

# FOSTER CARERS TRAINING PROGRAMME 2022/2023



**Programme runs from 1st April 2022 to 31st March 2023**

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# CALENDAR OF EVENTS

## April 2022

Essential First Aid for Foster Carers	Monday 4 April
Introduction to Neglect	Tuesday 5 April
Promoting Mental Health and Wellbeing of Practitioners working within Early Years Provision	Thursday 7 April
Promoting Mental Health and Wellbeing of Practitioners working within Early Years Provision	Thursday 14 April
Information About Tax & National Insurance for Foster Carers	Thursday 21 April
Essential Awareness in Safeguarding	Tuesday 26 April
Managing Allegations	Wednesday 27 April
Understanding Signs of Safety for Foster Carers	Thursday 28 April
Resolving Conflicts with Children & Young People - The Restorative Approach	Friday 29 April -

## May 2022

Introduction to Neglect	Thursday 5 May
Positive Behaviour Support (2 day course)	Monday 9 & Tuesday 10 May
Managing Allegations	Saturday 14 May
Essential First Aid for Foster Carers	Tuesday 10 May
Foetal Alcohol Spectrum Disorder (FASD)	Thursday 12 May
'We are Family' Kinship Skills	Tuesday 17 May
Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings	Tuesday 17 May
Adolescent Development & Working with Teenagers	Thursday 19 May
Essential Awareness in Safeguarding	Saturday 21 May
Essential Awareness in Safeguarding	Monday 23 May
Drug and Alcohol Misuse	Wednesday 25 May
LGBT & Bullying	Thursday 26 May



## June 2022

Managing Allegations	Saturday 4 June
Essential First Aid for Foster Carers	Wednesday 8 June
Autism - Understanding & Dealing with Behaviours that Challenge in Individuals with ASD	Thursday 9 June
Separation & Loss Training for Foster Carers	Tuesday 14 June
Essential Awareness in Safeguarding	Wednesday 15 June
Portal Workshop – Beginners and Advanced Support	Tuesday 21 June
Life Story Work	Wednesday 22 June
Equipping Family & Friends of Carers	Monday 20 June
Introduction to Neglect	Wednesday 22 June
Essential First Aid for Foster Carers	Saturday 25 June
Portal / Basic IT Skills Workshops - (Mainstream foster carers) Beginners/Advanced -	Tuesday 21 June
Virtual School - Supporting children to choose GCSE and Post 16 options	Thursday 30 June
Virtual School - To Understand the Importance of Learning Through Play in the Early Years Foundation Stage	Thursday 30 June

## July 2022

Essential Awareness in Safeguarding	Friday 8 July
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## September 2022

Essential First Aid for Foster Carers	Thursday 1 September
Record Keeping	Tuesday 6 September
Moving onto Adoption	Wednesday 7 September
Healthy Conversation Skills - eMECC Lite	Thursday 8 September
Attachment & Development	Thursday 15 September
Managing Contact for Kinship Carers	Saturday 4 September
Essential Awareness in Safeguarding	Tuesday 27 September
Introduction to the Virtual School and Emotion Coaching	Thursday 29 September

## October 2022

Managing contact for Foster Carers	Saturday 1 October
'We are Family' Kinship Skills	Thursday 6 October
Essential Awareness in Safeguarding	Monday 10 October
Essential First Aid for Foster Carers	Friday 14 October
Managing Allegations	Tuesday 25 October
Impact of Neglect	Thursday 27 October
Introduction to Neglect	Thursday 27 October
Promoting Positive behaviour within an Early Years Setting	Thursday 27 October
Men Who Foster	Thursday 27 October

## November 2022

Portal Workshop – Beginners and Advanced Support	Thursday 3 November
Introduction to Neglect	Wednesday 9 November
Equipping Family & Friends of Carers	Friday 11 November
Essential Awareness in Safeguarding	Wednesday 16 November
Essential First Aid for Foster Carers	Saturday 19 November
Child Sexual Exploitation & Child Criminal Exploitation	Tuesday 22 November

## December 2022

Essential Awareness in Safeguarding	Monday 12 December
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## January 2023

Essential Awareness in Safeguarding	Thursday 12 January
Moving onto Adoption	Tuesday 17 January
Essential Awareness in Safeguarding	Saturday 21 January
Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings	Monday 23 January
Essential First Aid for Foster Carers	Tuesday 24 January
Introduction to the Virtual School and Emotion Coaching	Thursday 26 January
Life Story Work	Thursday 26 January
Attachment & Development	Tuesday 31 January

## February 2023

Drug and Alcohol Misuse	Thursday 2 February
Separation & Loss Training for Foster Carers	Friday 3 February
Managing Contact for Foster Carers	Monday 6 February
Managing Allegations	Wednesday 8 February
Introduction to Neglect	Wednesday 8 February
Healthy Conversation Skills - eMECC Lite	Thursday 9 February
Record Keeping	Saturday 11 February
Essential Awareness in Safeguarding	Tuesday 14 February
Managing Contact for Kinship Carers	Thursday 16 February
Introduction to Neglect	Tuesday 28 February

## March 2023

Foetal Alcohol Spectrum Disorder (FASD)	Friday 3 March
Information about Tax & National Insurance for foster carers	Thursday 7 March
ASDAN - Independent living skills	Wednesday 15 March
Essential First Aid for Foster Carers	Wednesday 15 March
Child Sexual Exploitation & Child Criminal Exploitation	Thursday 23 March

# INTRODUCTION

Welcome to the 2022/2023 Training Programme for Supported Lodgings Providers, Mainstream, Kinship, Short Break and Specialist Carers, all who make a real difference in the lives of children and young people. The aim of Leicestershire County Council is to deliver professional training and development opportunities to support you with the children and young people for which you care for.

In this programme you will find a range of Core, Advanced and Specialist training, along with dates and times that include Saturday courses as well as access to online training courses and webinars. There is an expectation that each household will do 28 hours of training and development per year.

We provide an excellent mix of face to face courses, Webinars and Online Learning to offer the best experience. The hours of training can also be accumulated by doing research on relevant topics, attending support groups and mentoring others.

## **Personal Development Plans (PDP)**

Your training and development hours are to be recorded at the back of this programme. Completion of the PDP is mandatory under the Fostering National Minimum Standards and provides an opportunity to reflect on the training you have attended and look at your training needs for the next 12 months. It also provides feedback to help us develop the training programme and to reflect changes and developments within fostering.

We know that training benefits the carers and the children they care for, therefore we would like to encourage all carers, including those that have a Special Guardianship Order or Child Arrangement Order through Leicestershire County Council, to embrace and enjoy the training we offer.



# Our Vision, Mission, Values and Principles

## VISION

**Leicestershire is the best place for all children, young people and their families**

This means that we will describe the outcomes we want to achieve for children, young people and their families and identify measures that can tell us how well we are achieving them in comparison with other English local authorities. We will aim to be the best performing local authority in the country against these measures, and where we are not yet there we will set stretching targets for annual improvement.

## MISSION

**Children and young people in Leicestershire are safe, and living in families where they can achieve their potential and have their health, wellbeing and life chances improved within thriving communities**



# WHY IS TRAINING ESSENTIAL?

As professionals we have a responsibility to continue to develop our knowledge and skills, particularly as research, legislation and policies on children and young people are continually developing and changing.

Training supports you to meet the standards expected of you as professionally approved carers for our children and young people. Leicestershire County Council is committed to supporting you in this training and offers you opportunities to learn and enhance your professional skills and knowledge. We are also committed to providing a learning experience that enables you to develop your skills whilst feeling appreciated in your role and how you see your fostering career developing.

# WHAT HAPPENS AT TRAINING EVENTS?

Activities such as group discussion and group exercises are designed to provide you with optimum opportunities for learning, encouraging you to explore and reflect on some of your own experiences as carers. Please note: Learners on courses are a mixture of professionals and carers.

If you have any learning difficulty or disability, please let your supervising social worker or trainer know and they will support your learning as best as possible.



# TRAINING EXPECTATIONS (CONDUCT AND RESPECT)

We expect all participants to treat the trainers, centre staff and one another with dignity and respect, we also expect you to:

- arrive promptly and stay to the end of the course, if you need to leave early please let the trainer know;
- limit the use of phones to essential use only and put on vibrate or silent during the training.
- respect what the trainer or another participant has to say and not to persistently disturb or disrespect their views and not act in a disruptive manner.
- refrain from any discriminatory or oppressive comments about either the trainer or another participant; these will not be tolerated.
- ensure that training is not used as an opportunity to complain about a specific person, for example a carer, social worker, a member of management or the department if it is not relevant to the course.

## BOOKING & CANCELLING A TRAINING COURSE

To view, book or cancel a course go to

**<https://leicestershiretotara.learningpool.com/login/>**

An auto-generated email confirmation will be sent to followed by an email reminder approximately 7 – 10 days prior to the course start date.

# EVALUATION FORMS AND CERTIFICATE OF ATTENDANCE

At the end of each course there is an evaluation form to complete which provides opportunities for you to feed back suggestions for improvements for future training. When the form is completed your certificate of attendance will be generated online on the platform you completed the course on. (Learning Pool, Training, Support and Development standards TSDS or Training Hub).

**For support call 0116 305 3051 or email [fostering.training@leics.gov.uk](mailto:fostering.training@leics.gov.uk)**

## TYPES OF TRAINING AND LEARNING OPPORTUNITIES

There are a wide variety of training and learning opportunities available which are delivered in a variety of formats – classroom, workshops, online, ‘on the job’; so training can be undertaken at a time to suit you, including evenings and weekends. You will need to record each session in your PDP including a summary of what you have learned and how you are putting it into practice.

### **Formal training**

This includes formal training sessions provided by the Children & Family Service, specific conferences and training courses run by external organisations.

### **Online training and distance learning**

This includes online learning courses, provided through the Learning Pool or Training Hub. This must be evidenced by certificates or through discussion, writing and practice, depending on the course.

## Webinars

We provide a multitude of Webinar courses throughout the year which can be booked using the Learning Pool platform. The courses will be presented using TEAMS/Zoom and a joining link will be provided to all carers 2 working days prior to the course date.

## Independent learning

This includes information that you have obtained via the internet, radio, TV, TED talks and Youtube clips. Reading research papers, books and newspapers can also be included. These must all be evidenced through discussion, writing and practice with your Supervising Social Worker.

## Mainstream Carers Locality Support groups

Support groups for foster carers provide a valuable opportunity for foster carers to meet together, share concerns and ideas and develop their learning. Foster carers should be contacted by locality co-ordinators to be invited to the group; details can also be found in the monthly fostering newsletter.

## Kinship Carers (Family & Friends) Support groups

These groups are run by carers that are already caring for their friends or relatives' children. The groups are friendly and a fantastic opportunity to meet and share stories with other carers and also discuss topical discussion with professional practitioners. For further details call 0116 305 6311 or email [sandy.chamberlain@leics.gov.uk](mailto:sandy.chamberlain@leics.gov.uk)

## Buddy / mentoring support

New mainstream foster carers will be provided with details of the carer who is responsible for meeting new carers. This is to help our carers develop their own networks and to meet other carers and learn from their skills and experience.

“ I enjoy the blended approach  
of webinars and online  
training at my own pace,  
like with the training hub ”  
Feedback from our carers

# IMPORTANT - NON ATTENDANCE - CANCELLATION POLICY

Due to high numbers requesting to attend some of the training courses, there may be a waiting list and where possible we will look at running another course but it is then very disappointing when only half the attendees turn up. Non attendance of carers is preventing others who may need the training from being able to attend.

The training team are charged for unauthorised attendances on some courses, so it is important that if you are unable to attend, please cancel your place on the learning hub or contact 0116 305 3611 as soon as you are aware.

Persistent non attendance at training without notice could impact on your skills level payments.

## OUTCOMES FOR CHILDREN, YOUNG PEOPLE AND FAMILIES

We want to improve outcomes for all children, young people and families and we will target our resources on reducing the identified gaps in outcomes for vulnerable groups. The LCC priorities for children and young people, drawn from the LCC Strategic Plan are listed below:

1. Children and young people are safe and living in families
2. Children and young people achieve their potential
3. Children and young people have their health, wellbeing and life chances improved
4. Children and young people and their families live within thriving communities

# THE TRAINING FRAMEWORK

## Pre-approval training

This is undertaken by all prospective foster carers known as the Skills to Foster training and is for carers to learn more about the fostering role and what it involves. Sessions include: The role of the foster carer, understanding children in foster care, safer caring and transitions.

## Post-approval training

During your first year of approval you will need to complete your core courses, these will aid you with the knowledge to be able to complete the Training, Support and Development standards (TSDS) within the first year.



“ Articles are always good to read,  
I like that they are included in  
the training hours along side the  
training sessions.

Feedback from our carers

”

# THE TRAINING, SUPPORT AND DEVELOPMENT STANDARDS

The Children's Workforce Development Council developed a set of seven standards to ensure that foster carers are properly inducted into their fostering role. The TSDS provide a national minimum benchmark that set out what all fostering carers should know, understand and be able to do within 12 months of approval (18 months for Kinship and Shortbreak carers).

## **The Training, Support and Development Standards are as follows:**

Standard 1 – Understand the Principles and Values essential for Fostering children.

Standard 2 – Understand your Role as a Foster carer.

Standard 3 – Understand Health & Safety & Health care.

Standard 4 – Understand How to effectively Communicate.

Standard 5 – Understand the Development of Children & Young People.

Standard 6 – Keep Children and Young People Safe from Harm.

Standard 7 – Develop Yourself is completed individually with your supervising social worker.

## **The Short Breaks Standards are as follows:**

(must be completed within 18 months of approval)

1. Understand your role as a Short Break Carer
2. Provide a safe environment and healthy care
3. Communicate effectively
4. Understand the development of children and young people
5. Keep children and young people safe from harm
6. Develop yourself



## **Kinship (Family & Friends) Standards are as follows:**

(must be completed within 18 months of approval)

1. Understand your role as a Kinship (family & friends) carer
2. Provide a safe environment and healthy care
3. Know how to communicate effectively
4. Understand the development of children and young people
5. Keep children and young people safe from harm
6. Develop yourself

The Department for Education now has responsibility and has continued to raise the profile of foster carers and to improve and standardise the service provision for children and young people in care.

**Implementation of these Standards will be monitored by OFSTED during their inspections of Fostering Services.**

## **Getting through your Training Support and Development Standards (TSDS)**

Support to complete the TSDS is provided throughout the year by your Supervising Social Worker or the Training Officer.

**Email [fostering.training@leics.gov.uk](mailto:fostering.training@leics.gov.uk) or call 0116 305 3611 for further information.**

“

I enjoyed the training as it is interactive and you are given a chance to answer questions, give your knowledge and receive other peoples views and experience.

”

**Feedback from our carers**

# CORE TRAINING FOR:

## Specialist, Short breaks and Supported Lodgings Providers.

### Specialist Carers Training

#### Essential

- **Training, Support & Development Standards**
- **Paediatric First Aid\***
- **Managing Allegations\***
- **Safeguarding\***

\* to be renewed every 3 years.

Specialist carers are required to complete 28 hours of training a year which will be bespoke and relevant to the child/young person in placement. These can be made up by attending fostering courses, specialist courses and E-learning, which is to be agreed with your supervising social worker and recorded at the back of the training programme in your PDP.

### Short Break Carers Training

#### Essential

- **Training, Support & Development Standards**
- **Paediatric First Aid\***
- **Managing Allegations\***
- **Safeguarding\***

\* to be renewed every 3 years.

Short break carers are required to complete 8 hours of training a year which will be bespoke and relevant to the child/young person in placement. These can be made up by attending fostering courses, specialist courses and E-learning, which is to be agreed with your supervising social worker and recorded at the back of the training programme in your PDP.

## Supported Lodgings Providers Training

### Essential training within first 18 months

- **First Aid practical\***
- **Safeguarding\***
- **Allegations\***
- **Attachment & Development**
- **Drugs & Alcohol Misuse**
- **De-escalation & YP, non-physical**
- **E-Safety**
- **Mental Health**
- **LGBTQ**
- **ASDAN - independent living skills**

\* to be renewed every 3 years.

Supported Lodgings providers are required to complete 28 hours of training per year which can be made up by attending fostering courses, specialist courses and E-learning, which is to be agreed with your supervising social worker and recorded at the back of the training programme in your PDP.



# MAINSTREAM CARERS CORE COURSES AND SKILL LEVELS

Leicestershire County Council has adopted a fostering skills allowance structure for mainstream and kinship carers. These levels are linked to competency and training undertaken and will be reviewed and agreed annually at the carers' review. You will be able to move from one level to another as long as you meet the requirements and competencies for the next level. If you do not continue to meet the requirements of the level on which you are placed, your payment level may be suspended.

All carers will receive support and supervision when completing their training; your worker will be responsible for assessing you on how you apply your learning to your role and for identifying any extra learning or support you might need.

Below are some training guidelines to help you to achieve these elements. The list of essential training courses within each skill level are what you are expected to complete within that year. The recommended courses are what we would like you to complete within this level, however the list is not definitive and can be replaced with other courses better suited for your caring circumstances.



# Mainstream Foster Carers

## Skill level 1

### Essential

\* to be renewed every 3 years

- First Aid \*
- Safeguarding\*
- Managing Allegations\*
- Record Keeping
- Online Portal Training
- Training, Support & Development Standards (to be completed after core courses completed and within 12 months of approval)

### Recommended

- Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings
- Attachment & Development
- Therapeutic Parenting – Introduction to Therapeutic Parenting
- An Education or Health course (relevant to the ages of approval)

## Skill level 2

### Essential

- Attachment & Development
- Health or Education related course
- Equality & Diversity
- Therapeutic Parenting – PACE in real life

### Recommended

- Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings (If not completed above)
- Impact of Neglect
- Managing Contact

## Skill level 3

### Essential

- Therapeutic Parenting – Healing Children through Therapeutic Parenting
- Health or Education related course
- Positive Behaviour Support - 2 day course

### Recommended

- ADHD & Autism
- Drug & Alcohol Misuse
- LGBT & in care
- Managing Conflict

Foster carers are required to complete 28 hours of training per year (after the 12 month period), these can be made up by attending fostering courses, specialist courses or E-learning or by attending support groups, which is to be agreed with your supervising social worker and recorded at the back of the training programme in your PDP.

# Kinship (Family & Friends) Carers

## Skill level 1

### Essential

\* to be renewed every 3 years

- First Aid\*
- Safeguarding\*
- Managing Allegations\*
- Kinship Skills
- Managing Contact
- Therapeutic Parenting – Introduction to Therapeutic Parenting
- Training, Support & Development Standards (to be completed after core courses completed and within 18 months of approval)

### Recommended

- Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings
- Attachment & Development
- Online Portal Training
- Record Keeping

## Skill level 2

### Essential

- Attachment & Development
- Health or Education related course
- Equality & Diversity
- Therapeutic Parenting – PACE in real life

### Recommended

- Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings (If not completed above)
- Impact of Neglect
- Life Story Work

## Skill level 3

### Essential

- Therapeutic Parenting – Healing Children through Therapeutic Parenting
- Health or Education course
- Positive Behaviour Support – 2 day course

### Recommended

- Drug & Alcohol Misuse
- Managing Conflict
- 2 x relevant courses agreed with the Supervising Social Worker

Kinship carers are required to complete 28 hours of training per year (after the 18 month period), these can be made up by attending fostering courses, specialist courses or E-learning or by attending support groups, which is to be agreed with your supervising social worker and recorded at the back of the training programme in your PDP.

# COURSES AVAILABLE

- Adolescent Development & Working with Teenagers
- Asdan – Independent Living Skills
- Attachment & Development
- Autism - Understanding behaviour that challenge individuals with ASD
- Building Resilience in Children (CAMHS)
- Caring for Children & YP with PTSD
- Caring for Children & YP with Sexualised Behaviour
- Child & Adolescent Mental Health Awareness (CAMHS)
- Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings
- Child Sexual Exploitation & Child Criminal Exploitation
- Drug & Alcohol Misuse
- Education - Virtual Workshops
- Emotion Coaching
- Equality & Diversity
- Equipping Family & Friends of Carers in Caring
- E-safety- Supporting Children & Young People Online
- First Aid
- Foetal Alcohol Spectrum Disorder
- Forced Marriage & Honour Based Violence
- Health Event
- Healthy Conversation Skills - eMECC Lite
- Introduction to Neglect
- Kinship Skills
- Life Story Work
- Linking Past to Present for Kinship Carers (CAMHS)
- Managing Allegations
- Managing Conflict Restorative Approach
- Managing Contact for Foster carers
- Managing Contact for Kinship carers
- Men who Foster
- Moving onto Adoption
- National Association of Therapeutic Parents (NATP)
- Year 1 - Introduction to Therapeutic Parenting
- Year 2 - Therapeutic Parenting - PACE in real life
- Year 3 - Healing children through TP
- Neurodevelopmental Difficulties in Children & YP (CAMHS)
- Online portal Workshops
- TSDS Workshops
- Positive Behaviour Support
- Promoting Mental Health and Wellbeing of Practitioners Working within Early Years Provision.
- Promoting Positive Behaviour within an Early Years Setting
- Record Keeping Skills
- Safeguarding Children & Young People
- Safer Sleep for Babies
- Signs of Safety for Carers
- Understanding Self-Regulation in Early Years

All learning activities are linked to the Training, Support and Development Standards and the Fostering Services National Minimum Standards (NMS) 2011.

# FURTHER TRAINING

## CAMHS

The Young People's Team is one of a number of specialist Tier 3 mental health services who work with children and young people deemed at high risk of developing mental health problems. As part of our work we provide training to those professionals working with these children and young people in order to help and support them in their work.

## The QCF Level 3 Diploma for the Children and Young People's Workforce

QCF is a great opportunity to use your 'on the job' skills and experience to gain a nationally recognised award. On average it takes a candidate around 18 months to complete their QCF diploma. You must also have completed your TSDS and 2 years of fostering.

## Diana Training

Is aimed at short break carers and run by the Diana children's service who provide a range of healthcare training such as Epilepsy Awareness, respiratory care, Enteral feeding and Tracheostomy Awareness. You will only be able to attend this training if you are caring for a child or young person with a health care need.

## NATP Diploma

The Diploma in Therapeutic Parenting is an unregulated qualification which is accredited with the Awarding Body NCFE.

It is aimed at parent who are caring for children who have experienced developmental trauma. It is also aimed at supporting professionals who are working with families in order to support them, which can be used as evidence for Continual Professional Development (CPD).

**To find out more speak to your Supervising Social Working or email: [fostering.training@leics.gov.uk](mailto:fostering.training@leics.gov.uk)**

**To book on any of these courses please email: [fostering.training@leics.gov.uk](mailto:fostering.training@leics.gov.uk)**

**Phone: 0116 305 6311.**

Only two e-learning courses can be approved per month. This is on the premise all previous courses allocated have been completed.

You can request E-learning courses either via the Training Hub site or by emailing as above.



# COMMISSIONING PLANS

The department's Commissioning plans will aim to align our practices and commissioning activity across the department in line with the significant 'ages and stages' milestones in a child and family's life and will focus on the outcomes secured for children and young people. In this context the concept of 'readiness' is used to mean being ready and able to manage adversity, and to adapt and cope with challenges or difficulties in life.

We describe these key milestones as:

## **Ready for school;**

Children begin school as confident, capable and curious individuals, ready to learn and are ready for school.

## **Ready to choose;**

Children and young people enjoy engaging, relevant and memorable learning experiences which equip them with skills, knowledge, opportunities and attitudes to make a successful transition to adulthood.

## **Ready for adulthood;**

Young people reach the end of formal education as confident, aspirant and appropriately qualified individuals, ready for adulthood and ready for employment.

“ Just to say that Ash and Sandy are brilliantly supportive, and there is a wider range of training available ”

**Feedback from our carers**

# COURSE INFORMATION

## Adolescent Development & Working with Teenagers

Being a teenager is generally regarded as a stressful time. Teenagers who have had difficult life experiences are going to find adolescence even more difficult.

The course aims to give learners an in-depth understanding of the changes that are happening to teenagers as they move from childhood to adulthood. It will ultimately help learners understand some of the key issues around adolescence.

Adolescent development is often poorly understood, and the course aims to give clear information around the physical and emotional changes teenagers are going through as well as relationship-building. It will also allow learners to explore how a teenager might view their family, independence, and moving on.

These issues will have a profound effect on the lives of teenagers and those caring for them. This course looks at the more complex and stressful aspects of teenage behaviour and provides some insights around both the causes and management of this behaviour.

Date	Time	Venue
Thursday 19 May	1000 – 1400	Webinar

## Autism - Understanding & Dealing with Behaviours that Challenge in Individuals with ASD

This workshop offers an overview explaining the Autism Spectrum and looks at potential reasons for why behaviours occur in order for parents/carers to have a better understanding of what to do in order to prevent the behaviours occurring in the first place.

### The course objectives are:

- a better overview and understanding of ASD
- to understand why behaviours occur, how to prevent and what to do to deal with behaviours that challenge

Date	Time	Venue
Thursday 9 June	0930 – 1430	Webinar

## ASDAN – Independent Living Skills (E-learning available via the Learning Pool)

The ASDAN Independent living skills course is focused on helping looked-after children make a successful transition from school education to adulthood. Developed in collaboration with local authorities, the course supports the cross-government strategy to transform support for young people leaving care – ‘Keep on caring: supporting young people from care to independence’.

This workshop is a **MUST** for carers with young people 16 years and over to be able to assist them to complete challenges and to record skills and development and to put evidence into their portfolio.

Date	Time	Venue
Wednesday 15 March ‘23	1000 – 1230	Webinar

## Attachment & Development

An introduction to attachment theory and its impact on a young person’s psychosocial adjustment, that is, how attachment affects relationships and self-concept.

### The course objectives are:

- to understand the impact of early trauma on brain development and outcomes for children in care and/or with experiences of early trauma.
- to define the development of emotional regulation, empathy, conscience and the ability to ‘mentalize’.
- to learn about attachment and children’s mental health.

Date	Time	Venue
Thursday 15 September	0930 – 1300	Webinar
Tuesday 31 January ‘23	0930 – 1300	Webinar

## Building Resilience in Children (CAMHS)

The aim of the training is to help foster carers or parents support the young people they look after in a way that helps them to identify and build on their strengths and develop emotional resilience despite the challenges they have experienced.

Date	Time	Venue
(Dates to be confirmed)		

## Child & Adolescent Mental Health Awareness (CAMHS)

### The course objectives are:

- to further enhance skills, knowledge and awareness of promoting positive mental health and when to seek additional help.
- increase knowledge and awareness of attachment difficulties.
- to focus on our own parenting styles, unwritten rules, and emotional wellbeing.
- to highlight risk and resilience factors and practical ways to boost children's emotional wellbeing.

Date	Time	Venue
(Dates to be confirmed)		

## Children's Reviews: The Importance of the Review of Arrangements (ROA) meetings

This session will provide you with an understanding of statutory Review of Arrangement (ROA) meetings that you will participate in as foster carers to ensure any child you care for remains central to their meeting, their care plan and any decisions being made.

### The course objectives are:

- to understand what a Review of Arrangement meeting is and the role of the chair of the meeting the Independent Reviewing Officer (IRO)
- to have a clear understanding of the expectations from foster carers in preparing for, presenting at a ROA meeting, and actioning post meeting actions.
- understand your role in preparing the child for the ROA meeting and ensuring their voice is at the centre of the meeting.
- gain a broad overview of the services and support available to children in the care of the local authority by the Children Rights Officers and Participation Team.

Date	Time	Venue
Tuesday 17 May	0930 – 1230	Webinar
Monday 23 January '23	0930 – 1230	Webinar

# Child Sexual Exploitation and Child Criminal Exploitation

This course will increase your awareness of the prevalence of Child Sexual Exploitation (CSE) and Child Criminal Exploitation (CCE) and will help you to spot the signs and recognise what may make a young person vulnerable to this form of abuse.

## The course objectives are:

- to explore the vulnerability and risk factors for our young people as well as giving examples of the ways young people can be exploited.
- to explore the “Grooming Line” in order to highlight for carers how to see the early warning signs of Child Exploitation.

Date	Time	Venue
Tuesday 22 November	1000 -1230	Webinar
Thursday 23 March '23	1000 -1230	Webinar

# Drug & Alcohol Misuse

The aim of this session is to raise awareness of substances and their effects. It will also look at the impact that drugs have on an individual as well as on a societal level

## The course objectives are:

- to gain understanding of what psychoactive drugs are.
- to gain understanding of the different drug groups.
- to gain understanding of the law surrounding drugs.
- to gain an understanding of harm reduction.
- to gain an understanding of practical approaches to working with drug misuse.

Date	Time	Venue
Wednesday 25th May	1230 – 1430	Webinar
Thursday 2nd Feb '23	1230 – 1430	Webinar

## Equality & Diversity (E-Learning)

This course is designed to help foster carers fully appreciate the varied backgrounds from which young people originate. It also covers the need to respect and promote each child and young person's unique personality, social circumstances, and cultural background, and includes aspects of discrimination.

### The course objectives are:

- to learn how to manage diversity and promote equality
- to confidently discuss issues of inequality with children/young people and significant others
- to reflect on the different types of prejudice and discrimination that can affect children and young people

## Equipping the family and friends of carers

We are part of a national charity called Home for Good, that raises awareness of fostering and adoption and supports families. We have just developed and are starting to roll out a half day (3 hours) training session for the friends / family / wider support network of foster carers and adoptive parents.

### The course objectives are:

- to understand why children come into care.
- to gain knowledge on how trauma and Adverse Childhood Experiences (ACE) impact upon brain development, internal working model and behaviour.
- to gain knowledge on therapeutic parenting.
- to learn ways to support at different stages (settling in, moving on etc).

Date	Time	Venue
Monday 20 June	1000 – 1300	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Friday 11 November	1000 – 1300	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA

## E-Safety – Supporting Children and Young People (E-learning available via the Learning Pool)

This course provides information about technology and safety on the internet. It will give an understanding on how social media can affect a child or young person and the risk that it can pose.

### The course objectives are:

- to have a better understanding of internet safety.
- to illustrate the online risks to the carer and the children they care for.
- to define the carer's responsibility.
- to provide knowledge of support networks and action plans.

## Essential First Aid for Foster Carers

This course is an essential part of carers' training that will support carers to deal with accidents in and out of the home.

### The course objectives are:

- to know the role of the first aider.
- to be able to deal with emergencies.
- how to manage an unconscious casualty.
- how to manage a casualty who is not breathing normally.
- CPR (baby, child & adult procedures) & Safe use of an Automated External defibrillator.
- how to manage a casualty who is choking.

Date	Time	Venue
Monday 4 April	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Wednesday 8 June	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Saturday 25 June	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Thursday 1 September	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Friday 14 October	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Tuesday 24 January '23	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA
Wednesday 15 March '23	1000 – 1430	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA

## Foetal Alcohol Spectrum Disorder

This training session is to provide information and awareness about the lifelong risks of prenatal exposure to alcohol.

### The course objectives are:

- to define what Foetal Alcohol Spectrum Disorder is
- to understand the long term effects

Date	Time	Venue
Thursday 12th May	0930 – 1230	Webinar
Friday 03 March '23	0930 – 1230	Webinar

## Forced Marriage, Honour Based Violence & Female Genital Mutilation

This training will help foster/kinship carers have an understanding of forced marriage, honour based violence and female genital mutilation.

### The course objectives are:

- to outline the safeguarding issues related to Forced Marriage, Honour Based Violence and Female Genital Mutilation and to dispel myths and stereo-typing.
- to illustrate an awareness of the barriers in seeking help.
- to know how the law protects potential victims.
- to have an awareness of the support services available.

Date	Time	Venue
(Dates to be confirmed)		

## Health Event Workshops

This workshop is a session for foster/kinship carers and is interactive and practical, led by the needs of the carers, children and young people they care for who attend. The session is run by school nurses and covers a variety of health topics selected by supervising social workers and their carers. The final workshop topics will be advertised nearer the time.

Date	Time	Venue
(Dates to be confirmed)		



## Impact of Abuse & Trauma on the Developing Child (2 days) - CAMHS

- understand the basic concepts of attachment theory and the 'functionality' of attachment behaviour.
- be aware of the different 'styles' of attachment which develop according to the nature of the care-giving relationship.
- be aware of the significance of a secure attachment in terms of its impact upon child development.
- to consider the impact of neglect and abuse on children's attachment relationships and their development.
- have considered your role in promoting child development through positive attachment relationships.

Date	Time	Venue
(Dates to be confirmed)		

## Introduction to the Virtual School and Emotion Coaching

Emotion Coaching is a practical three-step approach to dealing with behaviour in the moment. It enables children and young people to manage their own behaviour through helping them to understand the different emotions they experience, why they occur, and how to handle them.

### Aims:

- Introduction as to how the Virtual School can support your child's education
- To enhance understanding about the effect of trauma and attachment difficulties on children's development, behaviour and ability to regulate their emotions
- To understand the theory behind emotion coaching and the benefits of using it in schools
- To be familiar with the three-step emotion coaching approach and feel able to use it with children to improve self-regulation, behaviour and learning

Date	Time	Venue
Thursday 29 September	0930 – 1230	Webinar
Thursday 26 January '23	0930 – 1230	Webinar

## Income Tax and National Insurance for Foster Carers

### This workshop will cover:

- an introduction to the income tax scheme for foster carers
- how to calculate your own tax threshold
- self-assessment tax returns
- National Insurance contributions

Date	Time	Venue
Thursday 28 April	1030 – 1130	Webinar
Thursday 7th March '23	1030 – 1130	Webinar

## Introduction to Neglect

This course will help you understand the impact of neglect on the wellbeing and long term outcomes for children and young people. Additionally it will also provide supporting information on multiple incidents of neglect and how this impacts children and young people when they go into adulthood.

### The course objectives are:

- to understand the signs and symptoms of children and young people who may have been neglected.
- to recognise the environmental factors which may contribute to neglect.
- to understand the importance of looking beyond single incidents (cumulative harm).

Date	Time	Venue
Tuesday 5 April	0930 – 1630	Webinar
Thursday 5 May	0930 – 1630	Webinar
Wednesday 22 June	0930 – 1630	Webinar
Thursday 27 October	0930 – 1630	Webinar
Wednesday 9 November	0930 – 1630	Webinar
Wednesday 8 February '23	0930 – 1630	Webinar
Tuesday 28 February '23	0930 – 1630	Webinar

## 'We are Family' Kinship Skills

This training event is essential for Kinship (Family & Friends Carers). The aim is to develop knowledge and understanding of the specific issues faced by Family & Friend carers and those seeking Special Guardianship Orders.

### The course objectives are:

- to understand the key issues in looking after children related to the carer, such as safe-caring, managing contact and allegations.
- to learn about the panel process.
- to develop knowledge on attachment, development & trauma.
- to understand the importance of contact.
- to understand the need to care for those who care for the children.
- to understand the benefits to the child in kinship care.

Date	Time	Venue
Tuesday 17 May	0945 – 1430	Glenfield Sports Pavillion, Gynsils Lane, Glenfield, LE7 7AG
Thursday 6 October	0945 – 1430	Glenfield Sports Pavillion, Gynsils Lane, Glenfield, LE7 7AG

## Life Story Work

Discussing life stories in care can be an emotive topic, bringing up difficult experiences for some young people as well as positive memories.

### The course objectives are:

- to use a range of methods to communicate effectively with children during the life story process.
- to understand what is meant by life story work and the benefits of it.
- to comprehend the importance of life story work for the child.

Date	Time	Venue
Wednesday 22 June	1000 – 1300	Webinar
Thursday 26 January '23	1000 – 1300	Webinar

## Linking Past to Present for Kinship (connected) Carers - CAMHS

- To provide carers with essential information regarding early child development and how this impacts upon day to day behaviour and functioning.
- To provide carers with information of children's early history and stages of child development
- To look at thoughts and feelings and how these impact upon children's behaviours.
- To look at different thought processes in children.

Date	Time	Venue
(Dates to be confirmed)		

## Managing Allegations

The aims of this course are to give carers an understanding of allegations against carers, how they are dealt with and the impact they can have on families.

### The course objectives are:

- to understand what is an allegation.
- to understand how allegations are investigated by the department.
- to learn what support is available to carers who are the subject of an allegation.
- to understand how to be prepared and protect yourself as a carer.

Date	Time	Venue
Wednesday 27 April	1000 – 1200	Webinar
Saturday 14 May	1000 – 1200	Webinar
Saturday 4 June	1000 – 1200	Webinar
Tuesday 25 October	1000 – 1200	Webinar
Wednesday 8 February '23	1600 – 1800	Webinar

## Managing Contact – Foster Carers

The aim of this course is to provide foster carers with an understanding of the importance of maintaining contact between children and their birth families.

### The course objectives are:

- to have an increased understanding of the legal context in which decisions about contact are made.
- to explore the feelings about contact for foster carers and the children or young people.
- to have an understanding of the importance of record keeping in relation to contact.

Date	Time	Venue
Saturday 1 October	0930 – 1430	Webinar
Monday 6 February '23	0930 – 1430	Webinar

## Managing Contact - Kinship Carers

The aim of this course is to provide kinship (connected) carers an understanding of the importance of maintaining contact between children, their parents and the wider family.

### The course objectives are:

- to have an increased understanding of the legal context in which decisions about contact are made.
- to explore the feelings about contact for Kinship carers, and the loyalty issues for the children or young people.
- to explore conflict and contact issues.
- to have an understanding of the importance of record keeping in relation to contact.

Date	Time	Venue
Saturday 24 September	0930 – 1430	Webinar
Thursday 16 February '23	0930 – 1430	Webinar

## Men who Foster

The role of a foster carer can be both extremely rewarding and, at the same time, extremely challenging. Being a male foster carer has, arguably, even more challenges. Women are traditionally seen as the care-givers. Often, a man who devotes his life to caring for children is viewed with suspicion. This course explores the roles men play in care as main carers. It explores the idea of the 'positive male role model', as well as expectations and stereotypes in care.

### The course objectives are:

- to provide male carers with confidence in all aspects of supporting children.
- to highlight that you are in a unique position to support children in gaining positive attachments, and with building healthy relationships.
- to consider the role of men in fostering.
- to explore the struggles that men face within their care role.
- to explore the attributes that constitute a positive male role model for foster children.
- to provide an insight into the allegation procedure and make the whole process less intimidating.
- to understand the importance of the Safer Care Policy.
- to learn how to support children in a safe manner that doesn't restrict you as a carer.

Date	Time	Venue
Thursday 27 October	1000 – 1400	The Oak Centre, Bendbow Rise, Braunstone, Leicester LE3 1QA

## Moving onto Adoption

Children being placed with new permanent families are often contending with moves from difficult pasts to unknown futures and are likely to experience a range of intense and conflicting emotions. This course is aimed at foster carers involved in supporting children through this process.

### The course objectives are:

- to develop confidence and knowledge in the planning, introduction and post placement process.
- to recognise and understand grief and loss issues
- to develop further insight into the needs of children according to their developmental level, interests and history
- to demonstrate carers' knowledge of the planning, introduction and post-placement process.

Date	Time	Venue
Wednesday 7 September	0930 – 1230	Webinar
Tuesday 17 January '23	0930 – 1230	Webinar

# National Association of Therapeutic Parenting (NATP)

## 1. Introduction to Therapeutic Parenting (Online)

A course for Carers to understand the difference between 'standard' parenting and 'therapeutic' parenting. You may have come across the term 'therapeutic parenting' when attending meetings as a foster carer and this online version is more accessible and gives a good grounding in attachment and therapeutic parenting.

- To look at the difference between 'standard' parenting and 'therapeutic' parenting.
- To understand why the children we care for need therapeutic parenting.

## 2. Therapeutic Parenting – PACE in real life (Online)

This certificated course gives an excellent overview of the Dan Hughes P.A.C.E model, with practical applications, to help carers to apply therapeutic parenting strategies. The course also clearly explains the complex behaviours of children who have suffered developmental trauma, (attachment difficulties), and will help carers and consolidate therapeutic parenting strategies, to work more effectively together, achieving better outcomes for children.

## 3. Healing children through Therapeutic Parenting (Online)

How can we **practically** put therapeutic parenting strategies in place and make a REAL difference? UK leading expert Sarah Naish, and her adopted daughter Rosie Jefferies, answer all of these questions and more in a clear and compelling manner. Inspirational, moving and motivational.

# Neurodevelopmental Difficulties in Children & Young People - CAMHS

This course will give an outline of the main neurodevelopmental conditions that come across in CAMHS (ADHD, ASD).

### The course objectives are:

- to understand how CAMHS assess for these
- an outline of attachment presentations

Date	Time	Venue
(Dates to be confirmed)		

## Portal Demonstration for Foster Carers - Beginners

A beginners face to face class for foster carers looking at what the Foster Carer Online portal is and why we use it. This session will also provide you with a demonstration to help you get started.

Date	Time	Venue
Tuesday 21 June	1000 – 1130	TBC
Thursday - 03 November	1200 – 1330	TBC

## Portal Workshops – Advanced Support

A face to face workshop for all carers who require further support with any issues arising from the Foster Carer Online portal. These sessions will offer 1 to 1 support. Carers should have accessed and used portal or completed beginners session prior to booking onto this course.

Date	Time	Venue
Tuesday 21 June	1000 – 1130	TBC
Thursday - 03 November	1200 – 1330	TBC

## Promoting Positive Behaviour within an Early Years Setting

This course has recently been re-written to include more practical advice, strategies and the research behind suggested techniques. Sections of the training now also include; Emotion coaching, sensory & learning breaks and the use of positive language

### The course objectives are:

- to understand social and emotional development in young children
- to understand what constitutes good practice in managing behaviour within settings
- to be able to use a range of strategies to promote positive behaviour within settings
- to be able to write a behaviour plan

This course begins by looking at emotional and social development of young children and the role it has on children's behaviour. During the session we will define behaviour and look at influences on children's actions. Advice will be given on addressing common behaviour issues, as well as more persistent and challenging behaviours. A range of strategies to manage behaviour will be presented, discussed and modelled.

Date	Time	Venue
Thursday 27 October	0930 – 1230	Webinar



# Promoting Mental Health and Wellbeing of Practitioners working within Early Years Provision (2 sessions)

Good mental health and well-being is a ‘hot topic’ in the early years sector with an increasing dialogue on the prevalence of poor mental health and how to address it. This course brings the discussion to the forefront in an open and sensitive way. The course is interactive, thought-provoking and will provide delegates with the opportunity to add practical strategies to their own well-being toolkits.

**The course objectives are:**

Delivered through presentation, group-work, discussion and interactive experiences

- a. To understand mental health and well-being in the current context of early education, including challenges and possibilities, and considering the impact of Covid-19 on the sector(the evidence)
- b. To understand the concept of organisational well-being and individual well-being
- c. To consider ways in which settings/practitioners can promote good mental health through a talk safe and safe space approach
- d. To consider ways in which settings/practitioners can develop a toolkit of practical well-being strategies (the approach)
- e. To hear examples of “lived” experiences of poor mental health in the early years with opportunities to reflect on

Date	Time	Venue
Part 1 - Thursday 7 April	0900 – 1200	Webinar
Part 2 Thursday 14 April	0900 – 1200	Webinar

“ E learning is better with 2 babies in placement as it can be done when children are asleep more variety of courses on the learning hub. ”

Feedback from our carers

## Positive Behaviour Support - 2 days

This 2 day course aims to extend the skills and knowledge of Foster/Kinship carers in understanding and managing young people's behaviour.

### The course objectives are:

- to be able to manage interventions proactively and select appropriate strategies with the children and young people in their care.
- understand and deal with emotions of others as well as their own.
- understand how relationships, values and beliefs influence our behaviour and reactions.
- be able to contribute to care plans, based on the knowledge of the individual's needs.
- know when to apply the use of release techniques and reasonable force, informed by legislation.
- training in de-escalating problems and disputes.

Date	Time	Venue
Monday 9 May	0930 – 1430	Webinar
Tuesday 10 May	0930 – 1430	Webinar

## Record Keeping Skills

This course enables foster/kinship carers to explore and develop their record keeping skills. It provides information about the legal background and requirements to recording, the paperwork involved, key information and effective record keeping.

### The course objectives are:

- to be clear about the carer's role in recordings.
- to raise awareness of national and local guidance and best practice in recording.
- to develop recording skills.

Date	Time	Venue
Tuesday 6 September	0930 – 1430	Webinar
Saturday 11 February '23	0930 – 1430	Webinar

## Resolving Conflicts with Children and Young People - The Restorative Approach

The aim of this course is to provide foster/kinship carers with the skills and principles to resolve conflicts and issues using the Restorative Approach. This includes listening, neutrality, asking opinions, being aware of your own thoughts and feelings and focus on harm not blame and working out ways to put things right.

### The course objectives are:

- to explore the principles and benefits of the restorative approach.
- overcome the barriers of putting the approach into practice.
- build on the current skills and knowledge of foster/kinship carers.
- ensure all carers feel confident in introducing this approach into their daily work.

Date	Time	Venue
Friday 29 April	1000 – 1230	Webinar

## Essential Awareness in Safeguarding

This course looks at the fundamentals of Safeguarding Children and Young People and supports the Safeguarding Competency Framework set up by LSCB.

### The course objectives are:

- to understand what is meant by safeguarding and promoting the welfare of children and how this impacts on your role.
- to be aware of the statutory duty and referral pathway in order to safeguard and promote the welfare of children.
- to understand statutory requirements governing consent, confidentiality and information sharing.
- to understand how our own experiences, values and beliefs influence our thinking.
- to know the different forms of abuse and neglect and be able to recognise immediate safety issues for children.

Date	Time	Venue
Tuesday 26 April	0930 – 1530	Webinar
Saturday 21 May	0930 – 1530	Webinar
Monday 23 May	0930 – 1530	Webinar
Wednesday 15 June	0930 – 1530	Webinar
Friday 8 July	0930 – 1530	Webinar
Tuesday 27 September	0930 – 1530	Webinar
Monday 10 October	0930 – 1530	Webinar
Wednesday 16 November	0930 – 1530	Webinar

## Safer Sleep for Babies

This course is run by the Lullaby Trust who provide clear and simple advice for how you can sleep a baby to reduce the risk of sudden infant death syndrome (SIDS), more commonly known as cot death. Their advice is based on strong scientific evidence and should be followed for all babies, and for all sleep periods, not just at night.

### The course objectives are:

- to know the different sleeping positions and sleeping products
- to be aware of room temperatures
- to discuss dummies, pacifiers, swaddling & slings
- to be able to identify risk factors
- to develop further insight on premature babies

Date	Time	Venue
(Dates to be confirmed)		

## Separation & Loss for Foster Carers

Training for Foster Carers on Grief and Loss - An opportunity to learn, reflect, share and plan.

### The course objectives are:

- an opportunity to consider the grief and loss experienced by foster carers when children leave placements, especially those moving on to adoption.
- explore the theory behind some models of grief and loss. In addition an opportunity for reflection on carers' own experiences of this.
- a time to reflect on what support carers might need at these times from us an agency, from their own support network and from each other.

Date	Time	Venue
Tuesday - 14 June	1000 – 1300	Webinar
Friday 3rd Feb '23	1000 – 1300	Webinar

# Signs of Safety for Carers

By the end of the session you will know the thinking and theory that sits behind Signs of Safety, you will have used it within your fostering journey to think through a problem and you will know how and why meetings are run the way they are.

- what you need to know as part of the team caring for children, why do they run the meetings the way they do? Ever wondered why staff keep on asking questions?
- want to know how social workers work with families?
- signs of safety- understanding the knowledge and thinking that sits behind the way workers work with families.
- how to maximise your role as partner in how we all work with children and their families.

Date	Time	Venue
Thursday 28th April	1000 – 1200	Webinar

# Supporting Young People who Self-Harm - CAMHS

The course objectives are:

- to develop an awareness of what self-harm is and the function of self-harm within the context of child and adolescent development.
- to reflect on the impact on carers and professionals working with young people who self-harm and how this can influence our response to young people.
- to think about the needs of young people who self-harm and what can be done to support them

Date	Time	Venue
(Dates to be confirmed)		

“ It’s such a good feeling being able to use the training in practice. ”  
Feedback from our carers

## Therapeutic Use of Play - CAMHS

### The course objectives are:

- to consider the importance of play and what the 'science' tells us.
- to understand why young people with traumatic early histories may find it tough to connect with others.
- to consider how can we help young people connect with others through play.
- practical examples to use day to day.

Date	Time	Venue
(Dates to be confirmed)		

## Understanding self-regulation in Early Years - 2 sessions (must attend both)

This training will support you to provide better outcomes for children's emotional health and wellbeing. This training supports your practice to help children to grow their social and emotional skills in positive ways. As a result, children can develop problem solving skills, resilience, and the social skills that benefit their friendships and behaviour.

### The course objectives are:

- Understand the principles of self-regulation
- Identify links within the EYFS to promote and support behaviour choices
- Explore the importance of language, role modelling and communication to support self-regulation
- Examine a range of strategies to support children's self-regulation.

### Learning outcomes:

- Have a clear understanding of and plan for achieving better outcomes
- Be confident in leading childcare teams' self-regulation strategies
- Have a range of activities, resources and strategies to use in practice
- Be able to describe and demonstrate work in this important area.

Date	Time	Venue
(Dates to be confirmed)		

## Virtual School - Supporting children to choose GCSE and Post 16 options

### Aims:

- To understand the role of foster carers in helping children to achieve their educational potential and promoting high aspirations.
- To be familiar with Year 9 options and Post 16 options and understand the processes that follow these stages.
- To be familiar with the curriculum including GCSE assessment
- To explore ways of supporting young people with revision & homework
- To understand how to access information, advice and guidance

Date	Time	Venue
Thursday 30 June	1000 – 1200	Webinar

## Virtual School - To understand the importance of learning through play in the Early Years Foundation stage

### Aims:

- To gain an understanding of the Early Years Foundation
- To understand of the importance of play and how children learn through play
- To explore ways of using play to promote early literacy and numeracy skills and what you can do to help

Date	Time	Venue
Thursday 30 June	1000 – 1200	Webinar

“ I’ve appreciated e-learning because I’ve been able to fit learning in around work and other commitments particularly in the pandemic. ”

Feedback from our carers

## USEFUL NUMBERS

Fostering Duty Team: **0116 305 4441**

First Response 24hr (Central Duty): **0116 305 0005**

Foster Carers out of hours helpline: **0300 4562600**

Children's Rights Service: **0116 305 6302**

Corporate Parenting: **0116 305 75188**

Foster Carers Recruitment: **0116 305 0505**

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## SOCIAL CARE OFFICES

Hinckley Hub: **01455 636964**

Pennine House (Loughborough): **01509 266641**

Bassett Street (Wigston): **0116 2787111**

Coalville: **01530 275200**

Melton: **01664 502550**

Rutland: **01572 722577**

Market Harborough: **01858 465331**

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## CONTACT CENTRES

Hinckley: **0116 305 5601**

Coalville: **0116 305 8718**

Loughborough: **0116 305 5314**

Fostering Network: **0207 401 9582**

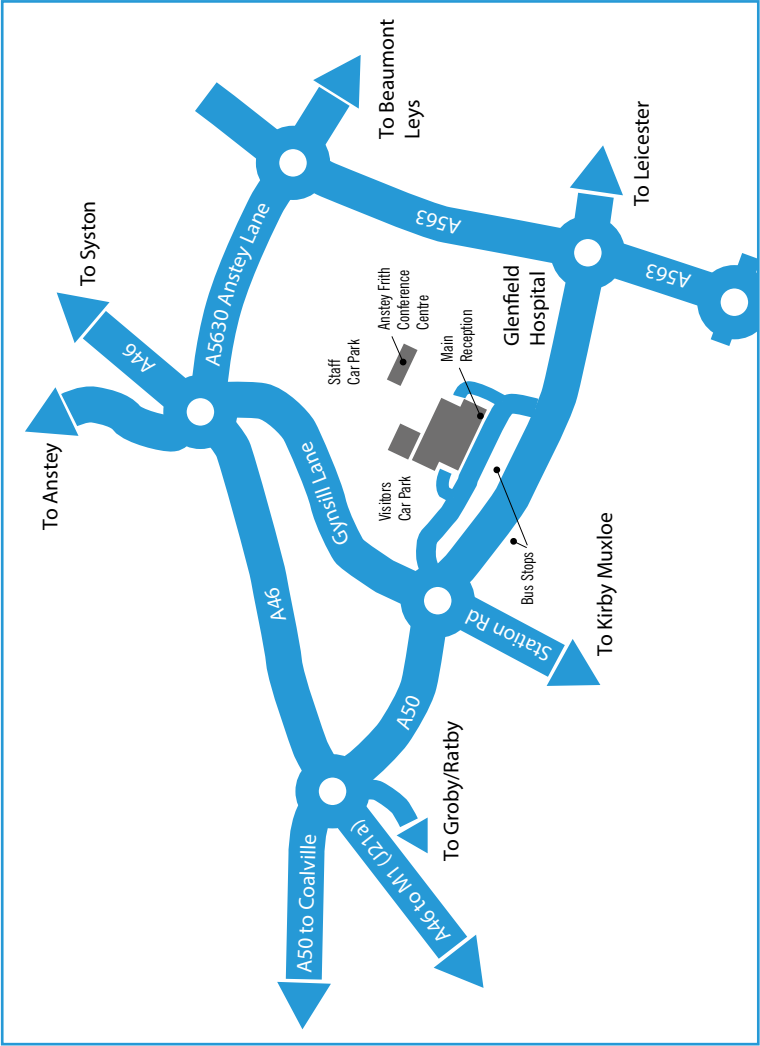
LFCA: **0116 240 3849**





# DIRECTIONS TO COUNTY HALL

County Hall, Glenfield, Leicester. LE3 8RA



## Foster Carers Professional Development Journal 2022

Name of Carer:

Supervising Social Worker:

Training or development activities can include Training courses. Locality Meetings, Mentoring, attendance of Skill to Foster sessions, Information evenings, You are required to take part in 28 hours of training per household.

Name of Training or Development Activity	Date	Hours attended	Key Learning Points	Give an example of how the training has helped you to support the child in your care
First Aid	1 Feb 22	4.5 hours	I understood the role of the first aider to be able to deal with emergencies I understood how to manage an unconscious casualty who is not breathing normally CPR (baby, child procedures)	Tom fell playing outside with Lilly on the swing. He felt dizzy and could not get up for a few minutes, I used the techniques within the course for a child being unconscious to ensure he recovered and there were no impacts to be considered for the long-term. I also recorded the incident in his logs.

Name of Training or Development Activity	Date	Hours attended	Key Learning Points	Give an example of how the training has helped you to support the child in your care

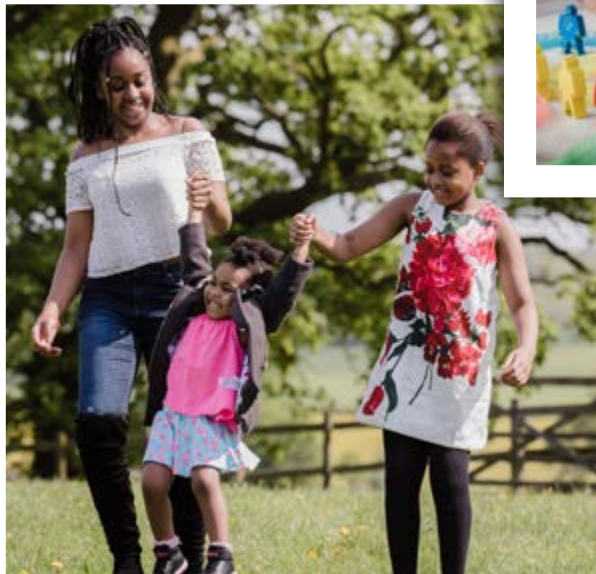
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