



Southern Health & Social Care Trust

Foster Care

Learning & Development Programme

January 2025—June 2025

To nominate yourself for a place on any course listed on the page overleaf, please send a brief email, mentioning the course title to the persons mentioned below. (*NB: Please ensure that an email is sent to BOTH as one or more may be out of office/on annual leave etc.) Alternatively you can contact the office directly on 02837560750 and speak to a member of staff.

jude.muldoon@southerntrust.hscni.net

mark.watt@southerntrust.hscni.net



Northern Ireland
Foster Care



Southern Health
and Social Care Trust

Foster Care Training Schedule Jan 2025 - June 2025

Date	Training Course	Time	Format
January 2025			
Wednesday 15th January 25	Trauma Informed Care— Session 4	10am—1pm	Clounagh Centre, Portadown
Tuesday 28th January 25	Autism Awareness Workshop	10am—1pm	Clounagh Centre, Portadown
February 2025			
Monday 3rd & Tuesday 4th February 25	Men Who Foster	6.30-8.30pm	Microsoft Teams
Wednesday 5th February 25	Basic First Aid	10am—1pm	Clounagh Centre, Portadown
Thursday 6th February 25	Child Safety in the Home	10am—12pm	Dobbin Street, Commu- nity Centre, Armagh
Tuesday 18th February 25	Trauma Informed Care— Session 5	10am—1pm	Clounagh Centre, Portadown
Thursday 20th February 25	Paediatric First Aid	10am—1pm	Dobbin Street, Commu- nity Centre, Armagh
Tuesday 25th February 25 (12 weekly sessions with break at Easter)	Solihull Approach— Understanding Your Child’s Behaviour (0—5 yrs)	7pm— 9pm	Microsoft Teams
Thursday 27th February 25	LGBTQIA Awareness Work- shop	10am—12pm	Microsoft Teams
March 2025			
Saturday 8th March 25	The CALM Affect (Anthony O’Prey/Teen Coaching)	9.30am—4pm	Zoom
Wednesday 26th March 25	Core Issues in Kinship Care	10am—1pm	Microsoft Teams
April 2025			
Thursday 10th April 25	Managing Self Harm Workshop	10am—12pm	Microsoft Teams
Wednesday 30th April 25	Child Sexual Exploitation Work- shop	10am—12pm	Microsoft Teams
May 2025			
Thursdays 8th & 15th May 25 (2 sessions required)	Core Issues in Fostering	10am—1pm	Microsoft Teams
Wednesday 7th May 2025 (6 sessions—ending 11th June)	Nurturing Attachments (Foundation Level)	10am—1pm	Clounagh Centre, Portadown
June 2025			
Thursday 5th June 25	Substance Use Awareness Workshop	10am—12pm	Venue TBC

COURSE INFORMATION

Basic First Aid

This informal first aid session will give you the basic of First Aid needed in the initial stages of an emergency. This could mean saving a life!!

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

Child Safety in the Home

This course will cover the following topics:

- Strangulation
- Suffocation
- Fire/Burns/Scalds
- Poisoning
- Carbon Monoxide

Managing Self Harm

This short workshop will provide foster carers with an opportunity to explore themes including mental health, emotions, self harm and suicidal thoughts and behaviours.

Carers will also be given guidance in respect of supporting children and young people experiencing these themes, including seeking additional supports when required.

Men Who Foster

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.

Core Issues in Fostering

Course Content for Core Issues in Fostering

- Impact of Fostering on the Family and Contact Issues
- Legal Issues and Participation in LAC Reviews
- Safer Caring, Health & Safety, Allegations & Recording
- Moving on, Attachment & Permanence

Core Issues in Kinship Foster Care

This Course will give an overview off:

- Legal issues and LAC Reviews
- Impact of Fostering and Contact Issues
- Safer Caring and Health & Safety within the home

Child Sexual Exploitation

This session will cover:

- Definition of child sexual exploitation
- Types of child sexual exploitation
- Consent and compliance
- Vulnerability factors and possible warning signs
- Importance of children going missing and child sexual exploitation
- Why young people don't report concerns
- The importance for carers of collating information and sharing with relevant personnel
- Effects of child sexual exploitation
- What to do?
- Self-care
- The process

Solihull Approach—Understanding your Child's Behaviour (0-5yrs)

- Are you interested to know more about your foster child's development and how their behaviour might be influenced by their previous experiences?
- Would you like to develop your strategies further to support your foster child's development?

The programme will explore:

- Emotional & developmental needs
- Parenting styles
- Communication/Play
- Brain development/Dan Siegel/Bruce Perry.
- Behaviour challenges/
- Behaviour for Learning
- Sleep

Trauma Informed Care

- Session 1: Attachment, trauma and child development
- Session 2: Attachment, trauma and therapeutic caring 1
- Session 3: Attachment, trauma and therapeutic caring 2
- Session 4: Sensory processing, attachment and trauma
- Session 5: Speech & Language Therapy Input

LGBTQIA Awareness Workshop

- Increase understanding of The Rainbow Project, our services, and other services available to LGBTQIA+ people.
- Learn about identity and the importance of this, particularly in regard to sexual and gender identity.
- Clarity on key language and terminology in regard to LGBTQIA+ people.
- Increase understanding of the health and wellbeing needs for LGBTQIA+ people in relation to experiences in Northern Ireland.
- Increase understanding on the key barriers that impact LGBTQIA+ people.
- Learn more about what LGBTQIA+ discrimination is, why it happens and what the impact is.
- Grow in ability to become stronger allies to LGBTQIA+ friends, family, colleagues or loved ones.

The CALM Affect

This workshop is created to support you in your role managing challenging behaviour.

- Reflect on the power of positive communication and how to avoid the 3 Cs.
- Deepen your understanding of how 'rejection' impacts young people on a day-to-day basis and how to avoid contributing to this feeling.
- Learning new ways to listen and how to encourage young people to enjoy being present in their daily lives.
- Introduce skills in motivation into your daily engagement to help encourage young people reach their potential.

Substance Use Awareness Substance Misuse

Session Aims:

- To learn what drug / substance use is
- To learn why young people may chose drugs
- To learn what drugs are used
- To recognise the signs and symptoms of drug use
- To explore ways to communicate with young people about drugs

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.



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App Store



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