



Belfast Health & Social Care Trust Foster Carer Development Programme September 2024 - June 2025

**Please book your place on courses by emailing our
NEW Training Email Address (below) or book
directly with your Supervising Social Worker**



FCTraining@belfasttrust.hscni.net

**Please note by booking your place on training you are giving
permission for your email address to be shared with the
External Trainers**

**Welcome to your Development Programme for
September 2024 – June 2025**

Development opportunities will be delivered through a Hybrid Delivery Model in order to meet the needs of all our Foster Carers - to include face-to-face & online



We would like to take this opportunity to thank you again for your engagement and participation in the Learning and Development opportunities.

**Jackilene Weatherup
Senior Social Work Practitioner/Training Co-ordinator**

Contents

Training Calendar	Page 4
Course Descriptions	Page 15
Additional Training Resources & Information	Page 38
<ul style="list-style-type: none">• Fostering in a Digital World Safeguarding App• Online Training Menu – Regional Pathway• Recovery College - Free educational courses about mental health & recovery• Online Stress Control Classes & Resources• ASCERT Training and Resources - Addressing alcohol and drug-related issues• Child Abuse & Neglect – NSPCC Training & Resources• Adverse Childhood Experiences (ACE) Awareness E-Learn Programme• Building our Children’s Developing Brain Webinars• Sleep Scotland –Training on YouTube• Public Health Dietitians -YouTube channel• VOYPIC – Voice of Young People in Care	
Venue Address	Page 53
Contact Details	Page 53

Training Calendar 2024-2025

September 2024				
Date	Training Course	Page	Online/Location	Time
18/09/24	First Aid	17	Living Hope Belfast	9.30am – 12.30pm
19/09/24	Nurturing Attachments (Mod 1 Session 1)	28	Girdwood Community Hub	9.30am – 12.30pm
26/09/24	Nurturing Attachments (Mod 1 Session 2)	28	Girdwood Community Hub	9.30am – 12.30pm
October 2024				
Date	Training Course	Page	Online/Location	Time
01/10/24	Safeguarding	16	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm
03/10/24	Nurturing Attachments (Mod 1 Session 3)	28	Girdwood Community Hub	9.30am – 12.30pm
07/10/24	Men who foster (session 1)	30	Online	6.30pm - 8.30pm
08/10/24	Making the Move - Transitions in Fostering	24	Living Hope Belfast	9.30am – 12.30pm
08/10/24	Men who foster (session 2)	30	Online	6.30pm - 8.30pm
09/10/24	Fostering in a Digital World	21	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm

10/10/24	Nurturing Attachments (Mod 1 Session 4)	28	Girdwood Community Hub	9.30am – 12.30pm
16/10/24	Neurodiversity – puberty & what next ?	18	Girdwood Community Hub	10.30am - 12.30pm
17/10/24	Nurturing Attachments (Mod 1 Session 5)	28	Girdwood Community Hub	9.30am – 12.30pm
18/10/24	Trauma Informed Practice Level 1	20	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
22/10/24	Promoting Positive Family Time	32	Living Hope Belfast	9.30am – 12.30pm
23/10/24	Kinship Core Issues (session 1)	15	Living Hope Belfast	9.30am – 12.30pm
24/10/24	Nurturing Attachments (Mod 1 Session 6)	28	Girdwood Community Hub	9.30am – 12.30pm
24/10/24	Kinship Core Issues (session 2)	15	Living Hope Belfast	9.30am – 12.30pm

November 2024

Date	Training Course	Page	Online/Location	Time
07/11/24	Nurturing Attachments (Mod 2 Session 1)	28	Girdwood Community Hub	9.30am – 12.30pm
08/11/24	Pharos Workshop (Barnardos)	23	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

13/11/24	Bereavement & Loss Awareness (Barnardos)	23	Shankill Wellbeing & Treatment Centre	9.30am - 12.30pm
14/11/24	Nurturing Attachments (Mod 2 Session 2)	28	Girdwood Community Hub	9.30am – 12.30pm
18/11/24	Understanding the Impact of Neglect on Children	27	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
19/11/24	The Narrative Model	31	Living Hope Belfast	9.30am – 12.30pm
20/11/24	Therapeutic Crisis Intervention in Families (session 1)	26	Living Hope Belfast	9.30am – 2.00pm
20/11/24	NSPCC PANTS	34	Online	11.30am – 12.30pm
21/11/24	Nurturing Attachments (Mod 2 Session 3)	28	Girdwood Community Hub	9.30am – 12.30pm
22/11/24	UASC/Diversity Awareness	36	Living Hope Belfast	9.30am – 12.30pm
23/11/24	Anthony O'Prey Teen PAUSE	22	Online	9.30am - 4.30pm
26/11/24	The 4 R's	19	Girdwood Community Hub	10.30am – 1.30pm
27/11/24	Therapeutic Crisis Intervention in Families (Session 2)	26	Living Hope Belfast	9.30am – 2.00pm

28/11/24	Nurturing Attachments (Mod 2 Session 4)	28	Girdwood Community Hub	9.30am – 12.30pm
December 2024				
Date	Training Course	Page	Online/Location	Time
03/12/24	Understanding the Impact of Domestic Abuse on Children	34	Living Hope Belfast	9.30am – 12.30pm
04/12/24	Therapeutic Crisis Intervention in Families (Session 3)	26	Living Hope Belfast	9.30am – 2.00pm
05/12/24	Nurturing Attachments (Mod 2 Session 5)	28	Girdwood Community Hub	9.30am – 12.30pm
11/12/24	Therapeutic Crisis Intervention in Families (Session 4)	26	Living Hope Belfast	9.30am – 2.00pm
12/12/24	Nurturing Attachments (Mod 2 Session 6)	28	Girdwood Community Hub	9.30am – 12.30pm
January 2025				
Date	Training Course	Page	Online/Location	Time
14/01/25	Non Kinship Core Issues (Session 1)	15	Arches Wellbeing & Treatment Centre	6.30pm - 8.30pm
16/01/25	First Aid	17	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm

17/01/25	Foundations in Attachment (Session 1)	28	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
21/01/25	Non Kinship Core Issues (Session 2)	15	Arches Wellbeing & Treatment Centre	6.30pm - 8.30pm
23/01/25	Nurturing Attachments (Mod 3 Session 1)	28	Girdwood Community Hub	9.30am – 12.30pm
24/01/25	Foundations in Attachment (Session 2)	28	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
24/01/25	YGAM – online gaming & gambling	37	Online	10.20am – 1.00pm
28/01/25	Trauma Informed Practice Level 2	20	Living Hope Belfast	9.30am – 12.30pm
28/01/25	Non Kinship Core Issues (Session 3)	15	Arches Wellbeing & Treatment Centre	6.30pm - 8.30pm
30/01/25	Nurturing Attachments (Mod 3 Session 2)	28	Girdwood Community Hub	9.30am – 12.30pm
31/01/25	Foundations in Attachment (Session 3)	28	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

February 2025

Date	Training Course	Page	Online/Location	Time
03/02/25	Men who foster (session 1)	30	Online	6.30pm - 8.30pm
04/02/25	Supporting Neurodivergence	18	Girdwood Community Hub	10.30am – 12.30pm
04/02/25	Non Kinship Core Issues (Session 4)	15	Arches Wellbeing & Treatment Centre	6.30pm - 8.30pm

04/02/25	Men who foster (session 2)	30	Online	6.30pm - 8.30pm
05/02/25	Promoting Positive Family Time	32	Rm BA-00- 021 Ulster University Campus York Street	6.30pm - 9.00pm
06/02/25	Nurturing Attachments (Mod 3 Session 3)	28	Girdwood Community Hub	9.30am – 12.30pm
07/02/25	Foundations in Attachment (Session 4)	28	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
18/02/25	Kinship Core Issues (Session 1)	15	Rm BA-00- 021 Ulster University Campus York Street	6.30pm – 9.00pm
19/02/25	Kinship Core Issues (Session 2)	15	Rm BA-00- 021 Ulster University Campus York Street	6.30pm – 9.00pm
20/02/25	Nurturing Attachments (Mod 3 Session 4)	28	Girdwood Community Hub	9.30am – 12.30pm
21/02/25	Foundations in Attachment (Session 5)	28	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
21/02/25 (TBC)	GEM Scheme Awareness Session	37	Online	10.00am – 12.30pm
25/02/25	Theraplay Awareness Session	24	Living Hope Belfast	9.30am – 12.30pm
25/02/25	Understanding the Impact of Neglect on Children	27	Arches Wellbeing & Treatment Centre	6.30pm – 8.30pm
26/02/25	Safeguarding	16	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

27/02/25	Nurturing Attachments (Mod 3 Session 5)	28	Girdwood Community Hub	9.30am – 12.30pm
28/02/25	Foundations in Attachment (Session 6)	28	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
March 2025				
Date	Training Course	Page	Online/Location	Time
05/03/25	Child Sexual Exploitation Awareness	33	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
06/03/25	Nurturing Attachments (Mod 3 Session 6)	28	Girdwood Community Hub	9.30am – 12.30pm
07/03/25	Kinship Nurturing Attachments (Session 1)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
08/03/25	Anthony O'Prey Teen CALM	22	Online	9.30am – 4.30pm
14/03/25	Kinship Nurturing Attachments (Session 2)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
18/03/25	Promoting Positive Family Time	32	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
21/03/25	Kinship Nurturing Attachments (Session 3)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
25/03/25	The Narrative Model	31	Arches Wellbeing & Treatment Centre	6.30pm – 8.30pm
26/03/25	Girls & Autism	19	Girdwood Community Hub	10.30am - 12.30pm

28/03/25	Kinship Nurturing Attachments (Session 4)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
31/03/25 TBC	Menopause Awareness Session	36	TBC	TBC

April 2025

Date	Training Course	Page	Online/Location	Time
02/04/25	Safeguarding	16	Online	9.30am – 12.30pm
03/04/25	Birth to Five Development	25	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm
04/04/25	Kinship Nurturing Attachments (Session 5)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
08/04/25	Kinship Core Issues (Session 1)	15	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
09/04/25	Kinship Core Issues (Session 2)	15	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
10/04/25	Therapeutic Crisis Intervention in Families Refresher	26	Living Hope Belfast	9.30am – 2.00pm
11/04/25	Kinship Nurturing Attachments (Session 6)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

May 2025

Date	Training Course	Page	Online/Location	Time
01/05/25	Transitions in Fostering	24	Living Hope Belfast	9.30am – 12.30pm
02/05/25	Kinship Nurturing Attachments (Session 7)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

06/05/24	Foundations in Attachment (Session 1)	28	Living Hope Belfast	9.30am – 12.30pm
07/05/25	The Narrative Model	31	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
09/05/25	First Aid	17	Living Hope Belfast	9.30am – 12.30pm
09/05/25	Kinship Nurturing Attachments (Session 8)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
13/05/24	Foundations in Attachment (Session 2)	28	Living Hope Belfast	9.30am – 12.30pm
13/05/25	Safeguarding	16	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm
13/05/25	Theraplay Awareness Session	24	Arches Wellbeing & Treatment Centre	6.30pm – 8.30pm
14/05/25	Fostering in a Digital World	21	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm
16/05/25	Kinship Nurturing Attachments (Session 9)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
19/05/25	Bereavement & Loss	23	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm
20/05/24	Foundations in Attachment (Session 3)	28	Living Hope Belfast	9.30am – 12.30pm
23/05/25	Kinship Nurturing Attachments (Session 10)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

27/05/24	Foundations in Attachment (Session 4)	28	Living Hope Belfast	9.30am – 12.30pm
28/05/24	Birth to Five Development	25	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
29/05/25	Therapeutic Crisis Intervention in Families (Session 1)	26	Living Hope Belfast	9.30am – 2.00pm
30/05/25	Kinship Nurturing Attachments (Session 11)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm

June 2025

Date	Training Course	Page	Online/Location	Time
02/06/25	Understanding the Impact of Domestic Abuse on Children	34	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
03/06/24	Foundations in Attachment (Session 5)	28	Living Hope Belfast	9.30am – 12.30pm
03/06/25	First Aid	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.30pm
04/06/25	Transitions in Fostering	24	Living Hope Belfast	9.30am – 12.30pm
05/06/25	Therapeutic Crisis Intervention in Families (Session 2)	26	Living Hope Belfast	9.30am – 2.00pm
05/06/25	Promoting Positive Family Time	32	Rm BA-00-021 Ulster University Campus York Street	6.30pm – 9.00pm

06/06/25	Kinship Nurturing Attachments (Session 12)	29	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
10/06/24	Foundations in Attachment (Session 6)	28	Living Hope Belfast	9.30am – 12.30pm
10/06/25	The Narrative Model	31	Arches Wellbeing & Treatment Centre	6.30pm – 8.30pm
11/06/25	Fostering in a Digital World	21	Shankill Wellbeing & Treatment Centre	9.30am – 12.30pm
12/06/25	Therapeutic Crisis Intervention in Families (Session 3)	26	Living Hope Belfast	9.30am – 2.00pm
12/06/25	Kinship Core Issues	15	Online	6.30pm – 9.00pm
13/06/25	Understanding the Impact of Neglect on Children	27	Living Hope Belfast	9.30am – 12.30pm
19/06/25	Therapeutic Crisis Intervention in Families (Session 4)	26	Living Hope Belfast	9.30am – 2.00pm

We also hope to offer awareness sessions regarding Young People’s Mental Health & how to support them. Sexual Identity & Orientation, Fostering a Child Who May Have Experienced Sexual Abuse, Talking Teens – Relationships & Sexual Education as well as other related topics.

Core Issues in Fostering- (Kinship Foster Care) - delivered by Belfast Trust Staff

****Core Issues requires attendance at 2 consecutive sessions one week apart ****

This course is intended for **Kinship foster carers** during the first year of fostering and should be referenced at the carers' first annual review. Completion of the Core Issues is recognised as a significant part of the induction process for foster carers.

Areas covered:

1. Legal Issues and Looked After Children Procedures
2. Impact of Kinship Fostering and Contact Issues
3. Safer Caring and Health and Safety within the Home

Core Issues in Fostering – (Non Kinship Foster Care) - delivered by Belfast Trust Staff

****Core Issues requires attendance at 4 consecutive sessions one week apart ****

This course is intended for **Non Kinship foster carers** during the first year of fostering and should be referenced at the carers' first annual review. Completion of the Core Issues is recognised as a significant part of the induction process for foster carers.

Areas covered:

1. Legal Issues and Looked After Children Procedures
2. Impact of Fostering, Contact Issues, Safer Caring,
3. Health and Safety, Allegations and Recording
4. Moving on, Attachment and Permanence

Safeguarding/ Child Protection delivered by Jackilene Weatherup- Senior Social Work Practitioner

**** Mandatory training for all foster carers & refreshed every three years****

This course provides an opportunity for you to gain an understanding of Safeguarding children & young people.

- To explore the definitions of child abuse, the categories and indicators
- To gain an understanding of relevant Safeguarding Legislation, Regional Policy and Procedures
- The impact of parent/carer's physical and mental health on children's wellbeing
- To explore the roles and responsibilities in relation to Safeguarding Children
- Reporting/responding to Safeguarding Concerns
- Your Roles and Responsibilities



Basic First Aid Awareness

**** Mandatory training for all foster carers & refreshed every three years ****

These informal First Aid sessions will give you the basics of First Aid needed in the initial stages of an emergency.

This could mean saving a life!

No previous knowledge of first aid needed

You will learn to deal with someone who:

- is unconscious and breathing
- is unconscious and NOT breathing
- is choking
- is bleeding
- has a burn or scald
- has a broken bone



Fostering Attainment and Achievement (FAA) Training

Workshops

FAA is an education support service for children and young people living in foster care and foster carers. FAA service recognises the need to improve educational attainment of children and young people in foster care and the vital role foster carers play in education for the young people they look after.

Supporting Neurodivergence

Neurodivergence is a wide spectrum that covers a range of hidden neurological conditions, such as, but not limited to autism, dyslexia, dyspraxia, ADHD, Tourette's and social anxiety. For some young people, their neurodivergence can mean that they are better at some things than many other people and for others additional support or adjustments are required. In this practical workshop we will look at ways to best support both at home and in the school environment and gain an understanding of the neurodivergent community as a whole.

This workshop will be delivered by FAA project workers

Neurodiversity – Puberty & What Next ?

What next can be a scary question to ask of a child with neurodiverse needs. During this webinar we will be focusing on puberty – talking about how best to approach tricky conversations and different ways to support behaviour during this time. We will also be discussing and looking at

what happens after school and how best to support! Delivered by Rebecca McCullough (Eden Consultancy)

Girls and Autism

This workshop will highlight the presentation of autism in girls. Autism is generally identified at a much lower rate in females however recent studies have suggested a 2;1 boy/girl ratio. We will explore the role and implications of masking for autistic girls and how best to support. As a complex behavioural method, masking is employed by the autistic community to learn neurotypical behaviours and mimick in social settings. This workshop will aim to examine the impact of masking and explore some of the reasons of its high prevalence in autistic girls. Delivered by FAA project workers.

The 4 R's workshop – Regulate, Relate, Reason, Repair

This 3 hour workshop will introduce an amalgamation of the pioneering work of Dr Bruce Perry, Dr Dan Hughes (P.A.C.E.) and Louise Bomber in helping carers and children to regulate, relate, reason and repair. This is an interactive session that will equip carers with practical strategies for foster carers to develop a toolkit for home and for school.

The session will be facilitated by June Onyekwelu who has lived experience of children who are looked after in residential care and foster care. June has been delivering attachment and trauma training to foster carers, residential teams and professionals for over 9 years.

Trauma Informed Practice (TIP) Level 1 & 2 – delivered by Belfast Trust Staff

**** Level 1 - Mandatory training for all foster carers****

Level 1 ACE and Trauma-Informed Practice Training

- Awareness of ACEs and their potential impact for children and adults across the lifespan
- Ability to identify the potential impact of trauma and ACEs on the brain and possible subsequent behaviour
- Awareness of the use of an ACE/trauma-sensitive lens
- Awareness of the importance of preventing and mitigating ACES
- Ability to identify appropriate pathways to support well-being for staff, volunteers, and service users.

Level 2 Trauma-Sensitive Approaches to Practice Training

This training aims to build on the general ACE awareness training to develop the skills of those working more intensely with children, adults, or families who have been impacted by adversity/childhood trauma to promote a trauma-sensitive response.

- Enhance their skills and confidence to use a trauma-sensitive LENS in order to support and develop resilience for those the participant works with
- Identify the impact of secondary and vicarious trauma
- Identify ways in which one can support the health and well-being of all.

**** Foster Carers should complete Level 1 training before attending Level 2****

Fostering in a Digital World and Safeguarding – delivered by Trust Staff and Foster Carer

Learning Objectives: To help equip Foster Carers with the safeguarding knowledge to meet the needs of children and young people who live in a world of social media and have access to ever changing technologies.

- Safeguarding in a Digital World
- Risks and Challenges
- Social Media
- Cultural Shift

Fostering in a Digital World App

The App contains many valuable resources, information and guidance particularly useful. We encourage all Foster Carers to download and register for an account and to complete the Online Training Certificate for the 'Need to Know Section'.



Online safety relates to all engagement in the online world. It means supporting and empowering children and young people to engage in online activities in an educated, safe, responsible and respectful way.

Online Safety Strategy for Northern Ireland 2020-2025

Teen Coaching Workshops for Foster Carers with Teenagers – delivered by Anthony O’Prey

Anthony O’Prey from O’Prey Coaching is offering two Teen Coaching workshops to support you in your role as a Foster Carer.

Anthony will cover topics such as **Practical Behaviour Management Skills, Interpersonal Communication Skills, Reflective Practice and Health Promotion**. Anthony will invite you to share your experiences and challenges as a Foster Carer in a supportive, non-judgemental way, while **exploring tips & techniques that can help**.

Anthony has delivered TEEN Coaching workshops across Northern Ireland with the Northern Ireland Health & Social Care Trusts since 2012 and more recently with Barnardos, Northern Ireland.

TEEN Coaching: Part 1

‘P.A.U.S.E.’ teaches behaviour management through merging reflective practice with shared learning approaches. This workshop encourages participants to consider the day-to-day challenges they experience with their young people while learning practical skills to reduce this challenge as well as protecting their relationships.

This workshop will be delivered **remotely, over a full day**

TEEN Coaching: Part 2 – you will need to have completed PAUSE Workshop

‘The C.A.L.M. Affect’ workshop has four reflective-practice elements to it. It looks at the quality of our communication and self-awareness when managing challenging behaviour; it encourages reflection on how ‘rejection’ can impact on behaviour and teaches skills in listening and motivation. This workshop will be delivered **remotely, over a full day**

Spaces are limited so book early to avoid disappointment

Pharos Workshop – delivered by Jacqui Davis & Karina Long (Barnardos)

Pharos is a Barnardo's family support service which offers therapeutic support to families where children have been impacted by problematic parental substance use.

This interactive workshop will focus on:

- How children can be affected by a parent's substance use and/or addiction.
- How to talk with children about addiction and its impacts.
- Coping strategies and self-care.

Bereavement & Loss – delivered by Clare Boyd (Barnardos)

Barnardo's Child Bereavement Service will deliver training on children's grief and will include a definition of grief; normal grief reactions in children; what makes some grief more complex and when to seek specialist help.

The workshop will also give some examples and ideas around how to support children and young people in their grief process.



Introduction to Theraplay – delivered by Belfast Trust Fostering Team & Adoption Team

Theraplay is a dyadic child and family therapy. Developed over 50 years ago, and practiced around the world to support healthy child/caregiver attachment. Strong attachment between the child and the important adults in their life has long been believed to be the basis of lifelong good mental health. Modern brain research and the field of neuroscience have shown that attachment is the way in which children come to understand, trust and thrive in their world.

This interactive session will introduce Theraplay, a play based approach with practical activities Foster Carers can use to build relationships from the inside out.

Making the Move- Transitions In Fostering - delivered by Belfast Trust Fostering Staff & Foster Carers

This course will be beneficial for both Foster Carers, preparing a child for a move to another foster placement or adoptive family.

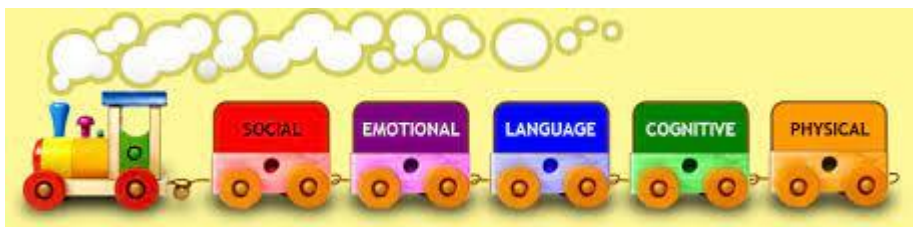
In order to minimise the potential trauma and loss experienced by a child during the move, it is important that Foster Carers are supported to work closely and focus on the needs of the child. Foster Carers have an essential role in helping the child to form and develop a bond with their new carers/adoptive family. We will be considering the move from the perspective of the child, birth family, the foster family and the adoptive family and will focus on how to best support one another during this often- emotive period of change.

The interactive session will look at practical issues involved when moving a child from foster care to their new carers or adoptive home. We will consider the importance of narrative work, memories, planning introductions and thinking about how best to support everyone throughout the move.

Birth to Five Years Development– delivered by Jackilene Weatherup Senior Social Work Practitioner & Belfast Trust Health Visitor

This course will be beneficial to all Foster Carers approved for pre-school aged children; it is during these formative years that the interactions between children and the adults around them can affect significantly on how the child develops. Did you know that by the age three the brain is almost 80% of its full size and is the command centre for their entire body. We will explore the significance of play in relation to a child's cognitive, physical, social and emotional development.

We will also explore the importance of in utero development and the first 1001 days alongside the impact weaning can have on a child's sensory skills and their speech and language development. This will update Foster Carers awareness and skills around current child care practices as well as exploring the potential impact of interrupted development on children and how we can support them to recover.



Therapeutic Crisis Intervention for Families (TCIF) Full Course 4 sessions delivered by Belfast Trust Staff

****Foster Carers need to be able to complete the Full Course ****

Learning Objectives: Therapeutic Crisis Intervention for Families (TCIF) is an internationally recognised programme that aims to improve the quality of crisis prevention and management.

The purpose of the TCIF systems is to provide crisis prevention and intervention models for carers to:

- Prevent crisis from occurring
- De-escalate potential crisis
- Manage crisis when they arise
- Reduce potential and actual injury to children and others
- Learn constructive ways of handling stressful situations



Understanding the Impact of Neglect on Children: (Awareness Training)- delivered by Jackilene Weatherup- Senior Social Work Practitioner

This course is relevant to all foster carers given the prevalence of children on the Child Protection Register under the category of Neglect. There are four main types of neglect, which include physical, educational, emotional and medical.

Foster Carers need to have an understanding of signs and symptoms of a child suffering from neglect, an awareness of the possible impact of neglect and how to respond appropriately to some of the issues this can create for the child both physically and emotionally.

Children who have experienced a neglectful home environment could experience difficulties including problems with brain development, taking risks like running away, using alcohol or substances, inappropriate relationships and a higher possibility of mental health difficulties including depression.



Foundations in Attachment - delivered by Fostering staff alongside Therapeutic Support Service staff (TSS)

This course is relevant for all Foster Carers and will provide an understanding of attachment, the impact of neglect and trauma, the resulting behaviours in the child. The course will help carers see beyond these behaviours and begin to think about the importance of attachment and relationships from birth. It will also help carers develop an awareness of the different attachment styles, what behaviours communicate and how to respond.

This training will be delivered over six sessions and attendance at all sessions is required.



Nurturing Attachments (Non Kinship Carers) – delivered by Fostering/Adoption staff and TSS staff over 18 weeks (3x6 week block sessions during term time)

This course is relevant for all Foster Carers and will focus' on attachment theory and the impact on brain development. It relates strongly to the work of Dr Dan Hughes and Kim Golding, it centres on therapeutic parenting and how we need to respond differently to traumatised children in our care. This course will build on the knowledge and skills carers developed in the Foundation training and will help carers develop their therapeutic parenting skills to support and promote the best outcomes for the children in their care.

Kinship Nurturing Attachments – delivered by Fostering/Adoption staff and TSS staff over 12 weeks

This course is relevant for all Foster Carers and will focus' on attachment theory and the impact on brain development. It relates strongly to the work of Dr Dan Hughes and Kim Golding, it centres on therapeutic parenting and how we need to respond differently to traumatised children in our care. This course will build on the knowledge and skills carers developed in the Foundation training and will help carers develop their therapeutic parenting skills to support and promote the best outcomes for the children in their care.

Men Who Foster – Fostering Network

**** 2 sessions online****

The course will be delivered over **two evenings** and the group will be exploring the idea of the 'positive male role model' to help identify ways in which men can be more effective carers.

Male foster carers continually highlight a number of significant issues affecting their role, such as how best to work with children who have been sexually abused and how to deal with unsubstantiated allegations of abuse in foster care.

This course will give participants the opportunity to consider the impact this has on safer caring, reflect on the emotions that arise and identify why it is important to confront sexism in practice.

This course is for **male foster carers only** and is facilitated by an experienced male foster carer

Robert McCready, please see Robert's bio below.

****Foster Carers must attend both evenings online****

Robert's Bio

Robert McCready from Gourrock, just outside Glasgow, father of two and his wife Siobhan have been long term foster carers for the past 11 years. Robert became the main foster carer around 7 years ago and often being the only male at support groups and meetings for the children it struck him how few men are involved in childcare and how female dominated the caring profession is. This led to his interest in developing training for other male foster carers and he has been delivering this course for The Fostering Network and his Local Authority for over 5 years. Robert enjoys the challenge of discussing the issues other male foster carers face alongside offering support and encouragement around the positive contribution they make.

[The Narrative Model and Life Story Work - delivered by Jackilene Weatherup – Senior Social Work Practitioner](#)

This training will explore The Narrative Model used in therapeutic services and encourage foster carers toward using narrative ideas appropriately with the children they care for.

Entry into the care system is a challenging experience for children and young people. Children will likely experience feelings of loss and rejection in having to leave their home and birth family and furthermore have to make many adjustments with their new carers and those in the household. Therefore, they can be unclear about the reasons for coming into care and find it extremely challenging for them to know what to say about it.

This training will emphasise the importance of working together; foster carers, social workers, supervising social workers, birth family, etc. so we can help children settle into their new homes, they are better prepared for contact and more likely to engage with help offered by professionals.



Promoting Positive Family Time (Contact) - delivered by Jackilene Weatherup – Senior Social Work Practitioner

Family time is an integral part of a looked after child's life, staying connected with their family and those they are attached to helps children manage better with being separated from family as well as helping them form new relationships within their foster home.

Family time can also be difficult for some children and therefore it needs to be sensitive to their current needs and situation. Foster carers have a pivotal role in supporting children and young people with family time and all this entails. Helping them prepare, manage and process their thoughts and feelings during these times.

We will explore the theory that underpins our approach to family time including the role of consistent narratives to support the child's sense of safety and security while also promoting a positive internal working model.

Sexual Orientation & Gender Identity Awareness Session – delivered by staff from The Rainbow Project

Sexual Orientation and Gender Identity Awareness training is a two-hour training session that will be relevant to all foster carers but particular those caring for children approaching adolescence. This training will help foster carers to develop greater confidence in supporting LGBTQIA+ people and learn more about barriers and stigma that still exist for the community. **Date and venue to be confirmed.**

CSE AWARENESS – delivered by Maeve Gillan, Senior Practitioner and CSE Specialist

This training will be relevant to all Foster Carers but particularly those caring for teenagers. We will explore the nature and scope of child sexual exploitation in Northern Ireland, the risks and indicators of child sexual exploitation and going missing. We will also explore the links between abuse, current behaviour and vulnerabilities in our young people alongside the current legislation, policy and agency roles/responsibility in regards to the problem of young people going missing and child sexual exploitation.



Caring For Children Who May Have Been Sexually Abused - delivered by Diane McCormick Senior Therapeutic Practitioner at the Child Care Centre

This training will benefit all Foster Carers who are looking after a child where sexual abuse has been suspected or confirmed and where they may have been exposed to inappropriate sexualised materials at home. It will be particularly those who facilitate short break or emergency placements where there is perhaps little information known about what the child has been exposed to in their home. We will explore the signs and symptoms of sexual abuse, exposure to sexualised content. The role of the carer if the child makes a disclosure, the role of the Child Care Centre as well as looking at children/ young people who engage in sexually harmful behaviour. **Date and venue to be confirmed.**

TALK PANTS with NSPCC – delivered by NSPCC Staff online

Developed in consultation with children, parents, carers and teachers, Talk PANTS is designed to help children understand their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried. It will help children understand that they have the right to say no and if they need to speak out about something someone will listen.

With help from the friendly dinosaur Pantosaurus, Talk PANTS is about a simply conversation to help keep children safe from sexual abuse. We know that a simple conversation can make a BIG difference to young children; we will also explore the PANTS Rules and the resources available to help support you including access to videos.



Understanding the Impact of Domestic Abuse on Children – delivered by Women's Aid staff.

This training will be relevant to all Foster Carers but particularly those who are caring for children who have experienced domestic abuse at home, even if this was in utero. The training will explore trauma informed practice in regards to the needs of children/ mothers and the experience of domestic abuse, the impact on the adult/child attachment. We will explore the cycle of violence and patterns of coercion experienced by adults/children and refresh knowledge of different domestic abuse analysis and changes in the legislation and services. We will also introduce and explore the complexities of post separation abuse, share learning and best practice in working with children who have lived experienced.

Understanding Young Peoples Mental Health – delivered by Staff from CAMHS/YPC

This training will be relevant to all Foster Carers particularly those looking after teenagers who are experiencing difficult thoughts, feelings, experiences or behaviours. Adolescence is a difficult time for some and most young people will have learnt the skills in early life to help them navigate this transition themselves.

Some young people require additional supports with particular difficulties including eating disorders, self-harm and periods of crisis. In this interactive and participative session, we will explore these areas and what supports are available to young people and their families when they are experiencing crisis but also how the adults around them can support them. **Date and venue to be confirmed.**



MENOPAUSE & ME AWARENESS – delivered by Health Professional and Foster Carer

This session will be of particular interest to those aged 45 – 60 years of age but is open to all. We will explore the signs/symptoms of perimenopause, menopause and post menopause. Symptoms can include anxiety, mood swings, brain fog, dizziness, hot flushes and irregular menstrual cycle. Although it is different for everyone these symptoms can have a big impact on every aspect of your life including relationships and work. During this session we will explore what you can do both naturally and medically to help relieve some of these symptoms.

Date and venue to be confirmed

Diversity / UASC Awareness – delivered by Belfast Trust Staff Siobhan O'Reilly & Niamh Molloy

This Introduction to Unaccompanied and Separated Children (UASC) will be relevant to all foster carers as the looked after population within Northern Ireland is becoming increasingly diverse. We will explore what is an UASC, NI trends, the difference between trafficking and smuggling, relevant legislation and policy guidelines, ACE's and resilience. We aim to improve your knowledge base, increase your confidence and skills in caring for an USAC. We will explore how we can work better collaboratively and promote cultural competence.



GEM Scheme Awareness – delivered by Dellish Kuriokose **Vammattam GEM Scheme Co-ordinator**

This training will be relevant to all foster carers who have teenagers in their care but particularly those aged 16 or over who want to find out more about the GEM Scheme (Going the Extra Mile) This session will provide an explanation of the GEM Scheme alongside what supports are available to young people when they turn 18 years of age and the foster carers. We will explore the role of the Personal Advisor, the Employability Scheme and preparation for independence.

YGAM – Gaming & Gambling Awareness Session

Ygam are working with the Trust to provide a free workshop designed for foster carers supporting children in their care. Exploring the blurred lines between gaming and gambling, the potential risks and signs of gaming and gambling harm. The workshop aims to develop your understanding of gaming and gambling harms, enabling you to have open conversations with the children and young people in your care. Importantly how you can help to safeguard the children in your care

On completion, you will receive a City & Guilds Certificate and Digital Credential.



Additional Training, Resources and Information



As well as our trainer delivered courses we have many other learning and development opportunities that we would like to bring your attention.

- **Online Training via the Fostering in a Digital World App**
- **Online Training Menu – Regional Pathway**
- **Child Abuse & Neglect – NSPCC Training & Resources**
- **Recovery College - Free educational courses about mental health & recovery**
- **Online Stress Control Classes & Resources**
- **ASCERT Training and Resources - Addressing alcohol and drug-related issues**
- **Adverse Childhood Experiences (ACE) Awareness E-Learn Programme**
- **Building our Children’s Developing Brain Webinars**
- **Public Health Dietitians - YouTube channel**
- **VOYPIC – Voice of Young People in Care**

[Online Training Menu – Regional Pathway](#)

There is a vast selection of online training courses and resources available that we have informed you about throughout this last year. We encourage all of our Foster Carers to avail of this opportunity to continue to progress your learning and development at a pace and a time that is convenient to you.

All updated online training courses and resources can be found and accessed at the Regional Northern Ireland Adoption and Foster Care website.

<https://adoptionandfostercare.hscni.net/trainingandsupport/online-training/>



****Please inform us when you complete any additional or online training so we can update your training records****

Fostering in a Digital World Safeguarding App- Download Today!

99% of children aged 12-15 go online for 20.5 hours PER WEEK – Digital Natives
Foster Carers want to feel confident about safeguarding children in both the real and online world

Fostering isn't always easy and we know it may sometimes be unclear where to turn for advice, especially concerning online issues. That's why the '**Fostering in a Digital World**' **Safeguarding App** has been created as a resource and training tool for foster carers using their smart phone or Tablet / iPad.

Through the App, you will learn about topics like child sexual exploitation (CSE), gaming, bullying, keeping safe, reporting and blocking online and other useful information in an engaging and interesting way.



The Fostering in a Digital World App
- an internet safety go-to guide that fits right in your pocket



NSPCC - Training and resources to help you protect children from abuse and neglect

Children can experience more than one type of abuse which can have serious and long-lasting impacts on their lives.

Find out about the different types of child abuse, how to recognise the signs in children and young people and how people who work with children, parents and carers can prevent and respond to it.

<https://learning.nspcc.org.uk/child-abuse-and-neglect?s=03>

Menu of Online Training & Resources

- Protecting children from neglect
- Harmful sexual behaviour
- Recognising and responding to abuse
- Child sexual abuse
- Sexting: advice for professionals
- Child sexual exploitation
- Peer-on-peer sexual abuse
- Online abuse
- Physical abuse
- FGM
- Protecting children from county lines
- Domestic abuse
- Emotional abuse
- Child trafficking and modern slavery
- Protecting children from county lines
- Harmful sexual behaviour



SET Recovery College
Hope, Control & Opportunity

Recovery College

The Recovery College offers free educational courses about **mental health and recovery** which are designed to increase your knowledge and skills and promote self-management. Courses are available to anyone with an interest in mental health and wellbeing including: service users; family members and staff.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. The Recovery College promotes three themes: **hope, opportunity and control**.

<https://belfasttrust.hscni.net/service/belfast-recovery-college/>

Vision

The Recovery College Vision is to be an educational centre of excellence that nurtures recovery. The College aims to communicate that recovery can be a reality for all. We strive to develop a College that is free from stigma, is strengths-based and always seeks to realise the person, not the illness.

The work of the Recovery College builds upon the national drive to create a society in which people with mental health conditions have access to the same opportunities in life as everyone else and are able to play an active and participatory role in their local communities.

Who is it for? The Recovery College is available to anyone with an interest in mental health and wellbeing including:

- Service users & family members
- Carers
- Trust employees
- Members of the community and voluntary sectors



stresscontrolTM
Face your fears; be more active; boost your wellbeing



Online Stress Control Class

As the HSCNI can't deliver our Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes, free-of-charge.

To find out more about Stress Control visit:

<https://ni.stresscontrol.org/>

YOU DO NOT NEED TO REGISTER OR LOG-IN!

Please stream/download the booklets and relaxation that can be found, free-of-charge, in the Free zone below.

If you can, please read, and start work on, the four 'Preparing for the course' booklets before the first session.

All you need to successfully complete this class is to watch each of the six sessions, read the booklets and use the relaxation and mindfulness. You can find the sessions on YouTube.

Click the button below to access our YouTube channel where the classes will be available to view at the scheduled times if you want to 'attend' the class and will remain online for 48 hours if you want to watch in your own time. Please subscribe to the YouTube page for session notifications.

https://www.youtube.com/channel/UCdCfzKgmXbB30baWLV6L5-g?view_as=subscriber



ASCERT- OUR MISSION

**Addressing alcohol and drug-related issues:
Reducing harm and supporting positive change**

ASCERT have a new website with lots of information and resources for individuals, families and professionals.

The Training area offers a range of development opportunities, including online and e-learning based courses, many of which are FREE.

To get access to this new training experience all you need to do is set up a new training member account at <https://www.ascert.biz/training-courses/>

In the Resource Hub you will find information to help you understand issues related to **alcohol or drugs**, self-care resources that could be a source of help for you and information about services <https://www.ascert.biz/resource-hub/>

Register Directly with ASCERT & Let US Know!



Adverse Childhood Experiences (ACE) Awareness E-Learn Programme – ASCERT & SBNI

Level One Adverse Childhood Experiences (ACE) Awareness E-Learn

Programme (Course) <https://training.ascert.biz/courses/level-one-adversechildhood-experiences-ace-awareness-e-learning-programme/>

Level Two Developing Trauma Sensitive Approaches E-Learn

Programme (Course) <https://training.ascert.biz/courses/level-two-developing-traumasensitive-approaches-to-practice-training-e-learn-programme/>

Duration: Approximately 40 minutes to complete each course

The aim of this L1 module is to raise awareness of the potential impact of Adverse

Childhood Experiences (ACEs) on individuals and communities across the lifespan, the importance of preventing ACEs and how we can mitigate against them.

The aim of the L2 module is to build on the learning from the Level 1 Adverse Childhood Experiences Training and develop skills that promote a trauma sensitive approach.

This course is available to anyone working in a role where they work directly with people who may have been impacted by trauma related to childhood adversity.

You should have completed the Level 1 Adverse Childhood Experiences course before undertaking Level 2.

Building our Children's Developing Brain (webinars)

A series of webinars to strengthen resilience, coping and relationships in our families.

Helping our children deal with their big feelings is a challenge for any parent or carer. Research shows that when children learn self-regulation skills, they are forming pathways in their brains that increase their ability to manage stress in the future.

The Autism Team, Health Development and Staff Support in the South Eastern Health and Social Care Trust have joined up to produce a series of webinars going through the booklet and skills pack Building Our Children's Developing Brain.

It is aimed at families. Whether you are a family with children with additional needs, a parent or carer who wants ideas to help their children through these challenging times, or a member of staff, they are here for you.

At the very start we want to stress while we believe the ideas in these sessions work, you know your family best. You decide what will be helpful in your family. We hope you find it useful.

To Access Webinars & Self-help Tool please go to
<https://view.pagetiger.com/selfcareforfamilies>



Sleep Scotland –Training on YouTube

Learning Objectives: To provide basic awareness around children's sleep and the importance of good sleep practices. We explore the importance of sleep, good bedtime practices and consider supports for parents/carers whose children are not sleeping well.

Through sleep counselling, training and developing sleep awareness, Sleep Scotland aims to give children and young people the best chance to reach their potential, becoming successful learners, confident individuals, effective contributors and responsible citizens.

Further resources can be found:

Website: <http://www.sleepscotland.org>



Public Health Dietitians YouTube channel is now live

A new YouTube channel is set to bring the healthy eating and nutrition expertise of dietitians to the palms of the hands of people in Northern Ireland.

The 'Public Health Dietitians' channel is a partnership between the Public Health Dietitians Group (PHDG) Northern Ireland and the Public Health Agency (PHA

The online outlet will host videos of all things nutrition, from healthy recipes to webinars with advice on nutrition for all stages of life. Dr Hannah Dearie, Senior Officer for Health and Social Wellbeing Improvement with PHA said:

“The PHDG works to equip people to make better food and nutrition choices to improve their health. They support every life stage from babies to older people and everything in between; whether it’s providing top tips for introducing solids to your baby or offering more insight into how food can affect our mood and health.

“On the new channel you will be able to access free healthy recipe videos and nutrition webinars from Registered Nutritionists and Dietitians on topics from dealing with fussy eating, to weight management and eating well on a budget, to menopause and eating well as you age.”

Jill Stewart, Public Health Dietitian with the Northern Trust who is a member of the PHDG said that the innovative group have used social media and live nutrition webinars throughout the COVID-19 pandemic to reach the public in new ways.

A survey carried out by the group in September 2021 asked the public what nutrition topics interested them and webinars were subsequently developed on the most popular themes.

“We are really proud and excited to launch the Public Health Dietitians YouTube channel – we have worked hard to provide a top quality, reliable and accessible service, and we hope that the public will find it useful,” said Jill.

“There is so much information about nutrition available in the media and online – unfortunately a lot of it is not evidence based.

“Dietitians are qualified and regulated health professionals who use the most up-to-date public health and scientific research on food, health and disease to promote health and prevent nutrition-related diseases. The PHDG are passionate about providing the public with nutrition information they can trust.”

The new YouTube channel is free and available to access at any time. Subscribe to “Public Health Dietitians” on YouTube at:

www.youtube.com/channel/UC_f5E0ehqIR3z-cQdUvkCQ

PHDG are a group of Registered Dietitians, Nutritionists and support staff who work across Health and Social Care (HSC) Trusts in Northern Ireland and are commissioned by the PHA.

Advocacy We provide an independent advocacy service for children in care and care leavers on behalf of the Health and Social Care Board (HSCB). An advocate is someone with specialist training and experience who makes sure your voice, views and experiences are heard by those making decisions about your care. Our advocates will listen to young people, help them find out about their rights in care and will make sure their voice is heard in care planning and decision making.

Participation We help connect young people with other young people with a lived experience of care. We host regular groups, participation forums and activities that help build self-confidence and personal skills, whilst making new connections and friends. Our participation programmes help young people find their voice and set their own agenda for change! If you would like to get involved in activities contact your local VOYPIC office. <https://www.voypic.org/contact-us/>

Influencing Change

It's important that the voice of young people in care is heard by those who make the big decisions. We work with people and organisations, including government, to make sure this happens. When a child or young person comes into care, it's up to the government to make sure you are looked after properly. The Health and Social Care Trust becomes what's known as your 'corporate parent' – but the other government bodies have an important role to play too. Our Engagement Ambassadors deliver training to lots of different agencies on what they can do to help care experienced young people.

Oh, and there's one more important thing... **Fun!**

We host regular activities where young people can make new friends, relax, and just be themselves – because they're with other young people who have been through similar experiences.

We regularly post details about what's coming up on our **Facebook** and **Instagram** pages, so check often!

Income Tax Scheme for Foster Carers Webinar

Fostering Network have a range of resources to help foster carers better understand what it means for them and their finances. These include [FAQs](#) and [a tax video](#) presented by colleagues at Williams Giles Accountants explaining issues such as Qualifying Care Relief, calculating your taxable profit, registering with HMRC.

Webinar content:

- An introduction to the income tax scheme for foster carers.
- How to calculate your own tax threshold?
- Self-assessment tax returns.
- National Insurance contributions.
-

To watch a previously recorded webinar go to:

www.thefosteringnetwork.org.uk/advice-information/finances/tax-and-nationalinsurance

Fosterline NI: Advice and Information Service

The Fostering Network provides advice and information to prospective and approved foster carers, kinship carers and those who support them on a range of issues which affect the foster carer role, including topics like allegations, approval, finance, tax and national insurance, legislation, and relationships with fostering services.

- Call us on **028 9164 1152**
- Email us on fosterlineni@fostering.net
- We are open from 9.30am - 1.30pm, Monday to Friday (excluding Bank Holidays).





Parentline NI

0808 8020 400

Parentline NI is a free confidential helpline for parents and carers throughout NI. Calls are free from all UK landlines and mobiles and the line is open at the times below:

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

All calls are answered by a dedicated and professional team of Parent Support Officers, who wholeheartedly believe in the importance of parenting. Parent Support Officers are prepared to expect questions on a huge range of issues. **There are no silly questions when it comes to parenting!**

The Parentline website: <https://www.ci-ni.org.uk/parentline/> also has information about upcoming workshops and services as well as podcasts for example:

- Parenting through our experiences with ADHD
- Autism – The Facts and More: Eden Consultancy
- Anxiety Based School Avoidance

What Can I Expect From A Call?

- You will be asked what you want to talk about and what you need from the call.
- You may be offered helpful resources or strategies to further support you.
- You may be signposted to other community services if appropriate.
- You may not have a question to ask, but simply need a space to feel heard and understood.

Venue Address

- Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG
- Shankill Treatment & Wellbeing Centre, 83 Shankill Road, BT13 1PD
- Living Hope Belfast, 25 Shankill Parade, Belfast, BT13 1DS
- Ulster University Campus, Birley Building, York Street, Belfast BT15 1ED
- Arches Wellbeing & Treatment Centre, 1 Westminster Avenue North, Belfast, BT4 1NS



FCTraining@belfasttrust.hscni.net