

# FOSTER CARERS & HOSTS TRAINING PROGRAMME 2024/25



**Programme runs from 1st September 2024 to 30th June 2025**

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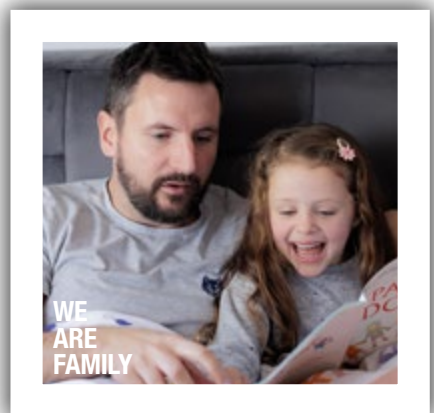
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# CALENDAR OF EVENTS

September 2024	
3	An Introduction to Mindfulness
4	Harmful Sexual Behaviour (An Introduction) – Tier 1
5	Essential First Aid for Foster Carers & Hosts
5	An Introduction to Neglect
10	Understanding Self Harm (CAMHS)
10	Positive Well-being Goals (Adult Well-being)
11	Social & Emotional Well-being of Children
12	Essential Awareness in Safeguarding Children
12	Harmful Sexual Behaviour – Tier 2
13	Digital Skills for Beginners
16	Digital Skills for Beginners
17	Managing Allegations
17	Digital Skills for Beginners
18	Understanding Neurodevelopment Difficulties (CAMHS)
18	Digital Skills for Beginners
18	Social & Emotional Well-being of Children
18	Tax & National Insurance
19	Sleep and Well-being (Adult Well-being)
23	Learning for Confidence & Better Mental Health
24	Compassion Fatigue

September 2024	
24	Introduction to Self-care (Adult Well-being)
24	Digital Skills for Beginners
24	Learning for Confidence & Better Mental Health (Adult Well-being)
25	Learning for Confidence & Better Mental Health (Adult Well-being)
25	Digital Skills for Beginners
26	Caring for Teenagers
26	Learning for Confidence & Better Mental Health (Adult Well-being)
27	Learning for Confidence & Better Mental Health (Adult Well-being)
28	Essential Awareness in Safeguarding Children



## October 2024

1	Harmful Sexual Behaviour – Tier 3
1	Understanding PTSD (CAMHS)
2	Therapeutic Parenting with PACE (3 days) – Day 1
3	An Introduction to Child Sexual Exploitation, Trafficking and Missing
3	The Effect of Trauma on Attachment and Global Child Development
4	Loss & Grief
7	Sensory Strategies for Mental Health and Wellbeing (CAMHS)
8	Connecting to Nature (Adult Wellbeing)
9	Therapeutic Parenting with PACE – Day 2
10	Dissociation and Grounding Techniques (CAMHS)
10	Kinship Skills – We are Family
11	Wellness & Beyond Retreat (Adult Wellbeing)
11	PREVENT - (Radicalisation & Terrorism)
16	Therapeutic Parenting with PACE – Day 3
16	Positive Behaviour Support (2 days) – Day 1
17	Positive Behaviour Support (2 days) – Day 2
28	Coping With Change (Adult Wellbeing)
31	Moving onto Adoption

## November 2024

4	Harmful Sexual Behaviour (An introduction) – Tier 1
6	Therapeutic Use of Play (CAMHS)
7	Why Equality, Diversity, and Inclusion (EDI), are Vital in Caring for Children and Young People
7	Essential First Aid for Foster Carers & Hosts
7	Supporting Young People Decide on Post-16 Options
8	Sleep & Wellbeing (Adult Wellbeing)
11	Essential Awareness in Safeguarding Children
12	Introducing a Restorative Approach as a Tool for Teens
13	Coping with Change (Adult Wellbeing)
14	Understanding Neurodiversity - ADHD (attention deficit hyperactivity disorder), Autism, Dyspraxia, Dyslexia
19	Harmful Sexual Behaviour – Tier 2
21	Secure Base (CAMHS)
21	Introduction to the Virtual School and Emotion Coaching
25	Coping with Change (Adult Wellbeing)
27	LGBTQ+ Awareness and Inclusion
30	Family Time & Child Logs

## December 2024

2	An Introduction to Child Sexual Exploitation, Trafficking and Missing
3	Understanding the Impact of Neglect, Abuse & Trauma (CAMHS) – Day 1
4	Understanding the Impact of Neglect, Abuse & Trauma (CAMHS) – Day 2
5	Managing Allegations
5	Supporting Early Years Children – How to make every day play a Learning Opportunity
5	Family Time & Child Logs
7	Essential First Aid for Foster Carers & Hosts
9	Understanding and working with Vicarious Trauma (CAMHS)
10	5 – Ways to Wellbeing (Adult Well-being)

## January 2025

13	Learning for Confidence & Better Mental Health (Adult Well-being)
14	Learning for Confidence & Better Mental Health (Adult Well-being)
14	Secure Base (CAMHS)
15	Essential Awareness in Safeguarding Children
15	Learning for Confidence & Better Mental Health (Adult Well-being)
16	Learning for Confidence & Better Mental Health (Adult Well-being)

## January 2025

16	Reflective Fostering – Day 1
17	Learning for Confidence & Better Mental Health (Adult Well-being)
20	Digital Skills for Beginners
22	Men and their Fostering Role
23	Reflective Fostering – Day 2
27	Sleep and Well-being (Adult Well-being)
28	Introduction to Neglect
29	Understanding Neurodevelopmental Difficulties (CAMHS)
30	Reflective Fostering – Day 3

## February 2025

3	Therapeutic Use of Play (CAMHS)
5	Compassion Fatigue
6	Reflective Fostering – Day 4
7	The Importance of Life Story Books and Life Story Work
10	Positive Well-being Goals (Adult Well-being)
10	Essential First Aid for Foster Carers & Hosts
13	The Effect of Trauma on Attachment and Global Child Development
26	The Principles of Being a Trauma-Informed Authority Developed on Signs of Safety Practice
27	The Impact of Social Media on Children & Young People

## March 2025

3	Sensory Strategies for Mental Health & Wellbeing (CAMHS)
6	Essential Awareness in Safeguarding Children
6	Managing Allegations
13	Caring for Teenagers
17	Family Time & Child Logs
27	Connecting with Nature (Adult Well-being)

## April 2025

3	Why Equality, Diversity, and Inclusion (EDI), are Vital in Caring for Children and Young People
8	Introducing a Restorative Approach as a Tool for Teens
10	Understanding Neurodiversity (ADHD, Autism, Dyspraxia, Dyslexia)
10	An Introduction to Mindfulness
28	Learning for Confidence & Better Mental Health (Adult Well-being)
29	Essential First Aid for Foster Carers & Hosts
29	Learning for Confidence & Better Mental Health (Adult Well-being)
30	Learning for Confidence & Better Mental Health (Adult Well-being)
30	Digital Skills for Beginners
30	Positive Well-being Goals (Adult well-being)

## May 2025

1	Reflective Fostering – Day 1
1	Learning for Confidence & Better Mental Health (Adult Well-being)
7	5 Ways to Well-being (Adult Well-being)
8	Reflective Fostering – Day 2
8	Kinship Skills – We are Family
9	Introduction to Mindfulness (Adult Well-being)
9	Learning for Confidence & Better Mental Health (Adult Well-being)
15	Reflective Fostering – Day 3
15	Connecting with Nature (Adult Well-being)
22	Reflective Fostering – Day 4d
22	Moving onto Adoption

## June 2025

2	An Introduction to Mindfulness
3	An Introduction to Emotion Coaching and the Work of the Virtual School
4	Connecting with Nature (Adult Well-being)
12	Essential First Aid for Foster Carers & Hosts

# INTRODUCTION

Welcome to the 2024/2025 Training Programme for Supported Lodgings Hosts, Mainstream, Kinship, Short Break, and Specialist Carers, who all make a real difference in the lives of children and young people. Leicestershire County Council aims to deliver professional training and development opportunities to support you with the children and young people you care for.

In this program, you will find a range of Core, Advanced, and Specialist training, along with dates and times that include some evening and Saturday courses. We provide an excellent mix of face-to-face, Webinars, and online learning to offer the best experience. There is an expectation that each household will complete 28 hours of training and development per year which can be accumulated by attending courses, reading, attending support groups, and mentoring others.

## Foster Carers & Hosts Training & Development

Your training and development hours are to be recorded with your Supervising Social Worker. Training for your professional development is mandatory under the Fostering National Minimum Standards and supervision should provide an opportunity to reflect on the training you have attended and look at your training needs for the next 12 months. It also provides feedback to help us develop the training program to reflect changes and developments within fostering.

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





# Our Vision

## VISION

**Leicestershire is a place where children can build strong foundations ; be safe and belong, enjoy and achieve.**

This year Leicestershire Children's services were Ofsted rated 'Outstanding'. Leicestershire Fostering aim to achieve excellence for our children through purposeful practice, by creating a learning culture and being trauma informed. The development of our carers is essential to achieving excellence both in care and regard. As an organisation we will not tolerate racism and are committed to ensuring inclusivity and equality.

## WHY IS TRAINING ESSENTIAL?

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

Our training supports you to meet the standards expected of you as professionally approved Carers & Hosts. Leicestershire County Council is committed to supporting you in this and offers you opportunities to learn and enhance your professional skills and knowledge. We are also committed to providing a learning experience that enables you to develop your skills whilst feeling appreciated in your role and how you see your caring career developing.

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

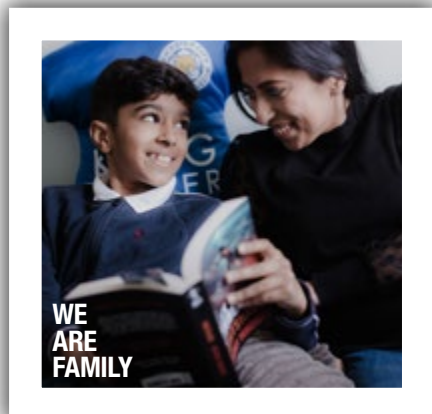
# TRAINING EXPECTATIONS (CONDUCT AND RESPECT)

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

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

# EVALUATION FORMS AND CERTIFICATE OF ATTENDANCE

At the end of each course, there is an evaluation form to complete which provides opportunities for you to feedback and suggestions for improvements for future training. When the form is completed your certificate of attendance will be generated online, either on the training platform you completed the course on, or external providers certificates will be emailed by the Training Officer.



# TYPES OF TRAINING AND LEARNING OPPORTUNITIES

There are a wide variety of training and learning opportunities which are delivered in a range of formats; workshops, online, and 'on the job;' so training can be undertaken at a time to suit you.

## Formal Training

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

## Online Training and Distance Learning

This includes online learning courses, provided through the LCC Learning Pool or the Training Hub and other third-party agencies. Each session of what you have learnt and how you can put it into practice must be discussed with your Supervising Social Worker.

## Webinars

We provide a multitude of Webinar courses that will be presented using TEAMS or Zoom, and a joining link will be provided to all carers 1 to 2 working days prior to the course date.

## External Memberships

We also offer memberships to enhance your learning to:

- The National Association of Therapeutic Parenting
- The Trauma Revolution Training Pass
- CATCH (Children & Trauma Community Hub)

## Independent learning

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

Learners on courses can be a mixture of professionals, the public and carers.

## **Locality Support groups**

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

## **Kinship Carers (Family & Friends) Support groups**

These groups are run by carers that are already caring for their friends' or relatives' children. The groups are friendly and a fantastic opportunity to learn and meet with other Kinship carers. For further details call 0116 305 3051 or email [fostering.training@leics.gov.uk](mailto:fostering.training@leics.gov.uk)

## **Buddy/mentoring support**

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

## **Additional Learning Support**

If you have a learning difference, disability, or health condition including any mental health issues that might affect your learning, then please let your SSW or Training Officer know.

We will do everything we can to offer additional support or adjustments in your learning if required.

We are committed to meeting our duties under UK and other equality legislation and actively tackling discrimination in all its forms. The Equality Act 2010 gives people the right not to be treated less favourably by public authorities because of their age, disability, gender reassignment, marriage and/or civil partnership, pregnancy and maternity, race, religion or belief, or sexual orientation. The Human Rights Act 1998 also requires public authorities to uphold and respect the standards set out in the European Convention on Human Rights.

As a service, we actively promote equality and inclusion by:

- Providing information and advice before, during and after learning
- Discussing your learning needs with your SSW to learn your starting point
- Offering local provision in different settings, day and evening, and distance learning courses whenever possible
- Offering support to overcome practical barriers to education such as providing help with computer skills, alongside support for learners with additional needs.
- Providing both accredited and non-accredited courses to suit the needs of our learners
- Challenging any form of discrimination

Please note that we may need reasonable notice to put appropriate support in place.

## OUTCOMES FOR CHILDREN, YOUNG PEOPLE, AND FAMILIES

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

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

# THE TRAINING FRAMEWORK

**(Minimum 28 hours per year)**

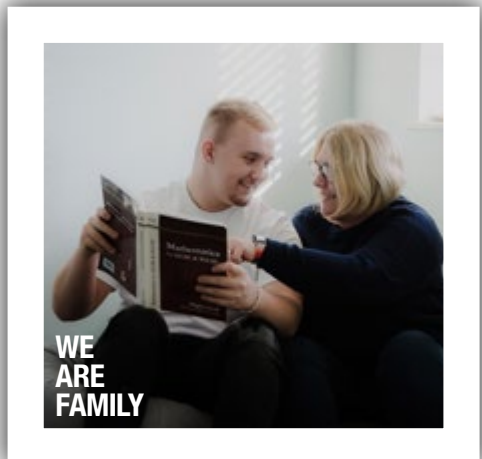
Leicestershire County Council has adopted a fostering skills allowance structure for Mainstream and Kinship Carers. These levels are linked to competency and training undertaken and will be reviewed and agreed upon annually at the carers' review. You will be able to move from one level to another if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

## Training, Support & Development Standards

All new Foster & Kinship Carers are required to complete The Training, Support & Development Standards (TSDs) set by The Children's Workforce Development Council. They are a set of seven standards to ensure that foster carers are properly inducted into their fostering role. The TSDS provides a national minimum benchmark that sets out what all fostering carers should know, understand and be able to do within 12 months of approval (18 months for Kinship and Short break carers).

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

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



# SKILL LEVELS STRUCTURE

## Year 1 (Skill Level 1)

Training to be completed (12 months for Foster Carers and 18 months for Kinship Carers)

- Post-approval Skills
- Essential First Aid for Foster Carers & Hosts\*
- Essential Awareness in Safeguarding Children\*
- Managing Allegations\*

Completion of the Training, Support & Development Standards (TSDS) within 12 months for Foster Carers and 18 months for Kinship Carers once the above has been completed.

\* To be renewed every 3 years.

## Year 2 (Skill Level 2)

Training to be completed:

- Why Equality, Diversity, and Inclusion (EDI), are vital in caring for Children and Young People.

Choose 1 from the following section:

- The Effect of Trauma on Attachment & Development
- Introduction to Neglect
- CAMHS - Understanding the Impact of Neglect, Abuse and Trauma

Choose 1 from the following section:

- Moving onto Adoption (For carers with children 0-4)
- The Role of the Virtual School and Emotion Coaching (For carers with children 4 years and above)
- Restorative Justice (For Carers & Hosts with Teenagers)
- Therapeutic Parenting Course: NATP (National Association of Therapeutic Parentings) PACE (Playfulness, Acceptance, Curiosity and Empathy), DDP (Dyadic Development Psychotherapy)
- Kinship carers are required to complete 'Family Time' training (Contact)

## Year 3 (Skill Level 3)

Training to be completed:

- LGBT (Lesbian, Gay, Bisexual and Trans) & in Care
- Positive Behaviour Support
- Reflective Fostering
- Understanding Neurodiversity
- Therapeutic Parenting Course: NATP (National Association of Therapeutic Parentings) PACE (Playfulness, Acceptance, Curiosity and Empathy), DDP (Dyadic Development Psychotherapy)

## Supported Lodgings Hosts

Training to be completed:

- Essential First Aid for Foster Carers & Hosts\*
- Essential Awareness in Safeguarding Children\*
- Managing Allegations\*
- Why Equality, Diversity, and Inclusion (EDI), are vital in caring for Children and Young People.
- Drugs & Alcohol Misuse
- Restorative Justice or De-escalation & YP, non-physical
- E-Safety or Internet Safety or The Impact of Social Media
- Mental Health Awareness related course
- LGBTQ
- ASDAN- independent living skills

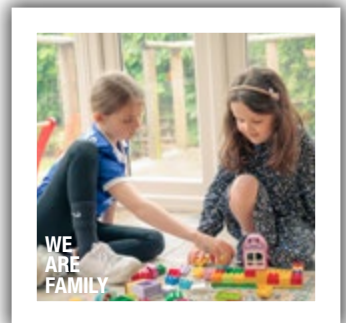
\* To be renewed every 3 years.

## Specialist Carers

Training to be completed every 3 years:

- Essential First Aid for Foster Carers & Hosts
- Essential Awareness in Safeguarding Children
- Managing Allegations

You will be fully supported and receive excellent training and professional development opportunities discussed with your SSW.





# FURTHER TRAINING

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

## CAMHS

The Young People's Team is one of many specialists Tier 3 mental health services that work with children and young people deemed at considerable risk of developing mental health problems. As part of our work, we provide training to those professionals working with these children and young people to help and support them in their work.

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

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

## Diana Training

This is aimed at short break carers and is run by the Diana Children Service which provides a range of healthcare training such as Epilepsy Awareness, respiratory care, Enteral feeding, and Tracheostomy Awareness. You will only be able to attend this training if you are caring for a child or young person with a health care need.

## NATP (National Association of Therapeutic Parenting)

Level 3 Diploma in Therapeutic Parenting

The Diploma in Therapeutic Parenting is a Customised Qualification which is accredited with nationally recognised awarding body NCFE CACHE.

This qualification is designed for those who care for children who have experienced developmental trauma.

# BOOKING ON TRAINING

The Training Officer will automatically provide you with logins for:

The LCC Learning Pool to view, book and cancel face-to-face courses and webinars.

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

The Training Hub to view and request e-learning courses [www.thetraininghub.com](http://www.thetraininghub.com)

To request access to memberships, please email: [fostering.training@leics.gov.uk](mailto:fostering.training@leics.gov.uk) or phone 0116 3053051.

## Cancellation and Non-attendance Policy

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

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

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

# THERAPEUTIC PARENTING

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

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

To parent therapeutically requires an ability to be self-aware and an opportunity to reflect upon our own life map and triggers. We are offering training opportunities to consider Reflective Fostering which is running in January and May 2025.

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



# CARERS & HOSTS WELL-BEING

## Health and Wellness and How They Connect



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

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

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



# COURSE INFORMATION

## 5 Ways to Well-being (Adult Wellbeing)

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

- Connect • Be active • Keep learning • Give and take notice.

### Learning outcomes:

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

Date	Time	Venue
Tues 10th December '24	10:00am – 12:00pm	Online Webinar
Weds 7th May '25	10:00am – 12:00pm	County Hall

## An Introduction to Child Sexual Exploitation, Trafficking & Missing

An Introduction to Child Sexual Exploitation, Trafficking, Missing and County Lines.

### Learning outcomes:

- Understanding the definitions of CSE (Child Sexual Exploitation), Trafficking and County Lines as used in local LSCB procedure and how they fit into the national policy framework.
- Applying knowledge of vulnerability factors, key signs, and indicators, in relation to child and young person development, to intervene at the earliest opportunity.
- Recognising when a child or young person is in danger, or already involved in CSE and missing, and be able to take action to protect them.
- Understanding local developments and procedures, including how information is shared locally within and between agencies.

Date	Time	Venue
Thurs 3rd October '24	9:30am – 4:30pm	Online Webinar
Mon 2nd December '24	9:30am – 4:30pm	Online Webinar

# An Introduction to Emotion Coaching and the Work of Virtual School

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

## Learning outcomes:

- Know how the Virtual School can support your child's education
- Understand the effect of trauma and attachment difficulties on children's development, behaviour, and ability to regulate their emotions
- Gain knowledge on the theory behind emotion coaching and the benefits of using it in schools
- Be familiar with the three-step emotion coaching approach and feel able to use it with children to improve self-regulation, behaviour, and learning

Date	Time	Venue
Thurs 21st November '24	9:30am – 12:30pm	Online Webinar
Mon 3rd June '25	9:30am – 12:30pm	County Hall

# An Introduction to Mindfulness

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

## Learning outcomes:

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

Date	Time	Venue
Tues 3rd September '24	10:00am – 12:00pm	Coalville Library
Thurs 10th April '25	6:30 – 8:30pm	Online Webinar
Fri 9th May '25	1:00 – 3:00pm	Loughborough, Moira Centre
Mon 2nd June '25	10:00am – 12:00pm	Wigston Library

## An Introduction to Neglect

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

### Learning outcomes:

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

Date	Time	Venue
Thurs 5th September '24	9:30am – 4:30pm	Online Webinar
Tues 28th January '24	9:30am – 4:30pm	Online Webinar

## An Introduction to Self-Care (Adult Well-being)

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

### Learning outcomes:

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

Date	Time	Venue
Tues 24th September '24	1:00 – 3:00pm	Melton Library
Weds 12th March '25	10:00am – 12:00pm	Enderby, Adult Learning Centre
Weds 21st May '25	6:30 – 8:30pm	Online Webinar



# ASDAN – Independent Living Skills

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

## Learning outcomes:

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

Date	Time	Venue
Thursday 30th January	10:00am – 12.30pm	County Hall
Thursday 12th June	10:00am – 12.30pm	County Hall

# Caring for Teenagers

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

## Learning outcomes:

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

Date	Time	Venue
Thurs 26th September '24	9:30am – 2:30pm	Annexe Suite, Nr Morrisons Glenfield
Thurs 13th March '25	9:30am – 2:30pm	County Hall

## Compassion Fatigue

Foster Carers / Hosts and adoptive parents are more prone to “compassion fatigue” than other professional groups in the caring profession because they deal with children with developmental trauma 24/7. This training will explore why children and young people with attachment difficulties provoke such strong emotional responses from carers/hosts.

It will help carers to recognise and manage compassion fatigue /blocked care and explore ways we can rediscover empathy for ourselves, and the children/ young people we care for. This course will explore how therapeutic parenting approaches will help Foster Carers & Hosts develop secure attachments with their children/young people and manage emotional regulation/behaviours.

### Learning outcomes:

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

Date	Time	Venue
Tues 24th September '24	10:00am – 2:00pm	County Hall
Weds 5th February '25	10:00am – 2:00pm	Online Webinar

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

Feedback from our carers

## Connecting with Nature (Adult Well-being)

This course is for anyone looking to improve or maintain their mental wellbeing.

### Learning outcomes:

- Develop an understanding of how relating to and experiencing nature through simple activities can lead to improved wellbeing. The course will cover content including practical steps to develop your connection with nature and exploring the five pathways to nature connectedness which are: Contact, Beauty, Meaning, Emotion and Compassion.

Date	Time	Venue
Tues 8th October '24	10:00am – 12:00pm	Loughborough, Moira Centre
Thurs 27th March '25	10:00am – 12:00pm	Online Webinar
Thurs 15th May '25	10:00am – 12:00pm	Thurmaston, Roundhill Academy
Weds 4th June '25	6:30 – 8:30 pm	Enderby, Adult Learning Centre

## Coping with Change (Adult Well-being)

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

### Learning outcomes:

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

Date	Time	Venue
Mon 28th October '24	10:00am – 12:00pm	Online Webinar
Weds 13th November '24	6:30 – 8:30 pm	Enderby, Adult Learning Centre
Mon 25th November '24	10:00am – 12:00pm	Melton Library

## Digital Skills for Beginners (2 sessions)

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

### Learning outcomes:

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

Date	Time	Venue
Fri 13th September '24	9:30am – 12:30pm	Loughborough, Moira Centre
Mon 16th September '24	9:30am – 12:30pm	Wigston Library
Tues 17th September '24	10:00am – 1:00pm	Market Harborough, Symington Building
Weds 18th September '24	1:00 – 4:00pm	Hinckley Library
Tues 24th September '24	10:00am – 1:00pm	Enderby, Adult Learning Centre
Tues 24th September '24	10:00am – 1:00pm	Coalville Library
Tues 24th September '24	1:00 – 4:00pm	Thurmaston - The Roundhill Academy
Weds 25th Sept '24	10:00am – 1:00pm	Melton Library
Mon 20th January '25	10:00am – 1:00pm	Melton Library
Weds 30th April '25	1:00 – 4:00pm	Melton Library

## Dissociation & Grounding Techniques (CAMHS)

(Enhanced Level Training for those who have completed previous training on Trauma & Neglect)

Dr Vidya Fatania, Clinical Psychologist, has been working with children in care within CAMHS settings since October 2015. Vidya has an interest in developmental and complex trauma, dissociation, and relational discord. She has completed specialist training in interventions to support these presentations.

### Learning outcomes:

- Support attendees in thinking about what dissociation is
- Know the diverse ways in which it may present and what can be done to support young people that experience dissociation.
- Allow attendees to reflect on their own experiences of working with young people that have experienced dissociation
- Be able to offer an experiential learning space of grounding techniques.

Date	Time	Venue
Thurs 10th October '24	10:00am – 2:00pm	County Hall

## Essential Awareness in Safeguarding Children

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

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

### Learning outcomes:

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

Date	Time	Venue
Thurs 12th September '24	9:30am – 3:30pm	Online Webinar
Sat 28th September '24	9:30am – 3:30pm	Online Webinar
Mon 11th November '24	9:30am – 3:30pm	Online Webinar
Weds 15th January '25	9:30am – 3:30pm	Online Webinar
Thurs 6th March '25	9:30am – 3:30pm	Online Webinar

## Essential First Aid for Foster Carers & Hosts

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

### Learning outcomes:

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

Date	Time	Venue
Thurs 5th September '24	10:00am– 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Thurs 7th November '24	10:00am– 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Sat 7th December '24	10:00am– 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Mon 10th February '25	10:00am– 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Tues 29th April '25	10:00am– 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA
Thurs 12th June '25	10:00am– 2:30pm	The Oak Centre, Benbow Rise, Braunstone. LE3 1QA

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

Feedback from our carers



# Family Time & Child Logs

This workshop enables Carers & Hosts to develop their skills in recording child logs and understanding the importance of logs for family time.

## Learning Outcomes:

- Be clear about the carer's/host's role in recordings.
- Understand the importance of keeping clear records
- Develop good knowledge of recording information
- Gain knowledge of the feelings around family time, and the conflict and loyalty issues for the children or young people.

Date	Time	Venue
Sat 30th November '24	10:00am – 12:00pm	Online Webinar
Thurs 5th December '24	10:00am – 12:00pm	Online Webinar
Mon 17th March '25	12:00 – 2:00pm	Online Webinar

# Harmful Sexual Behaviours – Tier 1 (An Introduction)

The Tier 1 Introduction to Harmful Sexual Behaviours course is a short course that will give you an insight to what HSB (Harmful Sexual Behaviours) is. You will have the opportunity to explore what harmful and normal behaviours are with differing ages of children.

You will gain knowledge of why language is important and how you can support parents, use strategies for difficult conversations and talk to parents about HSB concerns.

A variety of training methods are used throughout the session, including group discussion, videos, and activities. No previous knowledge or experience of HSB is needed to attend this course.

### **Learning outcomes:**

- What is HSB?
- Why is knowing about HSB important?
- How to talk to children about HSB
- What are normal and harmful sexual behaviours?
- How to talk to parents about HSB concerns
- What to do if you have concerns about a child

Date	Time	Venue
Weds 4th September '24	9:00am – 2:30pm	Online Webinar
Mon 4th November '24	9:00am – 2:30pm	Online Webinar

## **Harmful Sexual Behaviours – Tier 2**

(You must have completed HSB Tier 1)

You must have knowledge of Red, Amber, and Green harmful sexual behaviours to attend this course. (Either Tier 1 Introduction to HSB or Brook Traffic Light Tool Training)

The Tier 2 Harmful Sexual Behaviours course is a follow-on course to the Introduction to Harmful Sexual Behaviours. This is a short course that takes you through cause and effect of HSB and by attending you will gain an understanding of why Children display HSB and how you can identify secondary behaviours and the impact. This course will allow you to explore HSB in more detail, learn about the cause and impact on all children involved and sexual abuse between peers.

### **Learning outcomes:**

- Exploring HSB
- Why do children display HSB?
- HSB behaviours vs Secondary behaviours
- The impact of HSB

Date	Time	Venue
Thurs 12th September '24	9:00am – 3:30pm	Online Webinar
Tues 19th November '24	9:00am – 3:30pm	Online Webinar



## Harmful Sexual Behaviours – Tier 3

(You must have completed HSB Tier 2)

To access this training, you will need to have completed Tier's 1&2 HSB or The Brook Traffic Light Tool & Tier 2 HSB

This is a hands-on practical session to support practitioners with direct work and resources

### Learning outcomes:

- Reasoning behind children displaying HSB
- Strategies, activities, and resources that you can take away
- How to work with a CYP displaying HSB
- Support for Practitioners, Carers & Hosts

Date	Time	Venue
Tues 1st October '24	9:00am – 4:30pm	County Hall

## Income Tax and National Insurance for Foster Carers

### Learning outcomes:

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

Date	Time	Venue
Weds 18th September '24	11:00am – 12:00pm	Online Webinar

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

Feedback from our carers

”

## Introducing a Restorative Approach as a Tool for Teens

The aim of this course is to provide Foster Carers, Kinship Carers and Hosts with the skills and principles to resolve conflicts and issues using the Restorative Approach. This includes listening, neutrality, asking opinions, being aware of your own thoughts and feelings and focusing on harm, does not blame, and working out ways to put things right.

### Learning outcomes:

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

Date	Time	Venue
Tues 12th November '24	6:30 – 9:00pm	Online Webinar
Tues 8th April '25	10:00am – 12:30pm	County Hall

## Kinship Skills - We Are Family

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

### Learning outcomes:

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

Date	Time	Venue
Thurs 10th October '24	10:00am – 2:30pm	Park House, Glenfield
Thurs 8th May '25	10:00am – 2:30pm	Glenfield Sports Pavillion

# Learning For Confidence and Better Mental Health (Adult Well-being)

(10 Weeks)

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

## Learning outcomes:

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

Date	Time	Venue
Mon 23rd September '24	1:00 – 3:00pm	Melton Library
Tues 24th September '24	10:00am – 12:00pm	Online Webinar
Tues 24th September '24	1:00 – 3:00pm	Wigston Library
Weds 25th September '24	1:00 – 3:00pm	Market Harborough, Symington Building
Weds 25th September '24	10:00am – 12:00pm	Loughborough Library
Thurs 26th September '24	10:00am – 12:00pm	Enderby, Adult Learning Centre
Thurs 26th September '24	6:00 – 8:30pm	Online Webinar
Thurs 26th September '24	1:00 – 3:00pm	Hinckley Library
Fri 27th September '24	10:00am – 12:00pm	Thurmaston, Roundhill Library
Friday 27th September '24	10:00am – 12:00pm	Coalville Library
Mon 13th January '25	1:00 – 3:00pm	Melton Library
Tues 14th January '25	10:00am – 12:00pm	Online Webinar

Date	Time	Venue
Tues 14th January '25	1:00 – 3:00pm	Wigston Library
Weds 15th January '25	10:00am – 12:00pm	Loughborough Library
Weds 15th January '25	1:00 – 3:00pm	Market Harborough, Symington Building
Thurs 16th January '25	6:00 – 8:30pm	Online Webinar
Thurs 16th January '25	10:00am – 12:00pm	Enderby, Adult Learning Centre
Thurs 16th January '25	1:00 – 3:00pm	Hinckley Library
Fri 17th January '25	10:00am – 12:00pm	Thurmaston, Roundhill Library
Mon 28th April '25	1:00 – 3:00pm	Melton Library
Tues 29th April '25	10:00am – 12:00pm	Online Webinar
Tues 29th April '25	1:00 – 3:00pm	Wigston Library
Weds 30th April '25	10:00am – 12:00pm	Loughborough Library
Weds 30th April '25	1:00 – 3:00pm	Market Harborough, Symington Building
Thurs 1st May '25	10:00am – 12:00pm	Enderby, Adult Learning Centre
Thurs 1st May '25	1:00 – 3:00pm	Hinckley Library
Thurs 1st May '25	6:00 – 8:30pm	Online Webinar
Fri 9th May '25	10:00am – 12:00pm	Thurmaston, Roundhill Library
Fri 9th May '25	10:00am – 12:00pm	Coalville Library

## LGBTQ+ Awareness and Inclusion

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

### Learning outcomes:

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

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

Date	Time	Venue
Weds 27th November '24	10:00am – 1:00pm	Online Webinar

## Loss and Grief Workshops

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

### Learning outcomes:

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

Date	Time	Venue
Fri 4th October '24	9.30am – 12.30pm	County Hall

## Managing Allegations

The focus of this course is to give Carers and Hosts an understanding of allegations that may be made against them, how they are dealt with, and the impact they can have on families.

### Learning outcomes:

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

Date	Time	Venue
Tues 17th September '24	1:00 – 2:30pm	Online Webinar
Thurs 5th December '24	10:00 – 11:30am	Online Webinar
Thurs 6th March '24	1:00 – 2:30pm	Online Webinar

## Men and their Fostering Role

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

### Learning outcomes:

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

Date	Time	Venue
Weds 22nd January '25	10:00am – 2:00pm	County Hall

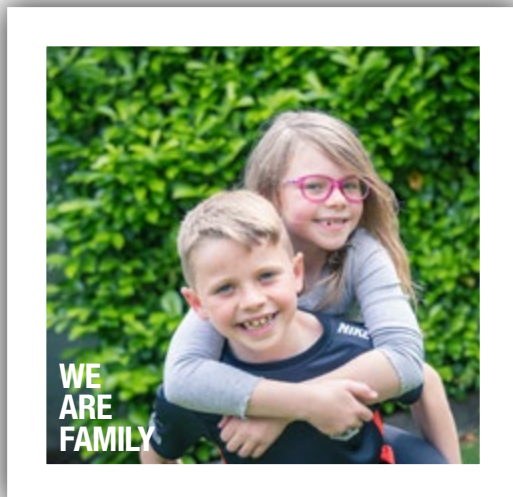
# Moving onto Adoption

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

## Learning outcomes:

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

Date	Time	Venue
Thurs 31st October '24	9:30am – 2:30pm	County Hall
Thurs 22nd May '25	9:30am – 2:30pm	Online Webinar



## Positive Behaviour Support - 2 days

This 2-day course aims to extend the skills and knowledge of Carers & Hosts in understanding and managing young people's behaviour.

### Learning outcomes:

- Be able to manage interventions proactively and select appropriate strategies with the children and young people in their care
- Understand and deal with the emotions of others as well as their own
- Be able to understand how relationships, values, and beliefs influence our behaviour and reactions
- Be able to contribute to care plans, based on the knowledge of the individual's needs
- Know when to apply the use of release techniques and reasonable force, informed by legislation 36
- Gain training in de-escalating problems and disputes

Date	Time	Venue
Weds 16th October '24	9:30am – 2:30pm	Webinar
Thurs 17th October '24		

## Positive Wellbeing Goals

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

### Learning outcomes:

- Develop your own positive well-being goals as part of a personal well-being action plan

Date	Time	Venue
Tues 10th September '24	1:00 – 3:00pm	Hinckley Library
Mon 10th February '25	10:00am – 12:00pm	Online Webinar
Weds 30th April '25	6:30 – 8:30pm	Loughborough, Moira Centre



## Post Approval Skills

This training event will assist and support newly approved Foster Carers with the relevant skills and knowledge to meet the requirements of the Training, Support and Development Standards. Along with your existing learning from the Skills to Foster Pre-Approval Training followed by discussions with your SSW, will support your learning in practice before your first annual review and return fostering panel.

### Learning outcomes:

- Understand the importance of recording logs and family time
- An introduction to PACE (Therapeutic parenting)
- Know the role of the Independent Reviewing Officer
- Introduction to the Online Portal & Child's Memory Box

Date	Time	Venue
Thurs 28th November '24	10:00 – 2.30pm	County Hall

## PREVENT (Radicalisation & Terrorism)

To understand Prevent which is part of the UK's counter terrorism strategy, which looks at identifying individuals who may be becoming involved in or supporting terrorism. Prevent is part of Safeguarding.

This training has been updated in line with the revised Prevent Duty Guidance 2023.

### Learning outcomes:

- Understand the aims of Prevent
- Think about who may be vulnerable to radicalisation and terrorism
- See why some people can influence and manipulate others to commit crimes
- Recognise when a vulnerable individual may need your help
- And be clear on what help, and support looks like in this area, and who you should turn to if you have concerns.

Date	Time	Venue
Fri 11th October '24	10:00 – 11:30am	Online Webinar

## Reflective Fostering (4 sessions)

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

### Learning outcomes:

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

Date	Time	Venue
Thurs 16th January ‘25 Thurs 23rd January ‘25 Thurs 30th January ‘25 Thurs 6th February ‘25	9:30am – 12:30pm	Online Webinar
Thurs 1st May ‘25 Thurs 8th May ‘25 Thurs 15th May ‘25 Thurs 22nd May ‘25	9:30am – 12:30pm	The Annexe Suite, Station Road, Glenfield. LE3 8BQ

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

Feedback from our carers

## Secure Base (CAMHS)

The Secure Base Model focuses on the interactions that occur between caregivers and children, through the provision of a positive framework for therapeutic caregiving, which helps infants, children, and young people to move towards greater security and builds resilience

### Learning outcomes:

- To understand the importance of a secure base in a caring environment
- Understand and know ways to promote a secure base.

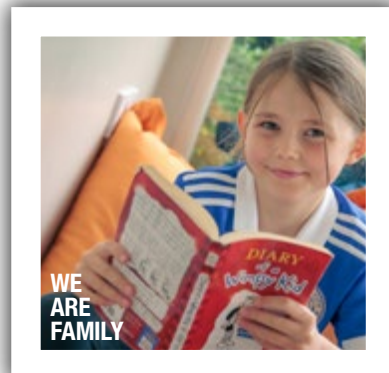
Date	Time	Venue
Thurs 21st November '24	10:00am – 2:00pm	County Hall
Tues 14th January '25	10:00am – 2:00pm	County Hall

## Sensory Strategies for Mental Health & Well-being (CAMHS)

This is a 2-hour workshop providing an overview of the sensory systems, sensory modulation, impact of MH on and from sensory processing difficulties, practical strategies using a Person, Environment, Occupation Model. The workshop combines Presentation and Discussion format.

Carers /hosts are supported to identify and implement strategies for their child / young person.

Date	Time	Venue
Mon 7th October '24	10:00am – 12:00pm	CAMHS, Westcote's House
Mon 3rd March '25	10:00am – 12:00pm	CAMHS, Westcote's House



## Sleep and Wellbeing (Adult Well-being)

The close connection between getting a good night's sleep and our physical and mental health is becoming ever clearer through research. O

### Learning outcomes:

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

Date	Time	Venue
Thurs 19th September '24	6:30 – 8:30pm	Hinckley Library
Mon 27th January '25	10:00am – 12:00pm	Loughborough Library
Friday 8th November '24	1:00 – 3:00pm	Online Webinar

## Social & Emotional Well-being of Children (4 weeks)

This course has been designed to help you support your children's social and emotional development (aged 0 - 11 years old).

### Learning outcomes:

- Identify the stages of social and emotional development and how to support children's emotional needs
- Know how recognising, expressing, and managing emotions underpins the development of resilience,
- Recognise how children can build resilience using the growth mindset theory and the power of play
- Identify strategies to help development,
- Explain the importance of self-esteem and confidence in the development of resilience and explore activities for developing these skills.

Date	Time	Venue
Weds 11th September '24	6:30 – 8:00pm	Online Webinar
Weds 18th September '24	7:00 – 8:30pm	Online Webinar

# Supporting Early Years Children in How to Make Every day Play a Learning Opportunity.

## Learning outcomes:

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

Date	Time	Venue
Thurs 5th December '24	10:00 – 11.30am	TBC

# Supporting Young People Decide on Post-16 Options

## Learning outcomes:

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

Date	Time	Venue
Thurs 7th November '24	10:00 – 11:30am	TBC

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

Feedback from our carers



## The Effect of Trauma on Attachment and Global Child Development

### Learning outcomes:

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

Date	Time	Venue
Thurs 3rd October '24	10:00am – 2:00pm	County Hall
Thurs 13th February '25	10:00am – 2:00pm	Online Webinar

## The Impact of Social Media on Children & Young People

As Carers and Hosts, you play a crucial role in addressing the modern challenges of gaming and social media. This world can be an enticing escape for children and young people under your care, sometimes leading to a concerning dependency.

This course explores the impact of the internet and social media and how children and young people use and engage with it.

### Learning Outcomes:

- To understand social media use by children
- To know the legislation around e-safety
- To understand the risks posed to children
- To be aware of strategies to help and support children
- To understand the signs, symptoms, and impact of addiction
- To understand the several types of social media

Date	Time	Venue
Thurs 27th February '25	10:00am – 1:00pm	County Hall

# The Importance of Life Story Books and Life Story Work

Discussing life stories in care can be an emotive topic, bringing up difficult experiences for some young people as well as positive memories. But it is important that children have something to reflect on as they get older so that they can understand their lives.

## Learning outcomes:

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

Date	Time	Venue
Fri 7th February '25	10:30am – 12:30pm	County Hall

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

Feedback from our carers

## Therapeutic Parenting (PACE)

Facilitated by Dr Anna May, an experienced Clinical Psychologist with over 10 years of specialism working with children and young people with attachment, trauma, and neurodiverse backgrounds.

This course is for Carers and Hosts supporting traumatised children and young people who want to better understand and meet their needs. Parenting children and young people who have experienced trauma and adversity in their early lives can be extremely challenging.

This interactive 3-day course will provide you with a practical, therapeutic approach to parenting (informed by PACE) that will help you to develop a more secure relationship with your child and support them with their complex and challenging emotions and behaviours.

### Learning outcomes:

Day 1 – Attachment and Trauma:

- Understanding children and young people who have experienced attachment and trauma in their early childhood
- Secure and insecure attachment
- The impact of trauma on the developing brain
- Challenging behaviour: understanding emotional dysregulation, impulsivity, and rage
- Trauma and the nervous system; hypervigilance and replaying traumatic experiences

Day 2 – PACE: Therapeutic parenting

- Understanding the need for a different approach
- Introduction to PACE: Developing an attitude of Playfulness, Acceptance, Curiosity, and Empathy
- The development of trust vs mistrust
- Understanding and supporting challenging behaviours

Day 3 – Reflection & self-care

- The importance of being open and engaged
- The importance of self-care: how to remain grounded and calm
- Barriers to remaining PACE-full
- The importance of relationship repair
- Putting PACE into practice



Date	Time	Venue
Weds 2nd October '24	10:00 – 2:00pm	Glenfield Sports Pavilion, Gynsils Lane
Weds 9th October '24		
Weds 16th October '24		

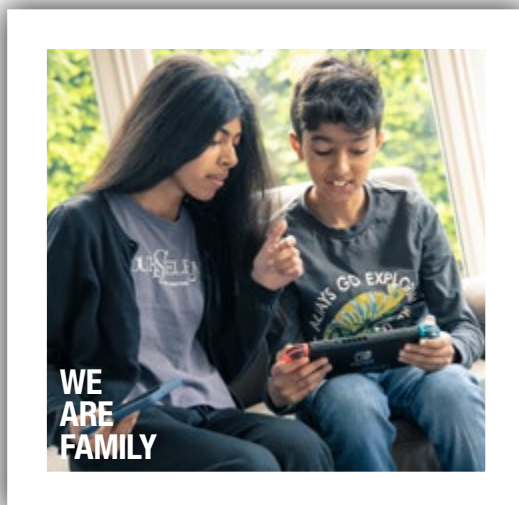
## Therapeutic Use of Play (CAMHS)

This course is an interactive course around the use of play and how it is vital for those living/working with children in caring roles

### Learning outcomes:

- To understand the function of play and the importance of play in healthy development.
- To think about the use of play to aid recovery for young people and understand the barriers to play and how we might overcome these. This is an interactive course – please ensure you are wearing comfortable clothes and are ready to play!

Date	Time	Venue
Weds 6th November '24	10:00am – 2:00pm	County Hall
Mon 3rd February '24	10:00am – 2:00pm	County Hall



## The Principles of Being a Trauma-informed Authority Developed on Signs of Safety Practice

This course looks at the thinking and theory that sits behind Signs of Safety, you will have used it within your fostering journey to think through a problem and you will know how and why meetings are run the way they are. What you need to know as part of the team caring for children, why do they run the meetings the way they do. Ever wondered why staff keep on asking questions? Want to know how social workers work with families?

### Learning outcomes:

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

Date	Time	Venue
Weds 26th February '25	10:00am – 12:30 pm	Online Webinar

## Understanding Neurodiversity

(ADHD, Autism, Dyspraxia, Dyslexia)

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

### Learning outcomes:

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

Date	Time	Venue
Thurs 14th November '24	9:30am – 1:30pm	Online Webinar
Thurs 10th April '25	9:30am – 1:30pm	County Hall

# Understanding Neurodevelopmental Difficulties (CAMHS)

This course focusses on understanding neurodevelopmental difficulties (including Autism and ADHD)

## Learning outcomes:

- To have an initial understanding around neurodiversity and how this may interact with mental wellbeing
- To understand and reflect on separate ways to work and support individuals with neurodiverse needs.

Date	Time	Venue
Weds 18th September '24	10:00am – 2:00pm	CAMHS Westcote's House
Weds 29th January '25	10:00am – 2:00pm	County Hall

# Understanding PTSD (CAMHS)

This is an interactive session aiming to clarify what PTSD is, how it differs from complex and developmental trauma, and your role in identifying indicators of this condition.

## Learning outcomes:

- Consider the diagnostic criteria, along with its limitations.
- Gain knowledge of the most evidence-based trauma therapies including tr-CBT and EMDR.
- Know how you can support the stabilisation phase of trauma interventions and consider the role of post-traumatic growth

Date	Time	Venue
Tues 1st October '24	10:00am – 2:00pm	CAMHS, Westcote's House

## Understanding Self- Harm (CAMHS)

This course looks at the use of self-harm as a coping strategy, we will look at the risks around self-harm and how to support a young person who self-harms.

### Learning outcomes:

- Have knowledge and confidence to understand the nature and function(s) of self-harm.
- Be able to identify and discuss prominent issues arising with young people who self-harm and consider ways of dealing with these issues in practice. be able to reflect on your own experiences in this area through group-based discussion.
- Be able to understand individual differences, slow triggers, fast triggers and consider the role of social media upon trends and rates of self-harm in young people.
- Know strategies and ideas for reducing risk and helping young people who self-harm.

Date	Time	Venue
Tues 10th Sept '24	10:00am – 2:00pm	County Hall

## Understanding the Impact of Neglect, Abuse & Trauma (CAMHS) 2 days

This training is a condensed version of a 4 week course that we offer to parents and carers of children who we are working directly with (referral to the 4 week package is completed as part of your care plan in CAMHS, it is not bookable) It is useful for professionals who work closely with carers and their children. In this session we focus on the foundations of understanding why children who have faced adversity may present differently in their relationships and talk through strategies to manage this on a day-to-day basis.

### Learning outcomes:

- This session aims to introduce an expected trajectory of child development, we will explore how experiences of neglect, abuse and trauma can impact upon this trajectory and how this may pervasively impact across all areas of children and young people's development. We will discuss ways to support this and strategies to manage alternate presentations in attachment relationships.

Date	Time	Venue
Tues 3rd December '24	10:00am – 2:00pm	CAMHS, Westcote's House
Weds 4th December 24		

# Understanding and Working with Vicarious Trauma (CAMHS)

Vicarious trauma is a process of change over time that results from witnessing or hearing about other people's suffering and need. It occurs when a person is exposed to the trauma of another indirectly, usually through a firsthand account of it. As a result, the person's worldview may shift, and they may experience mental health symptoms that can negatively impact their life and their work.

## Learning outcomes:

- To understand what vicarious trauma is and how to recognise it in yourself and how to support others around you who may be experiencing vicarious trauma.

Date	Time	Venue
Mon 9th December '24	10:00am – 2:00pm	CAMHS, Westcote's House

# Why Equality, Diversity, and Inclusion (EDI), are Vital in Caring for Children and Young People

This course will look at what we mean by these three words that we hear so often! We will look at the importance of ensuring that they are the bedrock of our practice in everyday life and in your fostering practice. The course will also consider the trauma caused to children (and adults) when they feel discriminated against, not treated equally and when their individual needs are not being met.

## Learning Outcomes:

- There will be a variety of case studies and discussions throughout this course, along with practical suggestions as to how we can meet our goals.

Date	Time	Venue
Thurs 7th November '24	10:00am – 2:00pm	Online Webinar
Thurs 3rd April '25	10:00am – 2:00pm	County Hall



## Wellness and Beyond Retreat – Time for You

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

Date	Time	Venue
Fri 11th October '24	9:30am – 2.30pm	Wymondham Mill, Wymondham



# USEFUL NUMBERS

Fostering Duty Team: 0116 305 4441

First Response 24hr (Central Duty): 0116 305 0005 Foster Carers out of hours helpline: 0300 4562600 Children's Rights Service: 0116 305 6302 Corporate Parenting: 0116 305 75188

Foster Carers Recruitment: 0116 305 0505

# SOCIAL CARE OFFICES

Hinckley Hub: 01455 636964

Pennine House (Loughborough): 01509 266641

Bassett Street (Wigston): 0116 2787111

Coalville: 01530 275200

Melton: 01664 502550

Rutland: 01572 722577

Market Harborough: 01858 465331

# CONTACT CENTRES

Hinckley: 0116 305 5601

Coalville: 0116 305 8718

Loughborough: 0116 305 5314

Fostering Network: 0207 401 9582

LFCA: 0116 240 3849

## Foster Carers Professional Development Journal 2023/2024



Name of Carer:

Supervising Social Worker:

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

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



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

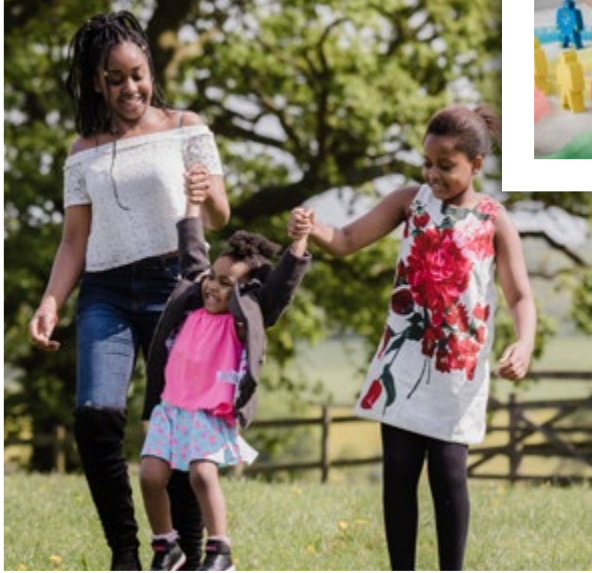
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