Western Health & Social Care Trust
Foster Carer
Training Programme
April 2017 – June 2017
1. Skills to Foster

2. Challenges of Adolescence

3. Sexual Orientation Training

4. First Aid

5. Kinship Care - The Challenges in Family Living

6. Smoking Cessation for Foster Carers

7. Safe Talk

8. ‘Mental Health’ First Aid

9. Early Movers

10. TCI(F) Refresher Training

11. Launch of Regional Digital App

12. Building Self-Esteem in Looked After Children

13. Nexus

14. ‘Way to Go’ Alcohol Programme

15. Disability Matters

16. E-Learning
Introduction

We are delighted to introduce you to the new Learning Development Programme for the period April to June 2017. The programme includes a range of courses which will hopefully meet many of your training needs. Training should be enjoyable and informative. It enables you to develop your knowledge and skills and build confidence as a foster carer. It can also be an opportunity to meet with other carers who understand the fostering role.

There are many benefits to training including support and encouragement, knowledge and skill development, all of which contribute to our ultimate goal of creating positive outcomes for Looked After Children. Your attendance at training is noted and discussed at your annual review. This evidences your commitment to your learning and development as a foster carer.

The Western Trust will produce 3 training programmes per year – this will allow our training to be tailored to your ongoing needs. Please take time to fill in the attached questionnaire on your personal training needs and discuss with your supervising social worker. We are happy to discuss your training needs with you and to provide specific training if necessary.

The next programme will cover the period September 2017 – December 2017.

It is a requirement of the foster carer role that you make every effort to attend training and we look forward to seeing you at as many training events as possible.

Sarah & Sharon, Foster Carer Training Co-ordinators
1. Skills to Foster

Six Session Course

Presenter: Ms Sharon McEleney, Foster Care Training Co-ordinator
Foster Care Co-Trainer / Guest Speakers

Venue: Clooney Hall Centre, Derry

Dates:
- Wednesday 8th March 2017
- Wednesday 15th March 2017
- Wednesday 22nd March 2017
- Wednesday 29th March 2017
- Wednesday 5th April 2017
- Wednesday 12th April 2017

Time: 6.30 pm – 9.00 pm

Target Group: Prospective Foster Carers

This is essential underpinning knowledge for all those who are in the process of approval as foster carers.

All applicants wishing to become foster carers should attend.
This course is aimed at foster carers and kinship carers of young people aged 11+. It will explore the changing relationships during adolescence and the impact of these changes on the family unit.

This course is run over a 5 week period. The course will be accredited at OCN Level 2.

**Learning outcomes for the course:**

- Understand that carers and their relationship with a child changes as the child grows older
- Acknowledge the changes that a young person goes through during adolescence as well as carers own process of change
- Understand the pressure that families with adolescents in the home experience
- Understand the issues of power and authority within a family during a young person’s adolescence.

Dates: Tuesday 4th/11th/25th April & 2nd/9th May 2017
Time: 6.30 pm – 9.00 pm
Venue: Arc Healthy Living Centre, Sallyswood, Irvinestown

*This course will be held in Strabane beginning 6th September 2017*
3. SEXUAL ORIENTATION TRAINING

One Day Seminar

Presenter: Rainbow Project

Venue: Clooney Hall Derry

Date: To be confirmed

Time: 10.30 am – 3.30 pm

Target Group: All Foster carers & Kinship carers

Objectives:

The Rainbow Project provides sexual and mental health services, counselling, personal development programmes, advocacy, lobbying, research, training to professionals, third party hate crime reporting, a drop-in service, volunteering opportunities and youth programmes.

- During this course Carers will gain a greater understanding of the issues impacting on people who are lesbian, gay, bisexual or transgender in Northern Ireland
- Clarify the meaning of the terms ‘heterosexist’ and ‘homophobia’
- Help carers understand the difference between sexual orientation and gender identity
- Make carers more aware about their attitudes and prevent them from accepting stereotypes and acting on them.
4. FIRST AID

Evening Seminar

Presenter: Keith Saunderson from Blay Training - Red Cross

Venue: Clooney Hall Centre, Derry

Date: 27th April 2017

Time: 6.30 pm – 9.30 pm

Target Group: All Foster Carers & Kinship Carers who have not competed First Aid training within the last 3 years.

(First Aid training expires after 3 years)

Objectives:

- To prepare participants to meet First Aid needs by recognising, treating and calling for appropriate help if necessary.
5. KINSHIP CARE – THE CHALLENGES IN FAMILY LIVING

Evening Seminar

Presenter: Dr Mary Magee,

Venue: Clooney Hall Derry

Dates: Tuesday 9th May 2017

Time: 7.00 pm – 9.30 pm

Target Group: All Kinship Carers

Aim:

- To consider the impact of kinship care on family life – challenges in roles, responsibilities and relationships.

Outcome:

On completion of the programme participants will have:

1. Discussed the impact of ‘kinship care’ on family roles and relationships – changes in roles; challenges in relationship with children / young people’ parents; managing the relationship with social services.

2. Discussed the challenges for communication with children and young people; other family members; social services – dealing with difficult messages.

Content:

- Workshop to explore the range of challenges to family life when undertaking the roles and responsibilities.
6. Smoking Cessation for Foster Carers & Kinship carers

Morning Seminar

Presenter: Western Trust Health Promotion

Venue: Location & date dependent upon applicants
Date: To be confirmed
Time: 30 - 60 minutes

Target Group: Foster Carers & Kinship carers

Objectives:

- To increase awareness of the WHSCT Smoking Cessation Service.

- To highlight that evidence-based tobacco cessation interventions increase quit rates.

Contact Training Co-ordinator to arrange a session.
7. ‘SAFE TALK

Half Day Seminar

Facilitators: SAFETALK Trainers

Date & Venue: 25 April 2017, Old School Canteen, T&F Hospital, Omagh

Date & Venue: 27 June 2017, Lecture Theatre, South West Acute Hospital Enniskillen

Date & Venue: 12 September 2017, MDEC Building, Altnagelvin Hospital, Londonderry

Duration: 9.30 am – 12.30 pm

Aimed at: Individuals aged over 16 years.

Course Content:

SAFETALK is a 3 hour seminar which raises general awareness on how to prevent suicide in our community.

The seminar equips participants with the skills to recognise a person with thoughts of suicide, to engage them and then connect them with an organisation or individual who can intervene to help keep them safe.

This seminar is not suitable for anyone recently bereaved by suicide.
8. Mental Health First Aid (MHFA)

All day Seminar

Facilitators: Mental Health First Aid Trainers

Date & Venue:
- 27 & 28 April 2017, St Columb’s Park House, Londonderry
- 25 & 26 May 2017, Omagh Enterprise Centre, Omagh
- 7 & 14 September 2017, Roe Valley Arts & Cultural Centre, Limavady

Duration: 9.30 am - 4.30 pm

Aimed at:
Adults wanting to increase their knowledge and skills in providing initial support for someone with a mental health problem.

Aims of Course:
- To preserve life where a person may be a danger to themselves or others.
- To provide help to prevent the mental health problem becoming more serious.
- To promote the recovery of good mental health.
- To provide comfort to a person experiencing a mental health problem.

Course Content:
Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

MHFA does not teach people to be therapists, rather it teaches:
- How to recognise the symptoms of mental health problems.
- How to provide initial help.
- How to go about guiding a person towards appropriate professional help.

Participants receive a certificate and a MHFA handbook on completion of the course.
9. Early Movers

Facilitators: Health Improvement Department

Date & Venue: 2 May 2017, Strathroy Community Centre, Omagh

Date & Venue: 30 May 2017, St Columb’s Park House, Londonderry

Duration: 6.00 pm - 9.30 pm

Aimed at: Foster carers & Kinship carers of children aged 0-6 years.

Learning Objectives:

- How to maximise physical activity opportunities for children from birth to 6 years in your setting.

- Promoting a whole setting approach to physical activity by providing tools to audit your current provision and develop a physical activity policy.

- Practical ideas for enhancing physically active play.

Each setting will receive an ‘Early Movers’ resource pack.
10. TCI (F) – THERAPEUTIC CRISIS INTERVENTION FOR FAMILIES: REFRESHER TRAINING

Facilitators: Sarah Megahey & Sharon McElney (Senior Social Work Practitioners)

Date 10th May 2017

Time 10.30 am - 3.00 pm

Venue: Strabane Enterprise centre

Target Group: Places are limited and individual invitations will be sent to selected Foster Carers, Kinship carers and their Supervising Social Workers. You must have already attended TCI (F) Course.

Objectives:

TCIF is a Crisis Prevention and Intervention model, which has been adapted for use within foster care. Participants will learn how to better prevent crises from occurring and how to de-escalate difficult situations. They will assist carers in teaching young people adaptive coping skills. Attendance at the refresher training is mandatory to keep up your TCIF registration.

So glad I attended TCIF. Hopefully it will help me in my future fostering.
**11. Educate, Empower and Protect in a Digital World**

**Launch of Regional App**

**Date:** 16th May 2017  
**Time:** 10.00 am – 1.00 pm  
**Venue:** Silver birch Hotel, Omagh

**Date:** 18th May 2017  
**Time:** 10.00 am – 1.00 pm  
**Venue:** Clooney Hall, Derry

**Target Group:** Supervising Social Workers, Foster Carers & Kinship carers

**Objectives:** ‘Educate, Empower & Protect in a Digital World’

This Seminar is an opportunity for us to gain a better understanding of how we can safeguard our children and young people online, and reduce the risks they face. The seminar will cover:

- Introduction to social media and its use
- An understanding of safeguarding in the context of young people’s lives and their use of social media
- How offenders use the internet
- Some tips to keep children safer online including the new Fostering in a Digital World App

**Guest Speaker:**

Jim Gamble Child Protection, Social Media and Criminal Justice Advisor
12. Building self-esteem in Looked after Children

Presenter: Fostering Network,
Ms Sharon McElney, Foster Care Training Co-ordinator and Co-Trainers

Venue: Clooney Hall Centre, Derry
Date: Wednesday 31st May 2017
Time: 10:30 am -12:30 pm

Target Group: All foster carers

Objectives:

This is a very practical workshop which aims to explore self-esteem and consider how best to 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 behaviour associated with low self-esteem. The workshop will also focus on the impact that low self-esteem can have on educational outcomes within the school environment.
Presenter: Nexus (NI) – Rape and Sexual Abuse Support

Venue: Fermanagh House Enniskillen
        Clooney Hall Centre, Derry

Date: Thursday 1st June 2017 (Enniskillen)
      Tuesday 6th June 2017 (Derry)

Time: 10.00 am – 1.00 pm

Target Group: All Foster Carers

Objectives:
Thousands of children in the UK are at risk of being forced or manipulated into sexual activity in a form of abuse called child sexual exploitation. This abuse can happen to any child, anywhere knowing what to look for is an important way you can help to protect your children.

- To develop a deeper knowledge and improve their skills regarding the sexual exploitation of children and young people.

CONTENT:
- Understanding the nature and scope of Child Sexual Exploitation in Northern Ireland
- Risk factors of CSE and going missing
- Recognising signs associated with CSE and sexual abuse.
- The underlying processes associated with CSE
- The link between abuse, current behaviour and vulnerability to CSE
14. WAY 2 GO ALCOHOL PROGRAMME

Presenter: ‘Way to Go’ Facilitator

Venue: Community House, Omagh
       Central Library, Foyle Street, Derry

Date: Tuesday 13 June 10.00 am – 12.30 pm (Omagh)
       Wednesday 14 June 2017 10.00 – 12.30 pm (Derry)

Target Group: Foster Carers, Kinship Carers and Social Workers

Objectives:

• To develop insight and understanding into the early experiences of children and young people who lived in a home where alcohol was misused and how this impacts on them.

• To increase knowledge of alcohol misuse and understanding of the risk associated with abusing alcohol.

• Reduce the potential of alcohol related harm.
Free online training put together by Disability Matters and Fostering Network.

Disability Matters for Foster Carers

https://www.disabilitymatters.org.uk/totara/program/view.php?id=39

15. Disability Matters for Foster Carers

Whether you're new to foster care or already an experienced carer, Disability Matters can help you take your first step towards making a real difference in the life of a child with disabilities, and beginning a new stage in yours.

This online learning programme provides a wealth of information about disabled children and young people’s health and the lived experience of disability.

The Fostering Network has worked with the Disability Matters team to create this short learning package. It has been specifically designed to:

- improve your understanding of disability
- provide you with useful, practical advice on a range of issues
- build your confidence and communication skills
- enable you to support a disabled child to live a full and active life
Attendance at training courses brings many benefits, not just the acquisition of new skills or knowledge but the opportunity to build confidence in your role as carers. Carers often comment on the benefits of meeting other carers who may be dealing with similar situations and the group experience can provide valuable learning for all involved – including social work staff.

However, if you have difficulty attending group training and have basic IT skills, computer and an email address, you could access some the many courses available online. Many of these courses are basic introductory courses requiring up to 10 hours to complete so are most useful for newly approved carers.

The beauty of electronic learning is that you can work on it at your pace and you can dip in and out as often as you like.

Top 5 courses: AC Education offers online training to carers whose lifestyle is such that completing a course at home is a more effective use of their time. It is designed to be highly flexible, ensuring that continuing development is accessible to all, while accommodating individual needs.

We have commissioned more new places on the AC Education Short course programme for 2016-2017. All 5 Trusts can access places for newly approved foster carers or those with specific training needs who have difficulty attending formal face to face training.

- Attachment and Loss
- Communicating with Children & YP
- Understanding Child Development
- Making Sense of Adolescence
- Impulsive Behaviour

New courses include: *Kinship Care, Autism and Adoption courses*

Online training requires motivation and dedication on the part of the foster carer and therefore requires regular input from the fostering social worker, not least of all to ensure that the carer is ‘geared up’ for the task.

Carers need to have access to a computer, email address and a basic understanding of how to work through a programme online.

For a list of available courses contact your Training Coordinator or visit [www.ac-education.co.uk](http://www.ac-education.co.uk)
**How to Apply**

Booking a place on any of the course should be made two weeks before course date as indicated on the Training Planner. Where possible, please book for more than one course at a time.

Ms Sharon McEleney  
Fostering Training Co-ordinator  
Clooney Hall  
36 Clooney Terrace  
Waterside  
Derry  
BT47 6AR

Ms Sarah Megahey  
Fostering Training Co-ordinator  
Main Building  
Tyrone & Fermanagh Hospital  
Omagh  
BT79 0NS

Tel: 028 71 320951  
Tel: 028 8283 5264

**Have I been allocated a place?**

Your place will always be confirmed in writing/or by text. It is your responsibility to attend the course you have chosen, unless an emergency situation arises.

However, if you are unable to attend, please telephone:

Sharon McEleney / Jackie McLaughlin on 028 71 320951 to cancel.

Sarah Megahey / Marie Walsh on 028 8283 5264 to cancel.

**Training Profile**

Any training attended will be recorded in your training portfolio and form part of your annual review of registration as a foster Carer within the Western Trust.

*If you have attended relevant training via work or community please let us know as this is also relevant to your training profile.*

**Mileage**

Mileage to and from courses will be paid. Please claim via your supervising social worker.

**Child-minding**

Childminding costs are payable. Childminding forms will be available the day of the course and should be completed as soon as possible. This will then be processed and paid with the following month’s Fostering Allowances.

**Refreshments**

Light refreshments will be provided at all courses.
HELP US PLAN
FOSTER CARE TRAINING
2017

To assist us plan our training booklet for 2017/2018 I would be grateful if you could take a few moments to complete the attached questionnaire which highlights Proposed courses, Venues and Times.
Please tick box to indicate your preference for courses

- Men in Foster Care - Roles and responsibilities of male carers

- Attachment – understanding the principle of attachment

- Core Issues in Fostering – Mandatory Training for recently approved foster carers /Kinship carers

- Therapeutic Crisis Intervention (TCIF) training.

- Contact

- Building Identity/ Self Esteem

- Transition in foster care including 16+ training, Moving On

- You, Your foster child, (Drug and Alcohol Awareness)
- Internet Safety
- Sexual Health Training
- Sexual Abuse Training / Child Sexual Exploitation
- Solihull
- Foetal Alcohol Spectrum Disorder
- Brain Development - Impact of Trauma
- First Aid
• Valuing Diversity and Promoting equality, Ethnic minority/ culture identity / Sexual Orientation

• AC - On line training

• Caring for children/ young people with disabilities

• Special Educational Needs for LAC

• Please identify any other training needs
How often do you attend training per year?

Not at all

1-2

3-4

5+

If not at All please explain why?
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Please take this opportunity to let us know what training you attend through work or community.

Many thanks feel free to make any suggestions to improve training.

Signed:

Please return completed questionnaire to Sharon McElney, Fostering Team, Clooney Hall, Clooney Terrace, Derry, BT47 6AR. Tel: 028 713 20951

Thanks Sharon & Sarah