

Foster Care Training



We are pleased to offer our training programme for 2023 – 2024.

Additional training events will be added as needs arise, subject to available funding and we will keep you informed about new online assessments and e-learning as they become available.

We continue to work with various partner organisations to deliver this training programme and we would like to specifically acknowledge our partnership with The Annex Project and The Training Hub for Foster Carers.

This programme shows the training courses which are scheduled to run at Shaw House (or other venues if noted).

Below is a list of **mandatory training courses** you are expected to complete as Foster Carers every three years:

- **First Aid training course Two day** - classroom course
- **First Aid Refresher course** (yearly after completing the above classroom course) * *available on the Training Hub online*
- **GDPR for Foster Carers** * *to be completed on the Training Hub online*
- **Internet Safety** * *to be completed on the Training Hub online*
- **Managing Allegations and Complaints** * *available on the Training Hub online*
- **Managing Challenging Behaviour**
- **Radicalisation and Extremism (Prevent)** * *to be completed on the Training Hub online*
- **Risk Management and Safer Care** * *available on the Training Hub online*
- **Reporting and Recording for Foster Carers** * *available on the Training Hub online*
- **Safeguarding for Foster Carers** - * *available on the Training Hub online*

Training courses can be found on the Training Hub (marked *), Shaw House and through external providers. The Training Hub - <https://training.thetraininghub.co.uk/login> .

Please note that three courses (GDPR for Foster Carers, Internet Safety and Radicalisation and Extremism) are to be completed on the Training Hub.

If you wish to book any training please contact your Supervising Social Worker and email training@westberks.gov.uk directly. If you have any queries please contact Mandi Davis on 01635 50368

2 Day First Aid Training - once every three years compulsory

First Aid is a vital skill that all foster carers should have an awareness of. This course is designed for foster carers who want to receive training in emergency first aid. It will cover methods of dealing with various first aid emergencies, such as choking and shock, or CPR.

- To understand the primary and secondary assessments
- To know the recovery position
- To know how to administer CPR

To know how to deal with different emergencies, like bleeding, shock or choking

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

26 & 27 May 2023	Shaw House	09.30 – 16.30
9 & 10 October 2023	Shaw House	09.30 – 16.30
29 & 30 January 2024	Shaw House	09.30 – 16.30

3 Hour First Aid – refresher - yearly

Suitable for parents, child minders and teachers who do not require the three day course. This course will teach basic lifesaving skills should a child collapse or have airway/and or breathing difficulties.

The main learning objectives of this course are as follows:-

- Use of EpiPen
- AED training

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

17 April 2023	Shaw House	10.00 – 13.00
17 June 2023	Shaw House	10.00 – 13.00
16 September 2023	Shaw House	10.00 – 13.00
22 January 2024	Shaw House	10.00 – 13.00

ADHD and Autism Advanced Level Fostering

Autism Spectrum Disorder and ADHD are related in several ways. They have some of the same symptoms. Having one of these conditions also increases the risk of having the other.

This course will give you an insight to the differences between ADHD and Autism and how to work effectively with young people.

The main learning objectives of this course are as follows:-

- To improve your understanding of what Autism is and what the different types are
- To increase your awareness of the needs of those who have a diagnosis of Autism or ADHD
- To understand the Triad of impairments

- To be aware of the difficulties for individuals with Autism and ADHD
- To improve your understanding and skills to meet the needs of those in your care

This course meets the Training, Support and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

25 September 2023

Shaw House

10.00 – 14.00

Alcohol and Substance Misuse Fostering

The aim of this course is to increase the learner's knowledge, skills, and confidence in recognising and responding to individuals who misuse substances.

The main learning objects of the course are as follows:

- To identify and name the most commonly used drugs, their possible effects, and methods of use
- To understand why young people in care are vulnerable to substance misuse
- To understand where the laws and agency policy and procedure fit when caring for children who are using substances
- To describe the potential harm to the individual from misusing substances
- To help and support young people to access appropriate drug and alcohol services

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) 2011.

09 May 2023

Shaw House

10.00 – 14.00

Allegations for Foster Carers

This training is for foster carers on allegations. It is aimed at all foster carers, not just those who are undergoing an allegation. The course will be of considerable benefit for both new and experienced foster carers.

The course aims to ensure that foster carers remain aware of the potential for an allegation to be made against them and what measures they can take to try to minimise these and what they can expect in the event of an allegation.

12 September 2023

Shaw House

10.00 – 14.00

Annex Project

This Attachment and Trauma training is delivered by The Annex Project.

Participants will gain a solid understanding of The Dynamic Maturation Model of attachment and what that means to a child who has experienced trauma. There will be experiential exercises designed to 'bring to life' what being a looked after child may mean. Emphasis will be given on looking behind behaviours and making sense of what drives challenging and withdrawing strategies – and the impact on the Young Person's future if they are not best supported. Course held at Shaw House.

Session 1: Wednesday 07 June 2023 09.30 – 14.30

Session 2: Wednesday 14 June 2023 09.30 – 14.30

Session 3: Wednesday 21 June 2023 09.30 – 14.30

Session 4: Wednesday 28 June 2023 09.30 – 14.30

Session 5: Wednesday 05 July 2023 09.30 – 14.30

Babies Withdrawing from Addictions

Heavy drug use can damage the health of a pregnant woman, cause complications during pregnancy, and possibly damage the foetus. Drugs can affect an unborn baby through the mother's bloodstream. Heavy use of certain drugs during pregnancy particularly alcohol, tobacco, heroin and other opiates, and tranquillisers, can lead to premature birth, low birth weight, and increased risk of losing the baby around the time of birth. This course will give foster carers an understanding of how substances affect the babies, how to support the babies, and what support is available for carers.

The main learning objectives of the course are as follows:

- To understanding how babies are affected in the womb
- To understand the effects on the nervous system
- To know what this means for those caring for a drugs and alcohol addicted baby
- To know how to support these babies
- To be aware of support for foster carers

This course meets the Training, Support, and Development Standards as outlined in the Fostering Services (England) Regulations 2011.

23 May 2023

Shaw House

10.00 – 14.00

Child Sexual Exploitation

This training covers responding effectively to issues of child sexual exploitation and how this impacts on missing from care and other forms of abuse. This course is aimed at foster carers who are caring for children and young people in both the local authority and statutory sectors. The course provides an opportunity for foster carers to gain confidence and efficacy in dealing with this often complex and difficult field.

14 March 2024

Shaw House

10.00 – 14.00

Contact and Family Time

This course enables carers to understand the complexity of the issues involved in planning and managing family time with birth parents, and to develop the knowledge and skills to play their part with confidence. Carers will understand the emotional and practical issues associated with family time and will explore their own role in promoting and improving this contact.

OBJECTIVES :

- Understand the legal framework
- Consider the complexity of family time for the child, birth parents, foster carers and children's services
- Identify the role of a foster carer
- Offer ideas of how to enhance the quality of contact
- Consider family time from a trauma-informed perspective

30 November 2023 Shaw House 10.00 – 14.00

Foster Carer E-Learning Sessions – Hatten Room

01 June 2023	Shaw House	09.30 – 12.00
06 July 2023	Shaw House	09.30 – 12.00
21 September 2023	Shaw House	09.30 – 12.00
26 October 2023	Shaw House	09.30 – 12.00
23 November 2023	Shaw House	09.30 – 12.00

Please contact Mandi Davis on 01635 30688 or Mandi.Davis@westberks.gov.uk if you wish to book a space.

LGBT Fostering

This course will give foster carers a better understanding of what it means to be LGBT, the needs of LGBT people, the challenges they face, and how to support and communicate with young people who identify as LGBT.

The main learning objectives of the course are as follows:

- What do we mean by LGBT+
- Sexual identity, expression, and assignment
- What issues do LGBT – people face?
- What extra issues do LGBT+ children and young people in care face?
- What can we do to provide care and support?

12 June 2023

Shaw House

10.00 – 14.00

Makaton Level 1

Level 1 Makaton training provides a practical introduction to the Makaton Language Programme. Sessions include discussing commonly asked questions, hints and tips for effective signing and symbol use and how to start using Makaton in everyday situations at home or work.

You will also learn the signs and symbols from Stages 1 & 2 and half of the Additional stage of the Core Vocabulary. At the end of the course, participants will:

- Know about the history, design and structure of Makaton and the Core Vocabulary
- Be able to use signs and symbols from Stages 1 and 2 and half of the additional vocabulary in their daily environment and use techniques for movement, directionality and placement
- Know how Makaton signs and symbols are derived
- Have a knowledge of the different approaches available to develop the communication skills of a wide range of Makaton users

- Be informed about the other Makaton training courses and workshops

18 April 2023

Shaw House

09.30 – 16.30

More dates will be scheduled when demand becomes apparent.

Makaton Level 2

Level 2 training builds on the knowledge you gained in the Level 1 course. You will learn the signs and symbols from Stages 3 & 4 and the rest of the Additional stage of the Core Vocabulary. At the end of the course, participants will:

- Know about the history, design and structure of Makaton and the Core Vocabulary
- Be able to use signs and symbols from Stages 1 to 4 and the additional vocabulary in their daily environment and use techniques for movement, directionality and placement
- Know how Makaton signs and symbols are derived
- Have a knowledge of the different approaches available to develop the communication skills of a wide range of Makaton users
- Be informed about the other Makaton training courses and workshops. 67

2 May 2023

Shaw House

09.30 – 16.30

More dates will be scheduled when demand becomes apparent.

Managing Challenging Behaviour Advanced

This course is compulsory for all Foster Carers and Foster Carers are expected to attend every 3 years.

This course is designed to impart knowledge to carers, with an aim of managing situations safely and reducing stress and anxiety for all involved. This course will give you an understanding of where behaviours come from, the legalities around these, and how to manage them effectively.

The main learning objectives of the course are as follows:

- To understand challenging behaviour
- To identify why children display challenging behaviour
- To understand how background and history affects behaviour
- To consider the legalities around managing behaviour
- Non-violent restraint
- To identify strategies for managing challenging behaviour

This course meets the Training, Support, and Development Standards as outlined in the Fostering Services (England) Regulations 2011.

26 June 2023	Shaw House	10.00 – 14.00
18 September 2023	Shaw House	10.00 – 14.00

Safer Care

This course supports Foster Carers to promote the safety and well-being of children and young people in Foster Care. It covers how safer aims to protect the wellbeing of carers and their families along with a range of themes, such as forming healthy attachments, dealing with difficult behaviour appropriately, ensuring the protection of each member of the household and minimising the risk of allegations made against carers.

The main learning objectives of the course are as follows:

- Explain what is meant by safer caring and how we can apply best practice
- Discuss the importance of safer caring for carers and children
- Establish how safer care protects the foster child and the family
- Describe the role of the safer care policy
- Explain how the fostering household can be involved

26 September 2023 Shaw House 10.00 – 14.00

17 January 2024 Shaw House 10.00 – 14.00

Safeguarding Children - Universal

This course is for people working with children and young people in social care. The course has been designed and approved by the Local Safeguarding Children Partnership. Anyone is welcome to attend although the focus is mainly on working in social care environments.

The main learning objectives of the course are as follows:

- Basic information on Child Protection and Safeguarding
- Types of Abuse
- Concept of Significant Harm
- Signs and Symptoms
- The Referral Process
- Multi Agency Approach
- Information Sharing and Confidentiality
- Statutory Guidance
- Safe Practice

4 May 2023 Shaw House 09.30 – 13.30

19 July 2023 Shaw House 09.30 – 13.30

19 September 2023 Shaw House 09.30 – 13.30

22 November 2023 Shaw House 09.30 – 13.30

15 January 2024 Shaw House 09.30 – 13.30

13 March 2024 Shaw House 09.30 – 13.30

Transgender Diversity Awareness

All children and teenagers need to feel good about themselves. In order for children and young people to become healthy and happy adults, they need to feel safe, supported and encouraged to be themselves. This can be a challenge for children and young people who are gender variant, as our society has quite rigid expectations regarding what it means to be either a boy or a girl.

Gender variant children and young people can be more vulnerable to bullying and discrimination in their schools or care homes, simply for being themselves. As caregivers, it is your responsibility to encourage your children to not be afraid of being themselves.

The main learning objectives of the course are as follows:

- To understand how many genders there are
- To be aware of the gender variant community and who they are
- To know how to support gender variant children
- To understand the differences between gender dysphoria gender identity
- To understand adolescent transgender young people

This course meets the Training, Support, and Development Standards as outlined in the Fostering Services (England) Regulations 2011.

11 July 2023

Shaw House

10.00 – 14.00