

## **Regional Foreword**

### **Learning and Development Programme 2017 - 2018**

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.

This year sees the launch of our new Regional App, "Fostering in a Digital World", which ensures that information and advice on internet safety is "only a click away". A desktop version of the APP will also be released soon – for those of you who do not have Smart phones or tablets.

The Regional Training Pathway for all foster carers is now firmly established. This highlights the central role of Core Issues training for all newly approved 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 work place or local community, as this can be recorded on your training record.

Similarly, if you have read an article or watched a relevant documentary, this can also be recorded as training. I have enclosed some forms for you to record "training" that has been completed at home – please give these to your supervising social worker.

New courses this year include, Safeguarding Children with Disabilities, Life Books and Keeping Memories Safe and Cultural Competency. Children's Rights and Foetal Alcohol Syndrome Disorder are also included in the programme.

To introduce an element of fun and skill development into the training year, we have included workshops on Mindfulness, Carpentry Workshop (Men's Shed) and Needlework and Crocheting Sessions (Needle and Natter). Painting Workshops (Chill – Out) may also be commissioned if there is sufficient interest.

So please come along to as many events as you can and contact me if you have any queries or suggestions.

**June Martin, Training Co-ordinator**

## 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 – return to June Martin at Pine Lodge Annexe, 186 Belmont Road, Belfast, BT4 2AS
- Telephone call or email to June Martin – 028 9504 0057, email: [june.martin@belfasttrust.hscni.net](mailto:june.martin@belfasttrust.hscni.net)
- Your supervising social worker can book a place on your behalf

**Please keep a note in your diary, of the courses you have booked.**

You will receive confirmation that you have been allocated a place on the course approximately 10 days before the course date – **please confirm your place by the required date** (stipulated on the confirmation letter).

Courses may occasionally have to be cancelled due to low numbers of applicants.

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**SEPTEMBER 2017 – JUNE 2018**

**Disability Matters – Free Online Training**

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

Register by putting in your details and adding a password.

You will then have access to all the online training, information and resources.

For example:

Disability Matters – click on this  
Disability Matters Learning Packages  
Disability Matters Resource

And this will take you to sections such as:

1. Understanding Disability
2. Behaviour and Emotions
3. Health and Wellbeing (including sensory environment)
4. Responding positively when behaviour is seen as challenging
  - Positive Behaviour Support (PBS)
5. The Different Meanings of Behaviour
6. Worry and Anxiety Matter
7. Sexually Concerning Behaviours Matter
8. Self – Injury Matter

**SEPTEMBER 2017 – JUNE 2018**

**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](http://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.



**SEPTEMBER 2017 – JUNE 2018**

## **Fostering in a Digital World App – Available from the App Store**

### **Description**

Helpful advice is now only a screen-tap away!

The “Fostering in a Digital World” App supports Foster Carers to Empower, Educate and Protect children and young people in the online world.

- The App consolidates safeguarding training and resources, providing carers access to specific advice, functions and technologies guiding them through the digital environment.
- The course content and resources will help break down barriers by providing knowledge, guidance, advice and the language required to aid discussion and engagement with the children and young people.

*“I have already learnt several things that I didn’t know in the first 10 mins of using it! It will be so useful to me on a daily basis. The info on social media and the safety centre are absolutely brilliant”*

*“I found the new app very informative and so easy to access. It is also good to keep up to date with the latest news”.*

*“There was so much info on social media which I wasn’t aware of. I feel much more confident in keeping the young people I care for safer”.*

“Fostering in a Digital World” app download today on:



If you need help and advice go to: <https://ineqe.com/fostering-in-a-digital-world-app/>

The webpage provides a short overview of the App, this page also contains a direct link to download the App to your phone/iPad/tablet from either the **Apple App Store** or **Google Play Store**.

### **Instructions on How to Register**

To register to use all the resources on the App please go to:

<https://ableusers.ineqe.com/api/register?code=hsct>

You will be asked to complete a registration form.

The access code for foster carers is: \*\*\*\*\*  
(please liaise with your supervising social worker).

You will then get an email to say that your application is awaiting admin approval.

When it is approved, you can then go to the App Store to download and start using all parts of the App.

Enter the user name and password you have specified on the registration form. Any problems, please contact:

Barbara Boyd at the Shankill Centre on telephone number 028 9504 0302 or email [Barbara.Boyd@belfasttrust.hscni.net](mailto:Barbara.Boyd@belfasttrust.hscni.net)

or

Diane Heugh at Pine Lodge Annexe on telephone number 028 9504 0057 or email [DianeN.Heugh@belfasttrust.hscni.net](mailto:DianeN.Heugh@belfasttrust.hscni.net)

## **SEPTEMBER 2017**

### **Stress Management**

Three morning sessions

**Facilitator:** Mikhaila Woods, from Fostering the Future

**Dates:** Monday 18<sup>th</sup> September 2017  
Monday 25<sup>th</sup> September 2017  
Monday 2<sup>nd</sup> October 2017

**Time:** 10.30 am – 12.30 pm

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

### **Description**

Time out for yourselves! What causes stress, how to recognise it and manage it. Therapies provided on the third week.

## **SEPTEMBER 2017**

### **Core Issues in Kinship Care**

Day course

**Facilitators:** Kinship Fostering Team

**Date:** Monday 25<sup>th</sup> September 2017

**Time:** 9.30 am – 2.00 pm

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

### **Target Group**

Newly approved (Stage One) Kinship Foster Carers

### **Course Content**

- Legal Issues
- Impact of Fostering on your family and contact issues
- Safe Caring and Health and Safety within the home

**\*Additional Core Issues courses will be arranged later in the year, as the need arises\***

**SEPTEMBER 2017**

**GEM Scheme Information**

Lunchtime session

**Facilitator:** Dellish Kuriokose Vammattam, Gem Scheme Co-ordinator

**Date:** Friday 29<sup>th</sup> September 2017

**Time:** 12.00 noon – 1.30 pm

**Venue:** Level 3, Meeting Room 3  
Shankill Wellbeing and Treatment Centre  
83 Shankill Road  
Belfast  
BT13 1PD

**Target Group**

Carers who have young people aged 16 years plus in placement

**Course Content**

Support available to young people when they reach 18 years of age

- Explanation of the GEM Scheme (going the extra mile)
- Employability Scheme
- Role of the personal advisor
- Preparation for independence

## OCTOBER 2017

### Attachment Training Level 1 (for Non-Kinship carers)

Four morning sessions

**Facilitators:** Ms G Doohan, TSS  
Mrs Belinda Ballard, Senior Practitioner, Fostering

**Dates:** Tuesday 3<sup>rd</sup> October 2017  
Tuesday 10<sup>th</sup> October 2017  
Tuesday 17<sup>th</sup> October 2017  
Tuesday 24<sup>th</sup> October 2017

**Time:** 10.00 am – 1.00 pm

**Venue:** The Everton Centre  
589 – 593 Crumlin Road  
Belfast  
BT14 7GB

#### **Target Group**

Carers who would like a greater understanding of attachment theory, advice on building relationships and managing behaviour of the child with attachment difficulties

Priority will be given to those carers whose foster children have already been referred to TSS

#### **Course Content**

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

**\*Additional courses will be arranged later in the year, as the need arises\***

## OCTOBER 2017

### Supporting Your Child's Learning

Four morning sessions

**Facilitators:** Fostering Achievement

**Dates:** Monday 2<sup>nd</sup> October 2017  
Monday 9<sup>th</sup> October 2017  
Monday 16<sup>th</sup> October 2017  
Monday 23<sup>rd</sup> October 2017

**Time:** 10.30 am – 12.30 pm

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

### **Description**

An informal, fun and interactive workshop, covering the following:

- Supporting your child's learning
- Supporting your child's literacy and numeracy development at home
- How to use games to support a child's learning

## OCTOBER 2017

### Tune In – Understanding Your Teenager

Four morning sessions

**Facilitators:** ACET NI

**Dates:** Wednesday 4<sup>th</sup> October 2017  
Wednesday 11<sup>th</sup> October 2017  
Wednesday 18<sup>th</sup> October 2017  
Wednesday 25<sup>th</sup> October 2017

**Time:** 9.30 am – 12.00 pm

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

#### **Description**

- Ever wondered how you could tune in better with your teenager?
- TUNE IN is a course designed to help parents and carers get beyond the headphones and the mobiles, the tablets and tantrums of teenagers
- We discuss what's really going on in their heads (and their bodies) and how to talk about it
- Ways to tune in, understand and connect
- Strategies for communicating clear messages
- How to tackle the things that cause conflict
- This course is also accredited by OCN NI



## OCTOBER AND NOVEMBER 2017

### Nurturing Attachment (Kim Golding) Module Two

Six sessions course – mornings

**\*Please note carers must have already completed Attachment Training Level One plus Module One of this course\***

**Facilitator:** Robin Jordan, Registered and Chartered Psychologist, TSS  
June Martin, Senior Practitioner, Fostering

**Date:** Tuesday 3<sup>rd</sup> October 2017  
Tuesday 10<sup>th</sup> October 2017  
Tuesday 17<sup>th</sup> October 2017  
Tuesday 24<sup>th</sup> October 2017  
Tuesday 7<sup>th</sup> November 2017  
Tuesday 14<sup>th</sup> November 2017

**Time:** 10.00 am – 1.00 pm

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

### **Topics Covered**

- Session 1 Creating a Secure Base
- Session 2 Empathy and Support from the Secure Base
- Session 3 Using Attunement to Increase Empathy
- Session 4 Protecting the Family Atmosphere
- Session 5 Creating a Feeling of Belonging for the Child
- Session 6 Looking After Yourself

## **OCTOBER 2017**

### **Mental Health Awareness**

Two session course - Mornings

**Facilitator:** CARECALL

**Dates:** Wednesday 4<sup>th</sup> October 2017  
Wednesday 11<sup>th</sup> October 2017

**Time:** 10.00 am – 12.30 pm

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

### **Description**

These workshops 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 attributes 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

## OCTOBER AND NOVEMBER 2017

### Make Way For Play

Series of four morning workshops

**Facilitator:** Mikhaila Woods, Fostering the Future

**Dates:** Friday 13<sup>th</sup> October 2017  
Friday 20<sup>th</sup> October 2017  
Friday 27<sup>th</sup> October 2017  
Friday 10<sup>th</sup> November 2017

**Time:** 10.30 am – 12.30 pm

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

### **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, storytelling 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).\***

## OCTOBER AND NOVEMBER 2017

### Core Issues in Fostering (for Non Kinship Carers)

#### Four evening sessions

**Facilitator:** Social Workers in the Fostering Team and Experienced Foster Carers

**Dates:** Thursday 12<sup>th</sup> October 2017  
Impact of Fostering on your Family and Contact Issues

Thursday 19<sup>th</sup> October 2017  
Legal Issues and Participation in LAC Reviews

Thursday 9<sup>th</sup> November 2017  
Safer Caring, Health and Safety, Allegations and Recording

Thursday 16<sup>th</sup> November 2017  
Attachment and Moving On

**Time:** 6.00 pm – 8.30 pm

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

**OCTOBER 2017**

**Living with Autism in Adulthood**

**Facilitator:** Belfast Recovery College

**Date:** Friday 20<sup>th</sup> October 2017

**Time:** 11.00 am – 1.00 pm

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

**Description**

- What it is like to live with autism in adulthood?
- Assessment and diagnosis in adulthood?
- Supports available to adults within the Belfast Trust

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 9504 3059 or 9504 6985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

## OCTOBER 2017

### Mindfulness

Morning and Evening sessions as part of the Support Group (one session to be attended)

**Facilitator:** Fostering the Future

**Date:** Thursday 26<sup>th</sup> October 2017 (morning session)

**Time:** 10.00am – 12.00

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

**Date:** Thursday 26<sup>th</sup> October 2017 (evening session)

**Time:** 7.00 pm – 8.30 pm

**Venue:** Pine Lodge Annexe, 186 Belmont Road, Belfast, BT4 2AS

### **Description**

Start your journey to a more relaxed and healthier state of mind with our Mindfulness taster sessions.

Mindfulness is a mental state achieved by focusing ones awareness on the present moment, while calmly acknowledging and accepting ones feelings, thoughts and bodily sensations.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them – without believing, for instance, that there’s a “right” or “wrong” way to think or feel in a given moment.

Come and give it a go.

Mindfulness Apps can also be downloaded to your mobile phone. Available from the App Store.

**NOVEMBER 2017**

**Child Protection Awareness**

Evening session

**Facilitator:** Anne Doran, Social Worker, Fostering

**Dates:** Wednesday 8<sup>th</sup> November 2017

**Time:** 7.00pm – 9.00pm

**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**

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

## NOVEMBER 2017

### Living with Self-Harm

Morning session

**Facilitators:** Belfast Recovery College

**Date:** Tuesday 14<sup>th</sup> November 2017

**Time:** 10.00 am – 1.00 pm

**Venue:** East Belfast Network  
55 Templemore Avenue  
Belfast  
BT5 4FP

### **Description**

This course aims to raise awareness and increase understanding of self-harm. The training will consider myths and misconceptions around self-harm, explore the idea of self-harm as a communicating thoughts and feelings and what can be helpful to those who self-harm. The course will also look at the motivation for changing self-harming behaviour including developing alternative coping strategies.

The course will be delivered by two tutors, one with lived experience of self-harm and a practitioner with knowledge of self-harm.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 9504 3059 or 9504 6985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.



**NOVEMBER 2017**

**Promoting Positive Contact**

Morning workshop

**Facilitators:** Brendan Herron, Manager of Contact Centre  
June Martin, Senior Practitioner, Fostering

**Date:** Friday 17<sup>th</sup> November 2017

**Time:** 10.00 am – 12.30 pm

**Venue:** Level 3, Meeting Room 3  
Shankill Wellbeing and Treatment Centre  
83 Shankill Road  
Belfast  
BT13 1PD

**Target Group**

All carers

**Course Content**

- Purpose of contact
- Promoting positive contact – guidance and strategies
- Whenever contact is not going well
- Role of the contact centre and contact centre staff

**NOVEMBER 2017**

**Paediatric First Aid**

Morning course

**Facilitator:** Paul Berry, Group Training

**Date:** Tuesday 21<sup>st</sup> November 2017

**Time:** 10.00 am – 1.00 pm

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

This is an essential course for all foster carers and should be refreshed on a regular basis

**Topics Covered**

- What is first aid?
- Age definitions
- How to recognise a child is unwell
- How to ring for help
- Primary assessment
- Recovery position
- CPR
- Choking
- Bleeding
- Seizures
- Burns

**NOVEMBER 2017**

**Substance Misuse Awareness**

Morning workshop

**Facilitator:** Fiona Anderson, from Start 360 Project

**Date:** Wednesday 22<sup>nd</sup> November 2017

**Time:** 10.00 am – 12.30 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
- How to access additional services and resources for your young people

**NOVEMBER 2017**

**Fostering in a Digital World App**

Morning workshop

**Date:** Thursday 23<sup>rd</sup> November 2017

**Time:** 10.00 am – 11.30 am

**Venue:** To be confirmed

**Description**

- An introduction to and display of the Regionally commissioned Internet Safety App
- Why is internet safety important?
- How to educate and empower our young people while using social media

**NOVEMBER 2017**

**Foetal Alcohol Spectrum Disorders**

All day course

**Facilitators:** ASCERT

**Date:** Friday 24<sup>th</sup> November 2017

**Time:** 9.30 am – 4.00 pm

**Venue:** North City Business Centre  
2 Duncairn Gardens  
Belfast  
BT15 2GG

To book a place on this course, please go to the ASCERT Website:  
<http://www.ascert.biz/>

You must register on the website to be able to apply for this course. The code for this course is – WFD04 – FAS01.

This course is available free to anyone working in the voluntary or statutory sector in Northern Ireland which includes foster carers.

**Course Description**

Foetal Alcohol Spectrum Disorders (FASD) is the most common known cause of learning disability in the Western world and as a consequence create major public health issues. It is estimated that 6-7000 babies are born in the UK each year with alcohol related brain damage. This translates to a prevalence rate of approximately 1 in 100 children born or 1% of the population affected by FASD. In a population of 1.8 million – which means that we have approximately 25 – 30 babies born with FASD within NI each year. The course will provide an opportunity to explore FAS and FASD and strategies on how to support children and young people with it.

**Outcomes**

- Gain awareness of the facts surrounding pre-natal alcohol exposure.
- The difference between FAS and FASD.
- How FASD impacts on the individual.
- Behaviours of FASD children.
- Strategies in supporting FASD children and young people.

**Relevance**

This course is relevant to people that have a basic awareness of effects of alcohol and want to get a more in depth understanding of FAS and FASD.

**NOVEMBER 2017**

**Living with Anxiety**

**Afternoon course**

**Facilitators:** Belfast Recovery College

**Date:** Monday 27<sup>th</sup> November 2017

**Time:** 1.00 pm – 4.00 pm

**Venue:** Spectrum Centre  
331 Shankill Road  
Belfast  
BT13 3AA

**Course Description**

Most of us experience anxiety at some point in our lives. For many this is upsetting but manageable and related to real life situations or experiences and usually passes with time or as the situation resolves. For some people, anxiety is constant, extreme and debilitating and it impacts significantly on their quality of life.

This course will explore what anxiety is, the many forms it can take and how it develops and is maintained. It also explores a range of treatment options and self-help skills that may help people to lessen and manage anxiety. A practitioner with expertise in the subject area and a peer trainer with lived experience of anxiety will share their knowledge and provide practical help in a supportive atmosphere.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 9504 3059 or 9504 6985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

**NOVEMBER 2017**

**Safeguarding Children with Disabilities**

Morning course

**Facilitator:** Mrs Grainne Nelson, from the Trust's Learning and Development Team

**Date:** Wednesday 29<sup>th</sup> November 2017

**Time:** 9.30 am – 12.30 pm

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

This course will raise awareness of the key themes when safeguarding children and young people with disabilities.

By the end of the session, participants will be able to:

- Identify some of the safeguarding needs of disabled children
- To review the legal / policy context in safeguarding children with disabilities
- Consider how to counter any barriers facing disabled children in the child protection system
- Reflect on ways of meeting the communication needs of children with disabilities

**NOVEMBER 2017**

**Life Books and Keeping Memories Safe**

Morning seminar

**Facilitator:** Belfast Trust's Adoption Team

**Date:** Friday 30<sup>th</sup> November 2017

**Time:** 10.00 am – 12.00 noon

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

**Course Description**

- The importance of memories, photographs and keepsakes for young people in care
- How to begin to compile a life book
- Answering difficult questions
- Resources and literature to assist you in this task



## **JANUARY AND FEBRUARY 2018**

### **Needle and Natter**

Five morning classes

**Facilitator:** Fostering the Future

**Dates:** Tuesday 9<sup>th</sup> January 2018  
Tuesday 16<sup>th</sup> January 2018  
Tuesday 23<sup>rd</sup> January 2018  
Tuesday 30<sup>th</sup> January 2018  
Tuesday 6<sup>th</sup> February 2018

**Time:** 10.30 am – 12.30 pm

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

### **Description**

Knitters and crocheting all levels are welcome, so if you are a pure beginner or a more seasoned crafter, please come along.

Our tutors will be there to teach and guide you while you enjoy a laugh and a brew with other carers.

All materials are provided.

Places are limited to 10, so please book ahead and try to attend all sessions.

## **JANUARY AND FEBRUARY 2018**

### **Nurturing Attachments (Kim Golding) Module Three**

Six session course

**\*Please note that carers must have previously completed Attachment Training Level One (4 weeks) plus Module One and Two of this course\*.**

**Facilitators:** Robin Jordan, Registered and Chartered Psychologist, TSS  
June Martin, Senior Practitioner, Fostering

**Dates:** Tuesday 9<sup>th</sup> January 2018  
Tuesday 16<sup>th</sup> January 2018  
Tuesday 23<sup>rd</sup> January 2018  
Tuesday 30<sup>th</sup> January 2018  
Tuesday 6<sup>th</sup> February 2018  
Tuesday 20<sup>th</sup> February 2018

**Time:** 10.00 am – 1.00 pm

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

#### **Topics Covered**

- Session 1 Helping the Child with Relationships
- Session 2 Parenting with PACE
- Session 3 Providing Structure and Supervision
- Session 4 Managing Confrontational and Co-ercive Situations
- Session 5 Managing Behaviour While Maintaining a Secure Base
- Session 6 Managing Behaviour with PACE

**JANUARY 2018**

**Recognising the Role of Men in Foster Care**

Two evening sessions

**Facilitators:** Michael Sharkey and Billy Johnston (foster carers)

**Dates:** Thursday 18<sup>th</sup> January 2018  
Thursday 25<sup>th</sup> January 2018

**Time:** 7.00 pm – 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 involved in being a male carer

**JANUARY 2018**

**Living with Autism in Adulthood**

Afternoon course

**Facilitators:** Belfast Recovery College

**Date:** Friday 26<sup>th</sup> January 2018

**Time:** 2.00 pm – 4.00 pm

**Venue:** Spectrum Centre  
331 Shankill Road  
Belfast  
BT13 3AA

**Description**

Autistic Spectrum Condition (ASC) otherwise known as autism, affects 1.1% of the population of Northern Ireland. ASC is a developmental condition and will be present throughout a person's lifespan. Many individuals are now receiving a diagnosis in adulthood due to improved awareness of the condition and improved access to assessment services.

This session will consider specifically, the adult experience of ASC; dispel the negative stereotypes of ASC and highlight the value that individuals with the condition can bring to the world. A professional practitioner will explain the clinical features of ASC, which include difficulties with social communication, repetitive behaviours and restricted interests. A service user who received an adult diagnosis will reflect on what life has been like having the condition without knowing. The experience of the assessment process and post diagnostic journey will be discussed. Supports available to adults with ASC (within the Belfast Trust area) and their families and carers will be identified.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 95043059 or 95046985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

**JANUARY 2018**

**Understanding Trauma**

Morning course

**Facilitator:** Belfast Recovery College

**Date:** Tuesday 30<sup>th</sup> January 2018

**Time:** 10.00 am – 12.00 noon

**Venue:** Spectrum Centre  
331 Shankill Road  
Belfast  
BT13 3AA

**Description**

In our everyday lives, any of us can experience events that are overwhelming, frightening and beyond our control. We could find ourselves the victim of a personal assault or witness a tragic event.

The course will help you understand the normal responses in trauma and Post Traumatic Stress Disorder (PTSD). It will explore ways to help yourself cope or to help others by providing relevant support.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 95043059 or 95046985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

**JANUARY 2018**

**What's Next? Educational Choices for Young People 16 Years +**

Morning course

**Facilitators:** Fostering Achievement

**Date:** Wednesday 31<sup>st</sup> January 2018

**Time:** 10.00 am to 12.00 noon

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

**Target Group** All 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.

## **FEBRUARY AND MARCH 2018**

### **Core Issues in Foster Care (for Non-Kinship Carers)**

Four morning sessions (all four to be attended)

**Facilitators:** Fostering Social Workers and Experienced Foster Carers

**Dates:** Friday 2<sup>nd</sup> February 2018  
Impact of Fostering on your Family and Contact Issues

Friday 9<sup>th</sup> February 2018  
Legal Issues and Participation in LAC Reviews

Friday 23<sup>rd</sup> February 2018  
Safer Caring, Health and Safety, Allegations and Recording

Friday 2<sup>nd</sup> March 2018  
Attachment and Moving On

**Time:** 10.00 am – 1.00 pm

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

**FEBRUARY 2018**

**Child Sexual Exploitation Awareness**

Morning Seminar

**Facilitator:** Maeve Gillan, Senior Practitioner and CSE Specialist

**Date:** Friday 9<sup>th</sup> February 2018

**Time:** 10.00 am – 11.30 am

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

**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



## **FEBRUARY AND MARCH 2018**

### **Cultural Competency**

Three morning sessions

**Facilitators:** The Mosaic Programme

**Dates:** Wednesday 21<sup>st</sup> February 2018  
Wednesday 28<sup>th</sup> February 2018  
Wednesday 7<sup>th</sup> March 2018

**Time:** 10.00 am – 12.30 pm

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

At the end of this course, participants will have developed:

- A better knowledge of how one's own culture shapes attitudes, perceptions and behaviours
- An awareness of the limited value of stereotyping individuals from certain cultures or ethnicities
- The ability to value diversity and a willingness to learn about other people's cultures
- Specific knowledge of the language, customs and values of particular cultures
- The skills to feel comfortable and communicate effectively with people from diverse cultural backgrounds

**FEBRUARY 2018**

**Compassion Fatigue**

Morning course

**Facilitators:** Belfast Recovery College

**Date:** Tuesday 27<sup>th</sup> February 2018

**Time:** 10.00 am – 12.00 noon

**Venue:** Upper Springfield Development Trust  
689 Springfield Road  
Belfast  
BT12 7FP

**Description**

Belfast Recovery College is a health and wellbeing 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 cares 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.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 95043059 or 95046985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

## **FEBRUARY AND MARCH 2018**

### **Men's Shed (Carpentry Workshop)**

Five morning workshops

**Facilitators:** Fostering the Future  
David Cousley, Carpenter

**Dates:** Tuesday 20<sup>th</sup> February 2018  
Tuesday 27<sup>th</sup> February 2018  
Tuesday 6<sup>th</sup> March 2018  
Tuesday 13<sup>th</sup> March 2018  
Tuesday 20<sup>th</sup> March 2018

**Times:** 10.00 am – 12.30 pm

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

#### **Description**

A skilled carpenter and wood turner will travel from Monaghan to share his skills with a group of 10 male foster carers.

You will learn basic wood-making skills with traditional hand tools. All materials and tools will be provided.

**MARCH 2018**

**Building Self Confidence in Looked After Children**

Morning workshop

**Facilitators:** Fostering Achievement

**Date:** Thursday 8<sup>th</sup> March 2018

**Time:** 10.00 am – 12.00 noon

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

**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 focus on the impact self-esteem has on educational outcomes for children and young people.

**MARCH 2018**

**Attachment Training Level One (for Kinship Carers)**

Four morning sessions

**Facilitators:** The Trust's Therapeutic Support Service (TSS)  
Social Workers from the Kinship Team

**Dates:** To be confirmed

**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.

**MARCH 2018**

**Data Protection and Recording “My Data Your Business”**

Morning seminar

**Facilitators:** Deidrie Allison, Corporate Records Manager  
Gillian Acheson, Information Technology Manager

**Date:** Thursday 15<sup>th</sup> March 2018

**Time:** 10.00 am – 12.00 noon

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

This is essential training for all carers involved with the Belfast Trust.

**Course Content**

- Trust requirements with regard to Data Protection and Storage of Children’s Personal Information.
- How carers can help protect themselves from allegations and complaints.
- Good practice guidelines with regard to recording within Foster Care.

**MARCH 2018**

**Child Protection Awareness**

Morning seminar

**Facilitator:** Mrs Anne Doran, Social Worker, Fostering Team

**Date:** Wednesday 21<sup>st</sup> March 2018

**Time:** 10.00 am – 12.00 noon

**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

**MARCH 2018**

**Paediatric First Aid**

Evening course

**Facilitators:** Paul Berry, Training Group

**Date:** Thursday 22<sup>nd</sup> March 2018

**Time:** 6.30 pm – 9.30 pm

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

This is an essential course for all foster carers and should be refreshed on a regular basis.

**Topics Covered**

- What is first aid?
- Age definitions
- How to recognise a child is unwell
- How to ring for help
- Primary assessment
- Recovery position
- CPR
- Choking
- Bleeding
- Seizures
- Burns



**APRIL 2018**

**Understanding Trauma**

Afternoon seminar

**Facilitators:** Tutors from Belfast Recovery Centre

**Date:** Tuesday 17<sup>th</sup> April 2018

**Time:** 1.00 pm – 3.30 pm

**Venue:** Farset Centre  
466 Springfield Road  
Belfast  
BT12 7DW

**Course Content**

What constitutes a trauma? How does it affect a person physically and emotionally?  
Ways to cope in the aftermath of trauma.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 95043059 or 95046985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

**APRIL 2018**

**Keeping Young People Safe in a Challenging World**

Two morning sessions – both sessions to be attended

**Facilitators:** Joanna Brown, Trainer with the Trust's Sexual Health Team

**Dates:** Thursday 19<sup>th</sup> April 2018  
Thursday 26<sup>th</sup> April 2018

**Time:** 10.00 am – 1.00 pm

**Venue:** Belfast Metropolitan College – Springfield Site  
(Formerly Millenium 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 2018**

**Care of the Under 2's**

Morning workshop

**Facilitators:** Miriam Beckett, Social Worker  
Lorraine Murphy, Health Visitor

**Date:** Wednesday 25<sup>th</sup> April 2018

**Time:** 9.30 am – 1.00 pm

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

**Target Group**

All carers who provide placements and 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

**MAY 2018**

**Behaviour Management with Children and Young People**

Full morning course with lunch

**Facilitator:** Dr Mary Magee, Psychologist and Trainer

**Date:** Tuesday 8<sup>th</sup> May 2018

**Time:** 9.30 am – 1.30 pm

**Venue:** East Belfast Network Centre  
55 Templemore Avenue  
Belfast  
BT13 3AA

**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.

**MAY 2018**

**The Impact of Parental Mental Health Problems on Children**

Full morning course with lunch

**Facilitator:** Mrs Lelia Fitzsimmons from the Trust's Learning and Development Team

**Date:** Friday 11<sup>th</sup> May 2018

**Time:** 10.00 am – 2.00 pm

**Venue:** Meeting Room 3, Level 3  
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?

**MAY 2018**

**Compassion Fatigue**

Afternoon workshop

**Facilitators:** Tutors from the Belfast Recovery College

**Date:** Tuesday 15<sup>th</sup> May 2018

**Time:** 1.00 pm – 3.30 pm

**Venue:** Farset International Centre  
466 Springfield Road  
Belfast  
BT12 7DW

**Description**

Belfast Recover College is a health and wellbeing 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.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 95043059 or 95046985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.

**MAY 2018**

**Caring for Children who have been Sexually Abused**

Two morning sessions – both sessions to be attended

**Facilitator:** Mrs Diane McCormick for the Child Care Centre, Lisburn Road, Belfast

**Dates:** Thursday 17<sup>th</sup> May 2018  
Thursday 24<sup>th</sup> May 2018

**Time:** 10.00 am – 1.00 pm

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

**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
- Young people who engage in sexually harmful behaviour

**MAY 2018**

**Living with Anxiety**

Afternoon seminar

**Facilitators:** Tutors from Belfast Recovery College

**Date:** Tuesday 22<sup>nd</sup> May 2018

**Time:** 1.30pm – 4.30 pm

**Venue:** Spectrum Centre  
331 Shankill Road  
Belfast  
BT13 3AA

**Course Description**

Most of us experience anxiety at some point in our lives. For many this is upsetting but manageable and related to real life situations or experiences and usually passes with time or as the situation resolves. For some people, anxiety is constant, extreme and debilitating and it impacts significantly on their quality of life.

This course will explore what anxiety is, the many forms it can take and how it develops and is maintained. It also explores a range of treatment options and self-help skills that may help people to lessen and manage anxiety. A practitioner with expertise in the subject area and a peer trainer with lived experience of anxiety will share their knowledge and provide practical help in a supportive atmosphere.

**NB – As this course is provided by Belfast Recovery College, it is open to the whole community therefore places fill up quickly.** To book a place telephone the Recovery College on 9504 3059 or 9504 6985 or email them on: [RecoveryCollege@belfasttrust.hscni.net](mailto:RecoveryCollege@belfasttrust.hscni.net)

Please let your supervising social worker know that you have booked a place on these courses, so it can be added to your training record.



**MAY 2018**

**Children's Rights**

Morning seminar

**Facilitator:** NICCY staff (Northern Ireland Commissioner for Children and Young People)

**Date:** Thursday 31<sup>st</sup> May 2018

**Time:** 10.00 am – 12.00 noon

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

**Content**

- What is the UN Convention on the Rights of the Child?
- How is it enforced?
- What does it say about children's health and wellbeing
- What and who are NICCY?
- How is this relevant to your role and responsibilities as foster carers?

**JUNE 2018**

**The Impact of Domestic Violence on Children**

Morning course

**Facilitators:** Belfast Women's Aid

**Date:** Wednesday 6<sup>th</sup> June 2018

**Time:** 10.00 am – 12.30 pm

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

**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

**JUNE 2018**

**Foetal Alcohol Syndrome Disorder (FASD) – Supporting a Child’s Development**

**Facilitator:** AWARE NI

**Date:** To be confirmed

**Time:** 9.30 am – 2.00 pm (including lunch)

**Venue:** East Belfast Network Centre  
55 Templemore Avenue  
Belfast  
BT5 4FP

**Description**

This training will provide you with a better understanding of the risks from pre natal alcohol use and how it affects a child’s health and development

**Course Content**

- The facts surrounding pre natal alcohol exposure
- The difference between FAS and FASD
- How FASD impacts on the individual
- Behaviours of FASD children
- Strategies to support FASD children and young people

**JUNE 2018**

**Caring for Children and Young People with ADHD**

Morning course

**Facilitator:** Sarah Salters from ADD-NI

**Date:** Tuesday 12<sup>th</sup> June 2018

**Time:** 10.00 am – 12.30 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 session, where carers will be encouraged to ask questions and share experiences and advice with one another.

**JUNE 2018**

**Basic First Aid**

Morning course

**Facilitators:** Paul Berry Training

**Date:** Wednesday 20<sup>th</sup> June 2018

**Time:** 10.00 am – 1.00 pm

**Venue:** Meeting Room 3, Level 3  
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.

## **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](http://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](http://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](http://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](mailto: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](http://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>

## **CHILD SEXUAL EXPLOITATION**

Free online training, go to:

<http://www.safeguardingchildrenae.co.uk/safeguarding-news/keep-them-safe>

## **DOMESTIC VIOLENCE APP WITH TRAINING INFORMATION**

Go to:

<http://www.safeguardingchildrenae.co.uk/training-news/reduce-the-risk-a-free-app-designed-for-victims-of-domestic-abuse-and-their-family-and-friends>