



Northern Ireland  
**Foster Care**



Northern Health  
and Social Care Trust

**Foster Carer  
Learning and Development Training Schedule**

**September 2024 – June 2025**

**Please book your place by booking directly  
with your Supervising Social Worker**

**Marie McTaggart**

**Training Co-Ordinator**



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





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## Recording training

### Online training

Delivered by Marie McTaggart (Recruitment and Training Co-ordinator in the Northern Trust)

- Understand the legal and policy framework in respect of record keeping;
- Understand the 'why, what, when & how' of recording;
- Are aware of the importance of child centred, factual recording which supports the child's sense of worth

As this training will be online; links will be forwarded as appropriate.

Date	Time
6/11/24	10-11.30am

Date	Time
13/2/25	7-8.30pm

Date	Time
8/5/25	10-11.30am



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## Safeguarding Training

### Online training

Delivered by Marie McTaggart  
(Recruitment and Training Co-ordinator in the Northern Trust)

This training session will explore the following:

- Understanding of what is meant by safeguarding and protecting children and young people  
Have an understanding of ways in which children and young people are at risk of harm and abuse
- Have an understanding of what action you should take if you are worried about a child or young person who may be at risk
- Have knowledge of where you can get advice and support when you are worried about a child or young person

As this training will be online; links will be forwarded as appropriate.

Date	Time
6/12/24	10-11.30am

Date	Time
19/3/25	7-8.30pm

Date	Time
12/6/25	7-8.30pm



Northern Ireland  
**Foster Care**

## TEEN Coaching

This is a regional course – **3 places per Trust** – and will be presented online. Anthony O’Prey is founder of TEEN coaching and has 25 years of working therapeutically with young people. This course is delivered in 4 parts consecutively.

**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 ‘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.

**TEEN Coaching: Part 3 ‘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.

**TEEN Coaching: Part 4 ‘Time for M.E.’** is a self-care workshop for Foster Carers. It encourages participants to consider the importance of developing healthy self-care practices to help reduce the stress often felt in caring roles, while teaching practical, health promoting activities that help.

As this training will be online; links will be forwarded as appropriate.

Date	Time
TO BE CONFIRMED	



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## Child Sexual Abuse training

Marie McTaggart will deliver this training. Marie McTaggart is recruitment and training co-ordinator in Fostering for the Northern Trust.

Marie McTaggart previously worked in the Child Care Centre in Belfast which is a specialist resource which deals specifically in the investigation and treatment of child sexual abuse in children between the ages of 3 to 13 years. Marie McTaggart has over 20 years of significant experience in this area.

The training will look at the treatment and impact issues for children who have experienced sexual abuse.

As this training will be online; links will be forwarded as appropriate.

Date	Time
13/11/24	10am-12pm

Date	Time
26/3/25	10-12pm



Northern Ireland  
**Foster Care**

## Child sexual abuse in children with disabilities

### Online training

Marie McTaggart will deliver this training. Marie McTaggart is recruitment and training co-ordinator in Fostering for the Northern Trust.

Marie McTaggart previously worked in the Child Care Centre in Belfast which is a specialist resource which deals specifically in the investigation and treatment of child sexual abuse in children between the ages of 3 to 13 years. Marie McTaggart has over 20 years of significant experience in this area.

The training will look at the treatment and impact issues for children who have experienced sexual abuse with disabilities.

As this training will be online; links will be forwarded as appropriate.

<b>Date</b>	<b>Time</b>
22/1/25	10-am-12pm

<b>Date</b>	<b>Time</b>
3/4/25	10am-12pm



Northern Ireland  
**Foster Care**

## ACE and Trauma - Informed Practice Training

### Online training

Delivered by Marie McTaggart (Recruitment and Training Co-ordinator in the Northern Trust)

- 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 important of preventing and mitigating ACEs
- Ability to identify appropriate pathways to support well-being for staff, volunteers and service users.

As this training will be online; links will be forwarded as appropriate.

Date	Time
26/9/24	10am-1pm

Date	Time
13/3/25	10am-1pm

Date	Time
3/6/25	10am-1pm





Northern Ireland  
**Foster Care**

## Child Sexual Exploitation (CSE)

Child Sexual Exploitation is a form of abuse. It occurs when an individual or group coerces, manipulates or deceives a young person (under 18) into sexual activity in exchange for money, gifts or something the victim needs or wants.

It can occur in real life or through the use of technology.

This training would be particularly useful for pre-teens and teenagers.

This training will be delivered by Aisha Sloan, Senior Practitioner Northern Trust

This training will be online; links will be forwarded as appropriate.

Date	Time
2/10/24	12pm-1pm

Date	Time
8/10/24	6pm-7pm

Date	Time
4/2/25	6pm-7pm

Date	Time
12/2/25	11-12pm



Northern Ireland  
**Foster Care**

## Caring for a Pre-School Child from a Health Perspective

### Delivered by Barbara Barklie

Barbara is the Specialist Nurse Practitioner for Looked After Children in the Northern Trust. She has been nursing for over 40 years and has been a general nurse, a children's nurse and a midwife. She has been in her current post for the last 5 years and has completed a Trust audit of the role of PHN within LAC.

Barbara has a special interest in the physical and emotional impact of trauma on children.

This course will look at the developmental needs, immunisation needs and health needs of pre-school children within the Looked After Care system. The course will also look at the role and support that a Health Visitor can offer for pre-school children.

As this training will be online; links will be forwarded as appropriate.

Date	Time
Feb 25 TBC	

Date	Time
TBC	

Date	Time
TBC	



## **Brain Skills for Life and Learning**

In this workshop foster and kinship carers will discover what brain executive function skills (EF skills) are and how they affect everyday life.

We will consider why so many children and young people who are looked after may have poor EF skills. You will hear about some practical ideas to develop EF skills in the children and young people you care for and get 'hands on' with some games and resources that can help.

This workshop will be delivered by Fostering Attainment and Achievement project workers.

<b>Date</b>	<b>Time</b>
04/03/25	10.30 – 12.30

**This course will take place in Compass, 32 Lislagan Road, Ballymoney.**



## The 4 R's

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.

Date	Time
15/01/25	10.30 – 12.30

**This course will take place in the Holiday Inn, Antrim.**



## **Emotional Regulation**

This workshop explores BIG emotions such as heightened anxiety and anger which often leads to what is often described as 'emotional outbursts'. We look at what can often underlie these emotions, how to identify triggers as well as strategies to support carers to support their child in both understanding and regulating their emotions.

This workshop is delivered by StriveNI

<b>Date</b>	<b>Time</b>
19/11/24	10.30 – 12.30

**This course will take place in Compass, 32 Lislagan Road,  
Ballymoney.**



## **Using Mindfulness to reduce anxiety and build resilience**

This is a practical workshop which aims to look at mindfulness as a tool to help foster carers build resilience in children as well as using it to help reduce anxiety and increase readiness to learn. The workshop will look briefly at brain development and how using mindfulness techniques can be beneficial to supporting children and young people's learning.

Throughout the workshop we will look at what mindfulness is as well as looking at the benefits it can have, not only the children and young people, but also the foster carers themselves

It will provide a range of resources and activities that can be used in order to promote mindfulness in everyday life and provide an opportunity for foster carers to use some of these techniques within the workshop.

This workshop will be delivered by Fostering Attainment and Achievement project workers.

Date	Time
08/10/24	10.30 – 12.30

**This course will take place in the Holiday Inn, Antrim.**



Northern Ireland  
**Foster Care**

## Men who Foster

### Online training

This is a regional course and therefore spaces are limited to 3 people.

The course will be delivered over 2 evenings 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 to work with children who have been sexually abused and how to deal with unsubstantial 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.

As this training will be online; links will be forwarded as appropriate.

<b>Date</b>	<b>Time</b>
7 & 8 October 2024	6.30 – 8.30
3 & 4 February 2025	6.30 – 8.30



Northern Ireland  
**Foster Care**

## Foundation for Attachments (FFA)

Foundations for attachments is a programme to help parents and carers to nurture attachments with their child. It is designed specifically for those caring for children whose capacity to emotionally connect has been compromised as a result of attachments problems, trauma and loss or separation.

It consists of 3 core models:

1. Understanding challenging of parenting
2. Therapeutic parenting
3. Looking after self

**This will be delivered by the TTLAC Team and referrals should be made through the TTLAC Team**

Please speak with you Supervising SW about this course.

Date	Time
TBC	TBC





## ASD Training

### Online Training

Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain.

People with ASD may behave, communicate, interact, and learn in ways that are different from most other people.

Autism is a lifelong developmental disability which affects how people communicate and interact with the world. More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK.

ASD Training will be provided Kathryn Gillen Senior ASD Therapist Northern Trust.

As this training will be online; links will be forwarded as appropriate.

Date	Time
TBC	



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**Foster Care**

## Core Issues in Fostering

### (Kinship Foster Care)

### Online Training

Delivered by Marie McTaggart  
(Recruitment and Training Co-ordinator in the Northern Trust)

This course is intended for kinship foster carers and completion of this course 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 (family time) issues
3. Safer caring and health and safety within the home

As this training will be online; links will be forwarded as appropriate.

<b>Date</b>	<b>Time</b>
10/12/24	10.00 – 1.00



Northern Ireland  
**Foster Care**

## Core Issues in Fostering

### (Non-Kinship Foster Care)

#### Online Training

Delivered by Marie McTaggart  
(Recruitment and Training Co-ordinator in the Northern Trust)

This course is intended for foster carers and completion of this course 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. Contact (family time) issues, moving on, attachments and permanence.

As this training will be online; links will be forwarded as appropriate.

Date	Time
10/09/24	10.00 – 1.00



Northern Ireland  
**Foster Care**

## Signs of Safety



Signs of Safety is a strengths based solution focused way of working with children, young people, and their families. It is the practice framework for Children's Social Work in Northern Ireland and was introduced in 2018. The framework encourages everyone involved in a child's life to ensure they are safe and that they stay connected to the people that matter most to them so they are supported as they grow into adults.

**This course will last approximately one hour and will be online.**

Date	Time
23/10/24	7.00pm – 8.00pm
12/03/25	7.00pm – 8.00pm



## NSPCC PANTS TRAINING.

**This training will be delivered by Margaret Gallagher, NSPCC and will be online.**

The PANTS tools and resources give adults simple ways to open these conversations in a clear and child-friendly way to give children confidence and knowledge. The key messages are:

P – Privates are privates.

A – Always remember your body belongs to you.

N – No means no.

T – Talk about secrets that upset you.

S – Speak up, someone can help.



Date	Time
20/11/24	11.30 – 12.30

Date	Time
30/04/25	10.00- 11.00



**Northern Ireland  
Foster Care**

## **The role of the Children’s Court Guardian in the courts**

This training will focus on the role of the Children’s Court Guardian in Care Proceedings and Adoption Proceedings. The training will focus on the role of foster carers in this process. This training will be delivered by Marie Mc Taggart and will be online.

By the end of the training the participants will:

- Have a clearer understanding of the role and responsibilities of the Children’s Court Guardian Agency for NI.
- Have improved knowledge about how Children’s Court Guardian Agency for NI work with children.
- Feel more confident about working with Children’s Court Guardian Agency for NI.

<b>Date</b>	<b>Venue/Time</b>
3/12/24	10.30-11.30am





Northern Ireland  
**Foster Care**

## **GEMS Training**

The scheme known as 'Going the Extra mile' aims to help young people aged 18-21 to continue to live with their Foster family post 18.

This training will provide you with information on the role of the foster carer with a GEMS placement and explore the support, education, training and employment opportunities for young people. It will also look at the role of a GEMS carer and support you will receive from 16+ teams and the Foster care service.

This training will be co-delivered by Marie McTaggart (Training Co-Ordinator) and Sinead Dougan SSW 16+ Team and will be online.

<b>Date</b>	<b>Time</b>
Oct 24- TBC	TBC





Northern Ireland  
**Foster Care**

## First Aid

This training will be delivered by Blay Consultancy.

This informal first aid session 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

This will be delivered face to face training.

Date	Venue /Time
11/9/24	10-12.30pm

Date	Venue/Time
19/03/25	10-12.30pm





Northern Ireland  
**Foster Care**

## **LGBTQIA+ Awareness Training**

Cara-Friend is the longest established LGBTQIA+ organisation in Northern Ireland. Cara-Friend's Education and Training team is passionate in developing awareness and understanding of the LGBTQIA+ community in a safe and welcoming environment where people feel comfortable to ask questions and discuss this topic in an open, honest and respectful way. Our unique approach is to build knowledge and take people on a journey of understanding. All participants are encouraged to ask questions, discuss and debate topics to gain a clearer level of awareness.

This training will be online.

### **Key Learning Points:**

- Understanding the terminology
- Understanding issues impacting the LGBTQIA+ community
- How to be more inclusive of the LGBTQIA+ community

<b>Date</b>	<b>Time</b>
25/02/2025	10.00 – 12.30

## YGAM Training



### **Risks for Children in Gaming and Online**

Upon completion of the workshop, you will:

- Have an increased understanding of gaming and gambling.
- Understand why children in care might game/gamble and the additional vulnerabilities they may face.
- Be able to recognise the signs of gaming and gambling harm and know where to get further support for the children in your care.
- Gain a City & Guilds Certificate and Digital Credential.
- Have access to a copy of the presentation slides and resources for use with the children in your care.

Date	Time
15/1/25	TBC

**This training will be online.**



Northern Ireland  
**Foster Care**

## **Northern Ireland Framework for Integrated Therapeutic Care (NI FITC)**

Lynsey Black will deliver this training. Lynsey is the FITC implementation lead for the Northern Trust and has over 20 years experience as a social worker with children and families. She previously worked within a family support and intervention team, TTLAAC, embedding a therapeutic model across 5 children's homes and was the manager of a children's home (Barn Court) for 8 years.

The Framework aims to promote the implementation of trauma, attachment and a rights based whole system approach across diverse settings and roles, to enhance child and family resilience and recovery from the impacts of multiple adversities.

The introductory session will set the context for foster carers and briefly introduce the framework and describe initial implementation. The session will last approximately one hour and will be online.

<b>Date</b>	<b>Time</b>
16/1/25	9.30-10.30
23/1/25	11.30-12.30



Northern Ireland  
**Foster Care**

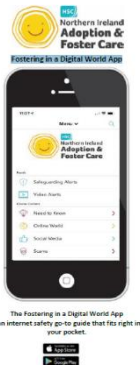
## Fostering in a Digital World App



There will be training on the Fostering App.

This training will be delivered online by Marie Mc Taggart and will help carers to navigate the app.

Date	Time
22/11/24	11.00 – 1.00





Northern Ireland  
**Foster Care**



Start 360 delivers support services and training on addiction issues.

Wendy Burgess is a Connection Service Key Worker from Start 360- will deliver training specifically for foster carers regarding alcohol and drug issues and the impact on children and families.

This training will be online; links will be forwarded as appropriate.

<b>Date</b>	<b>Time</b>
16/10/24	10.30 – 12.00.



Northern Ireland  
**Foster Care**



Fostering Network is the UK's leading charity in providing advice and support to foster carers.

Hannah Gervais, Information and Advice Officer, Fostering Network will deliver 3 information sessions to foster carers on financial matters related to fostering eg Tax, HMRC and benefits.

<b>Date</b>	<b>Time</b>
5/11/24	11.00 – 12.30 Ballymoney. Venue to be confirmed.
<b>Date</b>	<b>Time</b>
14/11/24	11.00 - 12.30 Magherafelt. Venue to be confirmed.
<b>Date</b>	<b>Time</b>
21/11/24	11.00 -12.30 Antrim. Venue to be confirmed.



Northern Ireland  
**Foster Care**

## Online resources



This resource has information which is invaluable for foster carers caring for school aged children and teenagers and covers topics such as sleep problems, school avoidance, bullying, worry/anxiety, anger, self-harm and tics.

Child's health and emotional Wellbeing resources:

[Resources to help - Northern Health and Social Care Trust \(hscni.net\)](https://www.hscni.net)



The Child Accident Prevention Trust (CAPT) is the UK's leading charity working to reduce the number of children and young people killed, disabled or seriously injured in accidents.

We exist because accidents are a leading cause of death and serious injury for children and young people.

Many of these accidents can be prevented.

Their website has topics on:

- Dog safety
- Poising
- Treating fall
- Road safety
- Water safety
- Fire safety

[Child Accident Prevention Trust | A safer world for all our children \(capt.org.uk\)](https://www.capt.org.uk)





Northern Ireland  
**Foster Care**

## Regional Northern Ireland Adoption and Foster care

### Online Training Pathway

There is a vast selection of online training courses and resources available which 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/>

As many of you already know, the App contains many valuable resources, information and guidance particularly useful during this difficult time. 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'.



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





## Online training and resources

ASCERT'S vision is to have a society that is protected from the harm that can result from alcohol and drug use. To do this alcohol and drug use need to be addressed directly and also the other related social factors that contribute to substance use problems such as mental health, poverty, employment and housing.

ASCERT have a new website that has a lot of information and resources for individual, families and professionals.

The training offers a range of development opportunities many of which are free.

To access this training all you need to do is set up a new training member account at:

[ASCERT | Reducing alcohol & drug related harm in our communities](#)

Register directly with ASCERT and let me know!



The NSPCC's website includes resources to help protect children from abuse and neglect.

Their training includes:

- Recognising and responding to abuse
- Protecting children from neglect
- Physical abuse
- Online abuse
- Emotional abuse
- Child sexual abuse
- Harmful sexual behaviour

The website includes a range of other training

[NSPCC | The UK children's charity | NSPCC](#)



The logo for The Fostering Network is a solid orange square. The words 'The Fostering Network' are written in white, bold, sans-serif font across the square. 'The' is smaller and positioned above 'Fostering', which is above 'Network'.

## **Fosterline NI (Northern Ireland): 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. This confidential service is independent and complementary to the support provided by the health and social care trusts and independent fostering providers.

- Call us on 028 9164 1152
- Email us on [fosterlineni@fostering.net](mailto:fosterlineni@fostering.net)
- We are open from 9.30am - 1.30pm, Monday to Friday (excluding Bank Holidays).
- If you hear a recorded message, it means we're on another call or we are closed. Please leave us a message, clearly stating your name telephone number and postcode. We will always return your call as soon as possible.



**Please remember to inform your Supervising Social Worker when you complete any training courses online or through your work in order to have your learning and development record updated.**