



HSC Northern Health
and Social Care Trust

HSC adoption &
fostercare 

Foster Carer Training Programme September 2017—May 2018



Northern Trust Specialist Foster Team
Oriol House, 2-8 Castle Street , Antrim,
BT41 4JE

Welcome to the **Northern Trust training booklet September 2017– May 2018**. These training opportunities are for foster carers, kinship carers, and concurrent carers with some core courses for those of you newly approved carers and a range of opportunities and new training for all.

It is recognised that you are caring for vulnerable children and young people and have very busy families. Therefore setting time aside for training can be difficult. However, the training, learning and development booklet is a resource to help support you with the demands of fostering and increase your knowledge and understanding of looked after children so you are better equipped to manage your role.

There is an expectation that you complete at least two pieces of training per year and this is assessed at your annual review. As you will see there are a range of courses and workshops as well as online courses and the fostering App. Please look over the booklet and let your supervising social worker know what courses you are interested in.

To apply for a course, simply contact your supervising social worker who will complete a nomination form and send it through to the training coordinator. You will receive an invitation usually no more than one week prior to training. **All nominations** are given a place unless there is unprecedented interest. In this case we will accept nominations on a first come basis and try to identify additional training at a later date. You will be notified should this be the case.

Support groups

Training is also organised through your local support groups. Support groups are a great way of meeting other foster carers and becoming involved in a range of activities. Please see below details of your local support group.

Ballymena Support group - Maureen O'Halleron 028 25635110

Carrickfergus Support group - Jolene Simpkins 028 93315111

Magherafelt Support group- June Patterson 028 79366840

Specialist fostering team support group- Linda Martin 0300 123 1155



Fostering App

Helpful advice is 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. 'Fostering in a digital world' app download today on:



To obtain a direct link to download the app to your phone/ipad/ tablet from either the Apple App store or Google play store go to <https://ineqe.com/fostering-in-a-digital-world-app/> Or contact the training coordinator at deborah.obrien@northerntrust.hscni.net

Tel: 0300 123 1155

We would appreciate if you have registered for training and are unable to attend; that you contact the office at your earliest convenience.

You will receive an invitation usually no more than one week prior to training. There are also a number of courses which become available throughout the training year that are not in the booklet. The details of these courses are circulated to your supervising social worker but if you would like to have them emailed directly to you please contact me by phone or email with your details.

Please continue to discuss your training needs with your supervising social worker, so the courses sourced are meaningful and beneficial to you. Can I take this opportunity to thank you for the wonderful care you provide to our children and young people. I hope you find the training useful in helping you in your role and look forward to seeing you soon.

Deborah O'Brien (Training Coordinator)

Specialist Fostering Team,

Oriel House, 2-8 Castle Street,

Antrim BT41 4JE

Tel: 0300 123 11 55

deborah.obrien@northerntrust.hscni.net

Special Educational Needs

Date: 19.09.17

Time: 10.30am—12.30pm

Venue: Clotworthy House

Randalstown Road

Antrim

BT41 4LH

This workshop is designed for carers with children attending mainstream education who have mild to moderate special educational needs.

During the session carers will discuss what is meant by special educational needs and explore how they can best support children in their care to get the best from learning opportunities in school. In particular, the workshop focuses on; working effectively with the child's school; understanding the statementing process; and identifying resources which will benefit children with special educational needs.

Dr Zeedyk—The Regional Adoption and Fostering team recently commissioned training with Dr Zeedyk who is a leading and respected trainer in the importance of emotional connection for health and happiness.

She works internationally with organisations with the onus on thinking more deeply about fostering connection, compassion and resilience. The work shop was a great success so the Regional team now exploring the possibility of offering this training for kinship carers. Details will be made available once confirmed.



-Understand how to provide support for behaviour alongside building these connections. This has been termed 'connection with correction' by Dan Hughes.

-Explore the dangers of blocked care when caring for children with blocked trust and understanding the importance of looking after yourself.

-Understand the significance of exploring your own attachment history when caring for children with attachment difficulties.

There will be six half day sessions. Your supervising social worker will ascertain if this is an identified training need for you.

First Aid

First Aid courses will be delivered throughout the training year. Dates and times to be confirmed.

Crisis Alleviation

We are continuing to develop a course which will look at strategies and techniques used in therapeutic crisis intervention training. This will specifically focus on the needs of foster carers when dealing with a child/young person who is highly agitated and displaying challenging behaviours. Dates and times to be confirmed later in the year.

Men's Role in fostering

Dates 21.09.17 and 28.09.17

Time: 7pm—9pm

Venue: Holiday Inn Express Ballymena Road

Antrim BT44 4LL

This is a two session course designed to help to support male foster carers.

The course will

- Identify and highlight the importance of male foster carers.
- Examine feelings about abused children and their abusers
- Acknowledge risk of providing care to a child who has been abused
- Examine expectations and concerns for male foster carers
- Revisit and examine safer caring policy
- Illustrate the role of men working with the looked after children in foster care
- Examine gender issues in the child care domain

FOETAL ALCOHOL SYNDROME

Date: 22.09.17

Time: 10am—12pm

Venue: Ballymena North Business and Recreation Centre

120 Cushendall Road

Ballymena

Foetal Alcohol Syndrome is a name given to a variety of damage caused to a baby when a mother drinks alcohol during pregnancy.

The workshop aims to inform carers about children currently within the care system affected by foetal alcohol spectrum disorders (FASD) and as a potential diagnosis for their behaviour, difficulties in learning and social development.

More training opportunities ... Other courses become available over the year which are not in the booklet. Your supervising social worker will be informed about any courses or you can forward your email details and be informed of updates directly. Also feel free to contact the training coordinator with any queries or interest in any subject areas not covered in the booklet

Introduction to foundation for attachment

The Therapeutic team for looked after and adopted children are also coordinating the delivery of the foundations to attachment course. Dates and venue TBC, attendance at the course will be assessed by your supervising social worker. The foundation for attachment programme is a six session programme for those parenting children who have relationship difficulties; especially children who have experiences attachment problems, trauma, loss and /or separation early in their life;

The DDP informed programme is based on Dyadic Development Practice model developed by Dan Hughes (2009, 2011).

Foster carers will:

Gain an understanding of these challenges and explore ways of building emotional connections with the children which can increase trust in reciprocal and attachment relationships leading to increased attachment security and reduced level of shame.

DDP Dyadic developmental psychotherapy

DATE: 16.05.18

TIME: 10am—12pm

VENUE: Sandel Centre

6 Knocklynn Road Coleraine

BT52 1WT

This workshop will look at the approach taken by DDP a model from the work of Dan Hughes. It considers how the child's experiences can impact on their feelings and behaviour.

The effect childhood trauma has on brain development and the ability to form relationship and trust people who want to care for them. With this knowledge carers can tailor their parenting style to help the child feel safe, understood, and over time, to develop and overcome challenges they have faced.

This workshop is taken by Helen Livingston Senior Practitioner in the Specialist Fostering Team who is DDP trained.

PHYSICAL HEALTH MATTERS

Date: 27th September 2017

Time: 10am—12pm

Venue: Sandel centre 6 Knocklynn Road
Coleraine

This is a practical workshop delivered by the Northern Health and Social Care Trust's Looked After Children's nurse Anne McDonald. The physical health matters course the practical everyday physical needs of a looked after child and will address areas such as

Dietary requirements

Exercise

Dental care

Vaccinations

Bedwetting/soiling

Skin care

CSE Child sexual exploitation

Date: 10.10.17

Time: 10am—12pm

Venue: Holiday Inn Express Ballymena Road

Antrim BT44 4LL

Child sexual exploitation is a major concern affecting many children and young people in care and in the wider community. It is a potential issue for children as young as 10 years old.

This training gives an excellent insight into the issues around sexual exploitation to give foster carers the knowledge and understanding of the impact on children and young people and how to spot the signs and who to seek help and guidance from.

The course will explore:

- What is sexual exploitation?
- Who is at risk?
- How does it happen?
- The impact of CSE
- Tips on how to recognise and respond

Men's role in fostering

Dates: 09.05.18 and 16.05.18

Time and venue to be confirmed

This is a two session course designed to help to support male foster carers.

The course will:

- Identify and highlight that men are very effective carers
- Examine feelings about abused children and their abusers
- Acknowledge risk of providing care to a child who has been abused
- Examine expectations and concerns for male foster carers
- Revisit and examine safer caring policy
- Illustrate the role of men working with the looked after children in foster care
- Examine gender issues in the child care domain

Developmental Needs

Date: 21.03.18

Time: 10am—12pm

Venue: Magherafelt Parish Centre

Kings Road

Magherafelt

This course is taken by the Northern Trust's Looked after children's nurse Anne McDonald. The course will look at the many changes that take place with children and young people through the different ages and stages of development.

This workshop will look at the importance of understanding the stages of development through birth to the teenage years. There will be a particular focus on issues around puberty and both the physical and emotional changes.

AC Online Training

This modern online training aims to provide an opportunity for reflection and development

- Choose from a range of courses (below) or for an up to dated list contact training coordinator. To apply contact your supervising social worker with the course you would like to complete. Please choose one course at a time and ensure you have the time to complete the course as resources are limited.
- Child Protection Awareness
- Attachment & Loss
- Equality & Diversity
- Communicating with Children & Young People
- Children's Rights
- Reflective Practice
- Multi-Agency Working
- Self Harming Behaviours
- Secondary Trauma & Workplace Stress
- Understanding Child Development
- Transitions and Vulnerability
- The Role of the Residential Worker
- The Role of the Foster Carer
- Kinship Care
- Making Sense of Adolescence
- Safer Foster Care
- Self harming behaviour
- Sexual development and sexual abuse
- Resilience and Recovery
- Promoting Health & Development
- Record Keeping in Foster Care
- Working with Disabled Children and Young People
- Education & Trauma
- Promoting Positive Contact
- Supervising Foster Care
- Working as Part of a team
- Impulsive Behaviour
- Children & Domestic Abuse
- Children & Parental Mental Health Issues
- Children and Parental Substance Abuse
- Healing Environments
- Men in Children's Services
- Child Protection Skills
- Keeping and Sharing Information
- Safe guarding vulnerable adults
- Sexual exploitation and trafficking

Core issues in fostering

Date: 18.10.17, 25.10.17, 01.11.17, 08.11.17

Time: 7pm—9.30pm

Venue: Holiday Inn Express Ballymena Road Antrim BT44 4LL

This is a four session course to be completed by all foster carers within two years of approval and should be revisited by foster carers at least every four years. The areas covered are:

Impact of fostering on the family and contact issues

To raise awareness of the potential impact of fostering may have on the foster family.

Legal issues and participation in LAC reviews

To assist with knowledge and understanding of the law in relation to fostering

Reinforce foster carers valuable contribution to the review process.

Safer caring, health and safety, allegations and recording

To assess the impact of safer care guidelines on foster carers and their families.

To prepare for the possibility of allegations and how to handle these if they arise.

Moving on, attachment and permanence

To help foster carers and their families cope with feelings about a child moving on.

Understand the impact of moves on attachment

Core issues in kinship

Dates: 20.03.18 and 27.03.18

Time and venue to be confirmed.

Target Group

Kinship Carers who have been recently approved, as well as long-standing kinship carers.

This is essential training to provide kinship carers with a greater understanding of the fostering task.

Objectives

- To assist kinship carers with their knowledge and understanding of the Law in relation to fostering.
- To highlight the central role of contact in kinship care
- To assess the impact of safe care.

This is an informal course where kinship carers can talk to other carers about their experiences and gain support from others facing the same issues.

What's next? Supporting young people's choices in education (Post 16)

Date: 13.03.18

Time: 10.30pm—12.30pm

Venue: Ballymena North recreation and business centre

Cushendall Road

Ballymena

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 young people in different settings: full-time and part-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.

DDP Dyadic developmental psychotherapy

DATE: 27.10.17

TIME: 10am—12pm

VENUE: Magherafelt Parish Centre

Kings Road

Magherafelt

This workshop will look at the approach taken by DDP a model from the work of Dan Hughes. It considers how the child's experiences can impact on their feelings and behaviour.

The effect childhood trauma has on brain development and the ability to form relationships and trust people who want to care for them. With this knowledge carers can tailor their parenting style to help the child feel safe, understood, and over time, to develop and overcome challenges they have faced.

This workshop is taken by Helen Livingston Senior Practitioner in the Specialist Fostering Team who is DDP trained.

Challenges in Adolescence

Date: 02.11.17 , 09.11.17, 16.11.17, 23.11.17, 30.11.17

Time: 6.30pm—9pm

Venue: Clotworthy House Randalstown Rd

Antrim

This workshop is aimed at foster carers of young people 11 + and 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 an OCN level 2.

Learning outcomes for the course:

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

The training is held over 5 evenings: Foster carers need to attend all 5 sessions:



Core issues in fostering

Date: 03.03.18 and 10.03.18

Time: 10.30am—3.30pm

Venue: (Venue to be confirmed)

This course should be completed by all foster carers within two years of approval and should be revisited by foster carers at least every four years. The areas covered are:

Impact of fostering on the family and contact issues

To raise awareness of the potential impact of fostering may have on the foster family. To encourage foster carers to consider what children may best match their family

Legal issues and participation in LAC reviews

To assist with knowledge and understanding of the law in relation to fostering

Reinforce foster carers valuable contribution to the review process.

Safer caring, health and safety, allegations and recording

To assess the impact of safer care guidelines on foster carers and their families.

To prepare for the possibility of allegations and how to handle these if they arise.

Moving on, attachment and permanence

To help foster carers and their families cope with feelings about a child moving on.

Understand the impact of moves on attachment.

Supporting young people with autism

Date: 27.02.18

Time: 10.30am—12.30pm

Venue: Clotworthy House

Randalstown Road

Antrim

BT41 4LH

This workshop is aimed at foster carers with young people who live with autistic spectrum disorder (ASD).

The workshop will look broadly at the conditions within the spectrum and explore practical strategies to support the children both at school and the home environment. Behavioural, sensory and social needs will also be covered.

Theraplay

Date: 10.11.17

Time: 10am—12.30pm

Venue: Ballymena Parish Centre

Cushendall Road

Ballymena

This session is an introduction to Theraplay and how it is being used with children and young people. Theraplay is an excellent way of communicating and interacting with children.

In this session delivered by Alison Lindsay (Specialist fostering team) The foundations of Theraplay will be examined and the benefits to children will be explored. It is a fun and interactive workshop which will also equip carers with knowledge and understanding of Theraplay trained workers and how they can support a child receiving this therapeutic work.

Fostering in a digital world

Date: 15.11.17

Time: 7.30pm—9.30pm

Venue: Ballymena Parish Centre Cushendall Road

Ballymena

BT43 6HA

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 and young people.

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

Fostering Futures Encouraging personal health and development

Date: 06.02.18

Time: 6.30pm—9pm

Venue: Sandel Centre Knocklynn Road Coleraine

This work shop is aimed at foster carers of young people aged 11 + and will explore the stages of personal development throughout the teenage years and how this can impact on relationships with carers. The workshop will also look at personal hygiene, self esteem and sign posting.

Learning outcomes:

- Explore personal development and what that means for young people.
- Explore the importance of healthy relationships
- Explore sexual health and what it means for young people.
- Explore ways to talk to young people about personal development.
- Getting help and support—signposting to agencies and organisations.

Domestic Violence

Part one - 24.01.18 An awareness raising programme for all individuals

Part Two - 31.01.18 Impact of domestic Violence on children and families

Time: 10am—12pm

Venue: Ballymena Parish Centre, Cushendall Rd

Ballymena

Course Aim:

To raise participants' awareness of domestic violence, including various definitions, statistics and the many different forms of abuse which victims are subject to.

Learning objectives:

This programme will enable participants to:

- Improve their awareness and understanding of Domestic Violence
- Understand the cycle of violence
- Identify support agencies available to victims of domestic violence and abuse



Teenagers lifestyle

Date: 21.11.17

Time: 10am—12pm

Venue: Carrick Enterprise Centre

Carrickfergus

This practical workshop taken by the Looked After Children's Nurse for the Northern Trust will look at issues which impact on physical health like diet, smoking, alcohol and drug misuse.

It will also look at issues impacting on emotional health like body image and self esteem and how you as a foster carer can help support a child/young person through the changing physical and emotional needs teenagers face at this difficult time of developmental change.

Core issues in kinship

Date: 25.11.17

Time :10am—3pm

Venue: Ballymena North business and recreation centre

Cushendall Road

Ballymena

Target Group:

Kinship Carers who have been recently approved, as well as long-standing kinship carers.

This is essential training to provide kinship carers with a greater understanding of the fostering task.

Objectives

- To assist kinship carers with their knowledge and understanding of the Law in relation to fostering.
- To highlight the central role of contact in kinship care
- To assess the impact of safe care

This is an informal course where kinship carers can talk to other carers about their experiences and gain support from others facing the same issues.

<i>Course Title</i>	<i>Date</i>	<i>Attending</i> ✓
Drugs and Alcohol Awareness	18.01.18	
Relationships and sexual health	25.01.18	
Domestic Violence	24.01.18 and 31.01.18	
Encouraging Personal Health and Development	06.02.18	
Supporting young people with Autism	27.02.18	
What Next? Supporting YP's choices in Education (Post 16)	13.03.18	
Developmental needs	21.03.18	
Core Issues in Fostering	03.03.18 10.03.18	
Core Issues in Kinship	20.03.18 and 27.03.18	
Men's Role in Fostering	09.05.18 and 16.05.18	
Dyadic developmental psychotherapy	16.05.18	
More Training Opportunities	Foundations in Attachment First Aid Crisis alleviation Online training Fostering App	

<i>Course Title</i>	<i>Date</i>	<i>Attending</i> ✓
Special educational needs	19.09.17	
Men's Role in Fostering	21.09.17 and 28.09.17	
Foetal alcohol Syndrome	22.09.17	
Physical Health Matters	27.09.17	
Child Sexual Exploitation	10.10.17	
Core Issues in Fostering	18.10.17, 25.10.17, 01.11.17, 08.11.17	
Dyadic Developmental Psychotherapy	27.10.17	
Challenges in Adolescence	02.11.17, 09.11.17, 16.11.17, 23.11.17, 30.11.17	
Theraplay	10.11.17	
Fostering in a digital World	15.11.17	
Teenagers lifestyle	21.11.17	
Core Issues in Kinship	25.11.17	
Contact Issues	07.12.17	

Contact issues

Date: 07.12.17

Time: 10am—12pm

Venue: Ballymena North business and recreation centre
Cushendall Road
Ballymena

The course will explore:

- How is contact decided?
- Why have contact?
- Benefits of Contact for the child
- How to prepare children for Contact
- How to handle disappointment
- Strategies for dealing with Contact
- Where foster carers can get support

The training will also include a DVD presentation from Health & Social Care Foster Carers across Northern Ireland describe their own experiences and highlight some of the challenges associated with contact.

A birth family also share their personal journey through foster carer and discuss the role Contact had in their lives.



Drugs and Alcohol Awareness

Date 18.01.18

Time: 10am—12pm

Venue: Holiday Inn Express,

Ballymena Road

Antrim

BT44 4LL

This course will provide a more in-depth understanding of alcohol and its effects. It will provide participants with an understanding of alcohol and drugs affects users and others around them.

It will provide information on relevant guidance for addressing drugs and alcohol abuse and how to signpost where to get supports.

Relationships and sexual health

Date: 25.01.18

Time: 10am—12pm

Venue: Holiday Inn Express

Ballymena Road

Antrim

BT44 4LL

In this practical and informative work shop the Looked After children's nurse for the Northern Trust will discuss how the complex and sometimes difficult subject of relationships and sexual health.

This will include providing appropriate information for age and stage of development, contraception and sexual health clinic information and response to different scenarios around sexual health.