

# Wirral Fostering Service

## Foster carer training booklet 2021/2022



## **Introduction:**

At Wirral Council we consider our training to be a crucial part of the support we offer to foster carers. As well as supporting you in your learning and development, we hope that you find the programme interesting and aspirational.

We recognise the importance and benefits from training with different professionals and there are certain training events that are open to all social care staff. We hope that this will encourage communication and links between all professionals in promoting the safety and well-being of children looked after.

## **Foster carers training:**

Foster carers need to attend training as part of the requirements of their registration.

To assist you with identifying relevant training, you will have worked with your supervising social worker to develop a training plan, which will be reviewed annually.

## **Fostering Standards Workbook (TSDS):**

In line with statutory guidance we require all foster carers to complete their training, support and development standard portfolios in the first 12 months of fostering. This is a piece of work that simply evidences the knowledge you have gained and the skills you have used in these first 12 months of your fostering career. Your Supervising Social Worker and / or your peer mentor will help you with this.

The standards are:

**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 health care

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

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

**Standard 6:** keep children safe from harm

**Standard 7:** Develop yourself

Information on the TSD Standards can be accessed at:

<https://www.gov.uk/government/collections/guidance-for-foster-carers>

## **Booking process:**

### **Once I've found a course how do I apply?**

You do not need to complete an application form, simply provide the following information:

**Name:**

**Email address:**

**Contact phone number:**

**Name of your Supervising Social Worker:**

Email this information to the correct email address. This is given on the list of course dates and details. It will either be: [fosteringadmin@wirral.gov.uk](mailto:fosteringadmin@wirral.gov.uk) for training courses or [junejones@wirral.gov.uk](mailto:junejones@wirral.gov.uk) for drop-in sessions.

## **What happens next?**

Once we have received your email, both you and your supervising social worker will receive a confirmation e-mail advising if your application has been successful.

**Please do not attend unless you have received a confirmation e-mail as you may be turned away.**

### **Who do I contact if I have any questions or need to cancel?**

You can e-mail Fostering Admin [fosteringadmin@wirral.gov.uk](mailto:fosteringadmin@wirral.gov.uk)

## **Non-attendance**

Non-attendance

You must inform us as soon as possible (and at least 3 days before the course) if you cannot attend to avoid non-attendance fees. Applicants will be charged for non-attendance at training. The charge will be:

- £30 for half day courses
- £50 for full day courses

## **Keeping in touch:**

We hear of other training opportunities at times with short notice. Providing us with a current email address means we can circulate details of extra courses as they come up.

### **Childcare:**

The Fostering Service aims to fully support carers to access training. We will provide child care for foster children as necessary. If carers have young children with them they often ask an adult known to the child to help out. The service can then reimburse the carer for this childcare or for an extra nursery session if the child attends nursery.

### **Evaluation and Feedback:**

Your comments on the courses shape the future training experiences for other carers and staff.

Please continue to share your experiences with us and let us know what impact the training has had on the care you offer. Post course questionnaires help us to look at what difference our courses are having on practice and ultimately children's lives. Your support with completing these is appreciated.

### **Other resources for foster carers:**

**Currently completing**

# Course Information

Course Title	Assessing & Managing Risk
Course covers	<p>AIMS AND OBJECTIVES</p> <p>Assessing and managing risk is part and parcel of foster care. But are we doing it effectively? Many approaches to managing risk end up increasing the risk.</p> <ul style="list-style-type: none"><li>• Understanding the terminology and definitions used in risk assessment.</li><li>• Going beyond High, Medium and Low assessments of risk.</li><li>• Examining the factors that contribute to risk.</li><li>• Interdependent and interlocking risks - how risk assessment needs to be holistic.</li><li>• The pros and cons of "positive risk taking".</li><li>• How to conduct a rapid, evidence based and effective risk assessment.</li></ul>
Details	<p>This course is run by Tony Roberts, Fostering Change. Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Autism
Course covers	<p>AIMS and OBJECTIVES</p> <p>Autism is a common yet misunderstood neurological condition which affects people in markedly different ways. Autistic children may require specific accommodations in order to thrive in foster care.</p> <ul style="list-style-type: none"><li>• Facts, myths, misunderstandings, "causes" and "cures".</li><li>• The Autistic Spectrum - going beyond "high" and "low" functioning.</li><li>• Communication, language, and information processing.</li><li>• Social awareness and empathy.</li><li>• Repetitive behaviours and stimming.</li><li>• Sensory processing and neuro-motor differences.</li><li>• How to make accommodations for autistic children.</li><li>• Strategies for foster carers.</li></ul>
Details	<p>This course is run by Tony Roberts, Fostering Change. Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Bereavement Training
Course covers	<p>AIMS and OBJECTIVES</p> <ul style="list-style-type: none"> <li>• Have gained a greater understanding of bereavement counselling.</li> <li>• Have a greater understanding of the theory behind grief and loss.</li> <li>• Be able to identify different behaviours, signs and symptoms that may be displayed by C and YP facing bereavement and other significant loss issues.</li> <li>• Be able to support C and YP with bereavement and other significant loss issues.</li> <li>• To develop awareness of the need to self-care when dealing with emotions of others.</li> <li>• To explore own feelings, thoughts and, values concerning bereavement and loss.</li> </ul>
Details	<p>This course is run by Kerry Ryan, The Dove Service</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Child Development
Course covers	<p>AIMS and OBJECTIVES</p> <p>3-week course. Learn about the 4 stages of Child development and the importance of play for child development. We will share some good activities and online resources to support child development.</p>
Details	<p>This course is run by Maria Brand, Lifelong Learning.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course title	Child Development and the Impact of Trauma and Loss
Course covers	<p>AIMS and OBJECTIVES</p> <p>By the end of the course the participants will have</p> <ul style="list-style-type: none"> <li>•Increased their knowledge of theoretical perspectives in relation to Child Development.</li> <li>•Enhanced their knowledge of Attachment Theory.</li> <li>•Understand the latest research on the impact of trauma, neglect, and loss on all aspects of child development.</li> <li>•Considered the implications of these issues for their practice.</li> <li>•To understand how to use sensory activities and therapeutic parenting to emotionally regulate children who have experienced trauma and neglect.</li> <li>•The course will highlight some practical strategies to manage and avoid escalation of anger and aggression within the home.</li> </ul>

	The courses will comprise inputs by the trainer, small and large group discussions, interactive resources, and practical exercises. It will be set within a framework of anti-discriminatory practice. Participants will be given much opportunity to relate the course material to their work. Handouts will be provided on the courses.
Details	This course is run by Dr Tina Goodson.  Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.

Course Title	Compassion Fatigue & Self Care in Foster Carers
Course covers	<p>AIMS and OBJECTIVES</p> <p>This one day training session will look into compassion fatigue in foster carers. The links compassion fatigue have with post-traumatic stress disorder will be explored lightly and additionally discussion relating to brain function and the impact compassion fatigue may have on a foster carer's role.</p> <p>The importance of self-care and grounding techniques to help alleviate compassion fatigue will also be discussed.</p> <ul style="list-style-type: none"> <li>• To understand what compassion fatigue is.</li> <li>• To understand the impact of compassion fatigue on a carer's role.</li> <li>• How to look after yourself and understanding why self-care is important.</li> </ul>
Details	This course is run by The Fostering Network, via Eventbrite.  Email: with your full name and email to reserve a place on the course.

Course Title	Concerns and Allegations
Course covers	<p>AIMS AND OBJECTIVES</p> <p>All foster carers worry that one day they'll be subject to a complaint, concern, or allegation. This course tells them what to expect and how they can guard against it.</p> <ul style="list-style-type: none"> <li>• Differences between concerns, complaints, and allegations.</li> <li>• Substantiated, unfounded and malicious allegations.</li> <li>• Why allegations are made.</li> <li>• The LADO and the investigation procedure.</li> <li>• The impact of allegations on carers and children.</li> <li>• The risk of becoming complacent.</li> <li>• Reducing the risks of allegations.</li> </ul>

Details	<p>This course is run by Tony Roberts, Fostering Change. Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	<b>Delegated Authority</b>
Course covers	<p>AIMS and OBJECTIVES</p> <p>It's important for foster carers to understand what decisions they are empowered to make and to be supported in exercising their delegated authority.</p> <p>In this 3-hour training we will look at:</p> <ul style="list-style-type: none"> <li>• What do we mean by delegated authority?</li> <li>• The differences between parental responsibility and delegated authority; in foster care – including kinship care, for Special Guardianship Orders &amp; for adoption</li> <li>• How to use the Decision Support Tool to ensure carers are fully aware of the decisions they can and cannot make</li> <li>• When to exercise delegated authority - A framework for guiding carers in making justifiable decisions</li> <li>• Effective risk assessment and decision making</li> </ul>
Details	<p>This course is run by Tony Roberts, Fostering Change. Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	<b>Domestic Abuse</b>
Course covers	<p>AIMS and OBJECTIVES</p> <p>Domestic abuse comes in many different forms. Witnessing the abuse of another adult has harmful effects on children - including powerlessness, fear, resentment, difficulty forming relationships and hostility.</p> <p>In these 2 x 2 hour sessions we will look at:</p> <ul style="list-style-type: none"> <li>• The different forms of domestic abuse</li> <li>• Understanding the cycle of abuse and how this impacts on children</li> <li>• All about control - why people find it hard to escape abusive relationships</li> <li>• The experiences of domestic abuse from a child's perspective</li> <li>• The "Power" and "Respect" wheels and how they can be used to help children understand healthy and harmful relationships</li> <li>• How foster carers can model healthy, loving relationships</li> <li>• Tips for supporting children impacted by domestic abuse</li> </ul>

Details	<p>This course is run by Tony Roberts, Fostering Change. Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>
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Course Title	<b>Eating Disorders Bite Size Training</b>
Course covers	<p>AIMS and OBJECTIVES</p> <p>This bitesize session on eating disorders is aimed at anyone caring for children and young people who want to understand more about the causes of eating disorders. We discuss signs and symptoms to look out for. How types of eating disorders differ and the negative influence social media can have on a young person. We will be giving you an insight into the current resources that are available for you to use and tips if you are worried about a young person.</p>
Details	<p>This course is run by Sophie Williams, Merseyside Youth Association.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	<b>Equality &amp; Diversity Training</b>
Course covers	<p>This course is compulsory and should be completed within your first year of fostering.</p> <p>AIMS and OBJECTIVES</p> <p>This course is run over a series of 3 weeks and will give attendees a nationally recognised qualification. The three weeks will be held virtually, with a final 30-minute session being arranged in person with the course tutor.</p> <p>Following the first session of this course carers will be able to understand the meaning of equality &amp; diversity, being able to identify what is meant by equality, diversity &amp; inequality.</p> <p>Carers will recognise the benefits of diversity to society.</p> <p>The second session focus' on being able to identify the meaning of discrimination and prejudice and the course will teach you what legislation helps to combat this.</p> <p>The third and final virtual session teaches how organisations can promote best practice in relation to equality &amp; diversity.</p>

Details	<p>This course is run by Lesley Elliott, Lifelong Learning</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>
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Course Title	<p><b>First Aid – 2 Days.</b></p> <p><b>This is currently being completed with 1 day online learning &amp; 1 day practical. The online material must be completed before the days practical.</b></p>
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Course covers	<p><b><u>Aim</u></b></p> <p>To provide candidates with an understanding and practical knowledge of the skills in Pediatric First Aid to enable them to:  <b>Prevent</b> injuries becoming worse, <b>Promote</b> recovery, <b>Preserve</b> life – with the emphasis on Children and Babies</p> <p><b><u>Objective</u></b></p> <p>Upon successful completion of the training program candidates will have a good understanding of:</p> <ul style="list-style-type: none"> <li>• The Law relating to First Aid</li> <li>• Recovery Position</li> <li>• Planning for emergencies</li> <li>• Anaphylactic Shock</li> <li>• Artificial Ventilations and CPR</li> <li>• Choking</li> <li>• Shock &amp; electric shock</li> <li>• Burns &amp; Scalds</li> <li>• Bleeding &amp; eye injuries</li> <li>• Childhood illnesses &amp; chronic conditions</li> <li>• Breaks/Fractures</li> <li>• Head, neck, back injuries</li> <li>• Poisoning, Bites and Stings</li> <li>• Foreign bodies in eyes, ears &amp; nose</li> <li>• Extreme Heat &amp; Cold</li> <li>• Asthma, Diabetes, Sickle Cell</li> <li>• Epilepsy &amp; febrile convulsions</li> </ul>
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Details	<p>This course is delivered by Gary Coombes, through The Training Company.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>
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Course Title	<b>Helping a Child Who Has Had a Difficult Start in Life Based on Cornell University's TCIF programme.</b>
Course covers	<p>AIMS and OBJECTIVES</p> <p>Participants will learn ideas, skills and attitudes that form a therapeutic approach to foster care. This approach helps children who have had a difficult start in life and prevents and de-escalates troubling behaviour.</p> <p>Participants will:</p> <ul style="list-style-type: none"> <li>• Understand the effect on the brain and behaviour of a child of suffering trauma or childhood adversity</li> <li>• Learn to keep calm, understand the reason behind a child's behaviour, and adopt a calming, therapeutic approach</li> <li>• Learn how to show understanding and empathy through using a range of active listening techniques</li> <li>• Develop ideas and make a plan to prevent troubling behaviour</li> <li>• Be able to calm a child who is agitated, aggressive or violent</li> <li>• Help a child learn to manage strong feelings and destructive behaviour.</li> </ul>
Details	<p>This course is provided by: Nick Pidgeon</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	<b>Honesty, Trust &amp; Lies</b>
Course covers	<p>AIMS AND OBJECTIVES</p> <p>The importance of being honest is a core value for many foster carers. This can make it challenging when caring for a child who doesn't appear to share the same values. But to what extent is not telling the truth the same as lying? And what reasons might be behind it?</p> <ul style="list-style-type: none"> <li>• Children's experiences of distrust and dishonesty from others.</li> <li>• Unpicking the different things that may be driving a child to not tell the truth.</li> <li>• How the care system actively encourages children to be frugal with the truth.</li> <li>• Understanding how honesty is linked to emotional and physical safety.</li> <li>• Do children trust us with their truth?</li> <li>• How the promises of adults are just lies in disguise.</li> <li>• How truth-seeking can be counterproductive.</li> <li>• Practical tips and strategies for building trust and honesty.</li> </ul>
	This course is run by Tony Roberts, Fostering Change.

<b>Details</b>	<p>Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>
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<b>Course Title</b>	<b>Introduction to Building Underdeveloped Sensorimotor Systems (BUSS) in children who have experienced developmental trauma</b>
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Course covers	<p>The brain and central nervous system of a new-born baby is still at an early stage of development and babies need an attuned adult and lots of nurture and movement experiences to allow them to grow into their bodies on a physical and an emotional level. When babies and young children are in neglectful and/or abusive environments they miss out on both aspects of this – the loving, attuned adult and the chance to grow into their bodies.</p> <p>This is significant because good bodily regulation and sensory integration gives the developing child a solid platform to negotiate the many developmental tasks of childhood: making relationships, understanding, and managing their feelings, playing and learning.</p> <p>A lot of work with children who have experienced abuse and neglect focuses on relational and psychological therapies, for example DDP, Theraplay, or individual therapies. These can be enhanced by an intervention like BUSS, which brings together an understanding of the impact of trauma on the child, the importance of loving relationships and an inherent need to move in order to develop good bodily regulation. The focus of the model is to support families in using games and activities that will allow them to build underdeveloped parts of a child's foundation systems.</p> <p><b>AIMS AND OBJECTIVES</b></p> <ul style="list-style-type: none"> <li>• Become familiar with sensory integration theory, how babies and young children grow into themselves on a bodily level, and how this forms the foundation of the pyramid of development.</li> <li>• Learn about the vestibular, proprioceptive, and tactile systems, the role they play in bodily regulation and movement and why the relational context is key to their development.</li> <li>• Hear ideas about how to begin to notice movement and the clues this gives about the functioning of a child's foundation sensorimotor systems.</li> <li>• Gain an understanding of the BUSS model, how this model is different from sensory integration therapy and the ways in which an underdeveloped system differs from a sensory processing disorder.</li> <li>• Have the chance to think with practitioners about integrating this model into practise.</li> <li>• Hear from adoptive parents about their lived experience of BUSS.</li> <li>• Be given information about further training in BUSS</li> </ul>
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<b>Details</b>	This course is developed and delivered by Sarah Lloyd, Specialist Occupational Therapist and Play Therapist.
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Email: [fosteringadmin@wirral.gov.uk](mailto:fosteringadmin@wirral.gov.uk) with your full name and email to reserve a place on the course.

Course Title	Introduction to Mentoring Skills
Course covers	<p>AIMS and OBJECTIVES</p> <p>A 2-session course run over 2 weeks. During this we will look at the following areas:</p> <ul style="list-style-type: none"><li>• Define the principle of mentoring</li><li>• Describe the key qualities, values, and skills of a mentor</li><li>• Give examples of where they can be applied</li><li>• Identify different types of mentoring</li><li>• Where Mentoring takes place</li><li>• The benefits of Mentoring</li><li>• Identify self-development needs to meet the qualities and skills of a mentor"</li></ul>
Details	<p>This course is run by Dave Yates, Lifelong Learning.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Introduction to Microsoft Office
Course covers	<p>AIMS and OBJECTIVES</p> <p>This is a 4-hour course, with 2 x 1 hour "taught" sessions and a further 2 hours being home learning. In this you will be developing your skills in Microsoft Office in the use of Word, Excel and PowerPoint. We will be looking at creating a leaflet in Word, Simple calculations in Excel and an animated Presentation.</p> <p>You will be given a full list of online learning resources and information about how you can progress to other courses."</p>
Details	<p>This course is run by Paul Harris, Lifelong Learning.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Introduction to Safeguarding & Child Protection (Virtual)
Course covers	<p>This course is compulsory for foster carers and should be completed within the first year of registration. It is listed in your training plan as Signs and Symptoms of abuse.</p> <p>This year it is being delivered virtually via Zoom.</p>

	<p>AIMS and OBJECTIVES</p> <p>By the end of this course, carers will be able to</p> <ul style="list-style-type: none"> <li>• Identify what is meant by safeguarding and child abuse</li> <li>• Name the categories of child abuse and recognise the signs and indicators of each</li> <li>• Recognise how own beliefs, experience and attitudes might influence professional involvement in safeguarding work</li> <li>• Identify the relevant legislation and guidance that provides the framework for safeguarding children</li> <li>• State how to respond to concerns about the safety and welfare of a child/young person, using their organisations' child protection policy and procedures</li> <li>• Identify the blocks to children &amp; adults for reporting concerns</li> <li>• State the key principles of information sharing, in order to communicate and record effectively, according to national guidance.</li> </ul>
Details	<p>This course is run by the NSPCC and being delivered by Ann Norburn.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

<b>Course Title</b>	<b>Keeping My Child Safe Online</b>
Course covers	<p>AIMS and OBJECTIVES</p> <p>This workshop looks at the issues around keeping children safe online. We will give practical tips to minimise the risks associated with the Internet, including how to safeguard others, maintain data security, and follow guidelines and procedures.</p>
Details	<p>This course is run by Paul Harris, Lifelong Learning.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

<b>Course Title</b>	<b>Level 2 Mentoring skills course</b>
Course covers	<p>AIMS and OBJECTIVES</p> <p>This course is run over 12 weeks and gives carers a nationally recognised accreditation at the end of it. By the end of the course carers will be able to:</p>

	<ul style="list-style-type: none"> <li>* Describe the stages of a typical mentoring relationship.</li> <li>* Understand the stages of the 'mentoring' relationship.</li> <li>* Discuss the records that need to be kept regarding an ongoing mentoring relationship.</li> <li>* Describe and demonstrate a range of communication skills which would make mentees feel comfortable and at ease.</li> <li>* Describe the impact of the environment on the mentoring relationship.</li> <li>* Understand a range of techniques to make mentees feel comfortable and at ease.</li> <li>* Describe ways of dealing with potential barriers to a good mentoring relationship.</li> <li>* Discuss why a 'contract' is important for a mentoring relationship.</li> <li>* Discuss the impact and importance of mentoring guidelines and ethical issues.</li> <li>* Understand the boundaries of a mentoring relationship.</li> <li>* Describe how and when to end a mentoring relationship.</li> <li>* Understand when and to who referrals should be made.</li> <li>* Describe key referral routes.</li> <li>* Describe situations when mentees may need or benefit from being referred to other professionals.</li> </ul>
Details	<p>This course is run by Helen Hayes, Wirral Lifelong Learning</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	<b>Mental Health Awareness</b>
Course covers	<p><b>AIMS and OBJECTIVES</b></p> <p>In this 4-hour workshop carers will learn about influencing issues around mental health and how mental health can be affected. They will be aware of current mental health statistics, the issues around stigma and how these impact on self-esteem &amp; confidence. We will explore anxiety, stress, depression, and other mental health disorders &amp; conditions.</p> <p>By the end of the course all learners will know enough about mental health to be able to recognise issues, and how to react to them in a professional and timely manner. Equally, the course will promote the importance of mental health as a significant topic that learners need to be fully conversant with if they are working with communities of people.</p>
Details	<p>This course is run by Mike Jones, Lifelong Learning.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Parenting with PACE
Course covers	<p>This one-day training will introduce the principles of PACE and allow carers the opportunity to practice using PACE and to explore its role in parenting as well as reflecting on their own personal experiences.</p> <p>The different elements of PACE will be discussed and how they can work together as a parenting attitude; this will include how to combine PACE with behaviour management skills, becoming a more mind-minded parent, exploration of why children are insecure, attachment patterns, developmental trauma and therapeutic parenting. The course will provide parenting principles to enable parenting of insecure children.</p> <p><b>About PACE</b></p> <p>PACE is part of the DDP (Dyadic Developmental Psychotherapy) model developed by Clinical Psychologist Dr Dan Hughes. PACE (playfulness, acceptance, curiosity and empathy) is a successful approach to working with children who have experienced trauma.</p> <p>This therapeutic parenting approach is widely used in helping children with attachment and trauma related difficulties. The PACE model is family based and focuses on the facilitation of the children's ability to establish a secure attachment with their carer/s. Parenting with PACE provides appropriate boundaries, together with warmth and nurture, the connection that PACE creates means that this parenting is received as fully unconditional.</p> <p>Workshop Objectives</p> <ul style="list-style-type: none"> <li>• To explore PACE and its role in parenting and understand why traditional behaviour management strategies may not help the child to feel secure</li> <li>• To understand the behaviour displayed by the child and how this links to their internal experience</li> <li>• To establish how PACE can be integrated into a parenting attitude</li> <li>• To have the opportunity to practice PACE in conversations</li> <li>• To explore the eases and challenges for adopting a PACE led approach</li> <li>• To encourage a deeper, intersubjective relationship with child/ren in your care</li> <li>• To consider the connections between experience, feelings and behaviour and relate this to the concept of PACE</li> </ul>
Details	<p>This course is presented by Dr Ann Laight or Dr Kate Mason, Chartered Clinical Psychiatrists.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Safe Accommodation and Child Victims of Trafficking, Missing from Care
Course covers	<p>AIMS and OBJECTIVES</p> <p>This course is run over 2 morning sessions. Morning 1 gives an overview of child training in the UK, including the various forms of child trafficking, modern slavery, and exploitation we encounter, their indicators and dynamics.</p> <p>It also considers trauma-informed work and the specific challenges child victims of trafficking experience.</p> <p>Morning 2 considers what works and ‘best practice’ in caring for and providing safe accommodation for child victims of trafficking. We also look at the issue of child victims of trafficking going missing from care and the best practice in the safeguarding and disruption response.</p> <p>Other course information:</p> <ul style="list-style-type: none"> <li>- Youth participation is very important to us; therefore as often as possible our training is co-delivered by a young person we support at ECPAT UK.</li> <li>- Participants will receive a digital training pack to complement the training delivered.</li> <li>- This project is specifically focused on training foster carers.</li> </ul>
Details	<p>This course is delivered by Phil Spencer, the Training and Practice Officer for ECPAT (Every Child Protected Against Trafficking) UK</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Safeguarding
Course covers	<p>AIMS and OBJECTIVES</p> <p>This is a 4-hour workshop where you will learn what different forms of abuse look like, how to recognise symptom and effects, how to manage a safeguarding conversation effectively and sensitively, and how to report a safeguarding concern. The intention is that by the end of the course all learners will know enough about safeguarding to be able to recognise issues, and how to react to them in a professional and timely manner. Equally, the course will promote the importance of Safeguarding as a significant topic that learners need to be fully conversant with if they are working with communities of people.</p>
Details	<p>This course is run by Mike Jones, Lifelong Learning.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Self Harm
<p>Course covers</p>	<p>AIMS and OBJECTIVES</p> <p>We are running this course, either in the week as 2 x 2 hour sessions, or at the weekend for a total of 4.5 hours which includes a half hour break.</p> <p>The course recognises that fostering a young person who self-harms can be extremely stressful. It can be hard for foster carers to know whether they are doing the right thing. This training will guide carers through these feelings and allow them to better understand:</p> <ul style="list-style-type: none"> <li>• What we mean by self harm</li> <li>• Reasons young people self harm</li> <li>• How to do a good quality risk assessment</li>   <li>• Appraising different approaches to supporting someone who self harms</li> <li>• How risk aversion can be counter-productive and make the situation worse</li> <li>• The importance of engaging young people in decisions</li> <li>• Pros and cons of harm minimisation approaches</li> <li>• Effective care planning</li> <li>• Practical strategies for supporting young people who self harm</li> </ul>
<p><b>Details</b></p>	<p>This course is run by Tony Roberts, Fostering Change. Tony is a former foster carer, mental health nurse and professional trainer.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

Course Title	Suicide Awareness Bite Size Training
<p>Course covers</p>	<p>AIMS and OBJECTIVES</p> <p>This bite-size session, 'Suicide awareness in children and young people', will explore some of the key issues such as risk factors, information from policy, latest research, and support services available. Delegates will listen to the voices of parents who have tragically lost a child through suicide.</p> <p>The session will look at confidence levels relating to asking the question, 'Are you feeling suicidal?' and understanding how to respond in this situation.</p>
<p><b>Details</b></p>	<p>This course is run by Francesca Loguellou, Merseyside Youth Association.</p> <p>Email: <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> with your full name and email to reserve a place on the course.</p>

May 2021

SATURDAY 8 <sup>th</sup> May	Assessing and Managing Risk	10:00-12:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
SATURDAY 8 <sup>th</sup> May	First Aid	09:30-15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
10 <sup>th</sup> May	Drop-in Session Diversity / LGBT community	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
11 <sup>th</sup> May	Managing Stress	10:00-12:00	Fully booked
11 <sup>th</sup> 18 <sup>th</sup> May	Introduction to Microsoft Office	11:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
12 <sup>th</sup> & 13 <sup>th</sup> May	Safe Accommodation and Child Victims of Trafficking, Missing from Care	9:30 – 13:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
13 <sup>th</sup> May	Honesty, Trust & Lies	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
19 <sup>th</sup> May	Safeguarding	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
20 <sup>th</sup> May	First Aid	09:30-15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
21 <sup>st</sup> May	Delegated Authority	10:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
24 <sup>th</sup> May	The development of the services and the offer in place around Speech and Language and Early Years' Service- Guest speakers, Lynne Whitty & Joanne Simpson	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
25 <sup>th</sup> May	Online Safety	11:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
27 <sup>th</sup> May	Mental Health Awareness	10:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
27 <sup>th</sup> May	Self-Harm	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend

June 2021

7 <sup>th</sup> June	Domestic Abuse	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
7 <sup>th</sup> June	Drop-in Session Sleep Better	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
SATURDAY 12 <sup>th</sup> June	First Aid	09:30-15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
14 <sup>th</sup> June	Concerns, Complaints and Allegations	10:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
14 <sup>th</sup> & 21 <sup>st</sup> June	Introduction to Mentoring Skills	10:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup> June	Child Development	13:00-15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
17 <sup>th</sup> June	Honesty, Trust & Lies	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
21 <sup>st</sup> June	Autism Course	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
21 <sup>st</sup> June	Drop-in Session What does anger feels like for our Young People and can we help them.	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
22 <sup>nd</sup> June	Online Safety	11:00-12:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
25 <sup>th</sup> June	First Aid	09:30-15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
25 <sup>th</sup> June	Prep for 18	10:00-12:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
28 <sup>th</sup> June	Assessing and Managing Risk	10:00-12:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
June 30th, July 1st, 2nd, 7th and 8th	Child Development + the Impact of trauma – 5-day programme (Interactive online training)	9:30 – 14:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend

July 2021			
1 <sup>st</sup> July	Delegated Authority	10:00-12:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
5 <sup>th</sup> July	Drop-in Session The importance of communicating with teenagers, are there Rules of good communication?	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
8 <sup>th</sup> July	Domestic Abuse	10:00-14:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
19 <sup>th</sup> July	Drop-in Session What is Life Story Work and who can undertake this piece of work?	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
23 <sup>rd</sup> July	First Aid	09:30-15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
August 2021			
6 <sup>th</sup> August	First Aid	9:30 – 15:00	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
September 2021			
6 <sup>th</sup> September	Drop-in Session Underage drinking	11:00-12:00	Contact <a href="mailto:junejones@wirral.gov.uk">junejones@wirral.gov.uk</a> to attend
15 <sup>th</sup> , 16 <sup>th</sup> , 17 <sup>th</sup> 21 <sup>st</sup> and 22 <sup>nd</sup>	Child Development + the Impact of trauma – 5-day programme (Interactive online training)	9:30 – 14:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
December 2021			
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 8 <sup>th</sup> and 9 <sup>th</sup>	Child Development + the Impact of trauma – 5-day programme (Interactive online training)	9:30 – 14:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend
March 2022			
9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> and 14 <sup>th</sup> and 15 <sup>th</sup>	Child Development + the Impact of trauma – 5-day programme (Interactive online training)	9:30 – 14:30	Contact <a href="mailto:fosteringadmin@wirral.gov.uk">fosteringadmin@wirral.gov.uk</a> to attend

**Training Venues:** All training is currently online.