



Staffordshire  
County Council



**Training, Support and Development Programme  
For Foster Carers, Family and Friends Carers,  
Supported Lodgings Hosts, Special Guardians and Adopters  
April 2024 - September 2024**

**Supporting you**  
to make a difference

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# Training Requirements for Staffordshire Foster Carers

It is a requirement that all Foster Carers should evidence their training and learning at the level and frequency that is agreed within their Personal Development Plan (PDP).

## Personal Development Plans

All Foster Carers will have a Personal Development Plan (PDP), which the Foster Carer and their social worker will agree. The PDP will be reviewed during supervision visits and updated in preparation for the Foster Carer's annual review. Each Foster Carer will have a PDP based on their approval status, individual learning, support and development needs.

This plan should agree how the Foster Carer will meet the Induction, TSD Standards, Level One and Two training requirements. The plan will identify appropriate training programmes and learning and developmental activities and include timescales for completion.

## Development Activity

**All Foster Carers will be required to undertake no less than 21 hours development activity per year.**

This will be reviewed within Foster Carer's supervision and considered at their annual review. The Fostering Service offers a range of opportunities for learning such as training events, support group briefings, guided individual learning and e-learning. There are many other ways that Foster Carers can enhance their knowledge and skills, for example guided reading, accessing government internet sites and attending talks or briefings held in schools or activity clubs. These are just some examples of how all Foster Carers can meet the requirements.

Foster Carers who wish to progress through the Payment for Skills scheme will have to fulfil enhanced facilitated training event requirements as set out in the Payment for Skills policy.



# Training, Support and Development Framework

The training programme and activities have been developed to support the **Training, Support and Development Standards for Foster Care** (referred to in this catalogue as the TSD (Standards)).

The TSD Standards support the Training Framework for Foster Care which sets out the training and development pathways for foster Carers at different stages of their fostering careers: Pre-approval, Induction and Foster Carer Development.

## Training, Support and Development Standards for Foster Care

The Training, Support and Development (TSD) Standards provide a national minimum benchmark that set out what all Foster Carers should know, understand and be able to do within the first 12 months of approval. For Family and Friends Carers this induction period is extended to 18 months.

The TSD Standards are designed to:

- Ensure that all Foster Carers receive relevant induction, training, support and continuing professional development.
- Assist Managers and Supervisors in assessing the skills, knowledge and experience of Foster Carers and in identifying their training and development needs.

Foster Carers are required to demonstrate their competence in 7 key areas that will enable them to provide quality care to children in care.

**Standard 1:** Understand the principles and values essential for fostering children and young people.

**Standard 2:** Understand your role as a Foster Carer.

**Standard 3:** Understand health and safety and healthy care.

**Standard 4:** Know how to communicate effectively.

**Standard 5:** Understand the development of children and young people .

**Standard 6:** Safeguard children and young people.

**Standard 7:** Develop yourself.

## Who has to complete the TSD Standards?

All Foster Carers are expected to complete the TSD Standards within 12 months of their approval. Variations to this are outlined below.

Short Break Carers for children and young people with a disability: There are separate TSD Standards for this group of Carers that are relevant only to Carers offering short breaks for children and young people who have a disability or complex health needs.

All portfolios are to be completed jointly and you are provided with workbooks and resources to support you to complete them. There are support groups running on Microsoft Teams should you require additional help to complete them.

## The Certificate of Successful Completion

The Certificate of Successful Completion will be awarded by the Fostering Service when the Foster Carer has submitted a completed portfolio of evidence. The portfolio should show they have achieved the required skills and knowledge following their 12 month induction into fostering (18 months for Family and Friends Carers). This Certificate whilst not a qualification, will be recognised within the children's workforce and is an award which is transferrable and accepted by all Fostering Agencies.

## The Fostering Mentor Programme

We aim to provide all newly approved Foster Carers with a Mentor. Mentors will be identified during the Assessment period and will support new applicants up until their first annual review.

We would encourage all experienced Foster Carers to discuss undertaking this programme with their Fostering Social Worker.

We will also look to provide a bespoke Mentor when a Foster Carer needs specific support and / or advice. For example - moving a child on to Adoption for the first time, caring for a child with Foetal Alcohol Syndrome, caring for an unaccompanied asylum seeker, having a parent and child placement, etc.

# The Training and Development Framework

The development and training events and activities that are offered to Staffordshire Foster Carers should be completed as a four stage programme. All Foster Carers will be expected to progress through the four stages which consist of:

1. **Introduction to Fostering**
2. **Foundations to Fostering**
3. **Training, Support & Development (TSD) Standards**
4. **Continuous Professional Development including Specialist Courses**

## Training Activities and Events

### Induction / Introduction Training

#### **Introduction to Fostering**

A one day mandatory course for all applicants to be completed after a successful Initial Visit. Also to be attended by Foster Carers transferring from other Agencies/Authorities and Family and Friends Carers. This course runs monthly.

Applicants will be provided with information on how to access the Foster Carers Handbook and resources for the Foundations to Fostering.

The Focus of the day is to provide information, including:

- What we expect from our Foster Carers
- Achieving your TSD standards
- Your Learning Assessment Pathway
- Who are the children

Additional information will be available and the team will be available to answer any questions.

## Foundations to Fostering (pre-approval)

- Mandatory for all new applicants and runs concurrently with the assessment process
- Transferring Foster Carers will identify with their assessing Social Worker which of the courses they need to attend and complete as required before panel, if not by the first review.
- Foster Carers can access a refresher as identified in their individual PDP.
- Run on a 6 week rolling programme including evening and weekend training
- Nine course subjects - Each one is a stand alone course
- Foster Carers with prior experience of working with children and young people in the areas covered by one or more of the core training modules can be made exempt from that module. This will be agreed within the Foster Carer's personal development plan. For example, it would not be necessary for someone with a current paediatric First Aid certificate to complete first aid . The PDP will identify how the areas covered by the modules of the core training programme will be met by the Foster Carer.
- Attachment Part 1
- Child Development & Promoting Positive Behaviours
- First Aid
- Identity and Life Experiences
- Introduction to Child Protection and the Impact of Child Abuse.
- Relationships
- Safer Caring and Recording with Care
- Understanding Trauma & Resilience
- Working with Families & Managing Family Time

## Foundations to Fostering for Disability Short Breaks

- Introduction to Fostering for Disability Short breaks (Working with Families, Education and Health, to include Triangulation).
- Attachment Part 1
- First Aid
- Identity and Life Experiences
- Introduction to Child Protection and the Impact of Child Abuse.
- Safeguarding Disabled Children
- Understanding Disability
- Safer Caring and Recording with Care

## Next Steps (post-approval training)

The Foundations to Fostering post-approval training should be completed within the first 18 months of Fostering as detailed in your Personal development plan.

- **Completing & Maintaining your Portfolio - TSD Standards Support**
- **Contextual Safeguarding** (Mandatory for Carers caring for children aged 10+)
- **Delegated Authority** (Mandatory for all Carers)
- **Let's Get Them There**
- **Moving Children onto Adoption** (Mandatory for Carers caring for children under 5)
- **Valuing Diversity & Promoting Equality** (Mandatory for all Carers)
- **Working with Education** (Mandatory for Carers of children in education)

## Continuous Professional Development Including Specialist Courses

Continuous Professional development courses can be accessed after completion of the Foundations to Fostering or as identified in the Personal Development Plan.

Courses should meet the Foster Carers developmental needs taking into account the preferred age range and any areas of special interest.

Specialist courses meet the specific needs of a small cohort of carers but may also be accessed in the same way as the Continuous Professional Development Courses to give greater understanding and awareness.



## Children Foster 2

The Sons and Daughters of Foster Carers are able to attend specially designed workshops to support them in their extremely important role within the fostering household. These events are held during school holiday periods.

For further information please contact [fostering.training@staffordshire.gov.uk](mailto:fostering.training@staffordshire.gov.uk)

## Booking and Confirming Your Place on a Course

- Discuss your chosen course with your supervising Fostering Service Social Worker.
- Contact the Fostering Central Engagement Team with your request.
- Email : [fostering.training@staffordshire.gov.uk](mailto:fostering.training@staffordshire.gov.uk)

A confirmation email will be sent to you on receipt of your training request. **This means you have a place and will be expected to attend.** Any unsuccessful requests will be placed on a reserve list and you will be notified by e-mail or telephone if a place becomes available.

In the event of an unforeseen emergency we understand that it may be necessary for you to cancel your place at short notice.

You can do this by email: [fostering.training@staffordshire.gov.uk](mailto:fostering.training@staffordshire.gov.uk)

Or call: 01785 895031

**Times may vary - please check on training information provided.**



## Non attendance at training—Cancellation Policy

Due to high numbers of carers wanting to attend training some courses have a waiting list. Often we will try to put on a second course to accommodate numbers. It is then very disappointing when only 50% turn up. Non attendance is preventing other Carers who may need the training from being able to attend and is also costing the Training (Engagement) Team money when having to book additional venues, materials and trainer costs etc.

**If you are not able to attend please let us know as soon as you are aware.**

Our **Cancellation Policy** for non attendance at training without notice could result in a charge of £50 per person.

## Training Costs for non Staffordshire County Council Carers

Subject to availability, places on courses may be purchased with prior agreement for Carers not approved by Staffordshire County Council.

- Family and Friends Carers living in Staffordshire with a child from another Local Authority. (Funding request from the placing LA).
- Foster Carers approved by an Independent Fostering Agency but caring for a Staffordshire Child (Funding request from the IFA).
- Adopters who were not approved by Staffordshire and not caring for a Staffordshire Child. (Funding request from the placing LA—first 3 years)
- Special Guardians not caring for a Staffordshire Child (Funding request from the placing LA—first 3 years)

Workshops delivered by the Fostering Central Engagement Team and our Partners Incur a cost of £50 per person per day which includes training, materials and refreshments.

This is with the exception of our Evidence Based Interventions Training, Prosper, Prosper + which cost £500 per person per course, and NED—Nurturing Early Development which costs £200 per person per course.

For courses delivered by external providers prices can be calculated on request.



# E-Learning

**Training provided by AC Education.** The on-line training is flexible and accessible to all to accommodate individual needs. You will need to have obtained the agreement of your Supervising Social Worker.

ADHD  
Attachment and Embracing Therapeutic Parenting  
Autism  
Bereavement  
Bullying  
Caring for a Child of a Different Ethnicity  
Caring for a Child Who has been Sexually Abused  
Child on Child Abuse  
Child Sexual Exploitation  
Child Trafficking  
Children & Parental Substance Misuse  
Children & Young People Who Run Away  
Childrens Rights  
Communicating with Children & Young People  
Conduct Disorders  
Contextual Safeguarding  
County Lines  
Court Skills  
Digital & Internet Supported Self Harm  
Drug & Alcohol Awareness  
Dyslexia, Dyspraxia & Dyscalculia  
Emotion Coaching  
Equality & Diversity  
Exploring Healthy Relationships  
Family & Friends (Connected Persons) Care  
Foetal Alcohol Spectrum Disorder (FASD)  
Food Hygiene  
Food, Nutrition & Associated Behaviours  
Fostering & Birth Children  
Gangs, Guns & Knives  
Harmful Sexual Behaviours  
Healing Environments  
Impulsive Behaviour  
Infection Control  
Introduction to Mindfulness  
Introduction to Positive Behaviour Support  
Introduction to Reflective Practice  
Life Story Work  
Making Sense of Adolescence



Managing Allegations  
Managing Challenging Behaviour  
Men in Foster Care  
Multi Agency Working  
Online Safety & Cyberbullying  
Parent & Child Placements  
Permanency  
Play Therapy  
Pornography & the Impact on Young People & Their Relationships  
Positive Parenting Techniques for Parents & Carers  
Promoting Positive Contact  
Promoting the Achievement of Looked After Children In Education  
Radicalisation  
Record Keeping in Foster Care  
Relationships & Sex Education  
Resilience & Recovery  
Safe Use of Medication  
Safeguarding & Child Protection Skills  
Safer Foster Care  
Secondary Trauma & Workplace Stress  
Self-Harming Behaviours  
Sexual Health & Development  
Sexual Orientation & Gender Identity  
Social Media, Selfies & Sexting  
Social Pedagogy  
Staying Put  
Suicide Awareness & Prevention  
Support Young People Leaving Care  
Supporting the Mental Health Needs of Looked After Children  
The Impact of Domestic Violence & Abuse  
The Impact of Parental Mental Health on Parenting  
The Impact of Trauma on Sensory Processing  
The Role of the Foster Carer  
The Role of the Panel Member  
Therapeutic Parenting with Children Who Have Suffered Sexual Abuse  
Therapeutic Re-Parenting  
Transitions: Changing Placements  
Transitions: The Move to Permanency  
Trauma & the Impact on Brain Development  
Understanding Child Development  
Understanding Sexual Health & Contraception  
Working with Children & Young People with Disabilities  
The Youth Justice System



## Foster Carer Support Groups

As well as being a forum to exchange views, to share ideas, learn from each other and to gain invaluable support from your peers, support groups provide an opportunity to develop your knowledge and skills. You can attend whichever group you like or more than one group. They are held across the County in different locations and also on Microsoft Teams. Many are on different days so you can choose what suits you, we also offer general groups in the evening.

The support groups throughout the County are different and it is important that Foster Carers are able to devise the agenda for their group according to the individual group's priorities. Alongside this there is a general agenda that all of the support groups will cover:



If you are unable to attend your usual support group when a particular speaker is visiting, please contact the Fostering Central Engagement Team who will inform you when that speaker will be visiting other groups.

## Foster Carer Support Groups Bespoke Training

If your support group is particularly interested in a specific workshop that has been published in this catalogue it may be possible to arrange to facilitate the workshop at your support group venue for your group. If you are interested in this please discuss this with your support group facilitator.

**Burntwood - Library**

**10am—12noon**

**Support Group**

19.04.24	Face to Face
17.05.24	Microsoft Teams
21.06.24	Face to Face
19.07.24	Microsoft Teams
20.09.24	Face to Face

**Burton - Langan's Tea Rooms**

**10am—12noon**

**Support Group**

10.04.24	Microsoft Teams
01.05.24	Face to Face
05.06.24	Microsoft Teams
03.07.24	Face to Face
11.09.24	Microsoft Teams

**Cheadle - New Life Centre**

**10am—12noon**

**Support Group**

24.04.24	Microsoft Teams
22.05.24	Face to Face
26.06.24	Microsoft Teams
17.07.24	Face to Face
25.09.24	Microsoft Teams

**Featherstone - Community Centre**

**10am—12noon**

**Support Group**

11.04.24	Face to Face
09.05.24	Microsoft Teams
06.06.24	Face to Face
04.07.24	Microsoft Teams
05.09.24	Face to Face

**Lichfield - The Bowling Green**

**10am—12noon**

**Support Group**

10.04.24	Microsoft Teams
01.05.24	Face to Face
05.06.24	Microsoft Teams
03.07.24	Face to Face
11.09.24	Microsoft Teams

**Loggerheads – Eccleshall Library, Eccleshall**

**10am—12noon**

**Support Group**

16.04.24	Face to Face
21.05.24	Face to Face
18.06.24	Face to Face
16.07.24	Face to Face
17.09.24	Face to Face

**Newcastle - The Thistleberry, Newcastle**

**10am—12noon**

**Support Group**

09.04.24	Face to Face
07.05.24	Face to Face
04.06.24	Face to Face
02.07.24	Face to Face
10.09.24	Face to Face

**North Staffs Male - Royale Oak Biddulph**

**7pm—9pm**

**Support Group**

02.04.24	Face to Face
04.06.24	Face to Face
06.08.24	Face to Face

**Rugeley - Rugeley Rose**

**10am—12noon**

**Support Group**

24.04.24	Face to Face
22.05.24	Face to Face
26.06.24	Face to Face
17.07.24	Face to Face
25.09.24	Face to Face

**Rugeley Evening - Microsoft Teams**

**7pm—9pm**

**Support Group**

18.04.24

16.05.24

20.06.24

18.07.24

15.08.24

19.09.24

**Stafford - Gatehouse Theatre**

**10am—12noon**

**Support Group**

09.04.24      Microsoft Teams

07.05.24      Face to Face

11.06.24      Microsoft Teams

09.07.24      Face to Face

10.09.24      Microsoft Teams

**Tamworth - Fazeley Town Hall**

**10am—12noon**

**Support Group**

17.04.24      Face to Face

15.05.24      Face to Face

19.06.24      Face to Face

10.07.24      Face to Face

18.09.24      Face to Face



**Tamworth Evening - The Globe**

**7pm—9pm**

**Support Group**

13.05.24	Face to Face
01.07.24	Face to Face
02.09.24	Face to Face



## Family and Friends & SGO Support Groups

If you would like to attend any of the Family & Friends Support Groups please call and speak to a Family Practitioner prior to attending to check availability.

**Family and Friends Carers are welcome to attend any Foster Carer support groups.**

### **Burton-East Staffs Children's Centre**

**10am—11.30am**

#### **Support Group**

05.04.24

03.05.24

07.06.24

05.07.24

02.08.24

11.09.24

For further details please contact the SGO Duty Team on 01785 895950

email: [FPandSGO@staffordshire.gov.uk](mailto:FPandSGO@staffordshire.gov.uk)

### **Cannock Children's Centre**

**6pm—8pm**

#### **Support Group**

10.04.24

08.05.24

12.06.24

10.07.24

14.08.24

11.09.24

For further details please contact the SGO Duty Team on 01785 895950

email: [FPandSGO@staffordshire.gov.uk](mailto:FPandSGO@staffordshire.gov.uk)

**Newcastle Children's Centre**

**10am—12pm**

**Support Group**

03.04.24

01.05.24

05.06.24

03.07.24

07.08.24

04.09.24

For further details please contact the SGO Duty Team on 01785 895950

email: [FPandSGO@staffordshire.gov.uk](mailto:FPandSGO@staffordshire.gov.uk)

**Stafford, Families First**

**10am—12pm**

**Support Group**

15.04.24

20.05.24

17.06.24

15.07.24

19.08.24

16.09.24

For further details please contact the SGO Duty Team on 01785 895950

email: [FPandSGO@staffordshire.gov.uk](mailto:FPandSGO@staffordshire.gov.uk)

**Tamworth- Fazeley Town Hall**

**10am—12pm**

**Support Group**

02.04.24

07.05.24

04.06.24

02.07.24

06.08.24

03.09.24

For further details please contact the SGO Duty Team on 01785 895950

email: [FPandSGO@staffordshire.gov.uk](mailto:FPandSGO@staffordshire.gov.uk)

**Family & Friends & SGO Carers- Microsoft Teams**

**Support Group**

16.04.24 11am-12pm

21.05.24 6.30pm-7.30pm

18.06.24 11am-12pm

16.07.24 6.30pm-7.30pm

20.08.24 11am-12pm

17.09.24 6.30pm-7.30pm

For further details please contact the SGO Duty Team on 01785 895950

email: [FPandSGO@staffordshire.gov.uk](mailto:FPandSGO@staffordshire.gov.uk)

## Disability Fostering Support Group

**News, ideas, information, speakers, working together, views and opinions.**

**Disability Fostering Exchange** is designed to support Carers working with young people with a disability. The style, themes, format and frequency is led by Carers' request and the changing topics that caring for young people experiencing disability brings about.

Typically the groups come together eight times each year held in the North and South of the County.

**If you would like to know more about Disability Fostering Exchange, how you can share your experiences, work together with other Carers, bring new information to the group or would just like to come along to find out more, please contact:**

**Stephanie Moindrot on 07791 726243**

## The Voice of the Foster Carer

### **Who is it for?**

All approved Foster Carers including Family and Friends Foster Carers.

### **Aims**

To give all Foster Carers an opportunity to meet with, and feedback to the Fostering Head of Service and Fostering Team Managers.

To be part of consultations around the development of the Fostering Service, to represent the views of their support group and other Carers.



## Training Venue Details

If you need further assistance in the location of venues or directions please contact the Fostering Central Engagement Team on 01785 895031 or email: [fostering.training@staffordshire.gov.uk](mailto:fostering.training@staffordshire.gov.uk)

Burntwood Library, Sankey's Corner, Bridge Cross Road, Burntwood.	WS7 2BX	01543 682447
Cannock Children's Centre, Cannock Road, Cannock.	WS11 5BU	01543 469894
Dyers Arms, Macclesfield Road, Leek	ST13 8JZ	01538 382321
East Staffordshire Childrens Centre, Waterloo Street, Burton-upon-Trent.	DE14 2NJ	01538 233400
Eccleshall Library, 20 High Street, Eccleshall, Stafford	ST21 6BZ	03001 118000
Families First, Faraday Road, Stafford.	ST16 3NQ	01785 246802
Fazeley Town Hall, Lichfield Street, Tamworth.	B78 3QN	07773 792408
Featherstone Community Centre, Banebury Drive, Featherstone, Wolverhampton.	WV10 7TR	01902 734524
John O'Leary Room, The Visitors Centre, Marquis Drive, Cannock.	WS12 4PW	01543 876741
Langan's Tea Rooms, Burton House, George Street, Burton-upon-Trent	DE14 1DP	01283 500141
Lea Hall Social Club, Sandy Lane, Rugeley.	WS15 2LB	01889 583175
Newcastle Children's Centre, Cemetery Road, Knutton, Newcastle-Under-Lyme.	ST5 6DH	01782 296100
Newlife Centre, Tape Street, Cheadle.	ST10 1BG	07742152944
Rugeley Rose Theatre, Taylors Lane, Rugeley.	WS15 2AA	01889 584036
Stafford Boat Club, Wildwood, Maplewood, Stafford	ST17 4SG	01785 660725
Stafford Gatehouse Theatre, Eastgate Street, Stafford.	ST16 2LT	01785 619080
Staffordshire Place 1, Tipping Street, Stafford.	ST16 2DH	0300 111 8000
The Bowling Green, Friary Road, Lichfield.	WS13 6QJ	01543 257344
The Globe Inn, Lower Gungate, Tamworth.	B79 7AT	01827 60455
The Hedgehog, Stafford Road, Lichfield	WS13 8JB	01543 415789
The Royal Oak, 1, Station Road, Biddulph	ST8 6BL	01782 519802
The Thistleberry, 1 Keele Road, Newcastle-Under-Lyme.	ST5 2LT	01782 612499

# Induction

## Introduction to Fostering for Staffordshire

### Who's it for?

Prospective Foster Carers, Foster Carers transferring from other agencies, and Family and Friends Foster Carers.

### What's it about

An introduction to Fostering for Staffordshire. Applicants will be provided with the Foster Carers Handbook and Training Portfolio

### What will I learn?

The focus of the day is to provide information on Fostering for Staffordshire.

To include:

- Working with the Department
- Achieving your TSD standards
- What we expect from our Foster Carers
- Your Learning Assessment Pathway

## Family & Friends Training Day

### Who's it for?

This training event is essential for Family & Friends Carers.

### What's it about?

To understand the additional challenges of caring for someone else's child.

The training focuses on three key aspects: We will look at safer caring and how to make sure that the care given to children in Family & Friends & Special Guardianship Order placements remains safe for both the children and the Carers. You will have an opportunity to work on sections of the Safe Care Plan. We will look at some of the different types of recording required and why it is needed. We will look at the issues of family time and how it benefits children and young people.

### What will I learn?

- The Principles of Safer caring - and the safe care plan and what should be in there
- Recording and reporting information
- Family Time and the benefits for children

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 8th April 2024	Microsoft Teams
<b>Evening Workshop (6.30pm—9.30pm)</b> 9th July 2024	Microsoft Teams



# Children Foster 2 Activity Days

## Who's it for?

The birth children of Foster Carers

## What's it about?

The group aims to highlight the importance of Foster Carers own children within the fostering family. There is an opportunity to share feelings, thoughts and experiences with others who understand fostering.

Topics that are covered include - the impact of fostering, children's behaviour, children moving into the foster home, placement endings, sharing parents, family time, issues around safer caring and how it feels to live in a fostering family. Foster Carers children play an active role in supporting the service through working on policies and procedures and documentation that affects children and young people.

**Booking is essential for us to ensure correct staffing ratio's and refreshments.**

DATES	VENUE
Day Activity (10am—2pm) Expressions of Interest	TBC



# Foundations to Fostering (pre-approval)

## Attachment Part 1

### Who's it for?

Mandatory for all new applicants. Family and Friends Foster Carers and adoptive parents. Can be accessed by approved Foster Carers when identified in the Personal Development Plan.

### What's it about?

An introduction to Attachment Theory.

**Attachment theory** describes the dynamics of long-term relationships between humans. It is vital that an infant develops a relationship with at least one primary caregiver for social and emotional development to occur normally. Attachment theory explains how much the parents' relationship with the child influences development.

### What will I learn?

How attachment theory relates to your role as a Foster Carer.

The implications for our Looked After Children.

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team at [fostering.training@staffordshire.gov.uk](mailto:fostering.training@staffordshire.gov.uk)**

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 11th April 2024	Rugeley Rose, Rugeley
<b>Weekend Workshop (10am—1pm)</b> 18th May 2024	Stafford Boat Club, Stafford
<b>Evening Workshop (6.30pm—9pm)</b> 24th June 2024	Microsoft Teams
<b>Day Workshop (10am—1pm)</b> 15th August 2024	The Thistleberry, Newcastle

# Child Development & Promoting Positive Behaviours

## Who's it for?

Mandatory for all new applicants. Can be accessed by approved Foster Carers when identified in the Personal Development Plan, Family and Friends Foster Carers, Adoptive parents.

## What's it about?

This course provides a basic understanding of child development and attachment and how these can be affected by past experiences. The course looks at how positive parenting can help you manage your foster children's behaviour.

## What will I learn?

You will learn how a child develops and at what stage they become proficient at certain tasks. Additionally, you will yourself develop skills and strategies to promote positive skills and behaviours in your foster children.

Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team at [fostering.training@staffordshire.gov.uk](mailto:fostering.training@staffordshire.gov.uk)



DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 7th May 2024	The Thistleberry, Newcastle
<b>Evening Workshop (6:30pm—9pm)</b> 25th June 2024	Microsoft Teams
<b>Weekend Workshop (10am—1pm)</b> 3rd August 2024	Rugeley Rose, Rugeley
<b>Day Workshop (10am—1pm)</b> 17th September 2024	Stafford Boat Club, Stafford

# First Aid

## Who's it for?

This course is compulsory and has to be done by Carers every 3 years.

## What's it about?

- Aims of first aid
- Dealing with an emergency
- Priorities of treatment

## What will I learn?

- Cardio pulmonary resuscitation for paediatrics (practical sessions with baby, child and adolescent manikins)
- Choking (practical sessions with choking baby and choking Charlie)
- Dealing with an unconscious patient including recovery position
- Bleeding/shock (practical sessions on wound care)
- Burns and scalds
- Seizures, including febrile convulsions
- Fractures
- Head injuries
- Poisoning
- Asthma
- Recording an incident

**Course is facilitated by Safeaid Services and is a certificated course.**



DATES	VENUE
<b>Weekend Workshop (10am—1pm)</b> 13th April 2024	Stafford Boat Club
<b>Evening Workshop (6.30pm—9.30pm)</b> 2nd May 2024	Lea Hall, Rugeley
<b>Day Workshop (10am—1pm)</b> 23rd May 2024	The Thistleberry, Newcastle
<b>Weekend Workshop (10am—1pm)</b> 15th June 2024	Rugeley Rose, Rugeley
<b>Evening Workshop (6.30pm—9.30pm)</b> 27th June 2024	Staffordshire Place 1, Stafford
<b>Weekend Workshop (10am—1pm)</b> 13th July 2024	The Thistleberry, Newcastle
<b>Day Workshop (10am—1pm)</b> 29th July 2024	Rugeley Rose, Rugeley
<b>Evening Workshop (6.30pm—9.30pm)</b> 7th August 2024	The Thistleberry, Newcastle
<b>Day Workshop (10am—1pm)</b> 20th August 2024	Stafford Boat Club, Stafford
<b>Evening Workshop (6.30pm—9.30pm)</b> 9th September 2024	Rugeley Rose, Rugeley
<b>Weekend Workshop (10am—1pm)</b> 28th September 2024	Stafford Boat Club, Stafford



# Identity & Life Experiences

## Who's it for?

Mandatory for all new applicants. Family and Friends Foster Carers, and adoptive parents. Can be accessed by approved Foster Carers when identified in the Personal Development Plan.

## What's it about?

- To explore some of the experiences of children and young people who are separated from their families, and to examine the impact that this has upon their self-esteem.
- To understand why it is important for Foster Carers to promote a secure sense of identity in children and young people.
- To look at the impact of prejudice and unfair discrimination upon children and young people's experiences and chances in life.

## What will I learn?

- To learn about some of the essential ideas relating to diversity.
- That all children and young people have a history and it is important for them to build a positive sense of identity. Foster Carers can help by nurturing and encouraging the child to develop their sense of worth and their often fragile self esteem.
- Children and young people's heritage is a combination of their language, culture, talents, religion and ethnicity. These factors contribute greatly to their sense of identity.
- Foster Carers can play a vital role in helping children and young people value and preserve their heritage.
- Children and young people may suffer unfair discrimination, either because they are fostered or due to different aspects of their identity. Foster Carers are instrumental in acting as advocates for them. To learn that children and young people who are separated from their birth families need Foster Carers, who can provide them with a 'secure base'.

You will learn through discussion, group work and experiential learning.

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.**

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 18th April 2024	Rugeley Rose, Rugeley
<b>Evening Workshop (6.30pm—9pm)</b> 4th June 2024	Microsoft Teams
<b>Weekend Workshop (10am—1pm)</b> 20th July 2024	Stafford Boat Club, Stafford
<b>Day Workshop (10am—1pm)</b> 12th September 2024	The Thistleberry, Newcastle

# Introduction to Child Protection & the Impact of Child Abuse

## Who's it for?

Mandatory for all new applicants. Family and Friends Foster Carers, and adoptive parents. Can be accessed by approved Foster Carers when identified in the Personal Development Plan.

## What's it about?

This course examines the Safeguarding Framework within Families & Communities as well as common themes around what makes children vulnerable to abuse.

Additionally it looks at how different kinds of abuse impact on the children you look after and what you need to know to help these children.

## What will I learn?

You will learn what we mean by abuse and neglect and how it can occur in families. As well as this, you will find out how to develop your foster child's resilience to best protect them against the negative impact of abuse

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.**



DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 15th April 2024	Stafford Boat Club, Stafford
<b>Evening Workshop (6.30pm—9pm)</b> 10th June 2024	Microsoft Teams
<b>Weekend Workshop (10am—1pm)</b> 27th July 2024	Rugeley Rose, Rugeley
<b>Day Workshop (10am—1pm)</b> 10th September 2024	The Thistleberry, Newcastle

# Relationships

## Who is it for?

Mandatory for all new applicants. Family and Friends Foster Carers, and adoptive parents. Can be accessed by approved Foster Carers.

## What's it about?

Explores building trusting and nurturing relationships with children and young people. Introduces carers to the model of Social Pedagogy and relationship building.

## What will I learn?

How to build trust with children and young people separated from their birth family. Creating a trusting and welcoming environment in your home. Showing compassion to children and young people by getting to know them and their needs. Exploring the impact of body language, verbal communication and activities in healthy relationship building. You will learn through discussion, group work and reflection of practice and experiential learning.



Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 30th April 2024	The Thistleberry, Newcastle
<b>Evening Workshop (6.30pm—9pm)</b> 17th June 2024	Microsoft Teams
<b>Weekend Workshop (10am—1pm)</b> 10th August 2024	Stafford Boat Club, Stafford
<b>Day Workshop (10am—1pm)</b> 25th September 2024	Rugeley Rose, Rugeley



# Safer Caring & Recording with Care

## Who's it for?

Mandatory for all new applicants. Can be accessed by approved Foster Carers and Family and Friends Carers when identified in the Personal Development Plan.

## What's it about?

As Foster Carers, you change children's lives. You open your home to children who have experienced abuse, neglect and hardship. It is a challenge to achieve the right balance between keeping children safe and allowing them to experience full family life. This course aims to make safer caring more practical and easier to understand. You will learn about Departmental Safeguards and how allegations are handled. This course also looks at why recording is an important tool in safeguarding children in your care. Following this course you should be able to complete a Safe Care Plan for your family and know where to get independent support if needed. You should be able to write a reflective piece to use as evidence in completing the Standards as detailed below.

## What will I learn?

By the end of the session participants will be able to:

- Understand the principles behind Safer Caring
- Be able to complete a Safe Care Plan
- Understand the Allegation Process
- Understand why recording is important
- Understand the legal framework for recording

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.**

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 12th April 2024	Rugeley Rose, Rugeley
<b>Weekend Workshop (10am—1pm)</b> 8th June 2024	Stafford Boat Club, Stafford
<b>Evening Workshop (6.30pm—9pm)</b> 30th July 2024	Microsoft Teams
<b>Day Workshop (10am—1pm)</b> 19th September 2024	The Thistleberry, Newcastle

# Understanding Trauma and Resilience

## Who's it for?

Mandatory for all new applicants. Family and Friends Foster Carers, and adoptive parents. Can be accessed by approved Foster Carers when identified in the Personal Development Plan.

## What's it about?

Foster Carers face the difficult task of trying to help children and young people learn to cope with all that life has thrown at them—so how do you do that?

An Introduction to Trauma, Secondary Trauma (a type of Trauma that you can get from caring for Traumatized children, Resilience, and an introduction to Adverse Childhood Experiences and the effect that childhood Trauma and Abuse has on long term health and social outcomes.

## What will I learn?

How to support children in dealing with trauma.

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.**



DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 29th April 2024	Rugeley Rose, Rugeley
<b>Evening Workshop (6.30pm—9pm)</b> 11th June 2024	Microsoft Teams
<b>Day Workshop (10am—1pm)</b> 31st July 2024	Stafford Boat Club, Stafford
<b>Weekend Workshop (10am—1pm)</b> 14th September 2024	Rugeley Rose, Rugeley

# Working with Families & Managing Family Time

## Who's it for?

Mandatory for all new applicants. Family and Friends Foster Carers. Can be accessed by approved Foster Carers when identified in the Personal Development Plan.

## What's it about?

The aim of the course is to examine the implications of working in partnership with parents and other family members of children in foster care. It explores some practical situations and develops strategies for dealing with them. It also ensures that the needs of all parents are considered regardless of their race, religion, disability or sexual orientation.

This course explains the purpose of Life Story Work and looks at the ways in which Foster Carers and Social Workers work together in order to preserve children's memories, help them to understand their past experiences, and prepare for their future. The course explains the work that social workers are responsible for and how the Foster Carers role is crucial in the overall process.

## What will I learn?

- The meaning of the birth family
- Understand the challenges and rewards associated with family time
- Understand how family time can be a positive experience for the child
- The meaning of memories

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.**

DATES	VENUE
<b>Weekend Workshop (10am—1pm)</b> 27th April 2024	Rugeley Rose, Rugeley
<b>Evening Workshop (6.30pm—9pm)</b> 12th June 2024	Microsoft Teams
<b>Day Workshop (10am—1pm)</b> 8th August 2024	The Thistleberry, Newcastle
<b>Weekend Workshop (10am—1pm)</b> 21st September 2024	Stafford Boat Club, Stafford

# Foundations to Fostering for Disability Short Breaks

## Safeguarding Disabled Children & Understanding Disability

### Who's it for?

Mandatory for Disability Foster Carers, optional for other Foster Carers, Family and Friends Carers and Social Workers.

### What's it about?

A course looking at the factors that Impact on Disabled people in our society and the way that our society has viewed disabled people. We will look at specific safeguarding issues in relation to disabled children.

### What will I learn?

The course will look at vulnerability factors and covers the social and medical model of disability, child development in relation to disabled children and the way society perceives disability.



### DATES

Day Workshop (10am—2pm)

11th July 2024

### VENUE

Stafford Boat Club, Stafford

# Next Steps (post-approval)

## Completing & Maintaining Your Portfolio—TSD Standards Support Introduction to the Standards

The aim of the group is to support Carers practically in completing their portfolios from the beginning, helping you maintain the folder once the Certificate of Successful Completion is obtained, and to enable Carers to evidence and complete the forms to progress to the next payment for skills level.

You will receive support at the group from one of the assessors, through either one to one support or support from the group.

To enable the best support package to be put together, please ensure when booking you identify what specific help you may need.



DATES	VENUE
<b>Evening Workshop (6.30pm—8.30pm)</b> 9th May 2024	Microsoft Teams
<b>Day Workshop (10am—12pm)</b> 24th June 2024	Microsoft Teams
<b>Evening Workshop (6.30pm—8.30pm)</b> 5th August 2024	Microsoft Teams
<b>Day Workshop (10am—12pm)</b> 18th September 2024	Microsoft Teams

## Contextual Safeguarding

### Who's it for?

Foster Carers, Family and Friends Foster Carers, Adoptive parents, and Social Workers.

### What's it about?

Safeguarding traditionally has been focused on factors in the home or immediate family. Contextual safeguarding also looks at other factors like our young peoples friendships, social networks, schools, etc.

One of the big issues for us is that due to the experiences of abuse and neglect our young people have experienced, they have a shared set of Vulnerability factors that make them vulnerable to a range of abuse.

This course will also look at Child Sexual Exploitation, Child Trafficking, County Lines, Radicalisation and Missing from care.

### What will I learn?

The course will look at 'Contextual Safeguarding', the vulnerability factors for our young people and overviews of CSE, County Lines, Trafficking, Radicalisation and Missing from care.

### DATES

**2 Day Course (10am—2pm)**

10th & 11th April 2024

### VENUE

The Thistleberry, Newcastle

## Delegated Authority

### Who's it for?

Prospective Foster Carers, newly approved Foster Carers, Family and Friends Foster Carers. Existing Foster Carers when identified as part of their Personal Development plan.

### What's it about?

An introduction to Delegated Authority and how it impacts on your role as a Foster Carer. Delegated Authority is the term used when the responsibility for making day to day decisions about a child has been passed to the Foster Carer. This can include decisions around activities, hair cuts, overnight stays, and a number of other things.

### What will I learn?

There is a general agreement that it is extremely important to improve practice around Delegated Authority in order to help young people to achieve and thrive in foster care.

The revised statutory framework for fostering and care planning (April 2011) and the Foster Carers' Charter outline the importance placed by the Government on Foster Carers being able to take a greater range of decisions about day to day aspects of the lives of the of the young people they care for.

### DATES

**Day Workshop (10am—12.30pm)**

2nd May 2024

### VENUE

Microsoft Teams

## Let's Get Them There

### Who's it for?

Foster Carers, Family and Friends Carers, Fostering Social Workers and Family Practitioners.

### What's it about?

This course looks at positive techniques and strategies to support Carers in getting their children who are reluctant or refuse to attend their educational provisions; getting them there and thriving.

### What will I learn?

- Key communication – who to talk to and why?
- Dispelling myths around exclusions.
- Points to consider around the child's perspective
- Incentives and reward schemes
- Practical guidance around routines and expectations

### DATES

### VENUE

**Evening Workshop (6.30pm—9pm)**

15th July 2024

Microsoft Teams

## Moving Children onto Adoption

### Essential Training for Task Centred Carers with a 0—5 approval

### Who's it for?

Prospective Foster Carers, newly approved Foster Carers, Family and Friends Foster Carers, and existing Foster Carers when identified as part of their Personal Development Plan. This course is essential for Task Centred Carers with a 0-5 approval.

### What's it about?

This course considers 'what is a family?', 'what does permanence mean?', and what children, Foster Carers and prospective parents need to know to successfully move a child onto permanence. It also explains the family finding process, what happens during introductions, life appreciation events and planning meetings.

During the course there is an opportunity to share experiences and consider case studies.

### What will I learn?

The process and principles around successfully moving children onto Adoption.

### DATES

### VENUE

**Day Workshop (10am—12pm)**

19th June 2024

Microsoft Teams



# Valuing Diversity and Promoting Equality

## Who's it for?

Newly qualified and experienced Social Workers. Newly approved Foster Carers, Family & Friends Carers and Adopters. Existing Foster Carers when identified as part of their Personal Development Plan, .

## What's it about?

The course will mainly explore the subject of equality including culture, ethnicity, and to some extent religion, disability, class, and sexuality.

## What will I learn?

It will enable Carers to identify unfair discrimination and help them to challenge it as an advocate for children. It will help promote and nurture the diverse needs of children and provide the emotional support, strategies and resources to help children establish a strong sense of their identity .

**“As a black person growing up in a white environment and being raised by white foster parents, I have experienced different levels of conflict with my family and cultural identity. I was separated from my natural mother at the age of 11 months old and went into a children's home, and then she left England and emigrated to America when I was 3. I grew up in a children's home in Hertfordshire and was later permanently fostered by 2 white sisters at the age of 12. As a result of this I have made 2 films about my experiences which I use as part of my training.”**



## DATES

**Day Workshop (10am—1pm)**

22nd April 2024

## VENUE

ZOOM



# Working with Education

## Who's it for?

Mandatory for all new applicants looking to care for children from 2 years to 18 years. Can be accessed by approved Foster Carers and also Family and Friends Foster Carers.

## What's it about?

This course is a vital 'one stop' workshop to help Foster Carers to actively support the education of Looked after Children in all educational settings.

The Course will discuss the e PEP system and to work in partnership with teachers and other professionals in nursery and early years settings, "statutory school" age settings, and post-16 schools and colleges.

In addition, Carers will be able to see what barriers there have been to learning in the past and what educational support they could give to any child placed.

## What will I learn?

The course will cover:

- What impact on learning early trauma and attachment may actually "look like" in a nursery, early years, statutory school age or post-16 school or college.
- The role of the "Designated Teacher" for "Looked After and previously Looked After Children".
- The PEP (pupil education plan) – what it is, who attends meetings, preparing for PEP meetings, your role in the PEP meeting, and how often PEP meetings are held for different age groups in different settings.
- Transitions: the impact, and handy hints to support positive transitions
- Education, Health and Care Plans (EHCP's) – what these are, and how applications for EHCP's are made
- Pupil Premium + : what it is, how much do nurseries and schools receive, how to apply for additional amounts.
- Post 16 bursary.

**Priority for places will be given to new applicants who are completing the courses as part of their preparation training. For approved Carers needing to complete this course as detailed in your PDP please contact the Fostering Central Engagement Team.**



DATES	VENUE
<b>Evening Workshop (6.30pm—9pm)</b> 14th May 2024	Microsoft Teams
<b>Day Workshop (10am—1pm)</b> 11th September 2024	Stafford Boat Club, Stafford

# Adverse Childhood Experiences (ACE) and their Impact on Future Development

## Who's it for?

Foster Carers, Family and Friends Carers, Adopters and Social Workers.

## What's it about?

Adverse Childhood Experiences (ACEs) such as abuse, neglect and dysfunctional home environments have been shown to be associated with the development of a wide range of harmful behaviours in teenage years and adulthood including smoking, harmful alcohol use, drug use, risky sexual behaviour, health issues, violence and crime.

## What will I learn?

The course will look at the research (worldwide and British) around ACE's, how early life experiences can affect your future life chances and what carers can do to minimise the effects.

It is recommended that either 'Trauma and Resilience' or 'Early Brain Development' are completed first before this course.

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 13th May 2024	Stafford Boat Club, Stafford

## Attachment Part 2

## Who's it for?

Foster Carers, Family and Friends Carers, Adopters and Social Workers.

## What's it about?

The course will build on the basics of Attachment Part 1. It will look at how Attachment Styles impact on a Child's view of the world and how this impacts on their behaviour.

## What will I learn?

The course will also look at how we practically deal with those Attachment seeking behaviours and go into greater detail about the reasons for some of the more common behaviours.

**Course participants will need to have completed 'Attachment Part 1' before they can book on to Attachment Part 2.**

DATES	VENUE
<b>Day Course (10am—2.30pm)</b> 1st July 2024	The Thistleberry, Newcastle

# Autism Awareness

## Who is it for?

Foster Carers, Family and Friends Carers, and Adopters.

## What's it about?

The session will provide information and strategies that will enable you to better understand and support a child who has a diagnosis of autism or that you feel potentially should be referred for an assessment. It provides a safe environment to reflect on your own practice and explore positive person-centred behaviour management. You will have the opportunity to seek support/advice from the trainer and her 40 year experience in special needs and cared for children and their experience/impact of trauma

## What will I learn?

- What is meant by the acronym ASD
- The characteristic behaviours of ASD
- Explore how the Triad of Impairment impacts on different children with Autism
- Compare the challenges faced by children with Autism and their carers
- Identify effective ways to communicate and strategies to support the child with Autism in a person-centred way
- Consider ways to positively manage behaviour.



DATES

VENUE

Day Workshop (9.45am—1pm)

ZOOM

4th July 2024

## (B)e Safe– Embrace Modern Media

### Who's it for?

Can be accessed by approved Foster Carers when identified in the Personal Development Plan. Family and Friends Foster Carers, and Adopters.

### What's it about?

Every child matters. We all agree with that. Yet there are people out there who will prey on children and young people, who will look to exploit them for personal pleasure and who will distribute and publish images for their own illegal gain.

The aim of the workshop is to look at keeping children safe on the internet. There will be a presentation by an experienced Foster Carer; this will cover a range of online subjects including the impact of social media and what impact social media can have on looked after children.

### What will I learn?

You will have the opportunity to learn how to stay in control of online risks and learn where to go if you have an online concern.

You will have the opportunity to access online resources in real time during the session that will help you in keeping your children safe online.



### DATES

**Evening Workshop (6.30pm—9pm)**  
10th July 2024

### VENUE

ZOOM

## Building Resilience

### Who's it for?

Foster Carers, Family and Friends Carers, Adopters and Social Workers.

### What's it about?

This course ties together all the learning from Brain Development, impact on executive functioning and ACE's to answer the question, if our Children and young people have ACE's (hence our involvement with them), how do we go about repairing the damage that has already taken place? All the research says that building resilience (and teaching executive functioning skills) are the key for our children and young people, but how do you practically do that.

### What will I learn?

The course will define what resilience is and develop practical ways of building our children and young people's resilience.

It is strongly advised that participants complete either 'Trauma and Resilience' or 'Understanding ACES' first.

DATES	VENUE
<b>Day Course (10am—2pm)</b> 23rd April 2024	The Thistleberry, Newcastle

## Cannabis Awareness

### Who's it for?

Can be accessed by approved Foster Carers when identified in the Personal Development Plan. Family and Friends Foster Carers and Adopters.

### What's it about?

- Cannabis introduction
- Cannabis varieties and popular forms
- Paraphernalia
- Side effects of cannabis use



### What will I learn?

- Signposting routes and support available locally
- Resources available



DATES	VENUE
<b>Day Workshop (10am—12pm)</b> 8th May 2024	Microsoft Teams

# Caring for Siblings

## Who's it for?

Can be accessed by approved Foster Carers when identified in their Personal Development plan, Family and Friends Foster Carers, and Adopters.

## What's it about?

- This course will explore the particular challenges of caring for siblings who may present with contrasting needs and views of birth parents, despite having the same early years environment.
- We will look at building sibling bonds and resilience.
- Useful to all Foster Carers of siblings but especially those who are caring for siblings placed together.

## What will I learn?

- Greater understanding of the impact of caring for siblings.
- How to develop and support sibling relationships and attachment.
- How to support sibling assessments.



## DATES

## VENUE

**Day Workshop (10am—1pm)**

6th June 2024

Rugeley Rose, Rugeley



## Caring for Teenagers & Preparing them for Adult Life

### Who's it for?

Mandatory for approved Foster Carers with Children age 12 +

### What's it about ?

The Children (Leaving Care) Act 2000 clarifies the roles and responsibilities of the Local Authority as the corporate parent to children and young people in care. These duties are the responsibility of us all.

The aim of this training is to provide information and resources to Foster Carers to equip them with the skills and in-depth knowledge required to care for teenagers and prepare them for adult life.

### What will I learn?

The workshop includes various activities which will highlight:

- The role of the PA (personal advisor) and allocation
- What is a Pathway Plan
- The role of the Foster Carer

**Delivered by a member of the Fostering Central Engagement Team along with a young persons PA**

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 16th May 2024	Rugeley Rose, Rugeley

## Children's Experiences of Loss & Bereavement

### Who is it for?

Foster Carers and Adopters.

### What's it about?

To help you develop an understanding of children's experiences of loss and grief.

### What will I learn?

The impact of separation and loss upon children and young people when they come into care. Advice and information that adults can provide to support those whom they care for.

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 15th July 2024	Stafford Boat Club

## Chimp Paradox

### Who's it for?

All Foster Carers/Family and Friends Carers and Supervising Social Workers.

### What's it about?

The course is based on the work of Professor Steve Peters, who was a consultant Psychiatrist at Rampton before working as a Sports Psychologist for British Cycling, Liverpool football club and England Football team. The course is based on his understanding of brain development and psychology, using a simple concept of the chimp, the human and the computer to describe the relationship between parts of the brain.

The Chimp Paradox appears in the Flourish positive psychology course. Carers used the books and practiced it with their children and within a couple of weeks, the Stability & Sufficiency Team (previously WRAP) workers were working with children describing their feelings in 'Chimp Paradox' terminology. Carers requested the course in their feedback.

### What will I learn ?

The course goes through all the key concepts within the Chimp Paradox books.

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 17th June 2024	The Thistleberry, Newcastle

## County Lines

### Who's it for?

Foster Carers, Family and Friends Carers and Supervising Social Workers.

### What's it about?

A new course looking into the gang exploitation of vulnerable children and adults to move and sell drugs. A tactic used by gangs to sell drugs outside of their normal area and reduce the risk of detection. Closely linked to Contextual Safeguarding.

### What will I learn?

To give carers an overview about County Lines and how it works.

Look at the vulnerability factors for children at risk of being exploited.

DATES	VENUE
<b>Day Workshop (10am—12pm)</b> 10th June 2024	Microsoft Teams



# Dealing with Allegations

## Who's it for?

Any Foster Carer who wants to know more about the allegations process.

## What's it about?

The workshop will give an overview of the allegations process, the policy and the steps that take place within the process, the role of the LADO (Local Authority Designated Officer) and support available (including the Fostering Network).

## What will I learn?

Alongside learning about the allegations process and what you can expect you will also have the opportunity to ask questions about this process and the thinking behind it. In discussion you can understand more about how it might feel and what you can do to access support.



DATES	VENUE
Day Workshop (10am—1pm) 27th June 2024	Microsoft Teams

# Domestic Violence—NEW

## Who's it for?

Foster carers, Family & Friends Carers, Special Guardians & Adopters

## What's it about?

The purpose of this session is to give all participants an awareness of domestic violence and abuse and the impact living in this environment has on children and young people. It is also beneficial for foster parents to understand why cared for children can at times behave the way they do.

## What will I learn?

By the end of this session learners will have:

Stated how important terminology is in terms of Domestic Violence and Domestic Abuse in relation to victims/survivors and perpetrators

Discussed the recent Domestic Abuse Act (2021)

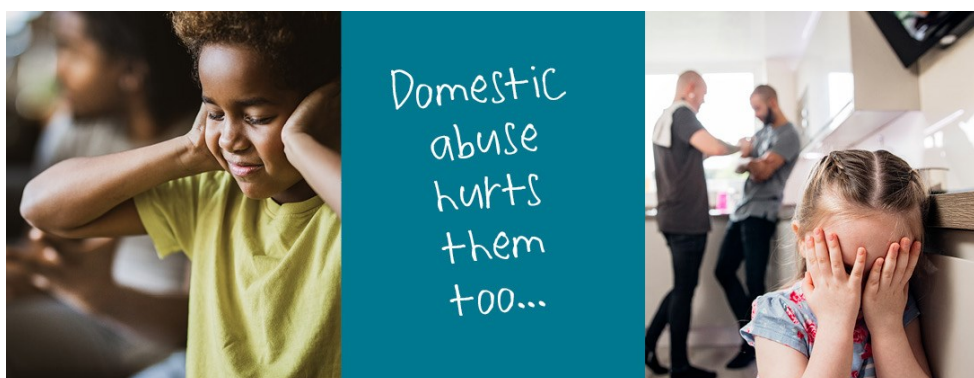
Explored and Listed the different forms of Domestic Abuse

Explored the stigma and stereotypes associated to victims of Domestic Abuse

Identified the impact of Domestic Abuse on children and the wider family including foster families

Identified resources to support families impacted by Domestic Violence and Abuse

Reflected on your own practice.



DATES	VENUE
<b>Day Workshop (9.45am—1pm)</b> 10th April 2024	ZOOM
<b>Day Workshop (9.45am—1pm)</b> 25th September 2024	ZOOM

## Drug & Alcohol Awareness

### Who's it for?

Foster Carers, Family and Friends Carers.

### What's it about?

The Training aims to give a clear understanding to Foster Carers around Substance Misuse and young people, particularly those young people who are identified as requiring additional support.

### What will I learn?

Participants will hopefully gain knowledge (local and national) around drug trends, signs and symptoms, and methods of use. Also a general understanding of substances which include Cannabis and New Psychoactive Substances (Legal Highs) .

DATES	VENUE
<b>Day Workshop (10am—2pm)</b> 22nd May 2024	Stafford Boat Club

## Early Brain Development

### Who's it for?

Foster Carers, Family and Friends Carers who are caring or considering caring for babies.

### What's it about?

This course will help you to help you understand early brain development and the impact it has on child development. It will also show how early brain development crucially impacts on the way we view the world.

### What will I learn?

You will gain an understanding of early brain development and the importance of stimulation.



DATES	VENUE
<b>Day Workshop (10am—12.30pm)</b> 30th April 2024	Microsoft Teams

## Explaining Difficult Beginnings— Sharing a Child’s Life Story

### Who’s it for?

Adoptive Parents, Special Guardians, and Long Term Foster Carers.

### What’s it about?

- Sharing the child's life history.
- Helping children to understand difficult events from their past.

### What will I learn?

Practical advice and tips for communicating with children in an age appropriate way .

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 9th May 2024	The Thistleberry, Newcastle

## Family Nutrition & Wellbeing

### Who’s it for?

Foster Carers, Family and Friends Carers and Supervising Social Workers.

### What’s it about?

You will learn about healthy diet & lifestyle suggestions. The session will cover eating disorders and nutrition challenges.

This training will be facilitated by a Foster Carer who has an MA in Nutrition

DATES	VENUE
<b>Evening Workshop (6.30pm—9pm)</b> 16th May 2024	Microsoft Teams

## Flourish

### Who's it for?

Foster Carers, Family & Friend's Carers.

### What's it about?

Flourish is a practical 2 day course looking at the field of Positive Psychology.

Positive Psychology training internationally has been shown to vastly reduce the stress amongst workers as well as improving education outcomes for children in a number of countries where it is part of the educational system.

### What will I learn?

The course is specifically written for Carers and aims to give an understanding into Positive Psychology. It will give carers practical strategies for dealing with stresses and strains of fostering and life, particularly when the going is tough.

#### DATES

**2 Day Course (9.30am—2.30pm)**  
8th & 9th July 2024

#### VENUE

The Thistleberry, Newcastle

## Foetal Alcohol Syndrome

### Who's it for?

Foster Carers, Family and Friends Carers or Adopters caring for a child with suspected Foetal Alcohol Syndrome.

### What's it about?

Foetal Alcohol Syndrome is a condition affecting a child as a result of pre-natal exposure to alcohol. Alcohol intake during pregnancy can lead to organs of the body being affected; from the development of the brain resulting in behavioural problems and the ability to learn, through to damage to the heart, kidney, skeleton and facial features.

### What will I learn?

- What is Foetal Alcohol Syndrome.
- What are the developmental implications for a child /young person with Foetal Alcohol syndrome.

**Delivered by the Fostering Central Engagement Team and Kerry Beard, a Foster Carer who is caring for a Child with Foetal Alcohol Syndrome.**

#### DATES

**Day Workshop (10am—1pm)**  
9th April 2024

#### VENUE

Stafford Boat Club

## Foster Carers Forum

### Who's it for?

Foster Carers, Family and Friends Carers, Fostering Social Workers and Family Practitioners.

### What's it about?

The Foster Carers Forum is a opportunity for Foster Carers to get together and to meet with other professionals from the Fostering Service and partnership agencies. The Forum agenda will be drawn up nearer the time to ensure that we are looking at any current issues and keeping Foster Carers fully informed and involved. Previous events have been well attended and we look forward to seeing as many Carers as possible.

**To reach a wider audience the forum presentation will now be repeated in the South and the North.**

**To help with bookings and numbers please book onto your closest venue.**

DATES	VENUE
<b>Day Workshop (10am—2pm)</b> 10th October 2024	Lea Hall, Rugeley

## Foster Carers Experiences of Loss & Bereavement

### Who is it for?

Prospective Foster Carers, newly approved Foster Carers, existing Foster Carers, Adopters and Family and Friends Foster Carers.

### What's it about?

Fostering is one of the few professions where there is an expectation that there will be grieving at some point, especially when it comes to moving children on.

This course aims to address the stages and impact of Carers grief and loss and to develop an understanding of children's experiences of loss and grief.

Carers should be aware of the emotional feelings that this course could evoke.

### What will I learn?

The course covers models of loss and bereavement, with advice about practical ways of helping yourselves deal with the emotions of fostering. The impact of separation and loss upon children and young people when they come into care. Advice and information that adults can use to support those whom they care for.

DATES	VENUE
<b>Day Workshop (10am—2.30pm)</b> 25th June 2024	Rugeley Rose, Rugeley

# Fostering Mentor Programme

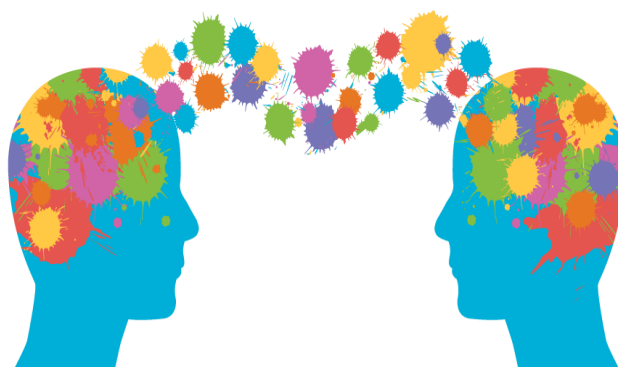
## Who's it for?

Experienced Foster Carers.

## What's it about?

The Fostering Mentor programme for Carers helps define what is meant by mentoring, identifies key skills and applies the learning to Foster Carers.

The aim is for the delegates to learn but also to enjoy the experience.



## DATES

**Day Workshop (6.30pm—9.30pm)**

23rd May 2024

## VENUE

Staffordshire Place 1, Stafford

# Information Technology (IT) Skills—NEW

## Who's it for?

Foster Carers, Family & Friends Carers.

## What's it about?

Technology is an important element in your role as a Foster Carer, allowing you to communicate security with others, store information about your children and help with your record keeping. However, if you haven't much experience of using technology you may find it difficult to use some of the features available to you and in particular some of the Local Authority System that you will need to use from time to time.

This workshop is designed to cover some of the basic uses of technology in an interactive group based manner, as well as some of pitfalls of technology and things to watch out for particularly in relation to security around your devices and data.

## What will I learn?

Areas covered can include:

- Laptops, Desktops, Tablets and Phones
- Use of Email and things to be careful of when using email
- Social Media – Facebook, 'X', WhatsApp
- Virtual meetings with Teams and Zoom – camera and microphones, how to set up a meeting, etiquette and interaction during meetings, meeting chat
- Device and Data Security
  - Good and Bad Passwords
  - Device encryption and passwords
  - Using encrypted USB sticks and/or Hard Drives
  - Cloud services – One Drive, Google Drive, Dropbox
  - Data backups
  - Location Services on devices
  - Photos and meta data
  - Internet Security and Text Abbreviations
  - Public Wi-Fi Security
- Local Authority Systems
  - Sending and receiving files via Secure File Transfer Portal
  - e-PEP Online
- Awareness of Local Authority IT Policies
  - Data Processor Agreement & GDPR
  - References in Foster Carers Handbook

As this is an interactive session you are free to bring your own devices and suggest any specific topics you'd like to cover in the workshop.

The workshop is delivered by a Foster Carer with over 30 years experience in various areas of IT.

DATES	VENUE
<b>Day Workshop (11am—1pm)</b> 24th April 2024	Rugeley Rose, Rugeley
<b>Day Workshop (11am—1pm)</b> 18th September 2024	Stafford Boat Club



# Managing Complex Behaviours & Emotions

## Who is it for?

This will be a practical 2 day course focused on looking at some of the complex emotions experienced by the children and young people in foster care.

## What's it about?

It will include:

- How to be effective in the use of empathy by understanding how they experience their world
- Reaching the hard to nurture child
- Working with other difficult relationships
- Understanding what drives behaviours and manage both behaviours and emotions by meeting the needs that drive them.
- Building confidence and self worth in young people.

This is also about understanding your own thoughts and feelings and how they interact with the children in your care.

## What will I learn?

The course will feature a range of practical and impactful techniques and ideas that will be useful in working on these areas including: understanding how we process the events of our lives, how to manage emotions through meeting the 6 Human Needs, specific empathy exercises; play based ideas and the use of therapeutic stories.



DATES	VENUE
<b>2 day Workshop (6.30pm—9.30pm)</b> 17th & 18th June 2024	Microsoft Teams

# Mental Health Awareness

## Who's it for?

Foster Carers, Carers or Social Workers involved with Mental Health Services.

## What's it about?

This workshop is an opportunity to explore current structure of mental health services across Staffordshire. To better understand what we mean by 'mental health' at a time when mental health appears to be the focus of much attention and differing agendas.

Participants will be introduced to the spectrum of mental health and explore the some of the myths around therapy and diagnosis. We will discuss mental disorder and mental distress and explore the value of applying the social model of mental health to young people in our care.

## What will I learn?

- A clearer understanding of children and young people's mental health services across Staffordshire.
- Understand the difference between social and health models of intervention and how the two are linked.
- An appreciation of mental health language and the impact upon our understanding, expectations and confidence to work with mental health.
- An appreciation of in-patient services and how the mental health act may conflict with the children's act.

## Workshop facilitator:

**Danny Mulligan, CAMHS Social Work Team Manager, Approved Mental Health Professional, Virtual Mental Health Lead.**



DATES	VENUE
Evening Workshop (6.30pm—8.30pm) 20th June 2024	Microsoft Teams

## Mindfulness—Now It's Time for You—NEW

### Who is it for?

This workshop is specifically for foster carers to learn self-care skills to support their wellbeing.

### What's it about?

Our lives can be very fast paced and we need tools to help us slow down. This is a practical workshop aimed at learning skills to help us relax and recharge. Regular practice provides a better way of slowing down your thinking processes, a tool to help you regain balance, skills that assist in developing stronger coping mechanisms.

### What will I learn?

Let us learn how breath work, gentle chair yoga, meditation, essential oils etc. can help us to pause and be more mindful in our everyday lives.

At the end of the workshop, you are invited to join me in experiencing the power of sound by attending a mini Sound Bath using Gongs, Himalayan Singing Bowls and other selected instruments.

Facilitated by Foster Carer Teana Henry

DATES	VENUE
<b>Day Workshop (10.30am—1.30pm)</b> 15th May 2024	Rugeley Rose, Rugeley

## NED—Nurturing Early Development

### Who is it for?

Nurturing Early Development is a course designed to support Foster carers, Special Guardians, Kinship carers or Adopters of children aged 0-3 who may be at risk of poor developmental outcomes.

### What's it about?

The aim of the course is to teach carers how to nurture and build attachments with babies and toddlers through the use of serve and return, developed at the Centre on the Developing Child at Harvard University.

This course consists of two 3 hour workshops and participants need to be able to attend both sessions and should preferably have a child of this age in placement.

# NED

Nurturing Early Development

DATES	VENUE
<b>2 Day Course (10am—2pm)</b> 13th & 20th June 2024	The Thistleberry, Newcastle

# Parent and Child Placements

## Who is it for?

Experienced foster carers who are either level 3 or 4 who are interested in providing Parent and Child placements.

## What's it about?

The course aims to equip carers with the skills and knowledge to be able to support parents to care for their own children. This involves aspects of modelling, coaching, supervising, observing, reporting and working within a wider team. Carers will be supported to understand their role within the assessment process and how they would support and contribute to this. This course will be delivered over two 4 hour sessions with small groups.

## What will I learn?

- Roles and Responsibilities
- Recording in Parent and Child placements
- Court process and giving evidence
- Placement matching
- Attachment and Parenting styles
- Supporting and coaching parents
- Supporting Learning
- Managing challenges
- Managing stress



DATES

VENUE

Expressions of Interest

# Practical Social Pedagogy

## Who's it for?

Open to all Foster Carers, Family & Friends Carers, Family Link Carers, Social Workers and Family Practitioners who wish to understand how Social Pedagogy works in a practical manner.

## What's it about?

Social Pedagogy is a person and relationship-centred way of working with children in care. Our course introduces you to or will deepen the learning of other social pedagogy training attended. You will learn social pedagogy theories and models in a practical and immersive manner, talk about how you may have used or could use in the future. This course has an emphasis on implementation.

## What will I learn?

- Further develop holistic thinking.
- Learn new ways to reflect on own practice through observation and involvement.
- Understand the social pedagogy models and use them practically.
- How to be creative and practical in your practice.
- To develop a social pedagogical mind-set / attitude ('Haltung').
- Elements of Restorative practise.



## DATES

Day Workshop (10am—1pm)

18th June 2024

## VENUE

The Hedgehog, Lichfield



# Preserving Memories

## Who's it for?

Existing Foster Carers when identified as part of the Personal Development plan. Family and Friends Foster Carers, Adopters. We recommend that this is completed within the first 18 months following approval.

## What's it about?

This course explains the purpose of Life Story Work and looks at ways in which Foster Carers and Social Workers work together in order to preserve children's memories, help them understand their past experiences and prepare for their future.

## What will I learn?

- What is Life Story work?
- Why do we do it?
- The role of the Foster Carer
- Practical advice and examples

During the course there is an opportunity to share experiences and look at various methods and materials which are used in Life Story Work.



DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 17th April 2024	The Thistleberry, Newcastle

# Promoting Positive Friendships—NEW

## Who's it for?

Foster Carers, Friends and Family Carers, Special Guardians, Adopters and Social Workers.

## What's it about?

We know that children and young people who have experienced neglect and trauma can struggle with friendships and may gravitate to friendships that aren't positive. The inability to maintain friendships in the teenage years is a key vulnerability to all types of exploitation, as well as an indication of how they will achieve in their adult life.

## What will I learn?

Look at the reasons why our young people struggle with relationships and the ways in which skills can be developed by them.



## DATES

**Day Workshop (10am—1pm)**  
16th July 2024

## VENUE

The Thistleberry, Newcastle

# Prosper (5—12 Parenting Program for Foster Carers)

## Who's it for?

Prosper is designed for Foster Carers and Friends and Families Carers including carers with a SGO with children aged between 5 and 12 years. It is a redesign of the old KEEP Programme that we used to run.

## What's it about?

It is a 12 week Foster Carer group which aims to increase the parenting skills of foster and kinship parents, decrease the number of placement disruptions, improve outcomes for children and empower Foster Carers to positively manage their child's behaviour. The evidence demonstrates it has been successful in reducing both children's challenging behaviour and Foster Carers stress.

Foster Carers have spoken very positively about their experience of the old KEEP programme and the effect it has had on their young people.

If you are interested in this training, please discuss with your Fostering Social Worker as there is a separate application and shortlisting process.

In order to be considered please ensure that applications are received by the appropriate shortlisting date.

**For further information please contact Sean Broderick at the Fostering Central Engagement Team Tel: 01785 895031 or email: [sean.broderick@staffordshire.gov.uk](mailto:sean.broderick@staffordshire.gov.uk)**



DATES	VENUE
<p><b>10 Week Evening Workshop (6.30pm—9pm)</b></p> <p>24th April 1st, 8th, 15th, 22nd May 5th, 12th, 19th, 26th June 3rd July 2024</p>	<p>Staffordshire Place 1, Stafford</p>
<p><b>10 Week Workshop (10am—12.30pm)</b></p> <p>9th, 16th, 23rd, 30th September 7th, 14th, 21st October 4th, 11th, 18th November 2024</p>	<p>Stafford Boat Club</p>



# Prosper + (Teen Parenting Program for Foster Carers)

## Who's it for?

Foster Carers and Family and Friends Carers with children aged between 12-17.

## What's it about?

Prosper Plus is a redesign of the old KEEP Safe and is a program designed for Foster Carer's and Family and Friends Carers with young people aged 12-17 years. Prosper is a 90 minute weekly group which runs over 12 weeks (to be confirmed). The curriculum is designed to use the Issues and ideas brought by the participants and is tailored to their needs.

If you are interested in this training, please discuss with your Fostering Social Worker as there is a separate application and shortlisting process. Please ensure that applications are received by the appropriate shortlisting date.

For further information please contact Sean Broderick at the Fostering Central Engagement Team Tel: 01785 895031 or email: [sean.broderick@staffordshire.gov.uk](mailto:sean.broderick@staffordshire.gov.uk)



DATES	VENUE
<p><b>10 Week Workshop (10am—12.30pm)</b>                      3rd, 10th, 17th, 24th May                      7th, 14th, 21st, 28th June                      5th, 12th July 2024</p>	<p>Stafford Boat Club</p>
<p><b>10 Week Workshop (10am—12.30pm)</b>                      6th, 13th, 20th, 27th September                      4th, 11th, 18th, 25th October                      8th, 15th November 2024</p>	<p>The Hedgehog, Lichfield</p>

## Secure Base Model

The Secure Base Model is a way of working with young people that promotes stability and security using Attachment theory. Previously day two of the old Attachment Part 2 course, this day course will go through ways to help children to trust, to help manage their feelings and behaviour, to build self esteem, to help young people feel effective and to help young people feel that they belong.

Using videos of Foster Carers and young people talking about their experiences, this course aims to be a practical way of implementing Attachment Theory.

DATES	VENUE
<b>Day Workshop (10am—12.30pm)</b> 16th April 2024	The Hedgehog, Lichfield

## Self Harm Awareness

### Who's it for?

Foster Carers, people caring for and working with children who self-harm.

### What's it about?

An opportunity to explore current thinking around self-harm amongst children and young people and practice dealing with these issues. Participants will be introduced to Staffordshire Safeguarding Children Board policy (Section 4 U) relating to children and young people who self-harm or disclose intent to attempt suicide.

### What will I learn?

- A clearer understanding of self-harm and how to respond to children young people. An appreciation of CAMHS and other mental health services within Staffordshire.
- Identify the local means of support.
- Understand the difference between health and social care models of intervention and how the two are linked.
- An understanding of Staffordshire Safeguarding Children Board policy relating to self-harm, overdose and suicidal thoughts.
- Recognise the myths surrounding self-harm.

**This course will be delivered by Danny Mulligan, CAMHS Social Work Team Manager, Approved Mental Health Professional, Virtual Mental Health Lead**

DATES	VENUE
<b>Evening Workshop (6.30pm—9.30pm)</b> 11th July 2024	Microsoft Teams

## Sensory Processing

### Who's it for?

This training is for all existing and potential Foster Carers.

### What's it about?

The training is focused on sensory processing issues linked to early developmental trauma and attachment disruption for children and young people.

### What will I learn?

Key learning outcomes will be an understanding of the sensory systems and how early developmental trauma and attachment disruption can impact upon sensory presentations, behaviours, learning and other needs. Participants will learn about co regulation through sensory strategies that can be used at both home and school.

**This workshop will be facilitated by Occupational Therapist and Advanced Practitioner in Sensory Integration Laura Graham.**

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 8th October 2024	The Hedgehog, Lichfield

## Solvent Misuse

### Who's it for?

Foster Carers and Family and Friends Carers

### What's it about?

- Introduction to Volatile Substances and types of Volatile Substances
- Signs of use
- Risk associated with Volatile Substance use



### What will I learn?

- Signposting routes and support available locally
- Resources available

Dan Gibbons: [dan.gibbons@re-solv.org](mailto:dan.gibbons@re-solv.org)



DATES	VENUE
<b>Evening Workshop (6.30pm—8.30pm)</b> 17th April 2024	Microsoft Teams

# Speakeasy

## Who's it for?

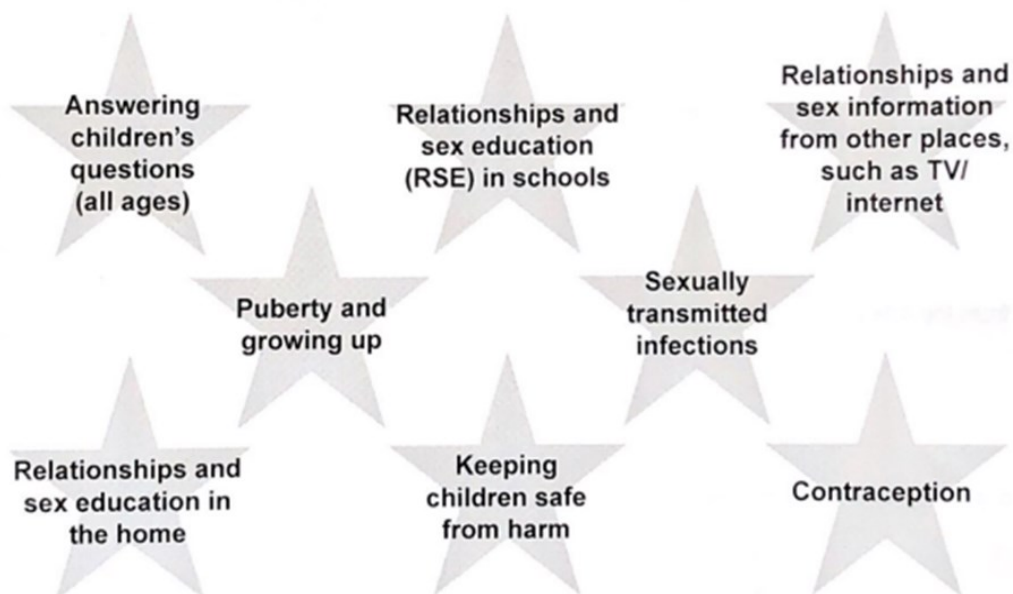
Existing Foster Carers when identified as part of the Personal Development plan. Family and Friends Foster Carers. Recommended to be completed with the first 18 months of approval for all Carers of young people age 9 plus.

Does the thought of talking to your children about relationships and sex worry or confuse you?

If so, let me introduce you to Speakeasy, a course designed just for you!

Fun ★ Relaxed atmosphere ★ Informative ★  
Useful for parents/carers with children of any age

On the course we look at:



The course is held over 4 sessions. Attendance at ALL sessions is necessary.

DATES	VENUE
4 Week Course (10am—2pm) 4th, 11th, 18th, 25th June 2024	Stafford Boat Club

# Special Guardianship Orders (SGO)

## Who's it for?

This workshop is for anyone that is interested in applying for a Special Guardianship Order or who are already having an Special Guardianship assessment.

## What's it about?

This information session will inform you of all the legal and practical implications in relation to this order.

We will address finances, family time/contact with birth families, shared parental responsibility.

Our aim is to ensure that all queries, concerns and the do's and don'ts of a Special Guardianship Order are answered to allow any applicant to make a well informed decision if they wish to proceed to an order.

## What will I learn?

- All the up to date information that is relevant to the Special Guardianship process.
- The benefits of having Special Guardianship legal status both for the carers and the children.



DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 23rd April 2024	Microsoft Teams
<b>Evening Workshop (6.30pm—9.30pm)</b> 2nd July 2024	Microsoft Teams



## Staying Put

### Who's it for?

Approved Foster Carers and Family and Friends Carers who are caring for teenagers.

### What's it about?

This training should advise/inform Foster Carers of Staffordshire's Staying Put policy.

### What will I learn?

- An understanding of the referral/planning process.
- The roles and responsibilities of all those involved in Staying Put placements i.e. Foster Carers, Personal Advisors and Fostering Social workers etc.
- The aims and purpose of Staying Put placements.
- How Staying Put placements are reviewed.

**This course will be delivered by the Stability & Sufficiency Team**

DATES	VENUE
<b>Day Workshop (10am—11.30am)</b> 19th April 2024	Microsoft Teams

## Supervising Family Time

### Who is it for?

Foster Carers, Family and Friends Carers and Adopters who will be facilitating family time between a child and members of their birth family.

### What is it about?

Guidance, tips, skills and knowledge on supervising family time.

### What will I learn?

- Acknowledge the values behind family time for LAC children.
- Understand the Legal and Good Practice guidance for family time.
- Understand issues that affect the quality of family time.

DATES	VENUE
<b>Evening Workshop (6.30pm—9pm)</b> 25th April 2024	Microsoft Teams

# Talking to Children About Negative World Events—NEW

## Who's it for?

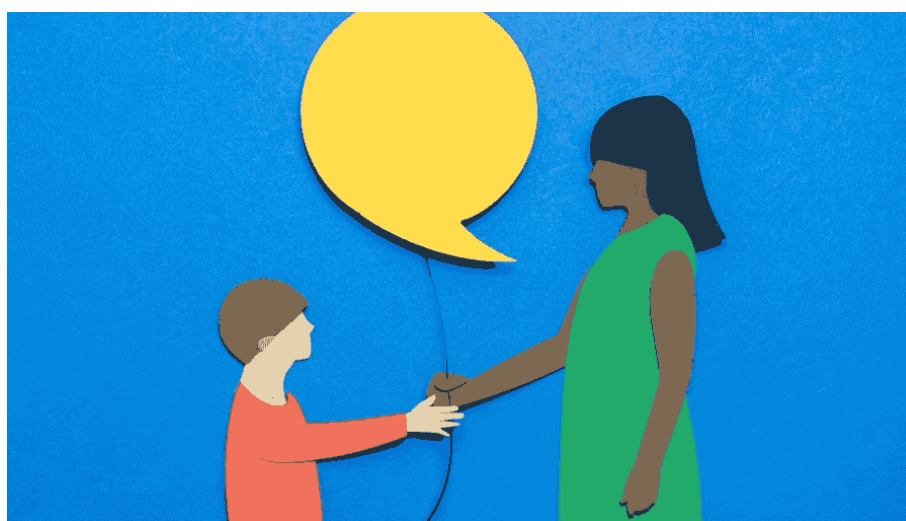
Foster Carers, Friends and Family, Special Guardians, Adopters, Social Workers.

## What's it about?

This workshop is an extension of the original 'Talking to children about war' following the invasion of Ukraine by Russia and we were finding that there were a lot of children who were very concerned about what was happening. Given that children and young people who have experienced abuse are focused on catastrophic thinking, it makes sense to think about how we explain world events to them.

## What will I learn?

Ways of protecting our children and enabling them to feel calmer when faced with worrying world events.



## DATES

**Day Workshop (10am—12pm)**  
26th April 2024

## VENUE

Microsoft Teams

# Tax, Pensions & Mortgages for Foster Carers— NEW

## Who's it for?

Foster Carers & Family & Friends Foster Carers.

## What's it About?

This training session is designed to equip Foster Carers with the essential knowledge and skills required to navigate the complexities of tax returns, understand their pension entitlements, and explore mortgage opportunities based on fostering income. The session aims to provide a foundational understanding of these areas, tailored specifically to the unique financial situation of Foster Carers.

## What Will I Learn?

By the end of this training session, participants will:

### 1. Understand the Basics of Completing a Tax Return for Foster Carers:

- Learn how to gather the necessary information for a tax return.
- Navigate the process of registering for and using the Government Gateway.
- Complete and submit a basic tax return accurately and confidently.

### 2. Maximise Retirement Income through Pensions:

- Discover how to check State Pension entitlement using the Government Gateway.
- Understand the process of registering for State Pension Credits as a Foster Carer.
- Learn about the implications of gaps in your National Insurance record and how to address them.
- Explore how to utilise Qualifying Care Relief and Stakeholder Pension rules to enhance your pension pot.
- Gain insights into managing pensions from previous employment to optimise retirement income.

### 3. Understand Mortgage Opportunities with Fostering Income:

- Identify how different banks and building societies consider fostering income when applying for mortgages.
- Gain a basic understanding of what to expect when seeking mortgage approval as a Foster Carer.

**This course is facilitated by Foster Carer Lee Clarkson who is a Chartered Financial Planner.**

DATES	VENUE
Evening Workshop (6.30pm—9pm) 10th April 2024	Microsoft Teams



# Teenage Brain Development

## Who's it for?

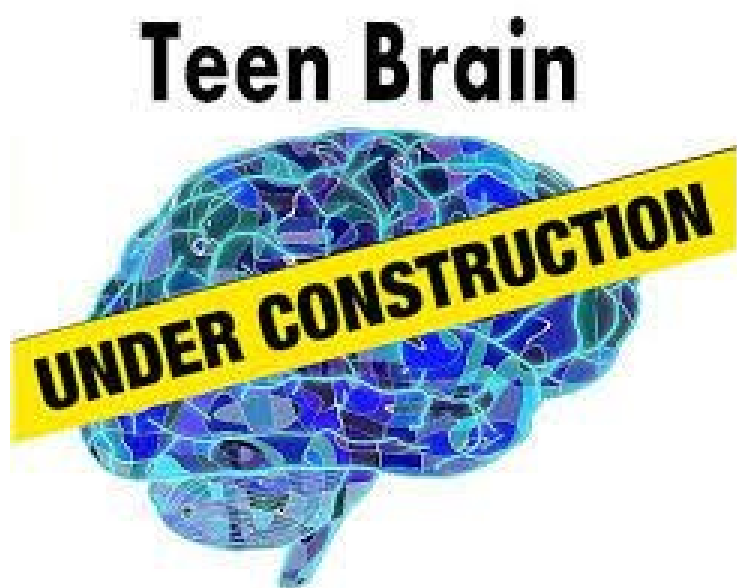
This course is aimed at all Carers of teenagers.

## What's it about?

The course will cover how the brain is radically changing during the teenage years and its effect on behaviour, stress response and sleep amongst many other things.

## What will I learn?

You will gain an understanding of how the radical changes in the brain in teenage years impacts on 'stereotypical' teenage behaviour.



DATES	VENUE
<b>Evening Workshop (6.30pm—9pm)</b> 18th April 2024	Microsoft Teams

# The Impact of Sibling Separation

## Who's it for?

Prospective Foster Carers, newly approved Foster Carers, existing Foster Carers when identified as part of the Personal Development plan, Family and Friends Foster Carers, and Adopters.

## What's it About?

5 siblings. 5 separate homes. 5 lives torn apart by the life choices and decisions of adults around them. 5 lives punished for the actions of others. This workshop is emotive, honest, and thought-provoking. You will leave encouraged to do as much as possible to keep siblings together. No one expects to keep 5 siblings together but no one should expect 5 siblings to be placed in 5 separate homes. What could've been done differently? That will be answered. 2 of those 5 siblings are coming together for a workshop which will deal with the challenges, added trauma and emotional worry when siblings are separated. These are real experiences. Real emotions. Real children.

## What will I Learn?

- To have an understanding as to how sibling separation impacts children individually
- To have an understanding as to how sibling separation can damage sibling relationships in later life
- To have an understanding as to why children are separated from siblings
- To have an understanding as to why children from sibling groups may find it difficult to 'let go'
- Provide you with an insight into the impact that the separation from my siblings had on me and them
- Provide tools to continue the relationships of children when they're separated from siblings
- Provide an insight into how our relationships are now and what we've had to do to improve our relationships
- To encourage hope that even when separation occurs, if it is when handled sensitively and positively, children can maintain and rebuild relationships with siblings



DATES	VENUE
Day Course (10am—1pm) 7th May 2024	Stafford Boat Club

# Therapeutic Parenting

## Who's it for?

Anyone who has completed Attachment Part 2 and /or as agreed in the PDP.

## What's it about?

This is a training course based upon a shortened version of Kim Golding's work on 'Nurturing Attachments'

The Course covers how Attachment theory relates to Therapeutic parenting, emotional regulation, the House model of parenting, and parenting with PACE (Playfulness, Acceptance, Curiosity and Empathy). The course will also cover elements of Dan Hughes' work in combining what we know about Neuroscience and Attachment Theory.

## What will I learn?

Practical ways in which to promote children's security and resilience. Give an understanding of the impact of trauma on the lives of children and how we can enable children to feel safe.



## DATES

**2 Day Course (9.30am—2.30pm)**  
20th & 21st May 2024

## VENUE

Stafford Boat Club

# Through the Kids Eyes

## Who is it for?

Foster Carers, Family and Friends Carers and Social Workers.

## What is it about?

- Identity and why its important.
- Behaviours of young people and looking at the problem rather than the symptoms.
- Why as a Carer is reflection important.
- How the language and words we use have an impact on young people– positive and negative.
- Why are thoughts and feelings so important.
- What values and skills do we hope young people will have by the time they leave care to live independently.
- The transition of moving on.

## What will I learn?

You will have an understanding of what its like for a young person to grow up in Care and gain an understanding of the difficulties that young people face outside their 'Care' environment.

Why do young people do the things they do. There is always a reason behind what they do.

You will learn that some young people may not be ready to leave care even though they say that they are.

Understand the key issues surrounding young people in leaving Care.

**'Through the Kids Eyes' is interactive training which incorporates videos, drawing and listening to audio and is designed to take Carers and SW's on a journey for what it is like for a young person going through the care system.**

**The training is delivered through the eyes of a Care Leaver Nick Barwick who left his foster placement in October 2014 after 9 years in place.**



DATES	VENUE
Day Workshop (10am—2pm) 25th April 2024	Stafford Boat Club

## Trans\* Awareness

### Who's it for?

Aimed at Foster Carers, Family & Friends Carers and Social Workers.

### What's it about?

Trans is an umbrella term that is used when describing gender identity. In today's society young people are exploring their gender identity and require the support of their friends and family in this area.

This workshop will provide discussions on the differences between gender and sexuality.

It will also explore medical, physical, emotional, and social changes that a young person may go through.

Throughout this workshop we will explore how you can support your young person and also how you can support one another. This will include appropriate language and terminology.

You will be encouraged to ask any questions throughout the workshop. You will be provided with practical tips such as talking to schools and clubs. It will also look at supporting a young person experiencing gender dysphoria and how that is different from body dysmorphia.

NHS and other guidelines or legislation will be discussed.

**This course will be co facilitated with a representative of SAGE (Sexuality and Gender Empowerment) a Staffordshire based charity that supports the LGBTQ+ communities in Staffordshire including Stoke and surrounding areas.**

DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 14th May 2024	Stafford Boat Club

## Understanding & Dealing with Secondary Trauma

### Who's it for?

Prospective Foster Carers, newly approved Foster Carers, existing Foster Carers when identified as part of the Personal Development plan, Family and Friends Foster Carers.

### What's it about?

This course will look at an often unacknowledged part of caring for and working with children and young people with traumatic histories - the way in which those histories can begin to have a traumatic impact on ourselves as Carers, parents and workers. When you begin to feel lost, confused, chaotic or angry, are they your emotions or the child's expressed through you?

### What Will I Learn?

- We will look at ways to spot when this is happening in yourself and others.
- An understanding of what is happening.
- Ways to manage and protect yourself against those effects.

DATES	VENUE
<b>Evening Workshop (6.30pm—9pm)</b> 17th July 2024	Microsoft Teams

# Understanding Eating Disorders –NEW

## Who is it for?

Foster carers, Family & Friends Carers, Special Guardians & Adopters

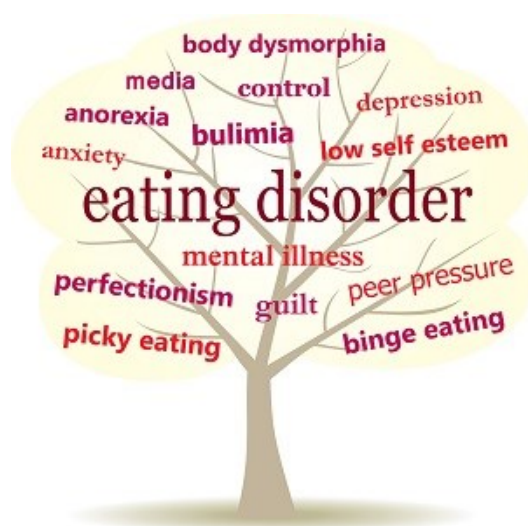
## What's it about?

The purpose of this session is to give all learners an awareness of Eating Disorders in young people and the importance of recognising the early warning signs. It includes the condition ARFID which is common amongst children and young people who have a difficult relationship with food.

## What will I learn?

By the end of this session learners will have:

- Identified various types of eating disorders and explored some potential causes.
- Discussed what influence the media has on body image of both boys and girls.
- Explored what factors contribute to the thoughts and feeling present in young people who use self harming behaviours.
- Explored the condition Avoidant Restrictive Food Intake Disorder (ARFID)
- Identified the potential co existing disorders that may be present alongside eating disorders
- Discussed what we can do to support young people with emotional trauma and body dysmorphia.
- Explored local and national resources that support Young People & Families
- Reflected on own practice.



DATES	VENUE
Day Workshop (9.45am—1pm) 5th June 2024	ZOOM

# Understanding Executive Functioning

## Who's it for?

Foster Carers, Family and Friends Carers.

## What's it about?

Executive function and self-regulation skills are the mental processes that enable us to plan, focus our attention, remember instructions, and juggle multiple tasks successfully. It's a key life skill that will offer better life chances to those who master it. It's also part of the wiring of the brain that is effected by Trauma and a large amount of the LAC population struggle with their executive functioning. The good news is that you can teach 'executive functioning skills' to children / young people.

## What will I learn?

This course will look at the impact and just what we can do to help our young people.



DATES	VENUE
<b>Day Workshop (10am—1pm)</b> 10th July 2024	Rugeley Rose, Rugeley

# Understanding Obsessive Compulsive Disorder (OCD) - NEW

## Who is it for?

Foster carers, Family & Friends Carers, Special Guardians & Adopters.

## What's it about?

The purpose of this session is to give all learners an understanding of the neurological condition Obsessive Compulsive Disorder (OCD) in particular how it relates to children and young people. It discusses the importance of recognising the early warning signs by exploring potential causes and explores ways in which the anxious child can be supported to reduce the need to regulate strong negative emotions in this way.

## What will I learn?

By the end of this session learners will have:

Stated the DSM-5-TR diagnostic criteria for Obsessive Compulsive Disorder (OCD).

Identified potential causes for this extreme anxiety based condition.

Explored some of the general signs and symptoms that can be present in someone with OCD

Explored what factors contribute to the thoughts and feeling present in children and young people with OCD.

Identified the potential co existing disorders that may be present alongside OCD.

Discussed what we can do to support children and young people to manage their strong emotions and anxiety.

Explored local and national resources that support people and their families with this neurological condition.

Reflected on own practice.

DATES	VENUE
Day Workshop (9.45am—1pm) 26th September 2024	ZOOM



# Contact us:

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