

FOSTER CARERS TRAINING PROGRAMME 2023/2024



Programme runs from 1st September 2023 to 31st August 2024

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CALENDAR OF EVENTS

September 2023

1	First Aid for Foster Carers
4	British Sign Language – An Introduction
5	Coping with Change
5	British Sign Language – An Introduction
7	British Sign Language – An Introduction
11	Digital Skills for Beginners
12	Positive Well-being Goals
12	Essential Awareness in Safeguarding Children (Day 1)
12	Digital Skills for Beginners
13	Tax & National Insurance
13	Essential Awareness in Safeguarding Children (Day 2)
13	Digital Skills for Beginners
14	Safer Sleep for Babies
15	Essential Awareness in Safeguarding Children
15	Attachment & Development
19	Managing Allegations
21	Caring for Teenagers
21	Sleep and Well-being
25	Learn for Confidence and Better Mental Health
26	An Introduction to Self-care
26	Managing Contact between Children and their Birth Families

26	Learn for Confidence and Better Mental Health
27	Digital Skills for Beginners
27	The Principles & Values of Signs of Safety from a Foster Carer Perspective
27	Learn for Confidence and Better Mental Health
29	Digital Skills for Beginners
29	Learn for Confidence and Better Mental Health

October 2023

2	An Introduction to the Internet and Email Skills
3	Child Exploitation
3	Compassion Fatigue
4	Forced Marriage, Honour Based Violence & Female Genital Mutilation
5	Kinship Skills – We are Family
10	Children's Reviews and the Role of the IRO
10	An Introduction to Childhood Adversity & Trauma-Informed Practice
11	The Importance of Life Story Books and Life Story Work
12	Healthy Conversation Skills
13	First Aid for Foster Carers
13	Loss & Grief (Day 1)

17	Foetal Alcohol Spectrum Disorder
21	Essential Awareness in Safeguarding Children
24	Coping with Change
24	Record Keeping Skills
26	5 Ways to Well-being
27	Loss & Grief Workshop (Day 2)
30	An Introduction to Smart Phones and Tablets
30	Coping with Change
31	Positive Behaviour Support (Day 1)
31	An Introduction to Smart Phones and Tablets

November 2023

1	Introducing the 1001 Days for Early Years Practitioners
2	Equality & Diversity
7	Foster Carers Workshop - Supporting Young People to Decide on Post-16 Options
7	Positive Behaviour Support (Day 2)
7	Drug & Alcohol Misuse
7	An Introduction to the Internet and Email Skills
9	Essential Awareness in Safeguarding Children

9	An Introduction to Smart Phones and Tablets
10	Sleep and Well-being
13	Tax & National Insurance
14	Introducing a Restorative Approach as a Tool for Teens
14	An Introduction to the Internet and Email Skills
15	Coping with Change
16	Introduction to Neglect
16	Understanding Neurodiversity (ADHD, Autism, Dyspraxia, Dyslexia)
21	Moving on to Adoption
23	An Introduction to Emotion Coaching and the Work of the Virtual School
27	Coping with Change
29	LGBTQ + Awareness & Inclusion
30	Supporting the Carer's Family & Friends to Understand the Role of Fostering

December 2023

5	Self-compassion Workshop
15	British Sign Language – A Christmas Taster

January 2024

8	Learn for Confidence and Better Mental Health
9	Learn for Confidence and Better Mental Health
10	Learn for Confidence and Better Mental Health
11	Learn for Confidence and Better Mental Health
12	Learn for Confidence and Better Mental Health
13	First Aid for Foster Carers
18	Managing Allegations
18	Essential Awareness in Safeguarding Children
18	Supporting Early Years Children in How to Make Every day Play a Learning Opportunity
19	Being a Reflective Foster Carer (Day 1)
24	First Aid for Foster Carers
25	Being a Reflective Foster Carer (Day 2)
26	An Introduction to Smart Phones and Tablets
29	Sleep and Well-being
30	Men and their Fostering Role
30	Record Keeping Skills

February 2024

1	Attachment & Development
5	Autism Understanding & Dealing with Behaviours that Challenge Individuals with ASD
8	Being a Reflective Foster Carer (Day 3)
8	Digital Skills for Beginners
12	Positive Well-being Goals
12	An Introduction to Smart Phones and Tablets
15	Being a Reflective Foster Carer (Day 4)
20	The Principles & Values of Signs of Safety from a Foster Carer Perspective
20	Introduction to Neglect
28	Wellness & Beyond Event – Time for You

March 2024

1	Managing Contact between Children and their Birth Families
6	The Importance of Life Story Books and Life Story Work
7	Kinship Skills – We are Family
7	Caring for Teenagers
9	Managing Allegations
12	Introducing a Restorative Approach as a Tool for Teens
13	An Introduction to Self-care
13	An Introduction to the Internet and Email Skills
14	Drug & Alcohol Misuse

14	ASDAN - Supporting Independent Living
15	First Aid for Foster Carers
19	Equality & Diversity
20	An Introduction to Smart Phones and Tablets
21	Positive Well-being Goals
21	Understanding Neurodiversity (ADHD, Autism, Dyspraxia, Dyslexia)

April 2024

8	Learn for Confidence and Better Mental Health
9	Learn for Confidence and Better Mental Health
10	Learn for Confidence and Better Mental Health
11	The Voice of the Child in Care Proceedings
11	Learn for Confidence and Better Mental Health
12	Learn for Confidence and Better Mental Health
15	Introducing the 1001 Days for Early Years Practitioners
15	An Introduction to Smart Phones and Tablets
17	An Introduction to the Internet and Email Skills
18	An Introduction to Mindfulness
19	Child Exploitation
24	Positive Well-being Goals

May 2024

1	Moving onto Adoption
10	An Introduction to Mindfulness
14	Healthy Conversation Skills
14	An Introduction to the Internet and Email Skills
15	Supporting the Carer's Family & Friends to Understand the Role of Fostering
21	Children's Reviews: What are they?
22	An Introduction to Self-care

June 2024

3	An Introduction to Mindfulness
10	5 Ways to Well-being
11	An Introduction to Emotion Coaching & the Work of the Virtual School
18	5 Ways to Well-being



INTRODUCTION

Welcome to the 2023/2024 Training Programme for Supported Lodgings Providers, Mainstream, Kinship, Short Break, and Specialist Carers, who all 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 whom you care for.

In this program, 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 complete 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.

Foster Carers Training & Development

Your training and development hours are to be recorded with your Supervising Social Worker. 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 program 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?

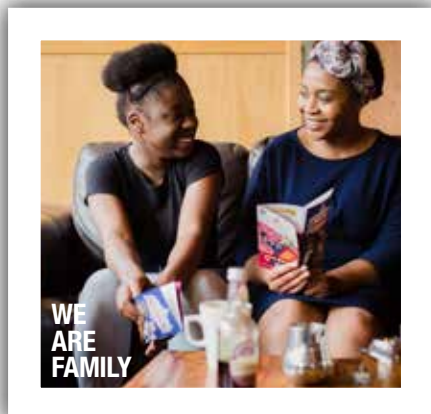
As professionals, we must continue developing our knowledge and skills, particularly as research, legislation, and policies on children and young people are continually developing and changing.

Our training supports you to meet the standards expected of you as professionally approved carers. 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.

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 until 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 them on vibrate or silent during the training.
- respect what the trainer or another participant has to say and not persistently disturb or disrespect their views, not act in a disruptive manner, and refrain from 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 A TRAINING COURSE

To view face-to-face courses and webinars, please log into your LCC Learning Pool

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

To access the e-learning course please go to www.thetraininghub.co.uk and request to access a course.

Alternatively email: fostering.training@leics.gov.uk or phone **0116 305 3051**.

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 feedback and 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.

CANCELLATION AND NON-ATTENDANCE POLICY

Carers are expected to fully engage and attend all elements of all learning activities. Failure to attend without notice results in a cost to the training team of £50 per place. Carers who cannot attend a booked learning activity must notify the training service by email or telephone as soon as possible.

Persistent non-attendance to training without notice impacts future training. Therefore a 3-tier non-attendance policy for 'no shows' will be implemented as below:

- Occasion 1 – An email will be sent to the carer and their Supervising Social Worker
- Occasion 2 – A letter outlining the policy and potential charges
- Occasion 3 – A letter informing carers of the charge of £50 and their skill level payment reduced

TYPES OF TRAINING AND LEARNING OPPORTUNITIES

Please note: Learners on courses are a mixture of professionals and carers.

There are a wide variety of training and learning opportunities available which are delivered in a variety of formats – workshops, online, and ‘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 LCC Learning Pool or the 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 that will be presented using TEAMS or Zoom, and a joining link will be provided to all carers 1 to 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 practice and discussion 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 coordinators to be invited to the group; details can also be found in the monthly fostering newsletter.

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

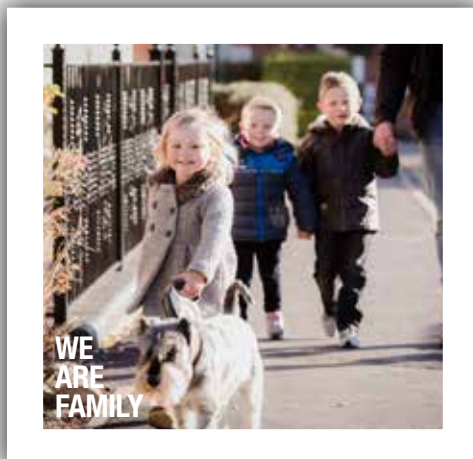
Kinship Carers (Family & Friends) Support groups

These groups are run by carers that are already caring for their friend's or relatives' children. The groups are friendly and a fantastic opportunity to meet and share stories with other carers. For further details call 0116 305 3051 or email wendy.ashwell@leics.gov.uk

Buddy/mentoring support

New mainstream and Kinship 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.

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.



“ 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

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, well-being, and life chances improved
4. Children and young people and their families live within thriving communities

THE TRAINING FRAMEWORK

(Minimum 28 hours per year)

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 upon 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.

Year 1 (Skill Level 1)

You will complete at least 4 of the courses below including mandatory courses*

- *First Aid for Foster Carers
- *Essential Awareness in Safeguarding Children
- *Managing Allegations
- Online Portal
- Record Keeping
- Understand Tax & National Insurance in Fostering
- Therapeutic Parenting
- Children's Reviews: What are they?

Year 2 (Skill Level 2)

You will complete at least 3 of the courses below including mandatory courses*

- *Equality & Diversity
- Attachment & Development
- Impact of Neglect
- Managing Challenging behaviour – The Restorative Approach
- Therapeutic Parenting

Year 3 (Skill Level 3)

You will complete at least 2 of the below including mandatory courses*

- *Therapeutic Parenting Course
- LGBT & in care
- Positive Behaviour Support
- Being a Reflective Foster Carer
- Health & Well-being Course

TRAINING, SUPPORT & DEVELOPMENT STANDARDS

All new foster carers are required to complete The Training, Support & Development Standards (TSDs) set by The Children's Workforce Development Council. They are a set of seven standards to ensure that foster carers are properly inducted into their fostering role. The TSDS provides 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 Department for Education now has the 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.



FURTHER TRAINING

CAMHS

The Young People's Team is one of a number of specialist Tier 3 mental health services that 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 is run by the Diana Children Service which provides 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.

“ 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

THERAPEUTIC PARENTING

Leicestershire Fostering service aims to be a trauma-informed service, both in how it responds to the needs of our carers, as well as our children in their care. We hope that all LCC foster carers will have an understanding of Therapeutic parenting and why they will most likely need to parent children in care by adopting a therapeutic approach and strategies.

All the children entering Local Authority care have experienced some form of trauma and/ or harm, and many present with complex needs, as well as additional special needs. In the main, our children in care require a special type of parenting, Therapeutic parenting offers sensitive, nurturing care, within consistent boundaries ensuring the foster home is a safe and secure base. Foster carers require insight and empathy to deliver connected responses to a child's distress and behaviours. This type of parenting allows children to learn how to self-regulate and minimises the impact of early life trauma, offering an opportunity for those children to grow and flourish.

At each stage of your fostering journey, we will hope that you will engage in some training to deepen your awareness of therapeutic parenting.

Alongside discussions with your Supervising Social Worker, reading articles and books we have a range of training options for you. These include;

- Membership and /or Training Pass to the National Association of Therapeutic Parenting (NATP) which offers webinars, listening circles, telephone support, and 1 to 1 advice
- Opportunity to complete NATP Diploma in Therapeutic parenting (If you are interested please contact Heather.hughes@leics.gov.uk)
- Training with Dr. Anna May on DDP and PACE
- Specific training bespoke to the needs of the carer/ child

To parent therapeutically requires an ability to be self-aware and an opportunity to reflect upon our own life map and triggers. We are offering opportunities to consider Reflective Fostering and 4 sessions will be delivered by Katie Papworth in January/ February 24.

HEALTH AND WELLNESS AND HOW THEY CONNECT



1. **Intellectual** - nurturing our creative abilities to expand knowledge and skills
2. **Physical** - embracing our need for physical activity, healthy foods, and sleep
3. **Emotional** - coping effectively with life's challenges, managing stress, and building our inner strength
4. **Spiritual** - expanding our sense of purpose and meaning in life
5. **Environmental** - creating and occupying positive, stimulating environments that support our well-being
6. **Social** - developing our sense of connection, belonging, and well-developed support systems

The health and well-being of foster carers play an integral role in a carer's ability to effectively look after children. Stable placements are key to good outcomes for fostered children and it's very easy to put your own needs on the back burner. But it's important not to let your own health and well-being slip – remember self-care is not selfish.

We care about the health and well-being of our carers and are running a range of courses and events as below. Some are for exercise and relaxation, and others are simply to give you a break and some fun. Our events are offered both online and in person which we hope you will benefit from and enjoy.



COURSE INFORMATION

5 Ways to Well-being

This session aims to introduce you to the 5 Ways to Wellbeing. The 5 Ways to Wellbeing are a set of actions that can enhance health and well-being.

They are: Connect, Be active, Keep learning, Give and take notice.

By the end of the session, participants will:

- Have knowledge of the 5 Ways of Well-being and create a personalised plan to incorporate them into everyday life.

Date	Time	Venue
Thursday 26th October '23	1:00pm – 3:00pm	Coalville Library
Wednesday 10th June '24	6:30pm – 8:30pm	Melton Library
Tuesday 18th June '24	1:00pm – 3:00pm	Webinar

An Introduction to Childhood Adversity & Trauma-Informed Practice

This 2.5-hour webinar-style session will support attendees in gaining an awareness of the context of trauma and the potential impact it can have on individuals. It highlights that all behaviour is a form of communication and helps attendees look at how trauma and toxic stress affect our bodies and our actions.

It will take a look at the research behind trauma-informed approaches and look at the limitations and lessons learned in past models.

By the end of the session, participants will:

- Understand the research on Adverse Childhood Experiences and trauma
- Understand the potential impact of trauma including on behaviours
- Understand the impact working with trauma can have on professionals
- Start to understand what trauma-informed practice means

Date	Time	Venue
Tuesday 10th October '23	9:30am – 12:00pm	Webinar

An Introduction to Emotion Coaching and the Work of Virtual School

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

By the end of the session, participants will:

- Know how the Virtual School can support your child's education
- Understand the effect of trauma and attachment difficulties on children's development, behaviour, and ability to regulate their emotions
- Gain knowledge on the theory behind emotion coaching and the benefits of using it in schools
- 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 23rd November '23	9:30am – 12:30pm	Park House, Stamford Street, Glenfield. LE3 8DL
Tuesday 11th June '24	9:30am – 12:30pm	Park House, Stamford Street, Glenfield. LE3 8DL

An Introduction to Mindfulness

Mindfulness encourages us to focus our attention, become more aware, take notice, and reconnect. Mindfulness is increasingly recognised as a method for improving our general sense of physical and mental well-being and reducing stress and anxiety.

By the end of the session, participants will:

- Gain knowledge on the background of mindfulness
- Learn different ways to practice mindfulness
- Be able to practice some simple techniques for moments of mindfulness in everyday life.

Date	Time	Venue
Thursday 18th April '24	6:30pm – 8:30pm	Webinar
Friday 10th May '24	1:00pm – 3:00pm	Moir Centre, Loughborough
Monday 3rd June '24	10:00am – 12:00pm	Wigston Magna Library

An Introduction to the Internet and Email Skills

(2 sessions)

Start to explore how Internet and Email software can be used in everyday life. This course will show you how to find information using the Internet, send messages electronically, and identify positive ways to keep you safe online. Keyboard and mouse skills are required.

By the end of the session, participants will:

- Gain confidence and basic skills to be confident with the Internet and email
- Be able to find and use common tools within Internet and Email packages
- Locate information online and return to favourite webpages
- Identify browsers and search engines
- Use an email package to compose, send and respond to online messages
- Send an attachment with an email
- Increase awareness of basic online safety when using the Internet or email tools

Date	Time	Venue
Monday 2nd & 9th October '23	1:00pm – 4:00pm	Moira Centre, Loughborough
Tuesday 7th & 14th November '23	1:00pm – 4:00pm	Coalville Library
Tuesday 14th & 21st November '23	9:30am – 12:30pm	Symington Building, Market Harborough
Wednesday 13th & 20th March '24	1:00pm – 4:00pm	Melton Library
Wednesday 17th & 24th April '24	9:30am – 12:30pm	Moira Centre, Loughborough
Tuesday 14th & 21st May '24	9:30am – 12:30pm	Hinckley Library

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

Feedback from our carers

An Introduction to Self-Care

Self-care is about doing things that benefit our mental health and well-being. Developing good self-care strategies can also lead to improved resilience. This course will explore what self-care is, the benefits of self-care to ourselves and those around us and how we can fit self-care into everyday life.

By the end of the session, participants will:

- Explore what self-care is
- Know the benefits of self-care to ourselves and those around us
- Learn how to fit self-care into everyday life

Date	Time	Venue
Tuesday 26th September '23	1:00pm – 3:00pm	Melton Library
Wednesday 13th March '24	10:00am – 12:00pm	Adult Learning Centre, Enderby
Wednesday 22nd May '24	6:30pm – 8:30pm	Webinar

An Introduction to Smartphones and Tablets

Join the digital age. Learn how to use a smartphone or tablet effectively for a range of everyday digital tasks. No prior knowledge is required.

By the end of the session, participants will:

- Be able to use mobile devices and tablets with confidence
- Learn how to adjust settings, connect to Wi-Fi and understand security
- Know how to open, close, and use existing and new apps
- Able to personalise the smartphone/tablet and take photos and videos
- Be more aware of the range of online safety approaches.

Date	Time	Venue
Monday 30th October '23	1:00pm – 4:00pm	Moira Centre, Loughborough
Tuesday 31st October '23	9:30am – 12:30pm	Symington Building, Market Harborough
Thursday 9th November 23	1:00pm – 4:00pm	Hinckley Library
Friday 26th January '24	9:30am – 12:30pm	The Roundhill Academy, Thurmaston
Monday 12th February '24	1:00pm – 4:00pm	Wigston Magna Library
Wednesday 20th March '24	9:30am – 12:30pm	Moira Centre, Loughborough
Monday 15th April '24	1:00pm – 4:00pm	Melton Library

ASDAN – Independent Living Skills

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 to record skills and development and to put evidence into their portfolio.

Date	Time	Venue
Thursday 14th March '24	10:00am – 1:00pm	Sports Pavillion, Gynsils Lane, Glenfield, LE7 7AG

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.

By the end of the session, participants will:

- 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
Friday 15th September '23	10:00am – 2:00pm	Room 101, County Hall, Glenfield
Thursday 1st February '24	10:00am – 2:00pm	TBC at Glenfield

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

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

By the end of the session, participants will:

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

Date	Time	Venue
Monday 5th February '24	10:00am – 2:30pm	TBC at Glenfield

Being a Reflective Foster Carer (4 sessions)

Being a foster carer is a tough job! This four-week course focuses on the carer first, then the child. We will consider what makes us who we are, and how this informs our emotions and reactions to the young people in our care. The group will be encouraged to discuss their own experiences and those of the children in their care, then start to unpick some of the reasons that they may behave in the way that they are doing, and how we can help them. In the final session, we will talk about boundary setting in an empathetic way, as well as communication, perspective-taking, and acceptance.

By the end of the session, participants will:

- Learn how to “mentalise” what is going on in your head and reconnect with how you are feeling.
- look at how the way we are feeling affects the way we deal with the children and begin to reflect on how we can do things differently.
- Consider the children’s lived experiences and how this has affected them physically and emotionally.

Course 1

Date	Time	Venue
Friday 19th January '24		
Thursday 25th January '24	9:30am – 12:30pm	The Annexe Suite, Station Road, Glenfield. LE3 8BQ
Thursday 8th February '24		
Thursday 15th February '24		

Course 2

Date	Time	Venue
Thursday 2nd May '24	9:30am – 12:30pm	Webinar
Thursday 9th May '24		
Thursday 16th May '24		
Thursday 6th June '24		

British Sign Language – An Introduction

This non-accredited course is designed to give learners a brief introduction to D/deaf awareness and British Sign Language and help to communicate better with someone who is D/deaf. The course consists of topics such as • Deafness and hearing loss • Communication tips • Fingerspelling • some basic signs

By the end of the session, participants will:

- Learn basic British Sign Language such as greetings and fingerspelling
- Gain insight into d/Deafness and how to communicate better with a d/Deaf person.

Date	Time	Venue
Monday 4th September '23	12:30pm – 2:30pm	Moira Centre, Loughborough
Monday 4th September '23	6:30pm – 8:30pm	Coalville Library
Tuesday 5th September '23	6:30pm – 8:30pm	Symington Building, Market Harborough
Thursday 7th September '23	6:30pm – 8:30pm	Hinckley Library

BSL - A Christmas Taster

Date	Time	Venue
Friday 15th December '23	12:30pm – 1:30pm	Webinar
Friday 15th December '23	2:00pm – 3:00pm	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



Caring for Teenagers

Why can caring for teenagers feel so hard at times, particularly with the world being different for teenagers in the 2020's compared to when you grew up or parented your own children? In this course we will be looking briefly at the changes that happen in a child's body and brain, but also at the other things that influence teenagers as they struggle to navigate "growing up". Social media, Tik Tok, YouTube, etc constantly bombards young people with images of how they are supposed to behave, which can be confusing and often at odds with the values foster carers are trying to instill. Additionally, education can be a huge source of stress and anxiety for teenagers so we will discuss the importance of good relationships with the school and adjustments that can be requested to help your teenagers achieve positive outcomes.

By the end of the session, participants will:

- Have knowledge of what teens are watching, online safety and teen relationships, as well as issues with drugs/alcohol/sex and sexuality.
- Explore challenges such as lack of verbal interaction, aggression, and mobile phones.
- Know how PACE can help us to deal with this behaviour, as well as reflecting on why the behaviour is occurring in the first place
- Understand teen mental health and recognise signs that they are struggling and where to get support.

Date	Time	Venue
Thursday 21st September '23	9:30am – 2:30pm	Framland Room, County Hall, Glenfield
Thursday 7th March '24	9:30am – 2:30pm	Park House, Stamford Street, Glenfield. LE3 8DL

Child Exploitation

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

By the end of the session, participants will:

- Understand the vulnerability and risk factors of young people who are being exploited
- Gain knowledge of the "Grooming Line" and spot early warning signs of Child Exploitation.

Date	Time	Venue
Friday 26th January '24	10:00am – 2:00pm	TBC at Glenfield
Thursday 19th April '24	10:00am – 2:00pm	TBC at Glenfield

Children’s Reviews: What are they?

This session will provide you with a basic understanding of the Looked After Children (LAC) review - understanding the requirements and processes and the role of the Independent Reviewing Officer (IRO) overseeing the care plans.

By the end of the session, participants will:

- Have knowledge of the principles underpinning the role of the IRO
- Understand the role of all agencies and participants in a looked-after review meeting
- Gain knowledge of being an advocate for children in care
- Know what corporate parenting is and, how to use and promote it as a foster carer.


Date	Time	Venue
Tuesday 10th October '23	9:30am – 12:30pm	TBC at Glenfield
Tuesday 21st May '24	9:30am – 12:30pm	Webinar

Compassion Fatigue

Foster carers / adoptive parents are more prone to “compassion fatigue” than other professional groups in the caring profession because they deal with children with developmental trauma 24/7. This training will explore why children with attachment difficulties provoke such strong emotional responses from carers. It will help carers to recognise and manage compassion fatigue /blocked care and explore ways we can rediscover empathy for ourselves, and the children we care for. This course will explore how therapeutic parenting approaches will help foster carers develop secure attachments with their children and manage emotional regulation/behaviours.

By the end of the session, participants will:

- Identify, prevent, and recover from compassion fatigue
- Understand therapeutic parenting approaches with children
- Gain knowledge to manage emotional regulation/behaviours

Date	Time	Venue
Tuesday 3rd October '23	10:00am – 2:00pm	Room 173 at County Hall, Glenfield
Tuesday  February '23	10:00am – 2:00pm	TBC at Glenfield

Coping with Change

Change can not be avoided throughout life and how we react to change can be influenced by many factors. Change may be imposed on us or we may actively choose change, it may be a quick process or over a longer period of time, a big change or a seemingly smaller change.

By the end of the session, participants will:

- Understand the impact that change can have on well-being
- Learn strategies to cope with change positively

Date	Time	Venue
Tuesday 5th September '23	10:00am – 12:00pm	Coalville Library
Tuesday 24th October '23	10:00am – 12:00pm	Loughborough Library
Monday 30th October '23	10:00am – 12:00pm	Webinar
Wednesday 15th November '23	6:30pm – 8:30pm	Adult Learning Centre, Enderby
Monday 27th November '23	10:00am – 12:00pm	Melton Library

Digital Skills for Beginners

(2 sessions)

This is an ideal course for beginners with little or no experience of using a computer. Get to grips with the basics of using a keyboard, mouse, and the Internet. Start to use Windows 10, learn about icons and become familiar with the basics of a modern computer. Upon completion of this course, you can progress onto Essential Digital Skills Qualification Entry 3.

By the end of the session, participants will:

- Know how to use a computer keyboard and mouse to access the Internet and search for information

Date	Time	Venue
Monday 11th & 18th September '23	10:00am – 1:00pm	Wigston Magna Library
Tuesday 12th & 19th September '23	9:30am – 12:30pm	The Roundhill Academy, Thurmaston
Wednesday 13th & 20th September '23	1:00pm – 4:00pm	Moira Centre, Loughborough

Date	Time	Venue
Wednesday 13th & 20th September '23	10:00am – 1:00pm	Melton Library
Wednesday 13th & 20th September '23	1:00pm – 4:00pm	Coalville Library
Wednesday 13th & 20th September '23	1:00pm – 4:00pm	Hinckley Library
Friday 29th September & 6th October '23	9:30am – 12:30pm	Adult Learning Centre, Enderby
Thursday 8th & 15th February '24	9:30am – 12:30pm	Moir Centre, Loughborough

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 alcohol and drugs have on an individual as well as on a societal level

By the end of the session, participants will:

- Have an understanding of what psychoactive drugs are and the different groups
- Have knowledge of the law surrounding drugs
- Gain an understanding of harm reduction
- Understand the practical approaches to working with drug misuse

Date	Time	Venue
Tuesday 7th November '23	10:00am – 1:00pm	TBC at Glenfield
Thursday 14th March '24	10:00am – 1:00pm	TBC at Glenfield

Essential Awareness in Safeguarding Children

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

Please be aware that the Essential Safeguarding training has been broken down into pre-reading materials, a webinar, an e-learning module and post-webinar reading. To gain your certificate you are required to read all of the materials provided, attend the webinar, and complete the e-learning module on the Learning Hub.

By the end of the session, participants will:

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

Date	Time	Venue
Tuesday 12th September '23 (part 1)	6:00pm – 8:30pm	Webinar
Wednesday 13th September '23 (part 2)	6:00pm – 8:30pm	Webinar
Friday 15th September '23	9:30am – 3:30pm	Webinar
Saturday 21st October '23	9:30am – 3:30pm	Webinar
Thursday 9th November '23	9:30am – 3:30pm	Webinar
Thursday 18th January '24	9:30am – 3:30pm	Webinar

Equality & Diversity

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

By the end of the session, participants will:

- Confidently discuss issues of inequality with children/young people and know how to manage diversity and promote equality
- Know the needs, rights, and views of the child or young person are at the centre of all practice and provision
- Promote social inclusion and advancement of children and young people provide care which respects and preserves each child's protected characteristics as defined by the Equality Act 2010
- Understand the different types of prejudice and discrimination that can affect children and young people in care

Date	Time	Venue
Thursday 2nd November '23	9:30am – 2:30pm	TBC at Glenfield
Tuesday 19th March '24	9:30am – 2:30pm	TBC at Glenfield

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.

By the end of the session, participants will:

- Understand the role of the first aider.
- Be able to deal with common medical emergencies.
- Know how to manage an unconscious casualty.
- How to manage a casualty who is not breathing normally.
- Knowledge of CPR (baby, child & adult procedures) & Safe use of an automated external defibrillator
- Able to manage a casualty who is choking.

Date	Time	Venue
Friday 1st September '23	9:30am – 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Friday 13th October '23	9:30am – 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Saturday 13th January '24	9:30am – 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Wednesday 24th January '24	9:30am – 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Friday 15th March '24	9:30am – 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA

Foetal Alcohol Spectrum Disorder

This training session is to provide information and awareness about the lifelong risks of prenatal exposure to alcohol. This session looks at how alcohol can affect the physical and mental development of a baby in the womb, and the long-term effects this can have on them in childhood, and later life.

By the end of the session, participants will:

- Know what is meant by the term Foetal Alcohol Spectrum Disorder
- Understand the long-term effects and additional needs that can be caused by it.

Date	Time	Venue
Tuesday 17th October '23	9:30am – 12:30pm	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.

By the end of the session, participants will:

- Have knowledge of the safeguarding issues related to Forced Marriage, Honour Based Violence, and Female Genital Mutilation and to dispel myths and stereotyping.
- Have an awareness of the barriers to seeking help.
- Gain knowledge on how the law protects potential victims.
- Have an awareness of the support services available.

Date	Time	Venue
Wednesday 4th October '23	9:30am – 4:00pm	Webinar

Foster Carers Workshop - Supporting Young People to decide on Post-16 options

By the end of the session, participants will:

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

Date	Time	Venue
Tuesday 7th November '23	10:00am – 11:30am	Park House, Stamford Street, Glenfield. LE3 8DL

Healthy Conversation Skills with Children & Young People (MECC Lite Training)

This practical skills development training is for carers who interact with children and young people and have an opportunity to support their health and wellbeing. This training has been delivered to a range of workforces including doctors, nurses, APHs, housing, libraries, job centres, social care, and many more.

By the end of the session, participants will:

- Know how to support children and young people to explore their own health and wellbeing
- Gain knowledge on effective responses to help them find their own solutions
- Know how you can support them to think about their own behaviour change plan.

Date	Time	Venue
Tuesday 12th October '23	10:00am – 1:00pm	TBC at Glenfield
Tuesday 14th May '24	10:00am – 1:00pm	TBC at Glenfield

Income Tax and National Insurance for Foster Carers

By the end of the session, participants will:

- Have knowledge of income tax schemes for foster carers
- Know how to calculate your own tax threshold
- Complete Self-assessment tax returns

Date	Time	Venue
Wednesday 13th September '23	10:30am – 11:30am	Webinar
Monday 13th November '23	7:30pm – 8.30pm	Webinar

Internet Safety – Supporting Children and Young People (Online course on the LCC Learning Pool)

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

By the end of the session, participants will:

- Have a better understanding of internet safety.
- Be aware of the online risks to the carer and the children they care for.
- Clarity of the carer's responsibility
- Gain knowledge of support networks and action plans.

Introducing the 1001 Days for Foster Carers

The first five years of childhood are more pivotal for development, future health, and happiness than any other single moment in our lifetime but findings from a recent report suggest that only one in 4 people recognise the specific importance of the period from conception to the age 5.

This workshop comes as part of the 'Best Start For Life' priority for Leicestershire's Children and Families Partnership Plan.

By the end of the session, participants will:

- Understand what the 1001 critical days are and why they are so important
- Know how to support babies' brain development
- Be aware of the factors which impact negatively on early brain development and how these can be addressed
- Able to provide information on available support for parents from CFWS and other partner agencies

Date	Time	Venue
Wednesday 1st November '23	1:30pm – 2:30pm	TBC at Glenfield
Monday 15th April ' 24	10:00am – 11:00am	Webinar

Introducing a Restorative Approach as a Tool for Teens

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 focusing on harm not blame, and working out ways to put things right.

By the end of the session, participants will:

- Understand the principles and benefits of the restorative approach.
- Be able to overcome the barriers of putting the approach into practice.
- Build on the current skills and knowledge of foster/kinship carers.
- Gain confidence in introducing this approach into their daily work.

Date	Time	Venue
Tuesday 14th November '23	10:00am – 12:30pm	TBC at Glenfield
Tuesday 12th March ' 24	6:30pm - 8:30pm	Webinar

Introduction to Neglect

This course will help you understand the impact of neglect on the well-being and long-term outcomes of 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.

By the end of the session, participants will:

- Understand the signs and symptoms of children and young people who may have been neglected.
- Recognise the environmental factors which may contribute to neglect. Understand the importance of looking beyond single incidents (cumulative harm).
- Able to consider the effect of long-term/continual neglect on a child's development).

Date	Time	Venue
Thursday 16th November '23	9:30am – 4:30pm	Webinar
Tuesday 20th February '24	9:30am – 4:30pm	Webinar

Kinship Skills - We Are Family

This training event is run 3 times a year and is essential for Kinship (Family & Friend's Carers). The aim is to develop knowledge and understanding of the specific issues faced by Family & Friend carers and those seeking Special Guardianship Orders.

By the end of the session, participants will:

- Understand the key issues in looking after children related to the carer, such as safe-caring, managing contact, and allegations.
- Have knowledge of the fostering role and expectations.
- Learn about Kinship care Assessments and outcomes and the benefits of Special Guardianship orders.
- Know the benefits to the child of kinship care as opposed to mainstream foster care.

Date	Time	Venue
Thursday 5th October '23	9:30am – 2:00pm	Sports Pavillion, Gynsils Lane Glenfield. LE7 7AG
Thursday 7th March '24	9:30am – 2:00pm	Sports Pavillion, Gynsils Lane Glenfield. LE7 7AG

Learning For Confidence and Better Mental Health

(10 Weeks)

Learning for Confidence and Better Mental Health courses are for adults experiencing or recovering from mental ill health. Courses aim to support you to improve your mental health and wellbeing through learning. We offer learning opportunities in friendly, supportive, and safe groups with learning personalised to suit your needs. Our courses may include topics such as mindfulness, creative arts, personal well-being, communication, and confidence building, all delivered using a variety of learning activities.

By the end of the session, participants will:

- Be able to practice good mental health through learning
- Understand how to learn new skills in building confidence and self-esteem
- Know how to gain confidence in your work, volunteering, or further learning
- Be able to promote independence and choice
- Gain knowledge on connecting with other people and the local community.

Date	Time	Venue
Monday 25th September '23	1:00pm – 3:00pm	Melton Library
Tuesday 26th September '23	10:00am – 12:00pm	Webinar
Tuesday 26th September '23	1:00pm – 3:00pm	Wigston Magna Library
Wednesday 27th September '23	10:00am – 12:00pm	Loughborough Library
Wednesday 27th September '23	1:00pm – 3:00pm	Symington Building, Market Harborough
Friday 29th September '23	10:00am – 12:00pm	The Roundhill Academy, Thurmaston
Friday 29th September '23	10:00am – 12:00pm	Coalville Library
Monday 8th January '24	1:00pm – 3:00pm	Melton Library
Tuesday 9th January '24	10:00am – 12:00pm	Webinar
Tuesday 9th January '24	1:00pm – 3:00pm	Wigston Magna Library
Wednesday 10th January '24	10:00am – 12:00pm	Loughborough Library
Thursday 11th January '24	10:00am – 12:00pm	Adult Learning Centre, Enderby
Thursday 11th January '24	6:30pm – 8:30pm	Webinar
Thursday 11th January '24	1:00pm – 3:00pm	Hinckley Library
Friday 12th January '24	10:00am – 12:00pm	The Roundhill Academy, Thurmaston

Date	Time	Venue
Friday 12th January '24	10:00am – 12:00pm	Coalville Library
Monday 8th April '24	1:00pm – 3:00pm	Melton Library
Tuesday 9th April '24	10:00am – 12:00pm	Webinar
Tuesday 9th April '24	1:00pm – 3:00pm	Wigston Magna Library
Wednesday 10th April '24	10:00am – 12:00pm	Loughborough Library
Wednesday 10th April '24	1:00pm – 3:00pm	Symington Building, Market Harborough
Thursday 11th April '24	10:00am – 12:00pm	Adult Learning Centre, Enderby
Thursday 11th April '24	6:30pm – 8:30pm	Webinar
Thursday 11th April '24	1:00pm – 3:00pm	Hinckley Library
Friday 12th April '24	10:00am – 12:00pm	The Roundhill Academy, Thurmaston
Friday 12th April '24	10:00am – 12:00pm	Coalville Library

LGBTQ+ Awareness and Inclusion

This webinar is suitable for foster carers who want to develop their knowledge, tools, and confidence to support LGBTQ+ children and young people in their care. The webinar will be led by Stonewall and will look at different scenarios and reflections.

By the end of the session, participants will:

- Have knowledge of LGBTQ+ terminology
- Gain insight into the experiences of LGBTQ+ young people
- Know some tips and tools to better support LGBTQ+ children and young people

Founded in London in 1989, Stonewall now works in each nation of the UK and has established partnerships across the globe. We help create transformative change in the lives of LGBTQ+ people through our campaigns, research, and change and empowerment programs. Our Education & Youth Team supports schools, colleges, local authorities, and children and young people's services providers on LGBTQ+ inclusive practice. Our work is grounded in evidence and expertise. We continue to fight for a world where LGBTQ+ people everywhere can live their lives to the full.

Date	Time	Venue
Wednesday 29th November '23	10:00am – 1:00pm	Webinar

Loss and Grief Workshops

Sunrise Wellbeing works with many foster carers and truly values the passion and commitment to support others but is aware that this can come with many difficulties. Often including challenges and losses around children moving on, but also that your own needs are sometimes placed at the bottom of the list. This course is run as 2 half-day workshops to learn more about the concept of loss both for carers and the children in their care.

This training is both educative and experiential and will be carried out within a comfortable, informal group setting. We strongly advise attending BOTH sessions to optimise benefits and to give carers the space required to develop their knowledge but to also reflect and feel grounded.

Workshop 1

Will focus on the two main theories that underpin loss and bereavement and enable carers to understand how their own experience of these may impact their responses/behaviours. It will also offer insight into the loss experience of Looked After Children. It will provide an opportunity to reflect on the challenges of the role, as well as those facing the children in your care, and to normalise associated thoughts/feelings.

Workshop 2

Will focus on the importance of personal well-being and self-care and acknowledge the challenges faced in incorporating this into daily life. The session will provide a space to consider what well-being means to you as an individual and help to identify areas you may want to address/change. We will offer some creative activities to support loss/transitions (which can be shared with children) as well as practical resources and signposting for additional/ specialised support.

PLEASE ENSURE YOU ARE ABLE TO ATTEND BOTH DATES.

Workshop 1

Date	Time	Venue
Friday 13th October '23	9.30am - 12.30pm	TBC at Glenfield

Workshop 2

Date	Time	Venue
Friday 27th October '23	9.30am - 12.30pm	TBC at Glenfield

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.

By the end of the session, participants will:

- Understand what is an allegation.
- Know how allegations are investigated by the department.
- Learn what support is available to carers who are the subject of an allegation.
- Understand how to be prepared and protect yourself as a carer from allegations being made.

Date	Time	Venue
Tuesday 19th September '23	6:00pm – 7:30pm	Webinar
Thursday 18th January '24	10:00 m – 11:30am	Webinar
Saturday 9th March '24	10:00am – 11:30am	Webinar

Managing Contact between Children & their Birth Families

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

By the end of the session, participants will:

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

Date	Time	Venue
Tuesday 26th September '23	9:30am – 2:30pm	Webinar
Friday 1st March '24	9:30am – 2:30pm	Webinar
Saturday 9th March '24	10:00am – 11:30am	Webinar

Men and their Fostering Role

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 caregivers. 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.

By the end of the session, participants will:

- Have confidence in all aspects of supporting children.
- Understand the role of men in fostering and the struggles that men face within their care role.
- Know the attributes that constitute a positive male role model for foster children.
- Gain knowledge of the allegation procedure and make the whole process less intimidating.
- Learn how to support children in a safe manner that doesn't restrict you as a carer.

Date	Time	Venue
Tuesday 30th January '24	10:00am – 2:00pm	TBC at Glenfield

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.

By the end of the session, participants will:

- Have confidence and knowledge in the planning, introduction and post-placement process.
- Able to recognise and understand grief and loss issues (for the carer and the child)
- Have an understanding and insight into the needs of children according to their developmental level, interests, and history
- Be able to demonstrate carers' knowledge of the planning, introduction, and post-placement process.

Date	Time	Venue
Tuesday 21st November '23	10:00am – 2:00pm	TBC at Glenfield
Wednesday 1st May '24	10:00am – 2:00pm	TBC at Glenfield

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.

By the end of the session, participants will:

- Be able to manage interventions proactively and select appropriate strategies with the children and young people in their care.
- Understand and deal with the emotions of others as well as their own.
- Be able to 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.
- Gain training in de-escalating problems and disputes.

Date	Time	Venue
Tuesday 31st October '23	9:30am – 2:30pm	Webinar
Tuesday 7th November '23	9:30am – 2:30pm	Webinar

Positive Wellbeing Goals

Reflect on the things that support you to improve or maintain your own well-being and learn how small step changes and challenges can be included in your everyday life to have a positive impact. Using your own ideas and what you have learned, by the end of the course, you will have started to develop your own positive well-being goals as part of a personal well-being action plan.

Date	Time	Venue
Tuesday 12th September '23	1:00pm – 3:00pm	Hinckley Library
Monday 12th February '24	10:00am – 12:00pm	Webinar
Thursday 21st March '24	10:00am – 12:00pm	Symington Building, Market Harborough
Wednesday 24th April '24	6:30pm – 8:30pm	Loughborough Library

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 for recording, the paperwork involved, key information, and effective record keeping.

By the end of the session, participants will:

- Be clear about the carer's role in recordings.
- Able to raise awareness of national and local guidance and best practices in recording.
- Develop good knowledge of recording skills.

Date	Time	Venue
Tuesday 24th October '23	9:30am – 2:30pm	Webinar
Tuesday 30th January '24	9:30am – 2:30pm	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.

Two pre-recorded training presentations and videos to watch prior to the webinar date. A 45-minute live online interactive session follows, on selected dates, which gives participants the opportunity to discuss the training material and to ask the trainer(s) practice-related questions

By the end of the session, participants will:

- Know the different sleeping positions and sleeping products
- Be aware of room temperatures
- Gain Knowledge about dummies, pacifiers, swaddling & slings
- Be able to identify risk factors
- Gain further insight into premature babies

Date	Time	Venue
Thursday 14th September '23	10:30am – 11.15am	Webinar

Self-Compassion Workshop

This workshop is delivered by Leicester Life Links which are the Mental Health and Wellbeing Recovery Support Service for Blaby District, Oadby and Wigston Borough as well as Harborough District. They look at introducing individuals to self-help tools and techniques to improve their mental wellbeing and support all carers with or without a diagnosis of mental health

By the end of the session, participants will:

- Know the different definitions of self-compassion and self-kindness
- Gain knowledge of ways to practice self-compassion through random acts of kindness and the impact this can have on others
- Learn other tools and techniques to better improve our abilities to be self-compassionate.

Date	Time	Venue
Tuesday 22nd August '23	10:00am – 11.00am	Webinar
Tuesday 5th December 23	1:00pm – 2:00pm	TBC at Glenfield
Wednesday 12th June '24	12:30 pm – 1:30 pm	Webinar

Sleep and Wellbeing

The close connection between getting a good night's sleep and our physical and mental health is becoming ever clearer through research. On this course you will discover, and.

By the end of the session, participants will:

- Understand the links between sleep and wellbeing
- Be able to recognise healthy sleep habits
- Knowledge of the ways to improve sleep

Date	Time	Venue
Thursday 21st September '23	6:30pm – 8:30pm	Hinckley Library
Monday 10th November '23	1:00pm – 3:00pm	Webinar
Tuesday 29th January '24	10:00am – 12:00pm	Loughborough Library

“ It's such a good feeling being able to use the training in practice.

Feedback from our carers



Supporting Early Years Children in How to Make Everyday Play a Learning Opportunity

By the end of the session, participants will:

- Gain an understanding of the Early Years Foundation
- Understand the importance of play and how children learn through play
- Know ways of using play to promote early literacy and numeracy skills

Date	Time	Venue
Thursday 18th January '24	10:30am – 11.30am	TBC at Glenfield

Supporting Family and Friends of Carers to Understand the Role of Fostering Children

Being a carer is hard, and families often need support from their own families and friends. But traditional parenting methods are not always appropriate for children who have experienced trauma and this can cause conflict within families for carers who are trying to parent in a kinder way. This course is for family and friends of foster/kinship carers to understand fostering and children in care.

By the end of the session, participants will:

- Have knowledge of the reasons why children come into care.
- Learn how trauma and Adverse Childhood Experiences (ACE) impact brain development, and internal working model
- Understand therapeutic parenting and its importance when dealing with children who have experienced trauma
- Learn ways to support at different stages (settling in, moving on, etc).
- Gain knowledge on how to support your family or friend in their fostering journey e.g. settling in, transitioning, and moving on.

Date	Time	Venue
Thursday 30th November '23	9.30am – 12:30pm	TBC at Glenfield
Wednesday 15th May ' 23	7:00pm – 9:30pm	Webinar

The Importance of Life Story Books and 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. But it is important that children have something to reflect on as they get older so that they can understand their lives.

By the end of the session, participants will:

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

Date	Time	Venue
Wednesday 11th October '23	10:30am – 12:30pm	TBC at Glenfield
Wednesday 6th March '24	10:30am – 12:30pm	TBC at Glenfield

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.

By the end of the session, participants will:

- Know the difference between 'standard' parenting and 'therapeutic' parenting.
- 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 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.

The Principles & Values of Signs of Safety from a Foster Carer Perspective

This course looks at 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?

By the end of the session, participants will:

- Understand the Signs of Safety Framework and the knowledge and thinking that sits behind the way workers work with families
- Know how to maximise your role as a partner in how we all work with children and their families

Date	Time	Venue
Wednesday 27th September '23	10:00am – 12:30pm	Room 101, County Hall, Glenfield
Wednesday 14th February '24	10:00am – 12:30pm	TBC at Glenfield

The Voice of the Child within Care Proceedings

The aims of the course will help you understand how the voice of the child is represented in the family courts. This course is designed to help understand the role of the children's Guardian in court proceedings and their role in court. You will gain a greater understanding of the process to help you guide and support children and young people.

By the end of the session, participants will:

- Understand the different roles within care proceedings
- Be able to build confidence in communication with guardians and experts within court proceedings
- Understand the foster carer's role in the proceedings

Date	Time	Venue
Thursday 11th April '24	10:00am – 2.00pm	TBC at Glenfield

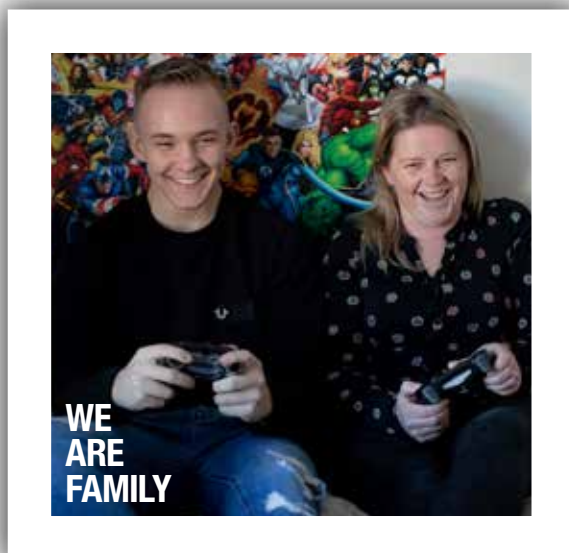
Understanding Neurodiversity (ADHD, Autism, Dyspraxia, Dyslexia)

Neurodiversity is a term we hear a lot recently, but what does it mean? How and why does it occur and how does it affect individuals? In this session, we will look at Autistic Spectrum Disorder, ADHD, ADD, Dyslexia, Dyscalculia, Dyspraxia, and global learning delay. We will consider the impact of acute childhood experiences, neglect, and abuse and the way that this can cause the brain to develop differently

By the end of the session, participants will:

- Know the common difficulties neurotypical children may have with communication, learning/emotion control, and social skills
- Learn simple strategies that can be used to help in everyday life depending on their difficulty (not necessarily their diagnosis), as well as in education.
- Be able to understand the role of other professionals and how they can help children further

Date	Time	Venue
Thursday 16th November '23	9:30am – 1:30pm	Park House, Stamford Street, Glenfield
Thursday 21st March '24	9:30am – 1:30pm	Webinar



Using the Online Portal for Child Logs and Memories

(Egress Workspace)

Using the online portal is an important part of the role of the foster carer and is a web-based system by 'Egress' that stores some confidential information such as your supervision report, annual reviews, and child logs. This also has a child's virtual memory box for carers to upload, photos, videos, and their achievements.

An introductory telephone call will be provided by a member of the team to get you started and an offer of further face-to-face support if required.

Wellness and Beyond Event – Time For You

The health and well-being of foster carers play an integral role in carers' ability to effectively look after children. For some carers, talking things through isn't the most appropriate solution and instead may benefit from a different approach. This event offers a taster of several approaches to well-being to take away and beyond. There will be a creative self-care activity, reflexology, a mindfulness walk, and some time to enjoy a relaxing lunch with other carers (lunch provided)

Date	Time	Venue
Wednesday 28th February '24	9:30am – 2.30pm	Ulverscroft Grange, Whitwick Road, Ulverscroft, Markfield, LE67 9QB

“ 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**
Training Officer: **0116 305 2239**
Business Support Admin: **0116 305 3051**

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**

CONTACT CENTRES

Hinckley: **0116 305 5601**
Coalville: **0116 305 8718**
Loughborough: **0116 305 5314**

Fostering Network: **0207 401 9582**
LFCA: **0116 240 3849**



Foster Carers Professional Development Journal 2023/2024



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	<p>I understood the role of the first aider to be able to deal with emergencies</p> <p>I understood how to manage an unconscious casualty who is not breathing normally</p> <p>CPR (baby, child procedures)</p>	<p>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.</p>

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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Leicestershire
**Fostering
& Adoption**



we
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our
**FOSTER
CARERS**

CALLING OUR FOSTER CARERS!

Don't forget that if you refer someone to be a foster carer with us, then on their approval and first placement with us, you will receive a gift card for £500!

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