

Foster Carer Learning & Development Training Schedule



South Eastern Area
September 2024 - June 2025

Give a child a **brighter** future

0800 0720 137

adoptionandfostercare.hscni.net



Welcome to your Learning and Development Training Schedule for **September 2024-June 2025**

Training will continue to be available through a Hybrid Delivery Model including in person and virtual online sessions.

Please book your place on the courses by emailing our Training Email Account or book directly with your Supervising Social Worker

Patricia Mulholland

|South Eastern Trust | Senior Social Work Practitioner/Training Co-ordinator

Laura Rice

|South Eastern Trust | Social Worker/Training Co-ordinator

Craig Douglas

|South Eastern Trust | Recruitment and Training Co-ordinator

HSC Northern Ireland Adoption & Foster Care
Grove House, 8 Antrim Road, Ballynahinch

028 90413678

FosterCare.Training@setrust.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

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Self-Help Resources – Ed Sipler (SE Trust)

Ed Sipler, Health Development Specialist in South Eastern Trust, who continues to deliver training courses and workshops to our SE Trust Foster Carers has developed a range of Self-Help Resources that are now available on the ASCERT website: <https://www.ascert.biz/self-help-resources/>

Making our nervous system work for us: Using the Polyvagal Theory to improve well-being.

Do you ever feel anxious, stressed or find it hard to keep your emotions under control? We all do. Understanding how your brain works, and techniques to regulate your emotions can help.



[Making Our Nervous System Work For Us | ASCERT](#)

Bend Don't Break: Building strengths that build resilience

Do you ever have times when things seem to on top of you? You cannot stop worrying. You over think things? We all do at times.

Bend Don't Break is a self-help workbook and a series of video clips that will help you build resilience and support your wellbeing.



[Bend Don't Break | ASCERT](#)

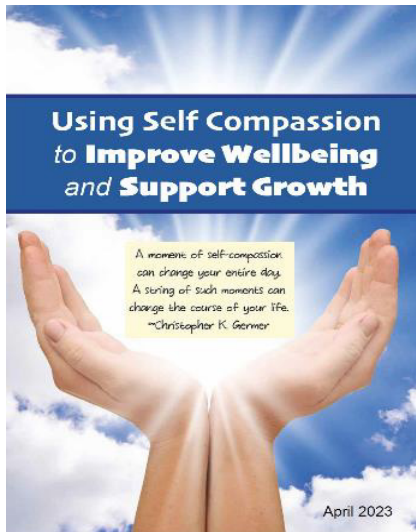
Self-Help Resources continued

Practicing Self-Compassion

Compassion is the ability to show empathy, love and concern to people who are in difficulty. Many people are able to extend compassion towards others but find it difficult to extend the same compassion toward themselves. Self-compassion is about turning the kindness and care you show others inwards.

Ed has developed a workbook and a series of video clips that will help you practice self-compassion. This is now on ASCERT's website:

[Self Compassion | ASCERT www.ascert.biz/self-compassion/](http://www.ascert.biz/self-compassion/)



Training and Resources for Foster Carers caring for children with disabilities and children with developmental conditions

We are pleased to announce that we are able to offer a variety of new training opportunities that will be open to all Foster Carers but may be of particular relevance and interest to those caring for children and young people with disabilities, additional needs or developmental conditions.

Please look at the schedule for details of upcoming workshops/training as well as the CYPSP resources and the resources provided by Children's Learning Disability - Northern Health and Social Care Trust on the following pages.

Workshops-delivered by SE Trust Children and Young People's Disability Service see Page 24 for more details.

[Children and Young People's Strategic Partnership \(CYPSP\)](#)



CYPSP have launched a new regional guide for parents on their journey through disability at the Long Gallery, Parliament Buildings on Monday 22 May 2023.

This resource is a product from the recommendations of the '***Our Journey Through Disability***' Report and highlights the ongoing partnership work with parents, parent groups, children and young people and statutory, voluntary and community agencies.

This resource is **by** parents **for** parents and its development has been parent led from the onset and addresses the whole life journey for parents of children with disability and additional needs. Launched alongside this document, is the 'All About ME' booklet co-designed by Barnardo's PosAbility Young Peoples' Group.

This is a live resource which will be updated as new resources emerge.

[A GUIDE TO HELP YOU ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS \(May 2024\)](#)

<https://tinyurl.com/YourJourneyGuide>

Children's Learning Disability Therapeutic Resources- Northern Health and Social Care Trust

The Northern Trust Children's Learning Disability Therapeutic Service has created videos and podcasts to support parents and carers in caring for a child with a learning disability. These resources provide practical strategies and information on transitions, teaching new skills, structuring the home environment and visual supports for communication.

To access go to: <https://www.northerntrust.hscni.net/services/childrens-learning-disabilities-therapeutic-service/resources/?s=03>

Other Helpful Websites

- [Autism NI Resources](#)
- [Middletown Centre for Autism](#)
- [ISP Fostering Therapeutically \[www.ispfostering.org.uk\]\(http://www.ispfostering.org.uk\)](#)
- www.twinkl.co.uk
- [South Eastern Trust Children and Young People Pinterest \(Sensory\)](#)
- [South Eastern Trust Children and Young People Pinterest \(Transitions webpage\)](#)
- [South Eastern Trust Children and Young People Pinterest \(Physical Structure\)](#)



Training Calendar 2024-2025

September 2024

Date	Training Course	Page	Location	Time
Tue 10-09-24	Using the Polyvagal Theory to Improve Wellbeing- Making Our Nervous System Work for Us (Session 1)	21	Grove, Ballynahinch	10am-12pm
Thurs 12-09-24	Domestic Abuse-Awareness Session (Limited to 6 places)	22	Bridge Community Centre, Lisburn	9.30am-1pm
Tue 17-09-24	Paediatric First Aid Awareness	23	Grove, Ballynahinch	10am-12pm
Thurs 19-09-24	Sensory Awareness Workshop (Children and Young People's Disability Service)	24	Grove, Ballynahinch	10am-12pm
Tue 24-09-24	Self-Harm Awareness Training	25	Online	10am-1pm
Thurs 26-09-24	Fostering in a Digital World Safeguarding App Workshop	26	Grove, Ballynahinch	10am-12pm

October 2024

Date	Training Course	Page	Location	Time
Wed 02-10-24	Foetal Alcohol Spectrum Disorder-Awareness Session	25	Online	10am-1pm
Thurs 03-10-24	Help Kids Talk (Basic Awareness Session)	27	Online	10am-11am
Mon 07-10-24	Men Who Foster (Session 1)	28	Online	6.30pm-8.30pm
Tue 08-10-24	Men Who Foster (Session 2)	29	Online	6.30pm-8.30pm
Wed 09-10-24	Therapeutic Crisis Intervention (TCIF) Full Course (Day 1)	22	Grove, Ballynahinch	9.30am-2pm
Wed 09-10-24	Domestic Abuse-Awareness Session (Limited to 6 places)	21	Ards Arts Centre Newtownards	9.30am-1pm
Tue 15-10-24	Using the Polyvagal Theory to Improve Wellbeing- Making Our Nervous System Work for Us (Session 2)	21	Online	10am-12pm

Date	Training Course	Page	Location	Time
Wed 16-10-24	Therapeutic Crisis Intervention (TCIF) Full Course (Day 2)	29	Grove, Ballynahinch	9.30am-2pm
Thurs 17-10-24	Help Kids Talk (Level 1) (need to complete awareness session first)	27	Grove, Ballynahinch	10am-12pm
Tue 22-10-24	Toileting Skills Workshop (Children and Young People's Disability Service)	24	Grove, Ballynahinch	10am-12pm
Wed 23-10-24	Therapeutic Crisis Intervention (TCIF) Full Course (Day 3)	29	Grove, Ballynahinch	9.30am-2pm
Thurs 24-10-24	Sexual Orientation and Gender Identity Awareness Session	30	Online	10am - 12.30 pm
November 2024				
Tue 05-11-24	Why Parent Therapeutically? (SET Connects)	31	Grove, Ballynahinch	10am-1pm

Date	Training Course	Page	Location	Time
Wed 06-11-24	Core Issues for Non-Kinship Foster Carers (Session 1)	32	Online	6pm-8.30pm
Tue 12-11-24	Impact of Neglect: Responding to and Supporting our Children (Awareness Training)	33	Grove, Ballynahinch	10am-12.30pm
Tue 12-11-24	Therapeutic Crisis Intervention (TCIF Refresher)	34	Online	6.30-8.30pm
Wed 13-11-24	Core Issues for Non-Kinship Foster Carers (Session 2)	32	Londonderry Park, Newtownards	6pm-8.30pm
Thurs 14-11-24	Making the Move- Transitions from Foster Care to Adoption	35	Grove, Ballynahinch	10am - 1pm
Tue 19-11-24	Basic First Aid Awareness	23	Online	6.30-8.30pm

Date	Training Course	Page	Location	Time
Wed 20-11-24	Core Issues for Kinship Foster Carers (Session 1)	32	Online	10am-1pm
Wed 20-11-24	NSPCC Talk PANTS Awareness Session	36	Online	11.30am-12.30pm
Thurs 21-11-24	The Revised Personal Education Plans (PEPs) (FAA)	37	Grove, Ballynahinch	10.30-12.30pm
Thurs 21-11-24	Helping Children to Self-Regulate Awareness Session	40	Grove, Ballynahinch	6pm-8pm
Sat 23-11-24	P.A.U.S.E (Teen Coaching: Part 1)	41	Online	9.30am-4.30pm
Wed 27-11-24	Core Issues for Kinship Foster Carers (Session 2)	32	Grove, Ballynahinch	10am-1pm
Thurs 28-11-24	Safeguarding Children (Level 2)	42	Online	6-9pm

December 2024

Date	Training Course	Page	Location	Time
Tue 03-12-24	Substance Misuse-Awareness Training	43	Online	10am-1pm
Wed 04-12-24	Adverse Childhood Experiences: Awareness Training (Level 1)	44	Online	10am-1pm
Tue 10-12-24	Living with Teenagers and Dealing with Conflict- What Science is Telling Us and Practical Strategies to reduce conflict for Parents and Carers	45	Online	6.30pm-8.30pm
Wed 11-12-24	Adverse Childhood Experiences: Trauma Sensitive Approaches (Level 2)	44	Online	10am-1pm

Christmas School Holidays

January 2025

Date	Training Course	Page	Location	Time
Tue 14-01-25	Supporting Young People with GCSE choices (Supporting Year 10's) FAA-Online Workshop	39	Online	11am-11.30 am
Wed 15-01-25	Gaming and Gambling Awareness and Harm Prevention: Supporting Children in Care Workshop	46	Online	10.00 am -1pm
Thurs 16-01-25	What Next? Supporting Young People's choices in Education (Post 16) FAA-Online Workshop	39	Online	11am-11.30am
Wed 22-01-25	Pornography Awareness Training	47	Grove, Ballynahinch	10am-12.30pm
Thurs 23-01-25	Self-Compassion for Foster Carers: Why the way we talk to ourselves matters.	48	Online	10am-12pm

Date	Training Course	Page	Location	Time
Wed 29-01-25	Narrative and Life Story Work (SET Connects)	31	House Church, Newtownards	10am-1pm
Tue 28-01-25	Supporting Young People aged 16 and Leaving Care	49	Grove, Ballynahinch	10am-12.30pm
Thurs 30-01-25	Basic First Aid Awareness	23	Online	6.30pm-8.30pm
February 2025				
Mon 03-02-25	Men Who Foster (session 1)	28	Online	6.30pm-8.30pm
Tue 04-02-25	Men Who Foster (session 2)	28	Online	6.30pm-8.30pm
Wed 05-02-25	Fostering in a Digital World Safeguarding App	26	Online	6.30pm-8.30pm
Thurs 06-02-25	Sleep Workshop (Children and Young People's Disability Service)	24	Grove, Ballynahinch	10am-12pm
Tue 18-02-25	Building Children's Developing Brain (Session 1)	50	Grove, Ballynahinch	10am-12.30pm

Date	Training Course	Page	Location	Time
Wed 19-02-25	Core Issues for Kinship Foster Carers (Session 1)	32	Online	6pm-8.30pm
Thurs 20-02-25	Child Sexual Exploitation Training	51	Grove, Ballynahinch	10am-12pm
Tue 25-02-25	Building Children's Developing Brain (Session 2)	50	Online	10am-12.30pm
Wed 26-02-25	Core Issues for Kinship Foster Carers (Session 2)	32	Londonderry Park, Newtownards	6pm-8.30pm
Wed 27-02-25	The 4 R's workshop-Regulate, Relate, Reason, Repair (FAA)	37	Grove, Ballynahinch	10.30 am -1.30pm
March 2025				
Tue 04-03-25	Sexual Orientation and Gender Identity Awareness Session	30	Online	6pm-8.30pm
Wed 05-03-25	Therapeutic Parenting Strategies (SET Connects)	31	Grove, Ballynahinch	10am-1pm

Date	Training Course	Page	Location	Time
Thurs 06-03-25	Therapeutic Crisis Intervention (TCIF Refresher)	34	Grove, Ballynahinch	10am-12pm
Sat 08-03-25	The C.A.L.M Affect (Teen Coaching: Part 2)	41	Online	9.30am-4.30pm
Tue 11-03-25	Resilience: What it is and how to strengthen it in ourselves and in our children	52	Online	6.30pm-8.30pm
Thurs 13-03-25	Safeguarding Children Level 2	42	Grove, Ballynahinch	10am-1pm
Tue 18-03-25	Foetal Alcohol Spectrum Disorder – Strategies for Parents/Carers	25	Online	10am-1pm
Wed 19-03-25	Therapeutic Crisis Intervention (TCIF) Full Course (Day 1)	29	House Church, Newtownards	9.30am-2pm
Thurs 20-03-25	Supporting Neurodivergence (FAA)	38	Ards Business Hub, Newtownards	10.30am-1.30pm

Date	Training Course	Page	Location	Time
Tue 25-03-25	Understanding and Managing Anxiety (FAA)	38	The House of Vic-Ryn, Lisburn	6.30pm-8.30pm
Wed 26-03-25	Therapeutic Crisis Intervention (TCIF) Full Course (Day 2)	29	House Church, Newtownards	9.30am-2pm
April 2025				
Tue 01-04-25	Paediatric First Aid Awareness	23	Lisburn TBC	10am-12pm
Wed 02-04-25	Therapeutic Crisis Intervention (TCIF) Full Course (Day 3)	29	House Church, Newtownards	9.30am-2pm
Wed 09-04-25	Helping Children to Self-Regulate Awareness Session	40	Newtownards - Venue TBC	10.30am-12.30pm
Easter School Holidays				
Wed 30-04-25	NSPCC Talk PANTS Awareness Session	36	Online	10am-11am

May 2025

Date	Training Course	Page	Location	Time
Wed 07-05-25	Core Issues for Non-Kinship Foster Carers (Session 1)	32	Online	10am-12.30pm
Thurs 08-05-25	Help Kids Talk (Basic Awareness Session)	27	Online	10am-11am
Sat 10-05-25	Listen Closely (Teen Coaching)	53	Lisburn-Venue TBC	10am-4.30pm
Wed 14-05-25	Core Issues for Non-Kinship Foster Carers (Session 2)	32	Grove, Ballynahinch	10am-12.30 pm
Tue 20-05-25	Substance Misuse-Awareness Training	43	Online	6pm-9pm
Thurs 22-05-25	Help Kids Talk (Level 1)	27	Newtownards - Venue TBC	10am-12pm
Sat 31-05-25	Core Issues for Kinship Foster Carers	32	Grove, Ballynahinch	10am-4pm

June 2025

Date	Training Course	Page	Location	Time
Tue 03-06-25	Gaming and Gambling Awareness and Harm Prevention: Supporting Children in Care Workshop	46	Online	6pm-8.30pm
Wed 04-06-25	Basic First Aid Awareness	23	City Church, Bangor	10am-12pm
Thurs 05-06-25	Fostering in a Digital World Safeguarding App	26	City Church, Bangor	10.30 am-12.30 pm
Wed 11-06-25	Therapeutic Crisis Intervention (TCIF Refresher)	34	City Church, Bangor	10.30 am-12.30 pm

Training Venue addresses can be found on Page 72

[Using the Polyvagal Theory to Improve Well-Being - Making Our Nervous System Work For Us- delivered by Ed Sipler- SE Trust Health Development Dept.](#)

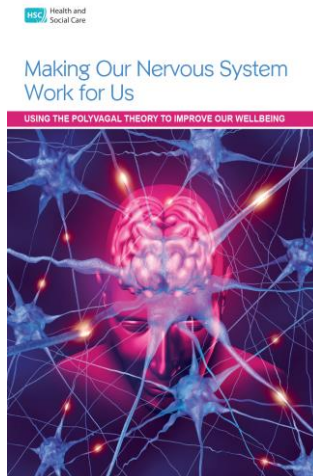
Polyvagal Theory is an emerging resource to help people who have stress and trauma in their lives. In this workshop we will explore:

- Learning about our nervous system, our Vagus Nerve, and the Polyvagal Theory.
- Self-awareness- getting to know your nervous system and states, you are in.
- Exercises to help to you increase awareness. With increased awareness comes flexibility.

As this is an introduction to the Polyvagal Theory, if interested, you can get the self-help booklet on the Trust website.

Foster carers helped shape the development of this booklet.

<https://setrust.hscni.net/wp-content/uploads/2023/02/Nervous-System-Brochure-Final.pdf>



Domestic Abuse- Awareness Training- delivered by Belfast and Lisburn Women's Aid and the SET SW Training Team

Domestic Violence is a serious public health issue and can have devastating consequences for not only the victim but also other members of the family, including children and vulnerable adults.

Participants will have a greater understanding and knowledge of:

- The prevalence of Domestic Violence
- The types, indicators and impact of Domestic Violence
- The barriers to seeking help
- How to respond to Domestic Violence
- Domestic Violence Services

(Limited availability of places- 6 for Lisburn session and 6 for Newtownards session).



First Aid Awareness (Basic and Paediatric) – delivered by- Keith Saunderson: Blay Training

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

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



Workshops-delivered by SE Trust Children and Young People's Disability Service

Sensory Awareness Workshop

- Information on sensory processing
- Awareness and importance of 7 sensory systems
- Ability to identify difficulties within the different sensory systems
- Understanding of the sensory difficulties that may underlie a child's behaviour
- Practical strategies to employ in addressing a child sensory difficulties
- An opportunity to trial commercially available sensory toys and equipment
- Understanding additional sensory behaviour that is associated with trauma/attachment and signposting to other appropriate services

Toileting Skills Workshop

- Awareness of the factors to consider before starting a toileting skills programme
- Understanding of how to set the scene for a toileting skills programme
- Identify some useful components of a toileting skills programme
- Common toileting issues
- Awareness of the impact of constipation and how to manage it

Sleep Awareness Workshop

- Understanding of sleep physiology
- Awareness of the impact of sleep on the physical and mental wellbeing of a child
- Identify common sleep issues in children
- How to develop good sleep hygiene



Self-Harm Awareness Training – delivered by ASCERT

- What is self-harm? How is it different from non-fatal Self Injury
- Myths about self-harm
- Why people self-harm, Causes and risk factors for self-harm in adults
- The self-harm cycle
- Signs and symptoms of self-harm
- Consequences of cutting and self-harm
- Coping techniques and Protective Factors
- Reflections and Close

Foetal Alcohol Spectrum Disorder (Session 1: Awareness) – delivered by ASCERT

- What is the Foetal Alcohol Syndrome and Foetal Alcohol Syndrome Disorder?
- How alcohol exposure effects pregnancy
- What factors influence both Foetal Alcohol Syndrome and Foetal Alcohol Syndrome Disorder?
- Signs of Foetal Alcohol Syndrome and Foetal Alcohol Syndrome Disorder
- Behaviours of Foetal Alcohol Syndrome and Foetal Alcohol Syndrome Disorder

Foetal Alcohol Spectrum Disorder (Session 2: Coping Strategies for Foster Carer) – delivered by ASCERT

(Please note you need to have previously completed the Awareness Session to attend Session 2: Coping Strategies)

The learning outcomes will be:

- Key Strategies to improve day to day life
- Risk and Protective Factors (Focusing on Strengths)
- Using the KISSSSS approach to engagement
- Coping Skills for the Individual
- 5 Pillars of Support

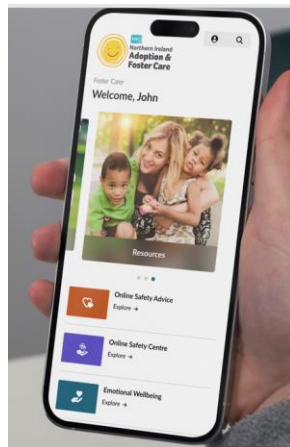
Fostering in a Digital World Training and App demo – delivered by SE Trust Staff

Learning Objectives: To help equip Foster Carers with the safeguarding knowledge to meet the needs of this generation 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- New App Updates and Demonstration

Fostering in a Digital World App

As many of you already know, the App contains many valuable resources, information and guidance. We encourage all Foster Carers to download and register for an account and to complete the



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

Help Kids Talk Project

Training for foster carers: tips to support speech & language skills.

Help Kids Talk project is a community wide partnership involving community, voluntary, statutory and private partners, managed by Early Intervention Lisburn and South Eastern HSC Trust.

Join our training to find out some top tips, activities and strategies to support children's speech, language and communication development.

Help Kids Talk (Basic Awareness Session: 1 hour)

In this training, we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication. We link our 12 key messages to KCA (formerly Kate Cairns Associates) five to thrive building blocks. We also share tips for supporting children's language development in daily activities and routines.

Help Kids Talk (Level 1: 2 hours)

(Please note in order to attend Level 1 you must have completed the Basic Awareness session).

In this training, we share developmental milestones of speech, language and communication and activities and strategies to support children at different ages and stages and explain when onward referral is appropriate.



Men Who Foster – delivered by- Fostering Network

**** 2 sessions****

This course has been arranged by the HSCNI Adoption and Fostering Regional Team and we have limited places, please get in touch if you would like to secure a place.

Men Who Foster is an online training course for **male foster carers**. **Both sessions need to be attended.**

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.

To Book a place Email: FosterCare.Training@setrust.hscni.net



Therapeutic Crisis Intervention for Families (TCIF) Full Course-

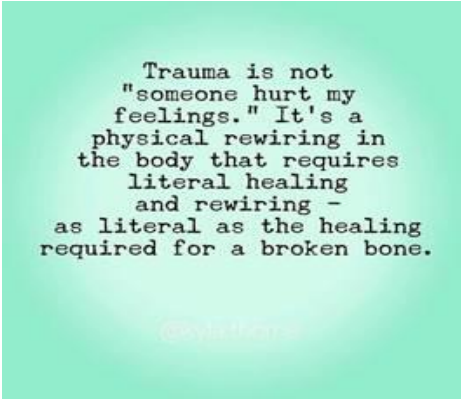
3 sessions- delivered by SE Trust Fostering Staff

****Foster Carers need to be able to complete the Full Course (3 sessions) ****

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-scale Potential Crisis
- Manage Crisis
- Reduce potential and actual injury to children and staff
- Learn constructive ways of handling stressful situations



Trauma is not
"someone hurt my
feelings." It's a
physical rewiring in
the body that requires
literal healing
and rewiring -
as literal as the healing
required for a broken bone.

@victoria

Sexual Orientation and Gender Identity Awareness Session- delivered by The Rainbow Project

Key Focus Areas:

- An understanding of the key inequalities that exist for LGBTQIA+ people and barriers to accessing support or services.
- Clarity on appropriate language and terminology.
- An awareness of the provision of support services available in Northern Ireland for LGBTQIA+ people and their families.
- A better understanding of the legislative framework related to LGBTQIA+ equality.
- Enriching professional practice, fostering understanding and support.
- Increasing confidence in supporting LGBTQIA+ people
- An awareness of gender identity and gender dysphoria, including Bi Awareness, Non-Binary Awareness and Sex Worker Awareness Training



SET Connects Therapeutic Services Training Courses

SET Connects comprises of Clinical Psychologists, Social Workers and Mental Health Nurses and is a therapeutic support service for Children living with Foster Carers and Adoptive Parents and the network that surrounds them.

SET Connects offer consultation, training and advice to Adoptive parents, Foster Carers, Kinship Carers, Field Social Workers, Supervising Social Workers and Residential staff.

Why Parent Therapeutically?

This workshop will provide time for thinking together with other Foster Carers and Adoptive parents about why children need, and respond best to, Therapeutic parenting approaches. We will share some information about developmental trauma, attachment and other factors that can impact upon children and family life. There will be small group activities to think together about the children in your home.

Narrative and Life Story Work

This narrative awareness training will help you think about the importance for narrative work for the children in your care. It will also look at the narrative model for communicating with children about challenging issues and the necessity for collaborative working and clear communication around this, so they are not alone. The training will also look at some narrative examples and the various ways this work can be completed.

Therapeutic Parenting Strategies

Once you've increased your understanding of the theory behind Therapeutic parenting, this session will be a more interactive session where you'll be able to talk to other Foster Carers and adoptive parents. Hopefully you'll learn more about Theraplay, PACE model (Dan Hughes) and sensory based approaches including Just Right State (Eadaoin Bhreathnach) and yoga informed exercises. You'll have opportunities to practice some of the activities and think about how they might fit into your parenting toolkit.

Please discuss your interest in attending any of the SET Connects training courses with your Supervising Social Worker prior to booking a place as to ensure that it would be the most useful training for you at this time.

Core Issues in Fostering – (Non Kinship Foster Care) - delivered by SE Trust Staff and a Foster Carer

****Core Issues requires attendance at all sessions****

This course is intended for 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, Safer Caring, Health and Safety, Allegations and Recording
3. Family Time Issues, Moving on, Attachment and Permanence

Core Issues in Fostering - (Kinship Foster Care) - delivered by SE Trust Staff and a Foster Carer

****Core Issues requires attendance at all sessions****

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 Family Time Issues
3. Safer Caring and Health and Safety within the Home



**Impact of Neglect: Responding to and Supporting our Children
(Awareness Training)- delivered by Fiona Corbett- Senior Social Work
Practitioner**

Objectives:

- To keep neglect at the forefront of our minds.
- Have an understanding of signs and symptoms of a child suffering from neglect.
- Have an awareness of the possible impact of neglect.
- Raise awareness of how to respond to Neglect including, referring to relevant Child Protection agencies and local family support provision.

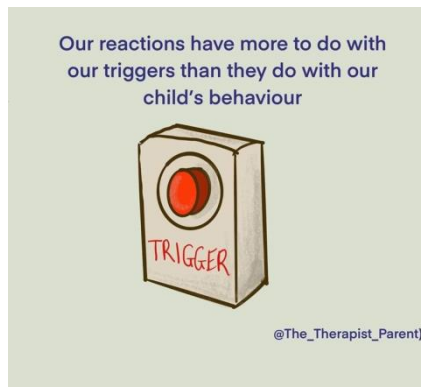


Therapeutic Crisis Intervention for Families (TCIF) Refresher- delivered by SE Trust Fostering Staff

This refresher is only for those who have previously completed the full TCIF course. Carers who have completed the full course are required to complete a refresher course once per year.

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 an intervention model for carers to:

- Prevent crisis from occurring
- De-scale potential crisis
- Manage crisis
- Reduce potential and actual injury to children and staff
- Learn constructive ways of handling stressful situations



Making the Move- from Foster Care to Adoption- delivered by SET Connects & Adoption/Permanence Team

This course is for both Foster Carers, preparing a child for a move to their adoptive family and for Adopters, awaiting a child to join their family.

In order to minimise the potential trauma and loss experienced by a child during the move, it is critical that Foster Carers and Adoptive families are supported to work closely together to focus on the needs of the child.

Foster Carers have an essential role in helping the Adoptive family to form and develop a bond with the child. This workshop will focus on how to best support one another during this often emotive period of change.

We will be considering the move from the perspective of the child, birth family, the foster family and the adoptive family.

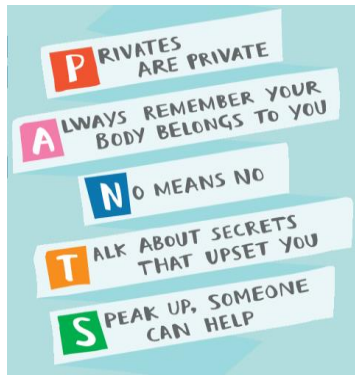
The interactive session will look at practical issues involved when moving a child from foster care to their adoptive home. We will consider the importance of narrative work, planning introductions and thinking about how best to support everyone throughout the move.

This course will be delivered by Social Workers from the Permanence and Adoption Teams, alongside the Clinical Psychologist for Adoption services. We will be joined by Foster Carers and Adopters who have been through the process and can share their own experiences.



Talk PANTS Awareness Session – delivered by NSPCC

The **Talk PANTS** campaign aims to empower parents, guardians and staff to have age-appropriate conversations with children to help protect them from sexual abuse. We are offering an online workshop to increase foster carers knowledge of the campaign messages and resources. **Talk PANTS** helps children understand that their body belongs to them, that they have the right to say no, and that they should always talk to a trusted adult if they are upset or worried.



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.

The Revised Personal Education Plans (PEPs)

The Personal Education Planning meeting was revised and relaunched in 2023. This workshop will explore the new approach, from a trauma-informed perspective, which aims to bring key information and people together to help effectively identify and support the needs of children who are looked after throughout their school education. It will consider when these meetings should take place, who should be involved, how children who are looked after can be supported to engage in meetings about them and how this can lead to make an impact for real change. The workshop will give foster and kinship carers opportunities to explore how they can prepare for PEP meetings and then advocate for their child's needs within 5 key areas of discussion.

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

This three-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 10 years.



Fostering Attainment and Achievement (FAA) Training Workshops

continued

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.

Understanding and Managing Anxiety

This workshop focuses on anxiety - both at home and in school. Anxiety can often lead to children and young people withdrawing from family and peers, struggling to attend school or lowered grades as well as presenting itself through behaviour and actions. Strategies are presented to effectively reduce anxiety by building on a foundation of understanding.

This workshop is delivered by StriveNI



Fostering Attainment and Achievement (FAA) Online Regional Workshops

The workshops below will be delivered online via Zoom and will be available for foster carers regionally.

Supporting young people with GCSE choices (Year 10)

Tuesday 14 January 2025 11:00am – 11:30am

This webinar will provide information to support young people in Year 10 making choices for GCSEs and other qualifications.

“What next?” Supporting Young Peoples’ Choices in Education (Post 16)

Thursday 16 January 2025 11:00am – 11:30am

This workshop aims to assist foster carers in helping young people make good choices when they finish compulsory schooling. We will look at how to support young people in different settings: full-time and part-time education; training; employment; other programmes and routes to university. We will also explore what options are available for young people with disabilities and learning difficulties.



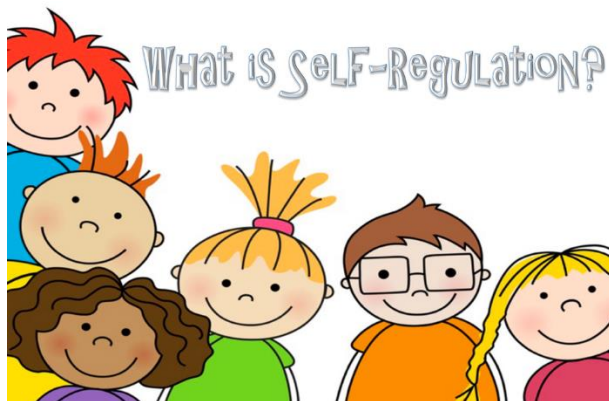
Helping Children to Self-Regulate (Awareness Session) – delivered by

SE Trust Fostering Staff

This session looks at the use of sensory activities and foods, to help children develop awareness of self-regulation strategies and learn how to self-regulate their emotional states and behaviour. The goal is to enable children to become more emotionally aware of themselves and of others, to give them simple tools to enable them to self-regulate.

This awareness session is aimed at giving Foster Carers an overview of how they can help regulate their child from sensory and attachment perspectives. To enhance awareness of their own regulation strategies engagement patterns and how this affects their child's emotional states.

This is a practical and interactive session aimed at providing Foster Carers with insight into different levels of self-regulation (physiological, sensory, emotional, and cognitive) the regulating effects of food and sensory based activities and practical and useable strategies to help create an enriched environment that is tailor made both for them and their child's sensory-attachment needs.



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

Both of the below courses have been arranged by the HSCNI Adoption and Fostering Regional Team and we have limited places, please get in touch if you would like to secure a place on either of these two courses.

Anthony O’Prey from O’Prey Coaching is offering a series of 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.

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.

Safeguarding Children (Level 2)-delivered by Fiona Corbett- Senior Social Work Practitioner

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

- To gain an understanding of relevant Safeguarding Legislation, Regional Policy and Procedures
- To explore the various indicators and categories of abuse
- 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



Substance Misuse Awareness -delivered by ASCERT (Online-Zoom)

This course will give participants a basic understanding of substances that are most commonly misused in Northern Ireland and their impact on the individual, the family and the community. It will enable participants to recognise different types of drugs and how they are used and legal issues. Participants will have information on services available and how to access them.

After completing the courses, participants will be:

1. More aware of the prevalence of drug use in Northern Ireland.
2. Able to define what a drug is and the categories of drugs.
3. Able to name drugs most commonly used, their effects and methods of use.
4. Able to identify the legal classes of drugs and penalties.
5. More aware of the different levels of harm for the user / their family, associated with different patterns of drug /alcohol use.
6. Aware of the links between drug/alcohol use and other issues, e.g. mental health; homelessness; child protection; community safety; sexual health.
7. Aware of their own attitudes and values to drug use and drug users.
8. Aware of local drug and alcohol services and how to refer to them.



Adverse Childhood Experiences (ACE) Awareness and Trauma Sensitive Training Level 1&2 – delivered by SE Trust Staff

Level 1: ACE and Trauma-Informed Practice Training

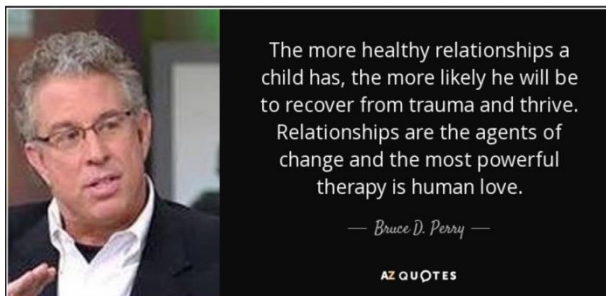
- Awareness of ACEs and their potential impact for children and adults across the lifespan
- Ability to identify the potential impact of trauma and ACEs on the brain and possible subsequent behaviour
- Awareness of the use of an ACE/trauma-sensitive lens
- Awareness of the importance of preventing and 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 staff, including volunteers.

****Foster Carers should have completed Level 1 training before attending Level 2****



[Living with Teenagers – What Science is Telling Us and Practical Strategies for Parents and Carers - delivered by Ed Sipler- SE Trust Health Development Dept.](#)

The teenage years carry significant change for young people that can often present challenges for parents and carers.

This workshop will explore the changes young people experience with particular attention to how the brain develops during these formative years. Science has taught us a lot in recent years of how the brain and nervous system changes during the teenage years. Understanding these changes can help us as carers and parents respond to those situations that are common in every family.

Talking to our teenagers will draw from the work of Dan Siegel MD and his book *Brainstorm- The Power and Purpose of the Teenage Brain* and *Motivational Interviewing with Adolescents and Young Adults* where the authors in their second edition added a new chapter for caregivers and has practice strategies to promote growth, and reducing conflict.

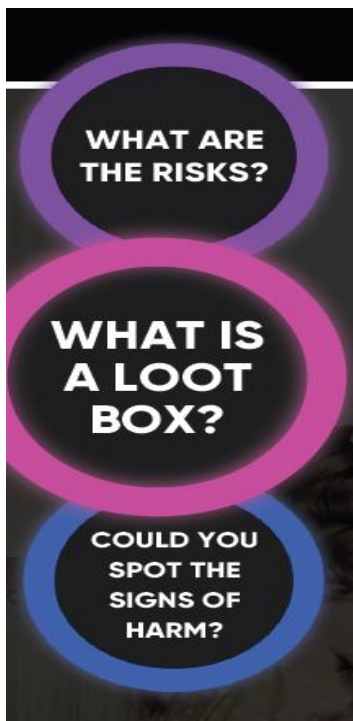


Gaming and Gambling Awareness and Harm Prevention: Supporting Children in Care Workshop

Ygam are working with the Health and Social Care Trusts to provide a free online workshop designed for foster carers, children's residential care staff and teams supporting children in care.

Workshop Overview:

- The blurred lines between gaming and gambling.
- The potential risks and signs of gaming and gambling harm.
- How you can help to safeguard the children in your care.
- Support and signposting options.



Pornography Awareness Training – delivered by the SE Trust Aim to Change

Aim to Change is a specialist Assessment and Therapeutic Intervention Service for children and young people aged 10 – 17, males and females, who have engaged in Harmful Sexual Behaviours (HSB).

The Aim to Change team consists of four practitioners, a senior social worker and a service manager and we accept referrals in relation to children who live in the South Eastern and Belfast Trust areas as this is a service jointly funded by both Trusts.

Working with Children and young people who display Harmful Sexual Behaviour; Families or Carers of the young person; any other agencies and professionals involved with the young person. We also offer a consultation service in the first instance for all queries or referrals.

<https://setrust.hscni.net/service/aim-to-change-service-atc/>

This awareness training will aim:

To navigate an understanding of pornography, including the risks involved and safeguarding as a carer.

Objectives:

- Defining pornography
- Pornography and the Law
- Facts and Figures
- Why do people use pornography
- Finding a way forward in an ever changing landscape

Self-Compassion: Why the way we Talk to Ourselves Matters - delivered by Ed Sipler- SE Trust Health Development Dept.

People in Northern Ireland tend to be their own worst critics. We tend to see our weaknesses, not our strengths and can be really hard on ourselves. There is good evidence that when someone practices self-compassion, it improves not only their physical health and well-being, it also helps them achieve goals and make changes in their lives that are important to them.

What you will get from attending the workshop:

- An introduction to self-compassion
- What it is and the evidence behind it
- How to make the most of it and experience some of the exercises
- Explore a way forward to integrate self-compassion in your daily life and keep the work going after the workshop.

There is a clear link between the amount of practice and lasting change. People have asked we create a visual means to access what is in the workbook, so we have created 11 clips to go along with the workbook. This is now on ASCERT's website under the resource hub tab then self-help:

[Self Compassion | ASCERT www.ascert.biz/self-compassion/](http://www.ascert.biz/self-compassion/)

Parents and carers may ask, how do I help my children be more self-compassionate? The leading thinkers behind self-compassion, Kristin Neff and Chris Germer suggest the best way for parents to teach it to our kids is to model it. Let them see us using it when we have struggles or make mistakes.



Supporting Young People aged 16 and Leaving Care –delivered by Fostering Network and SE Trust

The South Eastern Health and Social Care Trust and Fostering Network invite you to join us for our in person event:

This training course hopes to give all participants a good understanding of the processes surrounding a young person’s transition towards independence and adulthood.

Aims and Objectives:

- To understand the role of the 16 plus team and the different professionals supporting young people
- To understand what supports are available to me and my young person
- To understand policy and procedures
- To understand how I can best prepare my young person for independence
- To learn more about the ‘**Going the Extra Mile Scheme**’ (GEMS) including how the young person in your care will be eligible for support post 18 years.



Building our Children's Developing Brain - delivered by Ed Sipler- SE

Trust Health Development Dept.

**** 2 sessions****

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 **first session**, we will explore why we produced this work and give an over view of its content. Those in attendance will be encouraged to work through the material on the page tiger platform before the second session <https://view.pagetiger.com/selfcareforfamilies>
- The **second session**, the discussion will explore the practical benefits of this work to help our children and young people with their emotions and answer any questions that came up for them.

While it feels disheartening to know that trauma changes the brain; remember that healing changes the brain too.

PNH NEURO TRAINING

Child Sexual Exploitation Training – delivered by Steve McNeill SE Trust Child Sexual Exploitation Senior Social Work Practitioner

Steve McNeill has been a social worker in the field of child protection for the past 23 years and has worked for the South Eastern H&SC Trust for the past 19 years. Since 2013 Steve has been the Child Sexual Exploitation Senior Social Work Practitioner for the South Eastern Health and Social Care Trust. Steve sits on the South Eastern Sexual and Domestic Violence Partnership, and the Safeguarding Board's Online Safety Committee.

The session will cover:

- Child Sexual Exploitation, what it is, what to look out for and where to turn for support and advice.
- There will also be discussion around the digital world and how this is influencing our young people and the potential risks it can pose.



Resilience: What it is and how to strengthen it in ourselves and in our children – delivered by Ed Sipler- SE Trust Health Development Dept.

Resilience research helps us to understand the factors that help people develop strengths required to cope with the ever-increasing demands of today's world. Understanding and strengthening these factors is important for everyone.

The workshops will help participants:

- To expand their understanding of resilience
- Identify the key factors that support resilience
- Build resilient thinking skills
- Increase their use of positive supports
- To create a personal toolkit for self-care
- Discuss building resilience in our children

"The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver, or other adult."



@wholechildcounseling

Harvard University Center on the
Developing Child

'Listen Closely' - Workshop for Foster Carers with Teenagers – delivered by Anthony O'Prey

Anthony O'Prey from O'Prey Coaching 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.

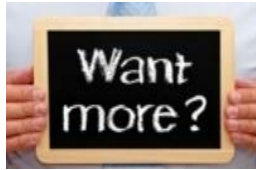
'Listen Closely...' teaches interpersonal skills in influence & persuasion for managing challenging behaviour. This workshop focuses on 10 key areas to help achieve agreement, while helping participants develop their listening skills.

Discover TEEN Coaching's **10 Commandments of Agreement** to establish cooperation with ANY teenager! Explore ways to...

- Achieve agreement through active listening.
- Influence a 'yes' response.
- Use a 'whining' metre.
- Acknowledge the positive before it happens.
- Use cause & effect effectively.
- Get to know their friends (even the ones you don't like).
- Get to know their idols (even the ones you don't like).
- Use 'positive' language effectively.
- Use privileges effectively.
- Always remember your influence.



[Additional Training, Resources and Information](#)



We have many other learning and development opportunities that we would like to bring your attention.

- Text-a Nurse (Young People 11-19yrs)
- NI Chest Heart and Stroke- Vaping Information
- Fostering in a Digital World Safeguarding App
- Recovery College
- Online Stress Control
- ASCERT Training and Resource Hub
- Adverse Childhood Experiences Awareness E-Learning
- Building our Children's Developing Brains (webinars)
- Fostering Network Information
- Parentline NI

Things to Look out for:

- #LookCloser To Spot Exploitation | The Children's Society (childrenssociety.org.uk)
- NISCC Child Development Resources
- Caring for Babies and Infants
- Foster Carer Support Groups

Text-a-Nurse (Young People 11-19yrs)

**Text-A-Nurse number for Young people 11-19yrs, South Eastern Trust:
07507 327263**

Text-a-Nurse service was launched to provide young people with a secure and confidential text messaging service to a school nurse for advice and support.

The service is aimed at 11 to 19 year olds and will be delivered by the School Nursing Teams. It is one of a range of resources to support the implementation of the Framework for Children and Young People's Emotional Health and Wellbeing in Education.

This scheme will allow young people to seek advice about sensitive health issues without a face to face appointment. School nurses will provide help on a range of issues including, emotional health and wellbeing, alcohol and drugs, sexual health, bullying and general health issues.

We hope through this non-judgemental, confidential text service young people will be empowered to ask those questions that they otherwise wouldn't have the confidence to ask.

A qualified school nurse will respond to the young people's messages using the secure ChatHealth web platform. ChatHealth is an award winning service in the UK and is the first of its kind in Northern Ireland.



[Text-a-Nurse \(Parents, Carers and School Staff\)](#)

Text-A-Nurse numbers for parents, carers and school staff, South Eastern Trust: 07312 277419

Text-A-Nurse is now available for parents, carers and school staff. It enables caregivers to access professional nursing advice on young people's health issues. This builds on the existing service which has been available to children of this age themselves since 2021. More info on the service for young people can be found at: www.pha.site/TextANurse

The Public Health Agency and Department of Education initiative is delivered by School Nursing Teams across Northern Ireland and will now provide advice and guidance via a text messaging service to parents, carers and school staff on how to talk to 11 to 19-year-olds on sensitive topics such as emotional health and wellbeing, alcohol and drugs, sexual health, bullying and general health and well-being issues.

Messages can be sent anonymously and a qualified school nurse will respond using the secure ChatHealth web platform.

Each Health and Social Care Trust area has a dedicated text number to reach the school nurse, and the service operates Monday to Friday from 9am to 5pm in both term-time and school holidays. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

The service will be for advice for care givers to 11-19-year-olds only.



[NI Chest Heart and Stroke- Vaping Information](#)

Many people may think there is little, or no risk of personal harm associated with regular vaping. The biggest misunderstanding about vapes is that they are harmless compared to cigarettes.

This is not true. The long-term health implications are unknown - just as they once were with tobacco.

There is emerging evidence and increasing concerns about the risks of vaping particularly with regard to cardiovascular and respiratory illness.

Protecting Children and Young People against Vaping and Smoking is an important issue: The legal age to purchase and use a vape is 18 years old and it is illegal for an adult to buy cigarettes or vapes for those under 18 years old.

Chest Heart and Stroke believe the increasing concerns about vaping, especially regarding cardiovascular and respiratory health, are such that they are campaigning to increase the age of sale for vapes/cigarettes to 21 years old.

To find out more please visit:

[NICHS | Vaping Campaign](https://nichs.org.uk/vaping) <https://nichs.org.uk/vaping>

Where you can also watch [Nortner Ireland Chest Heart and Stroke Vaping Online Advice Session](#).



Also consider watching and sharing the **BBC iPlayer** documentary: ***'The Truth About Vaping'***.

Fostering in a Digital World Safeguarding App- Newly Updated- Out Now!!!

“The most powerful safeguarding tool is an educated and empowered child” Jim Gamble (Ineqe Group)

The Fostering Digital World app is created in partnership with Fostering and Adoption NI and INEQE Safeguarding Group. It has been designed with, and for, foster carers and social workers.

The app provides users with information that’s relevant to their trust, including essential contact details, and allows them to access the training, resources, and advice they need.

It’s a digital support system that gives carers a helping hand in empowering children and young people to better protect themselves in the online world.





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.

The Recovery College promotes three themes: **hope, opportunity and control**.

The Recovery College Vision is to be an educational centre of excellence that nurtures recovery.

The Recovery College provides a range of educational courses/workshops for people who use or have used services, their supporters (family, friends and carers), staff and members' of the community and voluntary sector.

To view the Prospectus go to: <https://setrust.hscni.net/service/recovery-college/>

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Building Resilience for Recovery	11
Coping with Stress	11
How to get the most out of your Medication	11
What's Important to Me?	12
Anxiety Management	12
Physical Activity for Recovery	12
Positive Steps	13
Sleep Awareness	13
Assertiveness Skills	13
Building Self Esteem	14
Self-Advocacy	15
Understanding Personality Disorders	15

Booking Form Available on above Website



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



[Online Stress Control Class](#)

If you're feeling overwhelmed by stress, you're not alone. Stress is a very common issue, often involving anxiety, depression, panic, sleep problems, low wellbeing, and low self-esteem. It's a normal response to life's pressures, and most of us will experience it at some point. Stress Control can help you fight back against stress, boost your wellbeing, and regain control of your life.

To find out more about Stress Control visit:

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

YOU DO NOT NEED TO REGISTER OR LOG-IN!

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.

[New sessions scheduled to start; Monday 23rd September 2024 for 6 weeks, Monday 11th November 2024 for 6 weeks, Monday 6th January 2025 for 6 weeks, and Monday 3rd March 2025 for 6 weeks.](#)

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 link 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/UCdCfzKgmxB30baWlv6L5-g?view_as=subscriber



ASCERT- OUR MISSION

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

ASCERT's website has lots of information and resources for individuals, families and professionals.

The Training area offers a range of development opportunities, including zoom 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, drugs, mental health** and **Steps to Cope** self-care resources.
<https://www.ascert.biz/resource-hub/>

Register Directly with ASCERT & Let US Know!



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>

NSPCC Free online safety virtual workshop

Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world. The 40 minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/free-online-safety-group-workshops/>



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

Level One Adverse Childhood Experiences (ACE) Awareness E-Learn Programme (Course) <https://training.ascert.biz/courses/level-one-adverse-childhood-experiences-ace-awareness-e-learning-programme/>

Level Two Developing Trauma Sensitive Approaches E-Learn Programme (Course) <https://training.ascert.biz/courses/level-two-developing-trauma-sensitive-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>



[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-national-insurance

[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.

Things to Look out For

#LookCloser

The
Children's
Society

[#LookCloser To Spot Exploitation | The Children's Society](#)
 [\(childrensociety.org.uk\)](http://childrensociety.org.uk)

Across the UK, young people are being manipulated, sexually abused, forced to launder money and deal drugs. Exploitation is not obvious. However, it happens everywhere. And you can stop it. Get to know the signs of child exploitation and how to report it through our award-winning #LookCloser campaign with the British Transport Police and National County Lines Coordination Centre. Together we can protect children from this abuse. The Children's Society website www.childrensociety.org.uk provides information, resources and online training for both Adults and Young People.



NISCC Child Development Resources

The Northern Ireland Social Care Council (NISCC) are currently updating and redeveloping their **Understanding Child Development Resources** for age ranges 0-6 year olds, 7-12 year olds and 13-18 year olds. A small number of our Foster Carers have been involved in the piloting and review of the redeveloped resources which will soon be ready for all to access on the NISCC website. These resources will provide a **free** responsive digital learning resource that can be accessed **anywhere, anytime and on any device** to support you in your work with children and families. They will provide instant access to information on child developmental norms, relevant theoretical frameworks and reflective case studies/scenarios. The resources can also be used by other professionals working within education, youth and community work, early years, health and social care and by parents/care givers as the resources are free to use from NISCC [Learning Zone](#) with no log-ins required.

We will let you know when the updated resources are complete and ready to be accessed: <https://learningzone.niscc.info/learning-resources-main/>

Caring for Babies and Infants

Please see below some topic areas recommended by health care professionals for those caring for babies and infants.

If you would be interested in attending a small group workshop / training session delivered by a health professional covering some of the topics detailed below, please get in touch with us at FosterCare.Training@setrust.hscni.net to register your interest.

Infant feeding

- Current up to date evidence based practice for bottle-feeding
- Responsive and paced bottle-feeding
- Making up bottle-feeds
- Sterilising bottles and equipment
- What milks to choose
- First steps nutrition trust guidance

Caring for a new-born baby

- What to expect
- Relationship building
- Bathing
- Nappy changing
- Car seats
- Soothers
- Common ailments and when to seek help
- Safe sleeping

You can access infant feeding information and resources at:

- Public Health Agency website: www.publichealth.hscni.net
- First Steps Nutrition Trust www.firststepsnutrition.org



Foster Carer Support Groups

Support groups can offer a much-needed opportunity to share concerns, answer questions, and make connections with other foster carers. These groups are often attended by carers who have in-depth experience, knowledge and expertise gained over years in fostering and who can offer invaluable support to new foster carers. To find out about support groups in your area please use the following contact details or speak to your supervising social worker.

South Eastern Trust Support Groups

South Eastern Trust support groups run periodically and are open to all kinship and non-kinship foster carers.

Down Support Group

Contact: Paula Hall

Location: Grove House, Ballynahinch, 028 90413672

Lisburn Support Group

Contact: Julie Gibson

Location: Warren Children's Centre, Lisburn, 028 92607528

Bangor Support Group

Contact: Supervising Social Worker

Location: Bangor Community Hospital, 028 91270672

The Fostering Network- Kinship Support Programme

In addition, Fostering Network run dedicated kinship support groups offering kinship foster carers opportunities to meet and build relationships with other kinship foster families through social activities and training events.

Regular network groups meet in various places each month and throughout the year; there are family fun days, wellness activities and training and education programmes tailored to addressing kinship fostering specific needs.

For further information contact Helen Ramsey, Kinship Programme Officer, Tel: 07795 075496 Email: Helen.Ramsey@fostering.net

Regional Emergency Social Work Service (RESWS)

0800 1979 995

What does the Regional Emergency Social Work Service (RESWS) offer?

The aim of the RESWS is to provide an emergency social work service outside normal office hours, which responds to a wide range of people in crisis and which cannot be left until the next working day.

People in crisis include:

- Children & young people
- Older people
- People with mental health problems
- People with learning disabilities
- People with physical disabilities
- Families & carers of all of these groups

Service availability

The service is available outside normal office hours including weekend and public holidays. These are:

- **5pm to 9am Monday to Thursday and 5pm on Friday to 9am on Monday.**
- **There is 24 hour cover over public holidays.**

What situations are treated as an emergency?

There are a number of situations in which the RESWS will become involved or work with other agencies to ensure the safety of an individual or community. Examples of emergency situations are where:

- there are immediate significant protections and welfare concerns in relation to children and young people and vulnerable adults
- urgent advice and / or support is required by families or carers
- older people at risk
- there is consideration that compulsory admission to hospital under the Mental Health Order (NI) 1986 is required

[Foster Carer Recruitment](#)

Finally, we would like to take this opportunity to thank everyone who has volunteered their time and efforts over the past 12 months to assist with our recruitment events. Your contributions—whether making videos, sharing your stories, providing photographs, or attending events—have been invaluable. We are incredibly grateful for your ongoing support and dedication.

As you will be aware, we are always looking to recruit more foster carers to provide safe and loving homes for children in need. We would love to hear from more of our carers who are keen to get involved in upcoming events.

If you have any suggestions or ideas for events where we could encourage others to consider fostering, please contact me for a chat. We are also interested in promoting fostering at churches, clubs, community centres, or any spaces used by families, and can provide posters, leaflets, and other merchandise for this purpose. Additionally, if you have a website (e.g. business, voluntary or sports organisation) and would be willing to share content or a link to the HSC Northern Ireland Adoption and Foster Care Website, please get in touch.

Thank you again for your continued support and dedication. Together, we can make a difference in the lives of many children.

Craig Douglas Recruitment and Training Co-ordinator

Craig.douglas@setrust.hscni.net Mobile: 07525898216



Training Venue Addresses

Grove House, 8 Antrim Road, Ballynahinch, BT24 8BA

Londonderry Park, Portaferry Road, Newtownards,

BT23 8NN

House Church, 18C Crawfordsburn Road, Newtownards, BT23

4EA

Ards Arts Centre, Town Hall, Conway Square, Newtownards,

BT23 4NP

Ards Business Hub, Sketrick House, 16 Jubilee Road,

Newtownards, BT23 4YH

City Church Bangor, Main Street, Bangor, BT20 4AG

House of Vic-Ryn, Moira Road, Lisburn, BT28 2RF

Bridge Community Centre, 50 Railway Street, Lisburn

BT28 1XP