 February 2017

Time: 10.00 am to 2.00 pm (lunch provided)

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

- Carers who are looking after children where parents have suffered mental health problems
- Carers who regularly take emergency / short-term placements where familial mental health may be an issue

Course Content

- What constitutes a mental health difficulty?
- The impact of parental mental ill health on both the parent and their children
- What role can carers play in helping the child understanding their parent's difficulties and having their own needs met?

FEBRUARY AND MARCH 2017

Core Issues in Fostering

4 session course - mornings

Facilitator: Fostering social workers and foster carer trainers

Dates: Thursday 23 February 2017
Thursday 2 March 2017
Thursday 9 March 2017 (TBC)
Thursday 16 March 2017

Time: 10.00 am to 1.00 pm

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

Newly approved mainstream foster carers who have not yet completed Core Issues training (separate training is available for kinship foster carers)

Course Content

- 1) Impact of fostering on your family and contact issues
- 2) Legal issues and participation in LAC Reviews
- 3) Safer Caring, Health and Safety, Allegations and Recording
- 4) Attachment and moving children on

FEBRUARY AND MARCH 2017

Make way for play

Series of four morning workshops

Facilitator: Mikhaila Woods, Fostering the Future Project

Dates: Friday 24 February 2017
Friday 3 March 2017
Friday 10 March 2017
Friday 24 March 2017

Time: 10.30 am to 12.30 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Description

This course is aimed at carers who have children aged 2-8 years, placed with them. The training will explore the wider elements of play with a focus on creativity, games, cooking, story-telling and play for children's development.

The programme is delivered in an informal way through discussion and interactive activities. Carers will go home with a range of resources including books, story cubes, board games and puppets.

*** Carers can gain an OCN Level 2 qualification if they wish (or opt out if they prefer) ***

MARCH 2017

Promoting positive contact

Morning workshop

Facilitator: Fostering social workers and Contact Centre staff

Dates: Wednesday 1 March 2017

Time: 10.00 am to 1.00 pm

Venue: Shankill Health and Wellbeing Centre
83 Shankill Road
Belfast
BT13 1PD

Target group

All carers

Course content

- Purposes of contact
- Promoting positive contact - guidance and strategies
- Whenever contact is not going well
- Role of the Contact Centre and Contact Centre staff

MARCH 2017

Caring for children with ADHD

Evening seminar

Facilitator: Sarah Salters from ADD NI
Dates: Tuesday 7 March 2017
Time: 7.00 pm to 9.00 pm
Venue: ADD-NI
86 Eglantine Avenue
Belfast, BT9 6EU

Target group

- Carers who are currently caring for children and young people diagnosed with ADHD or who are suspected to have this condition
- Carers who wish to find out more about ADHD and the services provided by ADD-NI

Description

ADD-NI was originally established in 1997 as a support network for children and young people and the families of those affected by AD/HD: Attention Deficit/Hyperactivity Disorder. The organisation aims to:

- Provide support and information and raise awareness of the disorder across the Province
- Work in partnership with children, young people and adults affected by AD/HD, and their families and other agencies
- Through support, early intervention and preventative programmes, the organisation aims to build on each child/young person's individual strengths, enabling them to reach their full potential.

Carers attending this session will learn more about ADHD from the young person's perspective and discuss ways to managing behaviour and enabling their young people to make the most of their potential.

It will be an informal evening, where carers will be encouraged to ask questions, and share experiences and advice with one another.

MARCH 2017

Recognising the role of men in foster carer

Two evening sessions

Facilitator: Michael Sharkey and Billy Johnston (foster carers)

Dates: Wednesday 22 March 2017
Wednesday 29 March 2017

Time: 7.00 pm to 9.00 pm

Venue: Fostering Resource Centre
Pine Lodge Annexe
186 Belmont Road
Belfast
BT4 2AS

Target Group

All male foster carers

Course aims

- To illustrate the role of men in working with children in foster care
- To examine gender issues within the child care domain and explore societal / organisational pressures
- To examine the expectations and risks of male carers

MARCH 2017

Child Protection Awareness

Evening Course

Facilitator: Fostering social workers

Dates: Thursday 23 March 2017

Time: 7.00 pm to 9.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Target Group

Essential training for all carers, especially those who are newly approved.

Course Content

An awareness-raising session for foster carers, looking at:

- Definitions of child abuse
- What constitutes a child protection concern?
- Trust policies and procedures for dealing with referrals
- Roles and responsibilities of foster carers

MARCH 2017

Substance misuse awareness

Morning workshop

Facilitator: Fiona Anderson from Start 360 Project

Dates: Thursday 30 March 2017

Time: 10.00 am to 12.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Target Group

All carers

Course Content

An awareness-raising session for foster carers, looking at:

- What drugs are currently being misused
- The difference between use and misuse
- Why young people choose to use / misuse substances
- Effects of substance use / misuse
- Signs and symptoms of substance misuse
- Reducing harm caused by misuse.

APRIL 2017

Respecting and valuing diversity

Morning workshop

- Facilitator:** The Equality Commission
- Dates:** Tuesday 4 April 2017
- Time:** 10.00 am to 12.30 pm
- Venue:** Shankill Health and Wellbeing Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

All carers

Course Content

- What is equality?
- What is discrimination?
- Equality Law in Northern Ireland - overviewing rights and responsibilities
- Key issues for carers
- Scenarios

APRIL 2017

Impact of domestic violence on children

Morning course

Facilitator: Belfast Women's Aid

Dates: Thursday 6 April 2017

Time: 10.00 am to 12.30 pm

Venue: Lecture Room 1
The Beeches Management Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

Target Group

All carers interested in finding out more about this subject, but especially those caring for children who have witnessed domestic unrest at home.

Course Content

- What is domestic violence?
- Why do women find it difficult to leave?
- Experiences of children and how domestic violence affects them
- How foster carers can support children who have witnessed violence in the home.

Keeping safe in a challenging world

Two session workshop (mornings)

Facilitator: Joe Harris and Joanne Brown, Trust's Sexual Health Team

Dates: Wednesday 26 April 2017
Wednesday 3 May 2017

Time: 10.00 am to 1.00 pm

Venue: Belfast Metropolitan College – Springfield Site
(Formerly Millennium Community Outreach Centre)
400 Springfield Road
Belfast
BT12 7DU

Target Group

All carers but particularly those caring for children aged 10 years plus

Course Content

This training is designed to help parents and carers address sensitive issues with their young people, improve communication and help keep young people safe.

Topics will include:

- Building self-esteem
- Resilience and relationships
- Sexual health and contraception
- Child sexual exploitation in NI
- Improving communication
- Dealing with difficult questions

APRIL 2017

Asthma Awareness

Morning workshop

Facilitator: Anne McGale (nurse and foster carer)

Dates: Thursday 27 April 2017

Time: 10.00 am to 12.00 pm

Venue: Fostering Resource Centre
Pine Lodge Annexe
186 Belmont Road
Belfast
BT4 2AS

Target group

All carers, but especially those who currently have children with this condition or who regularly provide emergency / short-term placements.

Content

- What is asthma?
- Signs, symptoms and triggers
- Managing medication and inhalers
- How to cope with a child (or adult) who is having an asthmatic attack.

MAY 2017

Attachment training (Level 1) for foster carers

4 morning sessions

Facilitator: Therapeutic Support Service and June Martin, Senior Practitioner

Dates: Tuesday 9 May 2017 (TBC)
Tuesday 16 May 2017 (TBC)
Tuesday 23 May 2017 (TBC)
Tuesday 30 May 2017 (TBC)

Time: 10.00 am to 1.00 pm

Venue: TBC

Target group

Carers who would like:

- A greater insight into attachment theory
- Advice on building relationships
- Managing behaviour of the child with attachment difficulties

Aims

- To provide an understanding of attachment, the impact of neglect and resulting behaviours in the child
- To help carers see beyond these behaviours and begin to think about the importance of attachment and relationships

Course content

- The impact of neglect and trauma on infant development – cognitive, psychological, behavioural and emotional
- Understanding of attachment difficulties / styles
- What behaviours communicate and how to respond.

MAY 2017

Basic First Aid

Morning workshop

- Facilitator:** Blay Training
- Dates:** Wednesday 10 May 2017
- Time:** 10.00 am to 12.00 pm
- Venue:** Conference Room 1
The Beeches Management Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

Target Group

All carers are required to complete a basic First Aid Course

Course Description

This informal First Aid session will give you the basics of treatment required in the initial stages of an emergency.

You will learn to deal with someone who:

- Is unconscious and breathing
- Is unconscious and not breathing
- Is choking
- Is bleeding
- Has a burn or scald
- Has a broken bone

Caring for children who have been sexually abused

4 week course (mornings) followed by a visit to the Rowan Centre

Facilitator: Diane McCormick, SW, Child Care Centre and June Martin, SP

Dates: Thursday 11 May 2017
Thursday 18 May 2017
Thursday 25 May 2017
Thursday 1 June 2017

Time: 10.00 am to 12.30 pm

Venue: The Beeches Management Centre
12 Hampton Manor Drive
Belfast, BT7 3EN

Visit to the Rowan Centre (Sexual Assault and Rape Centre)

Dates: Wednesday 7 June 2017 (TBC)

Time: 10.00 am to 12.00 pm

Venue: Antrim Area Hospital
Bush Road
Antrim, BT41 2RL

Target Group

Carers who are or may be looking after children who have been sexually abused.

Course Content

- Signs and symptoms of sexual abuse
- The role of the carer
- Disclosure and treatment
- The abusing adults intervention and containment
- Young people who engage in sexually harmful behaviour
- How referrals of sexual abuse are dealt with (visit to the Rowan Centre)

MAY 2017

Compassion Fatigue

Morning workshop

Facilitator: Belfast Recovery College

Dates: Tuesday 16 May 2017

Time: 10.00 am to 12.00 pm

Venue: TBC

Target Group

All carers

Description

Belfast Recovery College is a health and well-being education and learning provision offering a range of courses for all individuals.

The focus is to provide the opportunity to learn together and to support one another.

All the courses are co-produced and co-delivered by both a practitioner with professional expertise and a peer trainer who has lived experience of mental health.

Compassion Fatigue

Self-care is a key priority for anyone who carers for a vulnerable other. This course explores the impact of the caring role on yourself and how you can look after your own psychological and emotional needs.

MAY 2017

What Next? Educational choices for young people 16 years +

Evening course

- Facilitator:** Fostering Achievement
- Dates:** Tuesday 23 May 2017 (TBC)
- Time:** 7.00 pm to 9.00 pm
- Venue:** Fostering Network
Unit 10
40 Montgomery Road
BELFAST
BT6 9HL

Target group

Carers with young people 15+ in placement

Description

This workshop aims to assist foster carers in helping young people make good choices when they finish compulsory schooling. We will look at how to support your people in different settings:

- Full-time education
- Training
- Employment
- Other programmes and routes to University

We will also explore what options are available for young people with disabilities and learning difficulties.

MAY 2017

Behaviour Management

Full day course

Facilitator: Dr Mary Magee, Psychologist and Trainer

Dates: Wednesday 24 May 2017

Time: 10.00 am to 3.00 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Target group

All carers

Content

- Defining difficult behaviour in the context of foster care - what are the children's needs, their level of understanding, their relationships with birth family and subsequent effects on their behaviour.
- Positive intervention techniques - what works to effectively change difficult behaviours; what does not work so well.
- Promoting positive self-esteem and coping skills in our young people.

JUNE 2017

Raising mental health awareness

2 morning workshops

Facilitator: Care Call

Dates: Thursday 8 June 2017
Thursday 15 June 2017

Time: 10.30 am to 12.30 pm

Venue: City Life Centre
143 Northumberland Street
Belfast
BT13 2JF

Description

This training is facilitated by Care Call over 2 sessions

The workshop will be practical, informative and interactive. They will focus on reflective learning around mental health awareness and will encourage carers to examine, explore and express their attitudes and knowledge of those suffering with mental illness.

Learning Outcomes

By the end of the course, participants should be able to demonstrate:

- A better knowledge of mental health and mental health illness
- The ability to challenge stereotypical thinking
- An awareness of how foster carers and children can protect and promote their own mental health and emotional wellbeing
- Knowledge of useful resources and signposting.

JUNE 2017

Child protection awareness and safer caring

Morning session

Facilitator: Fostering social workers
Dates: Tuesday 13 June 2017
Time: 10.00 am to 1.00 pm
Venue: Conference Room
The Beeches Management Centre
12 Hampton Manor Drive
Belfast
BT7 3EN

Target group

All carers

Course content

- Definitions of child abuse
- What constitutes a child protection concern
- Trust policies and procedures for dealing with referrals
- Roles and responsibilities of carers
- Safer caring guidelines

JUNE 2017

Core Issues for kinship foster carers

Morning session

Facilitator: Social workers from the kinship fostering team

Dates: Wednesday 14 June 2017 (TBC)

Time: 9.30 am to 1.00 pm

Venue: Shankill Wellbeing and Treatment Centre
83 Shankill Road
Belfast
BT13 1PD

Target Group

Essential training for all newly approved kinship foster carers

Course Content

- Legal issues and LAC procedures
- Impact of fostering on your family and contact issues
- Safe Caring and Health and Safety within the home

JUNE 2017

Fostering in a digital world

Morning workshop

Facilitator: Fostering Achievement workers

Dates: Wednesday 21 June 2017 (TBC)

Time: 10.00 am to 12.00 pm

Venue: Fostering Network
Unit 10
40 Montgomery Road
BELFAST
BT6 9HL

Target group

All carers

Description

The aim of this practical workshop is to raise awareness of the various ways young people engage with the virtual world and explore the potential safety issues for looked after children.

It will also help foster carers take positive steps to support young people to keep safe on-line and identify where to get advice and information to mitigate risks and maximise learning.

ADDITIONAL TRAINING OPPORTUNITIES

Training with Other Trusts

If you are living outside the Belfast Trust's area and wish to access courses run by your local Trust, please go to the Regional Adoption and Fostering website (**www.adoptionandfostering.hscni.net**) and click on 'Foster carer training' to see what is available in your local area.

Even if you are living within the Belfast Trust's area, you can still access courses in other Trusts if this is more convenient for you (see above for how to access these).

If you are interested in a particular course, please contact June Martin, Training Coordinator, on **(028) 9504 0057** and she will see if a place can be secured for you.

ASCERT Training

ASCERT is a voluntary organisation providing services and training on alcohol- and drug-related issues. Courses offered include:

- i) Legal Highs Awareness
- ii) Basic Drugs and Self-Harm
- iii) Drugs and Mental Health
- iv) Hidden Harm / Foetal Alcohol Syndrome

Their courses are FREE to those living or working in Belfast Trust or South-Eastern Trust. Please look on their website (**www.ascert.biz**) or contact them at **23 Bridge Street, Lisburn BT28 1XZ – (028) 9260 4422** for further information.

Barnardo's Safe Choices Training

Barnardo's Safe Choices NI is funded by a number of agencies to provide multi-agency training for managers, practitioners and carers surrounding the issues of child sexual exploitation and children / young people going missing from their home / place of care.

This training can be accessed by contacting the service at **Barnardo's, 230 Belmont Road, Belfast BT4 2AW – (028) 9065 8511**.

Alternatively, contact June Martin, Training Co-ordinator, on **(028) 9504 0057** to express an interest in this training, as it may be possible to organise a training session for foster carers alone.

Additional Fostering Achievement and Fostering Network Courses

You will receive regular mailshots from Fostering Network about forthcoming events and training. You can also keep an eye on the website at **www.fostering.net**

Girdwood Community Hub

10 Girdwood Avenue, Belfast, BT14 6EG Tel: (028) 9521 7870

Classes available:

- Essential Skills - literacy, numeracy, ICT - FREE
- Family Learning
- Child Care
- Beginners and Improvers Computer Courses - FREE

For information on available courses, contact **communityeducation@belfastmet.ac.uk**

Parenting Support Programmes such as “Incredible Years”, “Strengthening Families”, “Family Links Nurturing Programme” and the “Solihull Parenting Programme” may also be commissioned - depending on demand. Please speak to your supervising social worker if you are interested.

On-line training on disability

Disability Matters Go to: <https://www.disabilitymatters.org.uk>

Free e-learning resource for the UK workforce:

- Educational, Inspiring, Informative and Inclusive

Together we can challenge and positively change our own and others' fears, ideas and attitudes towards disability and disabled children and young people.

HMRC Free Webinar for Foster Carers

Have you got questions about tax and National Insurance?

Would you like to know about an easier way to work out if you need to pay tax?

If so, the HMRC e-learning course is for you!

How the HMRC e-learning course can help

This course will guide you through everything you need to know to get started. There are useful tips from others who have been where you are now and practical case studies to help you along the way.

How long does it take?

It's entirely up to you. You can work through the learning at your own pace and at a time that suits you. You don't need to do it all in one go, you can dip in and out as you need it and even come back to it at a later date.

Use the following link to access the course:

<http://www.hmrc.gov.uk/courses/syob2/fc/index.htm>

Other help includes a short video on YouTube, 'Tax Relief for Foster Carers', which is less than 15 minutes long and covers the basic information foster carers need.

E-learning – LGBT

Use the following link to access the course:

www.lgbtelearning.hscni.net

A certificate of completion of this learning can be downloaded and printed off for the learner's portfolio / personal files.

Smartphone apps

ASCERT – Drugs and Alcohol app

<http://www.ascert.biz/news-events/news/new-drug-and-alcohol-app-for-your-phone>

This app is available for download for iPhones in the App store and Android phones at Googleplay. Just search Drugs and Alcohol.

NISCC (Northern Ireland Social Care Council)

- Domiciliary Care Toolkit
- Health and Safety in a Childminding Setting
- Understanding Child Development for 0–6 Children
- Understanding Child Development for 7–12 Children

These apps are available for download for iPhones in the App Store and Android phones at Googleplay. Just search for titles above

NSPCC

Link to information and advice about sexting <http://buff.ly/2aXXSFJ>