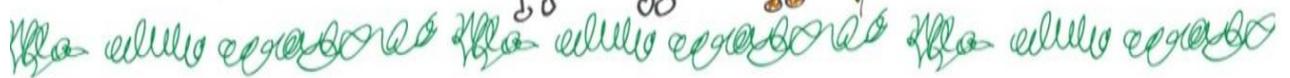


Fostering with Trafford



TRAFFORD
COUNCIL



Foster Carer Training Programme September 2019 – April 2020



Introduction

Welcome to Trafford Family Placement Team's programme of Training and support groups for 2019/ 20. As part of our commitment to you and the children in your care, the Training Programme forms part of the on- going support available to all Foster Carers.

Training is an essential part of the Fostering role however we also hope that you find it enjoyable! Training will offer you the opportunity to learn new skills and offer you ways to explore and expand your expertise. Training will also offer you the opportunity to meet other carers and share experiences.

By attending Foster Carer training, you will have the opportunity to develop your skills and develop through the Skills Banding structure for Foster Carers.

The Training Programme should answer all of your questions about training however if you have anything you want to ask or any feedback you wish to share please contact:

Trafford's Training Officer – Jonathan Hughes
Jonathan.hughes@trafford.gov.uk
0161 912 2448

or

Service Manager for Fostering and Adoption – Nichola Doyle

0161 912 2755
Nichola.doyle@trafford.gov.uk

How to book

To book onto any training course, please contact the Training Officer by email to request a place on any course.

Trafford's Training Officer –jonathan.hughes@trafford.gov.uk

Email: jonathan.hughes@trafford.gov.uk

The Training Officer will send an email or call you to confirm your space on training no later than a week before the course is scheduled to run.

Room:

Training will normally take place at;

Trafford Town Hall
Talbot Road
Stretford
M320TH

Please be aware training held at weekend is likely to be in the Community. You will receive notification of the addresses in the Training Bulletin.

Training Times

The times of courses will vary depending on content however in recognition that often carers will need to drop off and collect children from school, training will where possible start no earlier than 9.30am and finish no later than 2.30pm.

However, external facilitators may insist on slightly different times to comply with their accreditation. We have negotiated these times to start and end as close to the above times where possible.

Parking

A number of free short stay parking is available within close proximity to Trafford Town Hall. While we would appreciate carers parking in these facilities for short courses or visits to the Town Hall we appreciated this is not always possible.

When attending training over two hours, carers are invited to park at Manchester Cricket Club and will be reimbursed the parking charges on the same day of training if required.

There are a number of Blue Badge Holders spaces in the Visitors Car Park that Blue Badge holders are welcome to use.

Refreshments

Drinking refreshments are available in all training courses. In addition to this, there is a cafeteria within the Town Hall that all carers are invited to make use of.

Evening and Weekend Training

In recognition that some foster carers are not available to attend training during the daytime, some evening and weekend courses are available.

Training Course	Dates Available	Room
Drug and Alcohol Awareness	Sat February 29th 2020	To be confirmed
Safer Caring Managing Allegations Recording: Best Practice	Sat March 14 th 2020 10:00am – 2.30pm	To be confirmed

E-Learning

E learning is available to all Carers, these are not a substitute for the opportunity of 'live' training but offer opportunity to access learning that is not covered by the main programme and some flexibility for carers whom attending training presents with challenges.

Some Mandatory Sessions can be accessed by e learning but please liaise with your SSW before requesting Mandatory Training on-line.

Non-Mandatory online courses include:

- WHAT ABOUT THE MEN? Supporting, men to manage risks and how to protect male carers from allegations.
- AUTISM AND CHILDREN IN CARE. An overview of Autism and Asperger's Syndrome. Tools to help better understand how we may best meet the needs of children on the Spectrum
- MANAGING SELF HARM. Exploring the reasons why some children self-harm and how to address the issues with them.
- FOETAL ALCOHOL SYNDROME: Understanding Foetal alcohol syndrome is not a single birth defect. If you drink, does baby drink too. How you can help prevent it.
- MODERN SLAVERY - The British Government estimates that tens of thousands of people are in modern slavery in the UK today. How are children trafficked into the UK from overseas? Most commonly young people are trafficked into forced labour in industries such as Nail Bars, agriculture, construction, hospitality, manufacturing and car washes. Many women and girls are trafficked for sexual exploitation and to beg.
- UNDERSTANDING BEREAVEMENT & LOSS. What are the symptoms of grief in children? Are children in Care able to grieve and why may they grieve?

Once you have discussed and agreed online training with your SSW please email Jonathan Hughes the name of the course you'd like to do. AC Education will then email you the link to commence the course. You can download and print off your certificates on completion of the course.

Feedback /Evaluation process

It is important to us that the training that you attend is both informative and develops your skills but also that it is enjoyable and well run. We are keen to hear your feedback!

We are looking to move to an electronic evaluation process and will update all carers on this in the coming months. In the meantime, carers will be provided with Evaluation Forms at the end of training which can be provided on the day or via email to the Training Officer or Service Manager.

All foster carers views on training are important to us and so for any carers that are keen to have an input in to how training is run in Trafford are invited to be Foster Carers Training Forum which is run as a sub group of the Have Your Say Forum. For more information on how to get involved, please contact Service Manager Nichola Doyle – Nichola.doyle@trafford.gov.uk.

Certificates

Certificates of attendance will be provided for all courses attended. You will be sent your certificates within two weeks if not provided to you on the day. Your attendance at training is also recorded on Social Care systems so don't worry if you ever lose a certificate.

Cancellation

On some occasions training courses are oversubscribed. Where carers have booked onto training but are no longer able to attend, please update the Training Officer so that places can be offered to others hoping to attend.

Trafford Strategic Safeguarding Board TSSB

In addition to the training offered by Trafford Family Placement Team, all carers are also invited to attend training offered by Trafford Safeguarding Children's Board. <http://www.tsrb.co.uk/Home.aspx>

Please Note: Restorative Practice Training is Bookable via TSSB website

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Mandatory Training

Mandatory training courses are the courses that all foster carers are required to attend at least every three years. These courses inform the core skills and knowledge required by all foster carers.

Over the following pages are a list of the mandatory courses and the dates to allow you to plan your learning for the year.

Completion of training is an essential part of the Foster Carer Skills Banding structure.

Training Course	Dates & Times Available	Room
Safeguarding 1: Safeguarding Foundations and Missing From Care	10th March 2020 10:00 - 3:00pm	All courses with the exception of those marked * at held at Trafford Town Hall. Room 7
	8th October 2019 10:00 - 2:30	
Safeguarding 2: Safeguarding Risks and CSE / CCE	24th March 2020 10:00 - 2:30	Room 6
	1st October 2019 10:00 - 1:00	
Safeguarding 3: Safeguarding Lessons and Local Safeguarding Practice	13th January 2020 10:00 - 1:00	Room 6
	29th November 2019 10:00am - 12:00pm	
Safer Caring	29th November 2019 10:00am - 12:00pm	All courses with the exception of those marked * at held at Trafford Town Hall.
	March 14th 2020* 10:00 - 2:30 (Safer Caring Managing Allegations Recording: Best Practice will be covered on this day)	
Paediatric First Aid	23rd September 2019 9.30 - 3.45pm.	Trafford Town Hall
	11 th October 2019 9.30 – 3.45pm	
Recording	18th November 2019 9.30 - 3.45pm	All courses with the exception of those marked * at held at Trafford Town Hall.
	29th November 2019 12:30pm - 2:30pm	
Education – A Foster Carers Role In;	March 14 th 2020* 10:00 - 2:30 (Safer Caring Managing Allegations Recording: Best Practice will be covered on this day)	Trafford Town Hall
	27th November 2020 10: - 12:00	
Drug and Alcohol Awareness	19th February 2020 10:00 - 12:00	Trafford Town Hall
	27th November 2019 10:00 – 1.30pm	
Managing Allegations	29th February 2020 10:00 – 13.30pm	Trafford Town Hall
	24th April 2019 12:30 - 2:30	
	18th September 2019 12:30 - 2:30	Trafford Town Hall
	29th February 2020 1:00 - 3:00	
	March 14 th 2020* 10:00 - 2:30 (Safer Caring Managing Allegations Recording: Best Practice will be covered on this day)	All courses with the exception of those marked * at held at Trafford Town Hall.

Training Support and Development Standards Workbook (TSDS)

In addition to the mandatory training courses, all new foster carers are required to complete the Training Support and Development Standards Workbook (TSDS). While carers can work in this independently with support of their Supervising Social Worker or Mentor, carers are invited to attend the TSDS Workshop to assist them in completing the workbook.

Date	Time	Room
2 nd October 2019	1pm – 5pm (drop in)	Maria Margaret Netherwood Conference Room (A)
25 th March 2020	1pm – 5pm (drop in)	Maria Margaret Netherwood Conference Room (B)

The TSDS workbook is an essential requirement of all carers as set out by the Department of Education. General foster carers are required to complete their workbook by the time of their first annual review and Connected Persons foster carers are required to complete the workbook within 18 months of their approval as foster carers.

If you require any support with in completing the TSDS workbook please contact your Supervising Social Worker.

The TSDS is something that only needs to be completed once and will not need to be revisited every three years as with other mandatory training.

Skills to Care

The 'Skills to Care' is bespoke induction training for connected persons carers. This will explore what being a connected persons carer feels like and how you can be supported in managing the impact on your lives'. It will explore the fostering regulations and what the expectations are on connected persons carers as well a detailed look at what support is available. This is a 'one off' training and will enable connected persons carers to be uplifted to skills band 2.

<u>Skills to Care</u>	<u>Time</u>	<u>Room</u>
26 th November, 2 nd and 9 th December	10.00am – 2.30pm	Trafford Town Hall
29 th January, 3 rd and 18 th February 2020	10.00am – 2.30pm	Trafford Town Hall

Safeguarding 1 Safeguarding Foundations and Missing From Care

(Mandatory, Once every 3yrs)

Overview

Safeguarding Children is everyone's job. These sessions are aimed specifically at Foster Carers to help them explore roles and responsibilities in the context of their role with children in Care.

Objectives:

- To understand 'categories' of abuse.
- To understand Trafford's Missing from Care Policy.
- To gain an understanding of the impact of culture in recognising and managing risk.
- To understand how to respond when a child discloses abuse.
- To understand how to respond if you have concerns a child may be at risk of harm.

Facilitator: Jonathan Hughes

When:

Date	Time	Room
Tuesday, 10th March 2020	10am – 2.30pm	Maria Margaret Netherwood Conference Room (B)

Safeguarding 2: Safeguarding Risks and CSE / CCE

(Mandatory, Once every 3yrs)

Overview

This session is to introduce Foster Carers to some of the criminal events in today's society that vulnerable children can be drawn into. We will look behind the headlines to understand how some children are drawn in and what can happen as a result.

Objectives:

- To gain an understanding of Child Sexual Exploitation (CSE) and Child Criminal Exploitation (CCE)
- To gain an understanding of 'County Lines' trafficking of drugs using children.
- To gain an understanding of the trafficking of young people.
- To gain an understanding of gang culture and safety planning
- To gain a wider understanding of knife crime and safety planning

Facilitator: Jonathan Hughes and a representative from Trafford's Complex Safeguarding Team

When:

Date	Time	Room
Tuesday, 8 th October 2019	10am – 2.30pm	Room 7
Tuesday, 24 th March 2020	10am – 2.30pm	Room 6

Safeguarding 3 Safeguarding Lessons and Local Safeguarding Practice

(Mandatory, Once every 3 years)

Overview

Serious Case Reviews must be carried out in the event of death of, or serious harm to, any child in England. In this session we will be looking at learning from these reviews.

Objectives:

- To gain an understanding of learning from Serious Case Reviews
- To gain an understanding of learning from Judicial Reviews and Coroners report findings for children and families
- To gain an understanding of lessons learned by the good practice of foster carers.

Facilitator: Jonathan Hughes (Training Officer) and Guest Speaker to be confirmed.

You will receive confirmation of your space on training no later than a week before the course is scheduled to run.

When:

Date	Time	Room
Tuesday, 1 st October 2019	10am - 1pm	Room 6
Monday, 13 th January 2020	10am - 1pm	Maria Margaret Netherwood Conference Room (A)

Safer Caring

(Mandatory)

Overview

One of the most important responsibilities of a foster carer is to keep children and young people safe. At the same time, foster carers must keep themselves and their families safe from any harm that could arise through fostering, including the risk of complaints or allegations.

Objectives:

- To develop knowledge and understanding relating to risk.
- To consider risk taking behaviour by children and young people
- To develop a wider understanding of 'safer caring' within the context of the fostering role.

- To gain a wider understanding of Trafford's Safer Caring Policy
- To consider safe care in the context of children missing from care.

Facilitator: Jonathan Hughes**When:**

Date	Time	Room
Friday, 29 th November 2019	10am - 12pm	Room 10
14 th March 2020 (Saturday) (3 courses covered on this day)	10am – 2.30pm	Saturday – venue TBC

Paediatric First Aid

(Mandatory)**Overview**

This course offers Paediatric First Aid Training for foster carers. It is aimed at giving attendees the confidence to tackle emergency events as they happen, from how to wrap a bandage to delivering resuscitation.

Objectives:

- To gain a practical understanding of how to respond to first aid emergencies
- To gain a practical understanding of resuscitation of babies and children.
- To gain an understanding of what should be contained within first aid kits.

Facilitator: ABC North West

Places on this course are limited to 12 due to the practical nature of the learning and the accreditation. Please book early to avoid disappointment.

You will receive confirmation of your space on training no later than a week before the course is scheduled to run.

When:

Date	Time	Room
Monday, 23 rd September 2019	9.30am - 3.45pm (FULL)	Room 6
Monday, 18 th November 2019	9.30am - 3.45pm	Room 10
Friday, 11 th October 2019	9.30am – 3.45pm	Room 6

Recording

(Mandatory)**Overview**

Keeping clear and accurate records is a key part of a foster carer's role. The focus of the training is in helping carers to understand the reason for recording, what can happen with recordings and what and how to record.

Objectives:

- To gain an understanding of the expectations of recording for all foster carers
- To gain an understanding of data protection and the responsibilities of foster carers.
- To understand what should be included in foster carer recordings.
- To gain an understanding of Trafford's Recording Policy.

Facilitator: Chris Walsh (Training Officer)**How to book:**

Email Training Officer Chris Walsh on christopher.walsh@trafford.gov.uk

You will receive confirmation of your space on training no later than a week before the course is scheduled to run.

When:

Date	Time	Room
29 th November 2019	12:30pm – 2.30pm	Room 10
14 th March 2020	12:30pm -2:30pm	Saturday Training Venue TBC

Education: The Role of the Foster Carer

(Mandatory)

Overview

In this session we look at Education for the children in our care. We explore what is meant by education in its wider sense. Education can often provide continuity and stability when a child or young adult's life is in turmoil. We consider trends between children in care and University and consider when we should be planting the seeds of further education.

Objectives:

- To gain and understanding of Personal Education Plan's (PEP's) and the role of the foster carer within this process.
- Considering ways to support and promote education from an early age.
- Considering ways to promote and support children in accessing Further Education
- Considering ways to encourage and support the aspirations of children and young people.
- Considering ways to recognise and acknowledge effort and achievement of children and young people.

Facilitator: PEP Coordinator – Lindsay Nelson

When:

Date	Time	Room
Wednesday, 27 th November 2019	10am – 12pm	Room 6
Wednesday, 19 th February 2020	10am – 12pm	Maria Margaret Netherwood Conference Room (B)

Drug and Alcohol Awareness

(Mandatory)

Overview

The course is an up to date exploration of new and emerging trends in the field of substance misuse and the supporting complex needs of young people and families. The courses are professionally written and are mapped to DANOS – Drug and Alcohol National Occupational Standards and delivered by an experienced trainer and substance misuse practitioner. Each delegate will receive a FREE copy of their brand new 40 page 'Drugs & Alcohol – The Facts' workbook.

Objectives:

- To gain and understanding of the drugs available to young people
- To gain an understanding of legislation related to drug and alcohol use
- To gain an understanding of how to recognise common drugs and paraphernalia
- To gain an understanding of the effects of taking common drugs
- To gain an understanding of how to respond to and support young people in your care who are misusing drugs or alcohol.

Facilitator: Early Break

Since 1994, Early Break has been supporting young people and families with issues around substance use. Much of the information around substance use is gleaned from the very people they support.

When:

Date	Time	Room
Friday, 22 nd November 2019	10am – 1.30pm	Training Room 3 (basement TTH)
29 th February 2020 (Saturday)	10.00am – 1.30pm	Saturday Training Venue TBC

Managing Allegations

(Mandatory)

Overview

This course aims to enable participants to develop their understanding of allegations and complaints made against foster carers, and of the procedures used to manage such allegations and complaints to be explored. We aim to develop a balanced and realistic understanding of allegations and complaints in foster care and consider how everyone involved in the Carers life can play a part in minimising the incidence of allegations of abuse

Objectives:

- To gain an understanding of process of managing allegations in Trafford.
- To gain an understanding of the role of the Local Authority Designated Officer (LADO)
- To gain an understanding of the support available to foster carers in the event of an allegation.
- To consider the implications of managing risk sensibly in the context of managing allegations.

Facilitator: Jonathan Hughes

When:

Date	Time	Room
Wednesday, 18 th September 2019	12:30 – 2.30pm	RM 6

Training Support and Development Standards Workshop (TSDS)

(Mandatory)

Overview

The TSDS workbook is a mandatory requirement and a single place to capture all the evidence needed to attain the standards expected of a Trafford foster carer. In this session we will catch up on any issues carers may have; what are the obstacles and how to overcome them?

Objectives:

- To gain an understanding of the Training Support and Development Standards
- To access support in evidencing and completing the TSDS workbook.

Facilitator: Jonathan Hughes

When:

Date	Time	Room
Wednesday, 2 nd October 2019	1pm – 5pm (drop in)	Maria Margaret Netherwood Conference Room (A)
Wednesday, 25 th March 2020	1pm – 5pm (drop in)	Maria Margaret Netherwood Conference Room (B)

Working with Children who have been Sexually Abused

Overview

We discuss how to support children who have experienced sexual abuse. There will be exploration of what support children need, risk indicators, and how to respond to reactive behaviours and attitudes towards sexual activities.

Objectives:

- To gain an understanding of child sexual abuse and the impact of this.
- To gain an understanding of how to support children who have experienced sexual abuse.
- To gain an insight into trauma
- To gain an insight into building resilience and creating a safe space for children.

Facilitator: AC Education - Vanessa Rogers

When:

Date	Time	Room
Tuesday, 5 th November 2019	9.30am – 3pm	Training Room 3

Domestic Abuse & Impact on Children

Overview

In this session we explore what is considered domestic abuse in society today. How domestic abuse can seriously harm children and young people and why witnessing domestic abuse can lead to physical and emotional harm.

Objectives:

- To gain an understanding of the impact of domestic abuse on children
- To gain an insight into forced marae, female body mutilation and honour based violence
- Is abuse in the name of religion cruel if it's a rite of passage?

Facilitator: TBC

When:

Date	Time	Room
Tuesday, 3 rd March 2020	12.30pm – 2.30pm	Maria Margaret Netherwood Conference Room (B)

Understanding & Staying Safe in a Digital World

Overview

There is a lot of discussion around the Internet on social media and the use of this by children and young people. The internet can present risks for all young people but additionally so for more vulnerable young people. The focus of this session is on understanding the risks and how to reduce these for the children in our care. During the session there will be exploration of simple tools to help attempt to debunk some of the myths surrounding the internet.

Objectives:

- To gain a greater understanding of Social Media use by all children.
- To gain an understanding of cyber bullying and how to respond
- To gain an understanding of pornography and the law relating to this.
- To gain an understanding of the technology available to provide safety to children on the internet

Facilitator: Ac Education Vanessa Rogers

When:

Date	Time	Room
Tuesday, 4 th February 2020	10am – 3.00pm	Room 6

Managing Challenging Behaviour: Team Teach

Overview

The focus of the session is on the promotion of de-escalation strategies and the reduction of risk and restraint. The aim of the session is to build on confidence and competence, in responding to behaviours that challenge, whilst still promoting and protecting the good, positive relationships.

Objectives:

- To gain an understanding of challenging behaviour and how to respond.
- To gain an understanding of de-escalation techniques

- To understand the policy in relation to physical restraint

Facilitator: Mike Glazebrook from Team Teach

When:

Date	Time	Room
13 th September 2019	10am – 3pm	Training Room 3 (Basement TTH)
14 th January 2020	10am – 3pm	Room 9

RSPCA: Breaking the Chain

Overview

An interactive course run by the RSPCA focusing young people's behaviour towards animals and promoting ways to encourage positive interactions with pets.

Objectives:

- To consider the reasons that children may display harmful behaviour towards animals.
- To gain an insight into the ways to promote positive attitudes and behaviours by children towards animals.

Facilitator: RSPCA – Kate Regan

When:

Date	Time	Room
Friday, 17 th January 2020	10.30am – 1.30pm	Room 6

Nurtured Heart Approach

Overview

The focus of the session is to introduce the Nurtured Heart Approach as a method of looking after children. The method has helped thousands of carers and other families, manage children in creative and constructive ways – helping children achieve emotional contentment with new confidence and enduring levels of competency.

Objectives:

- We will show you how to not only improve your situation with a challenging or difficult child, but to transform the relationship
- We will understand how the young person's intensity is actually the source of their greatness

Facilitator: Jonathan Hughes

When:

Date	Time	Room
Monday, 25 th November 2019	10am – 1pm	Room 6
Wednesday, 4 th March 2020	10am – 1pm	Maria Margaret Netherwood Conference Room (A)

Religion and Looked After Children

Overview

The focus of the session is to support carers in supporting young people in their care in relation to their religious needs. The session will explore why a religion is so important to a looked after child and why they may not know it yet.

Objectives:

- To gain an insight into a range of religions and faiths to inform the care provided by foster carers.
- To gain an awareness of radicalisation and how to respond.
- To consider the ways to promote children's religious identity

- To gain an understanding of a range of religions

Facilitator: Jonathan Hughes (Training Officer) and Supervising Social Worker Ismaa Iqbal.

When:

Date	Time	Room
Tuesday , 17 th September 2019	10am – 12pm	Room 6
Wednesday, 11 th March 2020	10am – 12pm	Maria Margaret Netherwood Conference Room (B)

Equality and Diversity

Overview

The focus of the session is to explore equality and diversity within foster care and to explore what is meant by the terms. There will be consideration of discrimination and of how communication can be influenced by culture, religion or identity. There will be consideration of appropriate use of language as well as consideration of the Law relating to equality and diversity.

Objectives:

- To gain an understanding of discrimination
- To understand how young people's diverse backgrounds may impact on how they form relationships or interact with you.
- To gain an understanding of the legal context relating to equality and diversity.

Facilitator: Jonathan Hughes(Training Officer) and Ismaa Iqbal

When:

Date	Time	Room
Monday, 27 th January 2020	1:00pm – 3:00pm	Room 9

Developing Emotional Wellbeing and Self Esteem through Play and Creativity

Overview

Play is essential to development because it contributes to the cognitive , physical and emotional well being of children and youth.

This course will explore the theory behind why Play and Creativity are essential component to a Child's and Young Person's development in that it supports them to develop and understanding of themselves, their emotions, their relationship and the world around them. This training will introduce participants to the E.P.R (Embodiment / Projective/ Role) 3 staged , developmental , model of play to discover the skills and resources children and young people gain within each stage of play. This course aims to equip participants with simple and practical creative strategies to support Child and Young People re-engage with their play and creative resources in order to support emotional wellbeing, self-esteem and resilience.

Objectives:

- Been introduced to play and its benefits for the developing child and young person
- A basic understanding of E.P.R development stage of play
- To consider risk factors that can interfere with eh CYP's play development
- To consider way in which we can support creativity and play in a child or young person who hasn't felt able to or safe enough to play in their childhood.
- For participants to have fun and get more in touch with their own relationship with creativity.

Facilitator: Harriet Williams (Therapist)

When:

Date	Time	Room
Wednesday, 6 th November 2019	10am – 2.30pm	Room 9

Meeting the Health Needs of Looked After Children

Overview

This course will focus on the role of foster carers in meeting the health needs of looked after children and what support is available for Looked after Children in relation to health? There will be consideration of the process in place to monitor the progress/gaps in Looked after Children's Health Plans and what are the challenges for looked after children with health issues and how to overcome them

Objectives:

- To understand the foster carers role in meeting the health needs of the children in their care.
- To gain an understanding of the support available in relation to health for looked after children.
- To gain an understanding of looked after children's health plans.
- Updated guidance on safe sleeping for infants

Facilitator: Elaine Sherard – Looked After Childs Nurse

When:

Date	Time	Room
Wednesday, 16 th October 2019	10:00am – 12:00pm	Committee Room 1

Supporting Young People in Finding their Own Solutions

The solution focused approach is widely used in care, social , educational and health settings and regarded as an effective means of supporting people of all ages. Living life within the care system can often mean major life decisions are made by others for children and young people, which can often result in them feeling defined by their life experiences and behaviour where they see themselves as ' the sum of their own problems'.

Training Outcomes

- An understanding of the main aspects of the Solution Focused Approaches
- Consider teaching problem solving techniques to Looked After Children and Young People can promote resilience
- The opportunity to learn and practice simple and useful Solution Focused Techniques
- Learnt how to support Children and Young People and Carer's set achievable goals
- The opportunity to become familiarised with SF techniques through experiential exercises and explore ways to apply them to their work with children , young people and carers.

Facilitator: Harriet Williams (therapist)

When:

Date	Time	Room
Friday, 6 th December 2019	10:00am – 2.30pm	Maria Margaret Netherwood Conference Room (B)

Contact and working with Birth Families

Overview

What is the purpose of contact for looked after children and its legal context? We look at how supervised Contact is managed and what is the Foster Carers role in working with birth family and supporting contact effectively?

We will look at implementing some basic steps carers can take to improve their personal and situational awareness in relation to contact. We will discuss personal safety and how to get help when managing and planning Contact.

Objectives:

- To develop an understanding of the purpose of contact and the legal context of this.
- To gain an understanding of how supervised contact is facilitated.
- To gain an understanding of the foster carers role in working with birth families and supporting contact

Facilitator: Jonathan Hughes and Jo Cartwright (Contact Manager Hayeswater)

When:

Date	Time	Room
Tuesday, 17th March 2020	10:00am – 12:00pm	Maria Margaret Netherwood Conference Room (B)

Bullying and Looked After Children

Overview

It's a fact of life that some looked after children are bullied. Some perceive they are being bullied and some are the bullies. This session looks at the research as to why this is the case

Objectives:

- To gain an understanding of bullying and how to respond.
- To consider reasons why children may become bullies.
- To identify the effects of bullying
- To identify the signs and indicators of bullying

Facilitator: Jonathan Hughes Training Officer

When:

Date	Time	Room
Monday, 14 th October 2019	10am – 12pm	Room 7

Introduction to Cognitive Behaviour Techniques with Common Mental Health Problems:

‘Children in Care are 4 times more likely than their peer to have a mental health difficulty’ NSPCC

This course explore current date and statistics to provide participants with an overview of the current common, mental health issues experience by Children and Young People today and looks at why Looked –After Children and Young people are more likely to experience mental health difficulties. Using up to date research the course will go into more depth looking at Anxiety and Depression as the most common mental health issues for children and young people and considers the particular risk and resilience factors for groups of children and young people, specifically those in care.

Training Outcomes

- Introduced to the most common mental health problems for children and young people
- An introduction on effects of Anxiety and Depression on the developing Children with specific consideration to the children and young person in Care and potential impact on their future mental health.
- Learn the key principles within the CBT framework approach
- An understanding on common ‘Automatic Negative Thinking’ patterns (Ants) and learnt strategies to support Children and Young People to Manager these
- Participated in experiential exercises so as to explore introducing CBT and Psycho-education techniques to children and young people in care
- Consider how CBT Third Wave Mindfulness techniques can support Children and young People de-escalate and regulate depression and anxiety symptoms and find calm with their ‘window of tolerance’
- An awareness of how to support children and yong people manger their common mental health issues better and assess when more specialist support is needed within knowledge of referral pathways
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Facilitator: Harriet Willams (Therapist)

Date	Time	Room
Friday, 24 th January 2020	10.00am-2.30pm	Maria Margaret Netherwood Conference Room (B)

Life-Story Work

Overview

In this session we look at the significance of life story work for young people in care. Done effectively life-story work helps create a secure base for the looked-after child to explore their past, present and future.

Objectives:

- To gain an understanding of the significance of a child's journey and the need for life story work.
- To gain an understanding of what life story work is and how to support this.
- To understand the role of foster carers and others in life story work.

Facilitator: Training Officer and Tracey Warren

When:

Date	Time	Room
Tuesday, 28 th January 2020	12:30pm – 2:30pm	Room 9

Food in Care

Overview

A Child's perception of food can be damaging. Often children will hoard food, be secretive about it or simply have come from an environment where food and food choices were unhelpful. Healthy eating has many other benefits. When we eat well we sleep better, have more energy and better concentration – and this all adds up to healthier, happier lives! Healthy eating should be an enjoyable social experience. When children and young people eat and drink well they get all the essential nutrients they need for proper growth and development, and develop a good relationship with food and other social skills

Objectives:

- To support foster carers in responding to the needs of children who have experienced poor nutrition before being looked after.
- To consider ways to support young people with eating difficulties
- To consider the impact of early experiences in relation to food.
- To gain an insight into the link between diet and health.

Facilitator: Jonathan Hughes, Laura Chapman (foster carer), Maureen Ajayi (supported lodgings co-ordinator) (accredited trainers)

You will receive confirmation of your space on training no later than a week before the course is scheduled to run.

When:

Date	Time	Room
Monday, 7 th October 2019	10am – 2.30pm	Maria Margaret Netherwood Conference Room (B)
Thursday, 6 th February 2020	10am – 2.30pm	Room 9

Mini First Aid for Kidz

Overview

Following a Coroner's inquest in 2018, into the Manchester bombing in 2017, a recommendation was for the government to encourage children as young as 3yrs to have a basic understanding of first aid. Mini-First Aid is that program and it's been very successful so far!

Objectives:

- For children to be shown in a playful, child-centred way what to do in an emergency.
- Understanding the Heimlich manoeuvre with a doll for the game 'how far can you make the ball go' session
- How to use a mobile phone. Using the mobiles phones provided on the day to access 999 and what to expect from the voice on the other end.

Biscuits and sweets provided!

Facilitator: Danni Wood. Mini First Aid

When:

We attempt to put these courses on during school holidays but accept not all schools are off at the same time

Date	Time	Room
23 rd October 2019	3-7 yrs 10:30am – 11.30am	Training Lounge Trafford Town Hall
	8-11 yrs only 1:00am – 2:30pm	
12 th February 2020	3 – 7yrs only 10:30am – 11:30am	Training Lounge Trafford Town Hall
	8-11 yrs only 1.00pm – 2:30pm	

Recognising the Needs of Foster Carers' Birth Children

Overview

The focus of this training is on foster carer's birth children and the impact of being part of a fostering family. There are good and sometimes difficult aspects of being part of a fostering family. This training looks at this and how we can best support and acknowledge the birth children's role. This will consider learning from research relating to children and the experienced of foster carers.

Objectives:

- To support carers in way to explain to their children the impact of trauma often experienced by looked after children.
- To support carers in ways to support birth children and recognise their role.
- To support positive relationships between birth children and looked after children.
- To support carers in supporting their children at the end of a placement.

Facilitator: Jonathan Hughes

When:

Date	Time	Room
Wednesday, 25 th September 2019	10am - 12pm	Training Room 2
Monday, 20 th January 2020	10am - 12pm	Maria Margaret Netherwood Conference Room (B)

Making a Foster Child's First Day with You Easier

Overview

Your foster child's first impression of their new home will likely form a lasting memory, so it's important we do as much as possible to make it a positive one. Even if it's an emergency placement, there are simple things you can do to make the transition easier.

Objectives:

- To gain an understanding of how to prepare for placements.
- To consider practical ways to make the first day in placement a positive one.

- To support carers in involving their family
- To consider the experiences of young people

Facilitator: Jonathan Hughes (Training Officer) and Tracy Warren

When:

Date	Time	Room
Tuesday, 12 th November 2019	10am – 12pm	Room 9
Monday, 23 rd March 2020	12:30pm – 2:30pm	Maria Margaret Netherwood Conference Room (B)

Looking after Trafficked and Unaccompanied Asylum Seeking Children (UASC)

Overview

There are many reasons why a child or young person is not in their own country: War, oppression, slavery, sex-working and civil unrest can create situations in which many children may be fearful once they arrive in the UK. The focus of the session is to support carers in understanding their role as UASC carers.

Objectives:

- To gain an understanding of the experiences of asylum seeking young people
- To gain an understanding of the support available to carers caring for UASC
- To gain an understanding of trafficking within the UK.
- To gain an understanding of how to support young people who may have experienced persecution and discrimination based on their ethnicity, religion or culture.

Facilitator: Jonathan Hughes and Child Social Worker - Kate Shannon

When:

Date	Time	Room
Wednesday, 13 th November 2019	1pm – 3pm	Room 9

Supported Lodgings & Staying Put

Overview

We want to ensure that care leavers get the same care and support that their peers would expect such as help finding a job or setting up home. In the past some young leaving care have struggled to cope with the transition to adulthood and go on to experience difficulties. We want to share with you good practice and ways to help a young person manage this transition.

Objectives:

- To understand 'Staying Put' and when to sew the seed of adulthood
- To gain an understanding of how to support young people to progress towards independence.
- To gain an understanding of the role of the Personal Advisor.
- To gain an understanding of Adult Services and when and how to access these.
- To gain an understanding of housing and tenancy issues and how best to support young people.

Facilitator: Maureen Ajayi (Supported Lodgings Co-ordinator) and Jonathan Hughes

When:

Date	Time	Room
Wednesday, 18 th March 2020	10.00am-12.00pm	Room 9

Moving Children onto Adoption

Overview

What does the research suggest is best practice in preparing and supporting children, their foster carers and the prospective adopters during the transition to adoption? What are the key skills and how can Foster Carers and their family manage their feelings in the transition

The aims of this session will include:

- What is a Foster Carers role in the Adoption process?
- What is the Hosting process?
- How do we involve the children in the process?
- What do we need to do as a Team to achieve the best Transition to Adoption?

Facilitator: Elaine Wright (Adoption Social Worker) and Jonathan Hughes**When:**

Date	Time	Room
Wednesday 9 th October 2019	12:30 – 2:30pm	Room 7
Wednesday, 5 th February 2020	12:30 – 2:30pm	Room 7

Are You Paying Too Much Tax?

Overview

Today all foster carers are treated as self-employed for tax purposes. There is a specific tax scheme foster carers can use. But do you know how to get the best out of these schemes and how to access them? In this session we shed light on managing your tax's effectively.

Objectives:

- To support carers in understanding their responsibilities in relation to Tax.
- To dispel some of the myths in relation to Tax and National Insurance.
- To provide carers with information in relation to Tax free earnings.

Facilitator: Foster Talk

When:

Date	Time	Room
Wednesday, 30 th October 2019	1pm – 3pm	Room 9
19 th February 2020	1pm – 3pm	Maria Margaret Netherwood Conference Room (B)

Transitions and Vulnerability

Overview

Resilient children grow stronger through every transition in life. However, vulnerable children and young people can find transitions painful or even traumatic. This course provides learners with understanding and the tools to enable children and young people to build resilience and make successful transitions.

Learning Outcomes

- Understand transitions in the lives of children and young people and the range of responses to them
- Identify significant milestones which mark transition in the lives of children and young people
- Explain the range of responses to transitions found in different children and young people
- Know how to promote positive transitions
- Explain how to support individual children and young people through significant life changes and challenges
- Explain how working as part of a team promotes positive transitions for children and young people
- Explain how young people can be helped to gain the skills, self-confidence and knowledge they need to prepare them for the transition to adult life

Facilitator: AC Education: Sheila Mulvenney

Date	Time	Room
Monday, 11 th November	09:30am – 3.00pm	Room 6

Emotional Coaching -Thinking About You!

Emotion Coaching creates a space for relationships to heal. It helps you to stay calm and manage your own stress in a way that means you are not depleting yourself. This course discusses the theories and research, how to use emotion coaching and how to connect to yourself to create a calmer you and environment for the child or young person in your care.

• Learning Outcomes

- What emotion coaching is how it developed as a strategy
- The theories and research that underpin its development as an approach to behaviour
- The difference between a relational approach to behaviour and a behaviourist one
- How emotion coaching contributes to a healthy brain development and has a positive impact on behaviour regulation
- The benefits for the carer and young person in adopting an emotion coaching strategy to manage behaviour
- How to use emotion coaching skills
- Develop emotional self-regulation skills to enable effective use of emotion coaching

Facilitator: AC Education: Amanda Jackson

Date	Time	Room
17 th February	09:30am – 3.00pm	Maria Margaret Netherwood Conference Room (B)

Keep Safe

(Ages 5 – 12)

Overview:

KEEP Safe Support (developed by ODI) is an accredited positive parenting training and support programme for mainstream and family and friends foster carers of children/young people aged between 5yrs and 12 years old on Care Orders or on SGO's.

The Programme aims to;

- Further strengthen the skills, confidence and resilience of foster and family and friends carers.
- Increase placement stability and improve outcomes for young people.
- Provide carers with practical tools and strategies to manage a young person's behaviour.
- Recognise and promote foster carers as key agents of change for young people.

Facilitators: Kay Marritt and Dr Ruth Goldwyn

How to ensure you have a place on this session:

Email Training Officer jonathan.hughes@trafford.gov.uk or kay.marritt@trafford.gov.uk

who will coordinate with Kay Marritt and Ruth Goldwyn directly to request a place.

When:

Date	Time	Room
Running from: March 2020 – July 2020		Trafford Town Hall

Keep Standard

Ages 12 – 18 years

Overview

KEEP Safe Support (developed by ODI) is an accredited positive parenting training and support programme for mainstream and family and friends foster carers of children/young people aged between 12 years and 18 years old on Care Orders or on SGO's.

The Programme aims to;

- Further strengthen the skills, confidence and resilience of foster and family and friends carers.
- Increase placement stability and improve outcomes for young people.
- Provide carers with practical tools and strategies to manage a young person's behaviour.
- Recognise and promote foster carers as key agents of change for young people.

Facilitators: Kay Marritt and Dr Ruth Goldwyn

How to ensure you have a place on this session:

Email Training Officer who will coordinate with Kay Marritt and Ruth Goldwyn directly to request a place.

You will receive confirmation of your space on training no later than a week before the course is scheduled to run.

When:

Date	Time	Room
Starting in September 2019	This is a 20 week programme 10.00 -11.30 Tues mornings in term time,	Trafford Town Hall

Nurturing Attachments

Overview

Developed by Kim Golding 2014 this is a Therapeutic Parenting Programme for mainstream and Family and Friends Foster-Carers (Connected Family) who are parenting children in care presenting attachment and behavioural difficulties; very often arising from their history of childhood adversity.

The aims of the programme are;

- To provide support to carers and parents who can feel very isolated caring for children with attachment difficulties
- To increase understanding of the children and their behavioural and emotional needs through increased understanding of attachment theory and its application to the parenting of the children.
- To increase the skill and confidence of the carers and parents

When:

Date	Time	Room
Thurs 19th Sept - Thurs 13th Feb (18 weeks term time only)	9.45 – 12.45 am	Trafford Town Hall

Support Groups

Foster Carer Support Group

Overview:

This is open to General Foster Carers and Connected Persons Foster Carers, this is an informal group who meet once per month with one of the Team Leader's, Andrea Hay. There is an opportunity to invite a Guest speaker from a variety of professions, to have refreshments, meet other Foster Carers, and Team members.

(If you have any ideas for a guest speaker, please let Andrea know on Andrea.hay@trafford.gov.uk)

How to book:

There is no need to book the Foster Carers support group, just turn up, if you are a new Foster Carer and do not want to come into the group on your own let your Supervising social Worker know and they will support you with this, or we can arrange for you to meet with another Foster Carer initially, or come with your Mentor.

When:

Date	Time	Room
11.09.2019	10-12	Trafford Town Hall
02.10.2019	10-12	Trafford Town Hall
06.11.2019	10-12	Trafford Town Hall
04.12.2019	10-12	Trafford Town Hall
08.01.2020	10-12	Trafford Town Hall
05.02.2020	10-12	Trafford Town Hall
04.03.2020	10-12	Trafford Town Hall
01.04.2020	10-12	Trafford Town Hall