

# **Foster Care Support and Development Southern Sector Training Programme January – March 2018**

To book a place please telephone Marie on 02882835264  
or complete and return booking form



## HAPPY NEW YEAR

First of all, let me start by wishing you all a Happy New Year! We welcome Clara McMenamin Social Worker to the Fostering Support and Development Team and wish her all the best in her new role.

It was great to see so many of you at our Foster Carers' BBQ this year. We had some very positive feedback about the event and I hoped that those of you attended had a lovely evening. It is one of our ways of saying thank you for the hard work you put in on behalf of our children throughout the year.

What is happening in 2018: Training and Development. We will be making a big effort this year to work more closely with you to support your development as foster carers. Your Supervising Social Worker will be completing your training needs plan that will identify what type of support will best suit you over the coming year. It is important that you take advantage of the training on offer to foster carers. We are delighted to be able to facilitate the first course on **Nurturing Attachments** for foster carers in the Western Trust and we are all keen to see how this will enhance carers support to our children and young people.

I look forward to welcome you to training

*Sarah Megahey Training Coordinator*



Western Health  
and Social Care Trust

**PLEASE NOTE CHANGE OF  
ADDRESS & CONTACT DETAILS FOR:**

**FOSTER CARE SUPPORT & DEVELOPMENT TEAM (OMAGH)**

Holly Villa  
T & F Hospital  
1 Donaghane Road  
OMAGH BT79 0NS  
TEL: 028 82 254501

Contact details remain unchanged for:

**FOSTER CARE SUPPORT & DEVELOPMENT TEAM (FERMANAGH)**

Ward 10 Level 1  
South West Acute Hospital  
124 Irvinestown Road  
ENNISKILLEN BT74 6DN  
TEL: 028 66 327753



**FOSTERING SERVICES BOOKING FORM**

I/we wish to book a place on:

Name of Course:

Date of Course:

Venue:

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Your Details:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**E mail.....telephone.....mobile.....**

PLEASE INDICATE ANY SPECIAL NEEDS WHICH WE NEED TO TAKE INTO CONSIDERATION IN PREPARING FOR THIS COURSE INCLUDE DIETARY REQUIREMENTS, DISABILITY OR OTHER NEEDS.

\_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Return completed booking form to:**

Ms Sarah Megahey Training Co-ordinator

Holly Villa

Tyrone & Fermanagh Hospital

Omagh BT79 0NS

Email: [marie.walsh@westerntrust.hscni.net](mailto:marie.walsh@westerntrust.hscni.net)

**Tel 028 82835264**

## Calendar 2018

- Nurturing Attachments  
Commences Wednesday 10<sup>th</sup> January  
18 week programme  
Selected participants only
- Fostering Network – Understanding Kinship care  
Tuesday 16<sup>th</sup> January  
Kinship only
- Core issues in kinship fostering  
Tuesday 30<sup>th</sup> January and Tuesday 6<sup>th</sup> February  
Kinship only
- ASD Workshop  
Wednesday 31<sup>st</sup> January and Thursday 1<sup>st</sup> February  
Applications only
- Dr Suzanne Zeedyk – Love always leaves a legacy  
26<sup>th</sup> February \*kinship  
27<sup>th</sup> February \*Mainstream carers
- Basic First Aid  
Tuesday 20<sup>th</sup> February 2018  
All carers
- Importance of Contact for LAC  
Thursday 1<sup>st</sup> March or Tuesday 6<sup>th</sup> March  
Mainstream carers
- Sollihull training  
Dates to be confirmed  
All carers
- Awareness raising session on Foetal Alcohol Syndrome  
TBC All carers teri



## Understanding Kinship Care

This workshop organised by fostering Network is designed for those carers who are newly approved kinship carers and is designed to support and encourage you to learn more about what it means to be a kinship carer.

The workshop will cover questions around, how will your life may change day to day, learning and development, money matters and where to get support.

**Date:** Tuesday 16<sup>th</sup> January 2018

**Venue:** An Creagan Centre, Omagh

**Time:** 10.30am–12.30pm

# **Growing Up, Health Awareness & ASD Workshop**

## **Level 2 Training**

**Date:** 31<sup>st</sup> January & 1<sup>st</sup> February 2018

**Time:** 9:30 am – 2:30 pm

**Venue:** Autism NI, Donard Building  
Knockbracken Healthcare Park  
Saintfield Road, Belfast BT8 8BH

**Cost Parent only: £65 please speak to your supervising social worker if you wish to apply for a place**

### **Course Outline:**

This two day course will help parents to support their young person with ASD during the adolescent years, to help them increase independent life skills needed for adulthood.

**Course aimed at:** Parents and Carers.

**Course objectives:** Consideration of how general health awareness and well-being may be impacted by Autism, and the identifying a range of strategies that maybe effective in supporting young people with Autism to have access to information that is user friendly.

### **We will explore:**

- Family Values and attitudes
- Promoting self esteem
- Body Awareness
- Personal Hygiene
- Relationships and friendships
- Sexual Health issues
- Personal Safety

# Basic First Aid

**Facilitator:** Keith Saunderson  
Blay Training



**Date:** Tuesday 20th February 2018

**Venue:** Arc Healthy Living Centre, Sallyswood, Irvinestown

**Time:** 6.30-8.30 pm

First Aid is a life skill too few of us possess. This informal first aid session will give you the basics of first aid needed in the initial stages of an emergency. This could mean saving a life!!

No previous knowledge of first aid needed.

You will learn to deal with someone who:

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

Participants will receive a certificate outlining their achievements.

**This is mandatory training for those caring for Looked after children and is valid for 3 years**

# Importance of Contact for Looked After Children

## **\*2 Venues**

Thursday 1<sup>st</sup> March 2018  
Board Room, Omagh Hospital  
10.30 am – 12.30 pm

and

Tuesday 6<sup>th</sup> March 2018  
Board Room SWAH Enniskillen  
6:30 - 8:30 pm

## **Contact issues**

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?



## Core Issues In Kinship Care

This Regional Training Programme is designed for friends / relative carers who are approved as carers or have Interim Approval.

The course will run over 2 evenings.

Contents of the sessions are as follows:

1. Impact of Fostering & Contact Issues
2. Safer Caring and Health & Safety Issues within the Home

**Dates:** Tuesday 30<sup>th</sup> January 2018  
6:30pm – 8:30 pm

and

Tuesday 6<sup>th</sup> February 2018  
6:30pm – 8:30 pm

**Venue:** Board Room, First Floor  
Omagh Hospital & Primary Care Complex  
Omagh  
BT79 0NR



A wonderful  
workshop –  
really feel inspired!

## Regional Kinship Foster Care Training

*“Love always leaves a legacy”*

We are delighted to welcome back Dr Suzanne Zeedyk following a successful training day with her in May 2017.

*“Over the last 20 years, scientists have been discovering just how powerful love is. Relationships with loved ones affect not only our hearts, but our very biology. Understanding this link helps us to think more deeply about the struggles that children in the care system face, including why their behaviour is often so challenging. It also helps us to think about how we can help these traumatised children to heal. The answer is by loving them with even more patience and clearer boundaries”.*

Dr Zeedyk will make sure you leave this event feeling confident about understanding the latest scientific discoveries on attachment and trauma – and she will make sure you have practical suggestions about how to apply those insights.

Places are limited so early booking is advised.

### **Who should attend:**

**Kinship Carers**

Monday, 26<sup>th</sup> February 2018

**Foster Carers**

Tuesday, 27<sup>th</sup> February 2018

**Time:**

9:15-4:00PM

**Venue:**

Maldron Hotel

Belfast International Airport

200 Airport Road

Crumlin BT29 4ZY

## Solihull Training



### Solihull Approach

A Solihull Approach Course for Foster Carers:  
Understanding your foster child's behaviour

- *Would you like to know more about your foster child's development?*
- *Would you like to understand how your foster child's behaviour is influenced by their experience?*
- *Would you like to learn how to develop effective strategies to help your foster child develop?*

Courses are held for foster carers in a variety of venues throughout the Western Trust area, for age ranges from birth to 18 years.

The courses are to enable foster carers to understand more about the experience of being a carer and how children develop, and to understand children's behaviour better.

Our evaluation of previous courses has shown that carers have found this course helpful, they are likely to feel less anxious and the children's behaviour tends to improve.

We will explore issues like:

- ❖ Development needs
- ❖ Behaviour difficulties
- ❖ Communication
- ❖ Parenting styles
- ❖ Having fun together
- ❖ Sleep

The course will be run for two hours once a week for 12 weeks

**Venue:** Mahon's Hotel, 2 Mill Street, Irvinestown, Co. Fermanagh, BT94 1GS

The course will meet every Tuesday evening from 7pm to 9 pm.

**FURTHER DETAILS TO FOLLOW**

## **AVOID HARM ON THE FARM**

Farms are Dangerous Places for Children

Tragically almost every year, children are killed as a result of coming into contact with agricultural work activities on Northern Ireland farms.

### Children and Machinery

- The law says that no child under 13 may drive or ride on tractors and agricultural machines. Falling from and being run over by such vehicles is a common cause of fatal accidents.
- Keep Children Away from Moving Machines
- The natural curiosity of children tends to draw them towards busy work areas. They are in great danger from being run over by moving machines – especially at busy times. They also need to be kept away from other vehicles visiting the farm.

### Drowning Risks

- Children will get into places which are apparently inaccessible. Make sure slurry pits and lagoons are securely fenced and sheep dippers are securely covered. Keep children away from these areas.

### Farm Animals

- Bulls, boars and rams are dangerous as most people are aware. Children must be kept away from yards and pens where dangerous animals are kept. Gates and fences should be built so that they cannot be climbed easily.

### Hygiene

- Livestock can carry diseases which may be passed to humans, particularly children. Ensure that their hands are well washed especially before eating.

### Children and ATVs

- All terrain vehicles and quads are not toys and have been involved in serious and fatal accidents involving children. Only properly trained people within the recommended age group should be allowed to operate it.

### Harmful Substances

- Lock away all harmful poisonous substances. Animal medicines, dosing guns and syringes must also be safely put away.

### The General Workplace

- Stacks of hay or straw are not play areas. These can collapse or catch fire, killing those under or on top of them. Check that ladders are stored safely where children cannot get access to them. Heavy objects (tractor wheels, gates etc.) can be knocked over by children so all care is needed to secure them.

### A Safe Play Area

- This is essential where children live close to a working farmyard to protect them from any dangers. It should be securely enclosed and located closely to dwelling.

