

Foster Carer Learning & Development Training Schedule



Western Area

September 2024 - June 2025

Give a child a **brighter** future

0800 0720 137

adoptionandfostercare.hscni.net



Please book your place on our courses by emailing or ringing our training administrator Catherine Mc Cool on

02871 320951

catherine.mccool@westerntrust.hscni.net

Alternatively use the Eventbrite link for any Health Improvement Courses or ring Health Improvement on

02871 865127

[You can also avail of the available courses on the regional fostering and adoption website](#)

www.adoptionandfostercare.hscni.net



We are offering training opportunities through a hybrid model in order to best meet the needs of our foster carers to include in-room training and virtual. Please be aware that by registering for online training that your email address will be shared with external trainers.

Please remember to let your Supervising Social Worker know if you have booked on to training

Dear Foster Carers

It gives me great pleasure to welcome you all to this year's training booklet as the Head of Services for Fostering, Adoption and Residential Care. I would like to take this opportunity to thank you all for your enduring commitment and loving care to the children that you are looking after.

As you will see we have put considerable thought and effort into delivering an intensive programme offering a range of training courses in various venues across our large Trust area. In planning this programme we have consulted with your supervising social workers and the Fostering review panel so that the content of this training reflects identified training needs among our foster carer population.

Some of the courses are facilitated by Health Promotion and are not solely for Foster carers, whilst others are aimed specifically at our Foster carers and Kinship carers.

Our team acknowledges that Foster carers and kinship carers have busy households and it can take effort and planning to make time for training. However training isn't just important, it is vital in supporting you to develop the knowledge and skills to enable you to understand and meet the needs of the child(ren) you care for.

We firmly believe that every foster carer and kinship carer will benefit from training. Training will give you an opportunity to learn and develop the skills you need to become 'even better' at caring for the children and young people in your care.

Training will also give you the opportunity to meet other carers, to share experiences and support each other. **As you can see from the regional training pathway on the next page all foster carers are expected to complete the training outlined within the first year of approval.** Your supervising social worker will speak to you about this.

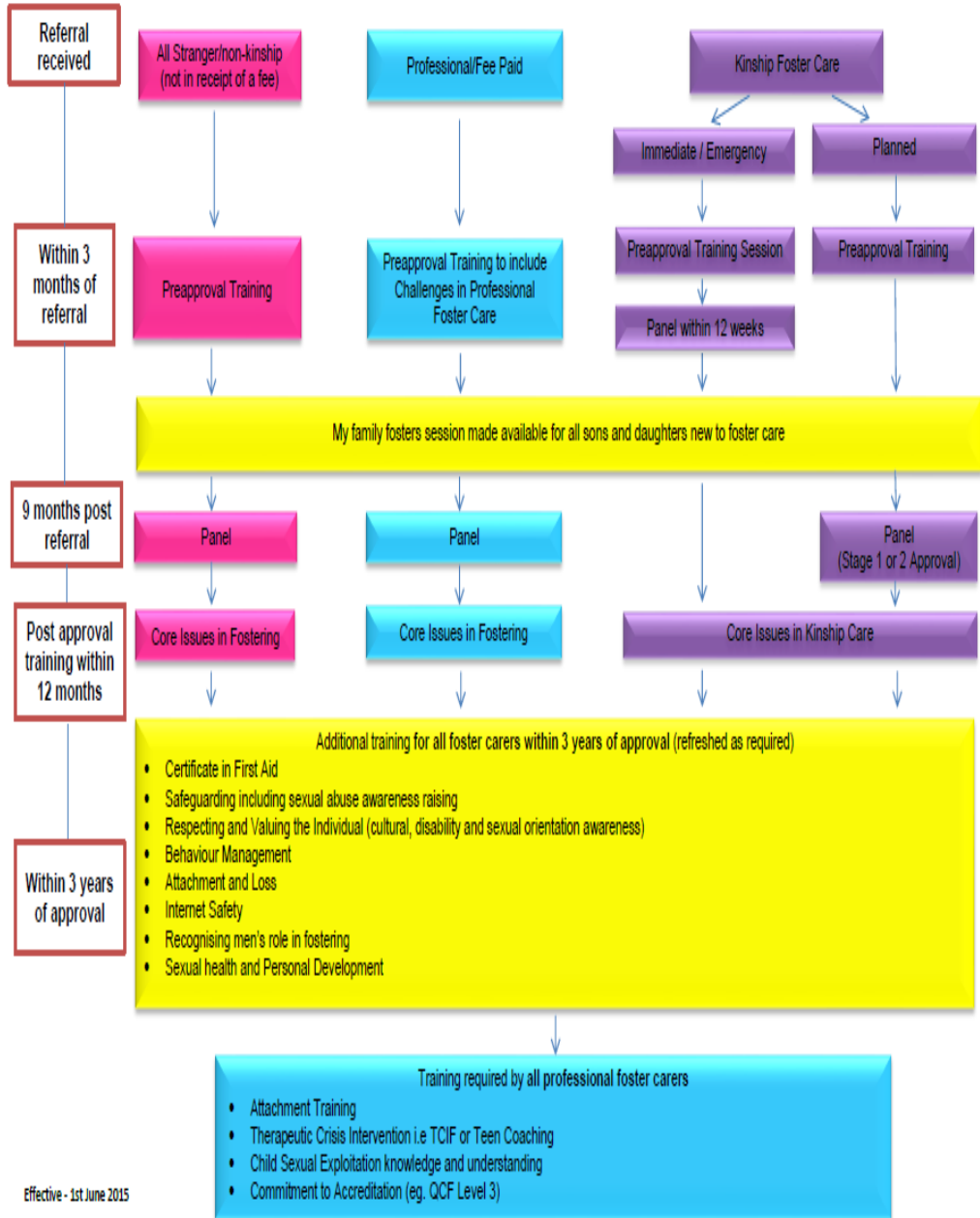
I encourage you to take the time to look through the attached programme and to discuss this with your supervising social worker.

We look forward to seeing you at many of our training events this coming year.

Thank you sincerely for all you do within our Fostering Service.

Catherine McKeivitt
Head of Services Fostering, Adoption and Residential Care

Regional Training Pathway for Foster Carers



For Zoom training, please always login to the training course

5/10mins before it is due to start **

TRAINING CALENDER

Date	Time/venue	Training Course	Page
September 2024			
9 th September	9.30 am - 4.30 pm (Day 1) Old School Canteen T&F Hospital, Omagh	Mental Health First Aid training (this is a 2 day course) Aware and Health Improvement (WHST)	16
10 th September	10.00 am - 1.30 pm Roe Valley Arts & Culture Centre, Limavady	Safe Talk Training Facilitator: Health Improvement <u>(this course is not suitable for anyone recently bereaved by suicide)</u>	16
10 th September	10.00 - 1.00pm Bawnacre Centre, Irvinestown	ATIC (Attachment & Trauma Informed Care Refresher) For all carers who have previously completed MAP or ATIC training	17
11 th September	10.30 am - 12.30 pm Mellon Country Inn, Omagh	Using Mindfulness to Reduce Anxiety and Build Resilience (Fostering Network)	17
16 th September	9.30 am - 4.30 pm (Day 2) Old School Canteen T&F Hospital, Omagh	Mental Health First Aid training Aware and Health Improvement (WHST)	16
18 th September	7.00 pm - 9.00 pm St Columb's Park House Derry	Core Issues in Foster Care Session 1 This training lasts over three sessions all need to be attended Facilitators - Trust Staff	18
18 th September	10.00 am – 12.00 Noon	Introduction to Income Tax for Foster carers (live webinar) (Fostering Network)	19
19 th September	OMAGH 4.00 pm – 6.00 pm Omagh Leisure Centre	Autism Support Café	20
25 th September	7.00 pm - 9.00 pm St Columb's Park House Derry	Core Issues in Foster Care session 2 This training lasts over three sessions all need to be attended Facilitators - Trust Staff	18

25th September	10.00 am – 1.00 pm Via Zoom	Interculturalism and Traveller Cultural Awareness Facilitator: Donegal Travellers Project	20
26th September	9.30 am – 4.30 pm Gransha Park House, L'derry	Food & Health Essentials Facilitator: Community Food & Nutrition & Health Improvement	21
30 th September	Via Zoom 7.00 pm – 9.00 pm	Odyssey Parenting Your Teen Programme To book a place, contact Parenting NI on 0808 8010 722	22
October 2024			
2nd October	Recovery College, Omagh 9.30 am – 12.30 pm	Introduction to Positive Intelligence Facilitator: Helen Quinn, Life Coach	22
2 nd October	7.00 pm – 9.00 pm St Columb's Park House Derry	Core Issues in Foster Care Session 3 This training lasts over three sessions all need to be attended Facilitators - Trust Staff	18
2nd October	9.30 am – 4.30 pm Clooney Hall, L'derry	Food Values Facilitator: Community Food & Nutrition & Health Improvement	22
7 th October	6.30 pm - 8.30 pm (Zoom)	Men Who Foster 1 st session (training over 2 sessions both need to be attended) Craig Little (independent trainer)	23
8 th October	6.30 pm – 8.30 pm (Zoom)	Men who Foster 2 nd session	23
8th October	9.30 am – 4.30 pm Via Zoom	Food & Health Essentials Facilitator: Community Food & Nutrition & Health Improvement	21
9th October	10.00 am – 1.30 pm New Horizons Centre, Fermanagh	Safe Talk Facilitator: Health Improvement (This course is not suitable for anyone recently bereaved by suicide)	16
11 th October	10.00 am - 1.00 pm Omagh Enterprise Centre	ATIC training (Session 2) This course is run over 4 sessions, all of which need to be attended.	17

16th October	10.00 am – 1.00 pm Via Zoom	Interculturalism and Traveller Cultural Awareness Facilitator: Donegal Travellers Project	20
16 th & 17 th October	9.00 am – 5.00 pm St Columb's Park House, L'derry	ASIST (Applied Suicide Intervention Skills Training) 2 day course <u>(This training is not suitable for anyone recently bereaved by suicide)</u> Facilitator: Oak Healthy Living Centre	24
17 th October	10.00 - 1.00 pm Omagh Enterprise Centre	ATIC training (Session 3) This course is run over 4 sessions, all of which need to be attended.	17
17th October	9.30 am – 12.30 pm Via Zoom	Understanding Self-Harm Facilitator: Conor McCafferty, ZEST	25
18 th October	10.00 am - 1.00 pm Omagh Enterprise Centre	ATIC training (Session 4) This course is run over 4 sessions, all of which need to be attended.	17
21st October	10.00 am – 1.00 pm Via Zoom	Self-Compassion: Why the way we Talk to Ourselves Matters Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	25
22 nd October	9.30 am – 4.00 pm Fermanagh House	Digital Safeguarding Core Awareness Facilitator: The Western Digital Safeguarding Steering Group (WHSCT) and Fermanagh & Omagh Policing and Community Safety Partnership (PCSP)	26
22 nd October	Via Zoom 10.00 am – 1.00 pm	Bend Don't Break Workshop Building our Resilience Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	22
23 rd October	Via Zoom 11.00 am – 12.00 noon	Health Literacy Awareness Session Facilitator: Health Improvement	26
24th October	10.00 am – 11.00 am Via Zoom	Smoking Cessation Support Facilitator: Health Improvement, Smoking Cessation Team	26

25 th October	LIMAVADY 11.00 am – 1.00 pm Roe Valley Leisure Centre	Autism Support Café	20
28 th October	11.00 am - 1.00 pm 103 Chapel Road	16+ Team & Awareness Information session (Information on the role of the 16+ SW and your young person's transition to that team)	27

November 2024			
5 th November	Via Zoom 10.00 am – 12.00 noon	What is Childline? Facilitator: NSPCC Childline	27
6 th November	10.30 am – 1.00 pm St Columb's Park House Derry	First Aid for foster carers Facilitator: Blay Training	29
6 th November	10.00 am - 1.00 pm Via Zoom	Interculturalism and Traveller Cultural Awareness Facilitator: Donegal Travellers Project	20
11th & 12th November	9.30 am – 4.30 pm both days Limavady area TBC	Mental Health First Aid Facilitator: AWARE and Health Improvement (WHSCT)	16
13 th November	10.30 am - 12.30 pm Fermanagh House, Enniskillen	Supporting Neurodivergence Facilitator: Fostering Network	28
13 th November	Via Zoom 10.00 am – 1.00 pm	Bend Don't Break Workshop Building our Resilience Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	23
14 th November	10.00 am – 12.00 noon Strabane Enterprise Centre Orchard Road, Strabane BT82 9FR	Understanding & Supporting Behaviour in Autistic and Neurodivergent Children Eden Consultancy Rebecca McCullough	38

19th November	10.00 am – 1.30 pm Omagh area TBC	Safe Talk Facilitator: Health Improvement <u>This training is not suitable for anyone recently bereaved by suicide)</u>	16
19th November	10.00 am – 12.00 noon Strabane (Venue TBC)	Introduction to Income Tax for Foster carers (Fostering Network)	19
21st November	10.00 am – 1.00 pm Via Zoom	Self-Compassion: Why the way we Talk to Ourselves Matters Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	25
21 st November	DERRY/LONDONDERRY 4.00 pm – 6.00 pm An Chról Community Hub	Autism Support Café	20
21st November	10.00 am – 11.00 am Via Zoom	Brief Advice for Smoking Cessation Support Facilitator: Health Improvement, Smoking Cessation Team	26
21 st November	10.00 am – 1.00 pm St Columb's Park House	ATIC refresher (Attachment and Trauma Informed Care)	17
23 rd November	Teen Coaching P.A.U.S.E All day 9.30 am -4.30 pm Log on by 9.20 am Regional training so limited places available please book early.	Teen Coaching Part 1 P.A.U.S.E. Antony O'Prey Coaching is offering a series of Teen Coaching workshops to support you in your role as a Foster Carer.	30
28th November	9.30 am – 12.30 pm Via Zoom	Understanding Bereavement by Suicide Facilitator: Conor McCafferty, ZEST	31
December 2024			
3 rd December	Zoom 10.00 am – 1.00 pm	Building our Children's Developing Brain	31
4 th & 5 th December	9.00 am – 5.00 pm OMAGH Enterprise Centre, Omagh	ASIST (Applied Suicide Intervention Skills Training) (2 day course) <u>This training is not suitable for anyone bereaved by suicide)</u>	24

		Facilitator: Oak Healthy Living Centre	
5th December	10.00 am – 11.00 am Via Zoom	Brief Advice for Smoking Cessation Support Facilitator: Health Improvement, Smoking Cessation Team	26
11th December	Via Zoom 10.00 am – 1.00 pm	Making our Nervous System Work For Us: Using the Polyvagal Theory. Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	32
12th December	9.30 am – 12.00 noon Via Zoom	Understanding Self-Harm With Autism Facilitator: Conor McCafferty, ZEST	33

January 2025			
Date/venue to be confirmed	10.00 - 12.00 mid-day	Sexual Orientation Awareness	37
7 th January	Via Zoom 10.00 am – 1.00 pm	Bend Don't Break Workshop Building our Resilience Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	23
14th & 15th January	9.30 am – 4.30 pm both days Aisling Centre, Enniskillen	Mental Health First Aid (2 day Training) Facilitator: AWARE and Health Improvement	16
21 st January	10.00 am – 1.00 pm Via Zoom	Building our Children's Developing Brain Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	31
22 nd January	10.30 am – 1.00 pm Omagh Enterprise Centre	First Aid for Foster carers Facilitator: Blay Training	29
22nd January	9.30 am – 4.30 pm Omagh Fire Station	Food & Health Essentials Facilitator: Community Food & Nutrition & Health Improvement	21

23rd January	10.00 am – 11.00 am Via Zoom	Brief Cessation Support Facilitator: Health Improvement, Smoking Cessation Team	27
30 th January	7.00 pm – 9.00 pm Via Zoom	Odyssey Parenting Your Teen Programme To book a place, contact Parenting NI on 0808 8010 722	22
30th January	10.00 am – 12.30 pm Via Zoom	Understanding Self-Harm With Autism Facilitator: Conor McCafferty, ZEST	33
31st January	10.00 am – 1.00 pm Via Zoom	Interculturalism and Traveller Cultural Awareness Facilitator: Donegal Travellers Project	20
February 2025			
3 rd February	6.30 pm - 8.30 pm Via Zoom	Men who Foster 1 st Session Craig Little (Training over 2 sessions both must be attended)	23
4 th February	6.30 pm - 8.30 pm Via Zoom	Men who Foster 2 nd session	23
4th February	10.00 am – 1.00 pm Via Zoom	Self-Compassion: Why the way we Talk to Ourselves Matters Facilitator: South Eastern Health & Social Care Trust (SEHSCT)	25
5th February	9.30 am – 4.30 pm Southern Sector, OMAGH TBC	Food Values Facilitator: Community Food & Nutrition & Health Improvement	22
13th February	10.00 am – 11.00 am Via Zoom	Sexual Health Matters Facilitator: WHSCT Sexual Health & HIV Service	38
20 th February	STRABANE 11.00 am – 1.00 pm Melvin Sports Complex	Autism Support Café	20
20 th February	10.00 am - 1.00 pm St Columb's Park House Derry	ATIC (Attachment and Trauma Informed Care) (Session 1) This course is run over 4 sessions, all of which need to be attended	17
20th February	10.00 am – 11.00 am Via Zoom	Brief Advice for Smoking Cessation Support	27

		Facilitator: Health Improvement, Smoking Cessation Team	
21 st February	10.00 am – 1.00 pm St Columb's Park House Derry	ATIC training (Session 2) This course is run over 4 sessions all of which must be attended.	17
21st February	10.00 am – 1.00 pm Via Zoom	Interculturalism and Traveller Cultural Awareness Facilitator: Donegal Travellers Project	20
26th & 27th February	9.30 am - 4.30 pm Fermanagh area TBC	Mental Health First Aid Facilitator: AWARE and Health Improvement (This course is not suitable for anyone recently bereaved by suicide)	16
27 th February	10.00 am - 1.00 pm St Columb's Park House Derry	ATIC training (Session 3) This course is run over 4 sessions, all of which need to be attended	17
28 th February	10.00 am - 1.00 pm St Columb's Park House Derry	ATIC training (Session 4) This course is run over 4 sessions, all of which need to be attended	17
March 2025			
3rd March	10.00 am – 1.00 pm Via Zoom	Making our Nervous System Work For Us: Using the Polyvagal Theory. Facilitator: South Eastern Health & Social Care Trust	32
4th March	9.30 am – 12.30 pm Shared Futures Centre, L'derry	Introduction to Positive Intelligence Facilitator: Helen Quinn, Life Coach	22
5 th March	10.30 am - 12.30 pm Clooney Hall, Derry/Londonderry	Resilience, The Child and the Role of the Foster Carer. A practical Conversation Looking Through the Lens of Trauma, Regulation and Success. Facilitator: The Fostering Network	39
5 th March	Via Zoom 10.00 am – 1.00 pm	Building our Children's Developing Brain Facilitator: South Eastern Health and Social Care Trust.	31
5 th March	Omagh 10.00 am - 2.00 pm Venue to be confirmed	Core Issues in Foster Care Session 1 (This training lasts over three sessions all need to be attended) Facilitators Trust Staff	18

8 th March	Online Virtual Session All day 9.30 am - 4.30 pm log on by 9.20 am. (P.A.U.S.E. training must be completed in advance)	Teen Coaching C .A. L. M. Antony O'Prey	30
11 th March	Omagh 10.00 am - 2.00 pm Venue to be confirmed	Core Issues in Foster Care Session 2 (This training lasts over three sessions all need to be attended) Facilitators; Trust Staff	18
12 th March	10.00 am - 12.30 pm Via Zoom	CSE/SAFEGUARDING (protecting children and young people from child sexual exploitation) Darina Coyle Western Trust	36
12 th March	6.30 pm - 8.30 pm Strabane Enterprise Agency	Neurodiversity - Puberty and what next? The fostering Network	34
13 th March	10.00 am – 11.00 am Via Zoom	Brief Advice for Smoking Cessation Support Facilitator: Health Improvement, Smoking Cessation Team	27
14 th March	10.00 am – 1.00 pm Via Zoom	Interculturalism and Traveller Cultural Awareness Facilitator: Donegal Travellers Project	20
19 th March	Omagh 10.00 am - 2.00 pm Venue to be confirmed	Core Issues in Foster Care Session 3 (This training lasts over three sessions all need to be attended) Facilitators - Trust Staff	18
27 th March	FERMANAGH 11.00 am – 1.00 pm Castlepark Leisure Centre Lisnaskea	Autism Support Café	20
April 2025			
15 th April	Time & Venue TBC	ASCERT - Substance Misuse Awareness	34 - 35
15 th April	7.00 pm - 9.00 pm Strabane Enterprise Centre	Children Moving to Adoptive Placement Foster Carer's Role. Trainers: Western Trust Adoption Team.	38
23 rd April	7.00 pm - 9.00 pm Clooney Hall Centre L'derry	Foetal Alcohol Spectrum Disorder (Parenting Strategies) Facilitator: Alison Armstrong	36

24th April	Time & Venue TBC	ASCERT - Understanding Prenatal Alcohol Exposure and Foetal Alcohol Spectrum Disorders (FASD)	34 - 35
May 2025			
DATE / VENUE TO BE CONFIRMED	ALL DAY	Listen Closely Workshop Workshop for Foster Carers with Teenagers (Antony O'Prey)	
15th May	Time & Venue TBC	ASCERT Level One Adverse Childhood experiences : Developing a Trauma Sensitive Approach to Practice	34 - 35
20 th May	10.00 am - 12.00 noon Zoom	CSE /Safeguarding (protecting children and young people from child sexual exploitation)	36
Date to be confirmed	7.00 pm - 9.00 pm	Sexual Orientation Awareness Training. The Rainbow project.	37
June 2025			
3rd June	6.00 pm – 8.30 pm Online	Ygam Gaming and Gambling Awareness and Harm Prevention: Supporting Children in Care Workshop	36
10 th June	10.00 am - 1.00 pm Destined Building Foyle Rd Derry	Core Issues in Foster Care Session 1 (This training runs over 3 sessions all must be attended)	18
17 th June	10.00 am – 1.00 pm Destined Building Foyle Rd, Derry	Core Issues in Foster Care Session 2	18
12 th June	Time & Venue TBC	ASCERT Level Two: Adverse Childhood Experiences (ACE)	34 - 35
24 th June	10.00 am- 1.00 pm Destined Building Foyle Rd Derry	Core Issues in Foster Care Session 3	18

Mental Health First Aid (2 Day Course)

This course teaches participants how to identify, understand and respond to signs of mental illness and distress. The training gives participants the skills needed to reach out and provide initial help and support. Participants will also receive information on services available to guide a person towards appropriate professional help.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place
9th September

<https://www.eventbrite.co.uk/e/932300775717?aff=oddtcreator>

11th November

<https://www.eventbrite.co.uk/e/862060535267?aff=oddtcreator>

14th January

<https://www.eventbrite.co.uk/e/955405883717?aff=oddtcreator>

26th February

<https://www.eventbrite.co.uk/e/957217923577?aff=oddtcreator>

Facilitator: AWARE and Health Improvement, Equality & Improvement Department (WHSCT)

This course is not suitable for anyone recently bereaved by suicide

Safe TALK

SafeTALK is a certified training programme that prepares identify persons with thoughts of suicide and connect them to suicide first aid resources. This programme will enable participants to identify the signs for risk of suicide, safely ask someone about suicide, listen to someone who is emotional distress and thinking about suicide, increase safety from the risk of suicide and reflection on what is expected within their job or volunteer role.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place
10th September

<https://www.eventbrite.co.uk/e/862101367397?aff=oddtcreator>

9th October

<https://www.eventbrite.co.uk/e/955496264047?aff=oddtcreator>

19th November

<https://www.eventbrite.co.uk/e/957198766277?aff=oddtcreator>

Facilitator: Health Improvement, Equality & Improvement Department (WHSCT)

This course is not suitable for anyone recently bereaved by suicide

Follow Link to book a place or contact Catherine McCool

catherine.mccool@westerntrust.hscni.net

Rural area courses offered. To request this course in a rural area, please email health.improvement@westerntrust.hscni.net

ATIC (Attachment and Trauma Informed Care)

This training will help you gain an understanding of attachment and trauma, helping you think about what this means for the children you care for and the ways in which you do this. This training will provide carers with an insight into attachment theory and the basics of neurodevelopment.

“I truly enjoy the attachment training. I felt it was really intense sometimes, but the breaks and the support around me helped me through the training.

I thought it was great to have the class mixed with SW, FC and FSW, we were able to hear each other's stories and really get to know their journey in a child's life.

I definitely would recommend the course to everyone that has anything to do with LAC. Yes it has changed my way of caring, I stop more and think before I react to the behaviour”.

“I liked learning strategies on how to help with our children's behaviours and why they react the way they do”

Dates & Venue: 10th & 17th October in Conference Room, Omagh
11th & 18th October in Theatre Room, Omagh Enterprise Centre

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.

Date: 11th September 2024 from 10.30 am – 12.30 pm

Venue: Mellon Country Inn, Omagh

Core Issues in Foster Care (Delivered by Sharon McEleney)

Dates: 18th Sept 7.00 pm – 9.00 pm (Derry/Londonderry)

25th Sept Time TBC (Derry/Londonderry)

2nd Oct Time TBC (Derry/Londonderry)

5th March 10.00 am – 12.00 pm Omagh

11th March 10.00 am – 12.00 pm Omagh

19th March 10.00 am- 12.00 pm Omagh

Learning Objectives:

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:

- [Legal Issues and Looked After Children Procedures](#)
- [Impact of Fostering, Safer Caring, Health & Safety, Allegations and Recording](#)
- [Contact Issues, Moving on, Attachment and Permanence](#)



An Introduction to the Income Tax scheme for Foster Carers **££**

Training in-room and online - delivered by Fostering Network

If you are new to fostering, or are unsure how to do a tax return, Fostering Network are pleased to announce their new webinar to help you. Run by the Fostering Network membership team and a fostering tax expert from partners Williams Giles Chartered Accountants, the webinar will cover:

- ❓ 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 book a place on the live sessions go to:

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.

Please note we also regularly hold webinars for our members to explain the requirements to register as self-employed and complete an annual tax return, should any carers wish to avail of this.

Tax and national insurance webinars for members | The Fostering Network

Wednesday 18th September 2024 at 11am - 12pm - is the date for our next free webinar with trained accountants specialising in fostering.

20th September in Strabane 10.00 am – 1.00 pm (if you would like to attend a face-to-face session).

Tax and NI webinars - YouTube We also have all of the previously recorded webinars on Youtube, should carers wish to watch one.

Autism Support Cafés

Autism Support Cafés are for parents and carers of children of all ages and adults who are on their autism journey or awaiting assessment. This is an opportunity for parents & carers to access information on services in a social environment.

Facilitator: Health Improvement, Equality & Involvement Department (WHST)

Dates & locations:

Omagh Leisure Centre, Thursday 19th September 2024, 4.00 pm – 6.00 pm

Roe Valley Leisure Centre, Limavady, Friday 25th October 2024, 11.00 am – 1.00 pm

An Chroí Community Hub, L'derry, Thursday 21st November 2024, 3.00 pm - 6:30 pm

Melvin Sports Complex, Strabane, Thursday 20th February 2025, 11.00 am – 1.00 pm

Castle Park Leisure Centre, Lisnaskea, Thursday 27th March 2025, 11.00 am – 1.00 pm

No need to book the above support cafés, just go along.

Interculturalism and Traveller Cultural Awareness

To increase understanding of Traveller culture, history and heritage and to gain greater knowledge and understanding of the challenges and struggles experienced by Travellers in Irish society.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place

25th September

<https://www.eventbrite.co.uk/e/899915079227?aff=oddtcreator>

16th October

<https://www.eventbrite.co.uk/e/899937054957?aff=oddtcreator>

6th November

<https://www.eventbrite.co.uk/e/899942130137?aff=oddtcreator>

31st Jan

<https://www.eventbrite.co.uk/e/957190772367?aff=oddtcreator>

21st Feb

<https://www.eventbrite.co.uk/e/957195386167?aff=oddtcreator>

14th March

<https://www.eventbrite.co.uk/e/957196419257?aff=oddtcreator>

28th March

<https://www.eventbrite.co.uk/e/957197402197?aff=oddtcreator>

Facilitator: Donegal Travellers Project

Food and Health Essentials

This training is for those who want to know the 'essentials of food and health' and will equip participants with the knowledge, understanding and confidence to deliver up-to-date, evidenced based, key nutrition and food safety messages.

Facilitator: Community Food & Nutrition Team, Health Improvement, Equality & Involvement Department (WHSCT).

Dates:

26th September

8th October

22nd January

Right click on the link and click on 'open hyperlink' for information and to book a place
<https://www.eventbrite.co.uk/e/862051839257?aff=oddtcreator>

Odyssey Parenting Your Teen Programme

A ground-breaking 8 week session course for those parenting young people aged 11-18 years, specifically developed to improve communication and relationships.

Facilitator: Parenting NI via Zoom

Course bookings must be made via Parenting NI by telephoning: 0808 8010 722

Introduction to Positive Intelligence

Positive intelligence is your capacity to manage your thoughts and emotions in a positive way in dealing with life's daily challenges. We can all experience negative thoughts, self-doubts and limiting beliefs that drain our physical and mental energy and hold us back from achieving our potential.

The Positive Intelligence workshop will teach you simple yet highly effective techniques to tame your negative thoughts, activate your positive emotions and make lasting changes.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place
2nd October

<https://www.eventbrite.co.uk/e/954847924847?aff=oddtcreator>

4th March

<https://www.eventbrite.co.uk/e/954851635947?aff=oddtcreator>

Facilitator: Helen Quinn, Life Coach

Food Values

This training aims to enhance knowledge and understanding of key nutrition messages and eating well on a budget. It will equip participants with the skills and confidence to deliver the practical 4 session 'Food Values' programme in a group setting.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place

2nd October

<https://www.eventbrite.co.uk/e/955830202867?aff=oddtcreator>

5th February

<https://www.eventbrite.co.uk/e/964864655157?aff=oddtcreator>

Facilitator: Community Food & Nutrition Team, Health Improvement, Equality & Involvement Department (WHST)

Applicants must have already completed the 'Food and Health Essentials course before enrolling

Bend Don't Break Workshop - Building our Resilience

Central to supporting well-being and resilience are positive thinking skills, support and self-care. This workshop uses the 'Bend Don't Break' self-help guide as a tool for participants to cope with stressful situations and build their own resilience. Participants will be invited to work through the guide at their own pace and the only requirement is that they provide feedback on the benefits of the workshop on their wellbeing.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place

22nd October

<https://www.eventbrite.co.uk/e/952714804627?aff=oddtcreator>

13th November

<https://www.eventbrite.co.uk/e/952716720357?aff=oddtcreator>

7th January

<https://www.eventbrite.co.uk/e/952718465577?aff=oddtcreator>

Via Zoom

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Men who Foster

This training takes place over 2 sessions online

7th & 8th Oct '24 6.30 pm – 8.30 pm

3rd & 4th Feb '25 6.30 pm – 8.30 pm

The aim of this training is to look at the role of the foster carer from a male perspective and will give participants an opportunity to:

- Examine how gender influences the child care role.
- Illustrate the role of men caring for children who have been sexually abused.
- Explore the emotions that working with abused children can arouse.
- Identify ways that male carers can contribute as effectively as possible in looking after the child in their care.



Book a place via Catherine McCool by telephoning 02871 320951 or emailing catherine.mccool@westerntrust.hscni.net

ASIST

(Applied Suicide Intervention Skills Training) 2 day Course

ASIST is an interactive workshop in suicide and first aid. Participants will learn how to prevent suicide by recognising signs, providing a skilled intervention and developing a safety plan to keep someone alive. ASIST is delivered by two knowledgeable, supportive trainers and participants will develop their skills through supervised observation and role-play.

Dates:

Right click on the link and click on 'open hyperlink' for information and to book a place

Wednesday 16th & Thursday 17th October

<https://www.eventbrite.co.uk/e/952708937077?aff=oddtcreator>

Wednesday 4th & Thursday 5th December

<https://www.eventbrite.co.uk/e/952711966137?aff=oddtcreator>

Facilitator: Oak Healthy Living Centre, Lisnaskea

To book a place contact Catherine McCool on 02871 320951 or email:
catherine.mccool@westerntrust.hscni.net

Understanding Self-Harm

This workshop explains the situations that led to self-harming behaviours both in childhood and in adulthood. It is based on 30 years of client work with individuals who self-harm or had survived suicidal behaviours. Clients explain how these circumstances led to experiencing certain feelings that then led to the behaviours. It will examine and discuss the continuum of harm as well as the NICE definition. It also examines the impact of alcohol misuse on this behaviour from the depression aspect and why it is so common in our culture as a way of anaesthetising our feelings.

Date: 17th October 2024

Right click on the link and click on 'open hyperlink' for information and to book a place.

<https://www.eventbrite.co.uk/e/955586142877?aff=oddtcreator>

Facilitator: Conor McCafferty, ZEST

Via Zoom

Self-Compassion: Why the Way We Talk to Ourselves Matters

Participants will be introduced to what self-compassion is, the evidence behind it, how to make the most of it and how to integrate it into their everyday life.

Right click on the link and click on 'open hyperlink' for information and to book a place.

Dates:

Monday 21st October 2024 (10.00 am – 1.00 pm)

<https://www.eventbrite.co.uk/e/955513525677?aff=oddtcreator>

Thursday 21st November 2024 (10.00 am – 1.00 pm)

<https://www.eventbrite.co.uk/e/955526534587?aff=oddtcreator>

Tuesday 4th February 2025 (10.00 am – 1.00 pm)

<https://www.eventbrite.co.uk/e/955538540497?aff=oddtcreator>

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Location: Via Zoom

Digital Safeguarding Core Awareness

The course will focus on the benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children.

The contents will focus on more than just 'e-safety' and will discuss digital safeguarding elements of promotion of digital literacy, critical thinking skills and resilience, prevention of harm and protection strategies when harm has occurred.

Date:

Right click on the link and click on 'open hyperlink' for information and to book a place

22nd October:

<https://www.eventbrite.co.uk/e/952721153617?aff=oddtcreator>

Facilitator: The Western Digital Safeguarding Steering Group Trainers (WHSCT) and Fermanagh & Omagh Policing and Community Safety Partnership (PCSP)

Follow Link to book a place or contact Catherine McCool.

catherine.mccool@westerntrust.hscni.net

Health Literacy Awareness Session

Health literacy is about our knowledge, skills, understanding and confidence to be able to use health and care information and services to make good health decisions. This session aims to increase awareness and improve knowledge and understanding of health literacy. It will increase participants' understanding of the impact of low health literacy and help to improve this by providing various tools and techniques. We all have a role in working together to address health literacy.

Date: Wednesday 23rd October 11am – 12pm

Right click on the link and click on 'open hyperlink' for information and to book a place
<https://www.eventbrite.co.uk/e/952702919077?aff=oddtcreator>

Facilitator: Health Improvement, Equality & Involvement Department (WHSC)
Via Zoom.

Very Brief Advice for Smoking Cessation Support

This short course aims to increase awareness and knowledge of the impact of smoking, the benefits of stopping, the importance of promoting good health and wellbeing and how to support & signpost motivated smokers who want to quit.

Facilitator: Smoking Cessation Team (WHSC)

Right click on the link and click on 'open hyperlink' for information and to book a place
Via Zoom
Dates:

Thursday 24th October 2024 10am-11am

<https://www.eventbrite.co.uk/e/955868447257?aff=oddtcreator>

Thursday 21st November 2024 10am-11am

<https://www.eventbrite.co.uk/e/955878236537?aff=oddtcreator>

Thursday 5th December 2024 10am-11am

<https://www.eventbrite.co.uk/e/957205145357?aff=oddtcreator>

Thursday 23rd January 2025 10am-11am

<https://www.eventbrite.co.uk/e/957206760187?aff=oddtcreator>

Thursday 20th February 2025 10am-11am

<https://www.eventbrite.co.uk/e/957205697007?aff=oddtcreator>

Thursday 13th March 2025 10am-11am

<https://www.eventbrite.co.uk/e/957207923667?aff=oddtcreator>



16+ Team & Awareness

All Looked After Children will transition to the 16+ Team when they are 16 years old, so a social worker from that team will be in touch prior to that birthday. Come along to this awareness session so that you can find out what these changes will mean for yourself as a carer and the young person in your care.

Date: 28th October from 11.00 am – 1.00 pm

Venue: 103 Chapel Road

Facilitator:

What is Childline?

Childline provides support to children and young people online, on the phone, any time. This information session will give an overview of the Childline service – support, information, tools and resources available. This will be of benefit for those working with children and their families. It will also highlight the key themes that children and young people contact Childline about. The session will also give information on the new NSPCC Building Connections (befriending) service for children and young people.

Date: Tuesday 5th November 2024 (10.30 am – 12.00 pm)

Right click on the link and click on 'open hyperlink' for information and to book a place
<https://www.eventbrite.co.uk/e/902214506877?aff=oddtcreator>

Facilitator: NSPCC Childline Via Zoom

Basic First Aid

This informal first aid session will give you the basics of First Aid needed in the initial stages of an emergency. This could mean saving a life! No previous knowledge of first aid needed. You will learn to deal with someone who:

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



Dates: 6th Nov '24 10.30 am – 1.00 pm in St Columb's Park House
22nd Jan '25 10.30 am – 1.00 pm in Omagh Enterprise Centre.

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.

Date: 13th November 2024 10.30 am – 12.30 pm

Venue: Fermanagh House, Enniskillen

Facilitated by: FAA project workers

To book a place contact Catherine McCool on 02871 320951 or email: catherine.mccool@westerntrust.hscni.net



TEEN Coaching Workshops for Foster Carers with Teenagers – delivered by Antony 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.

Antony 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.

Contact Catherine McCool to book a place on 02871 320951 or email

catherine.mccool@westerntrust.hscni.net

Understanding Bereavement with Suicide

The workshop will examine what is suicide, myths about suicide and grief and how you can survive.

Participants will get a greater understanding of suicide, the bereavement process that follows a suicide and how people deal with that.

Right click on the link and click on ‘open hyperlink’ for information and to book a place

Date: 28th November

<https://www.eventbrite.co.uk/e/955551940577?aff=oddtcreator>

Facilitator: Conor McCafferty, ZEST
Via Zoom

Building our Children's Developing Brain

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Target Audience: Individuals with an interest in children's emotional brain development. Those with practitioner backgrounds from statutory, community and voluntary sectors and students in the Western Health and Social Care Trust.

Building Our Children's Developing Brain is about supporting parents and carers to strengthen their children's emotional awareness and self-regulation. The workshop is designed with an early intervention ethos and focuses on how the different parts of a child's brain work together from early childhood through to the teenage years. The session will equip you with a range of tools, simple techniques and practical strategies which you can then use with confidence. Additionally, you will have access to a booklet and page tiger platform which can be shared with families.



Right click on the link and click on 'open hyperlink' for information and to book a place

Dates:

Tuesday 3rd December 10am – 1pm

<https://www.eventbrite.co.uk/e/952695948227?aff=oddtcreator>

Tuesday 21st January 10am – 1pm

<https://www.eventbrite.co.uk/e/952697763657?aff=oddtcreator>

Wednesday 5th March 10am – 1pm

<https://www.eventbrite.co.uk/e/952699167857?aff=oddtcreator>

Nutrition Matters for the Early Years

Via Zoom

Facilitator: HSC Health Improvement Dietitians/Registered Nutritionists

Target audience: Childminders and managers/staff from early year's settings. This course outlines nutrition guidance for feeding children under five in childcare settings. It provides information on nutritional requirements, menu planning, dealing with fussy eating, support to implement a nutrition policy and physical activity guidance.

To book a place contact Childcare Partnerships or by emailing anita.mason@hscni.net

Making our Nervous System Work for us: Using the Polyvagal Theory

Participants will increase learning about our nervous system, the role of the Vagus nerve and the Polyvagal Theory. Using an on-line version of the workbook, it will enable participants to use this material with service users & has exercises to help to improve self-regulation. This work is psycho-education to present information and introduce self-help that is up to the participants how they make use of it.

Right click on the link and click on 'open hyperlink' for information and to book a place

Dates:

Wednesday 11th December 2024 10.00 am – 1.00 pm

<https://www.eventbrite.co.uk/e/955246186057?aff=oddtcreator>

Monday 3rd March 2025 10.00 am – 1.00 pm

<https://www.eventbrite.co.uk/e/955254962307?aff=oddtcreator>

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Understanding Self-Harm With Autism

This workshop defines self-harm from the emotional aspect and also looks at the possible physical and/or medical issues that the person may be communicating.

Right click on the link and click on 'open hyperlink' for information and to book a place.

Dates:

Thursday 12th December 2024 9:30am-12pm

<https://www.eventbrite.co.uk/e/955586142877?aff=oddtcreator>

Thursday 30th January 2025 10am-12:30pm

<https://www.eventbrite.co.uk/e/955674707777?aff=oddtcreator>

Facilitator: Conor McCafferty, ZEST

Location: Via Zoom

Neurodiversity - Puberty and what next?

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

Date: 12th March 2025 from 6.30 pm – 8.30 pm

Venue: Strabane Enterprise Agency, Orchard Industrial Estate, Strabane

Facilitator: Rebecca McCullough (Eden Consultancy)

To book a place contact Catherine McCool on 02871 320951 or email

catherine.mccool@westerntrust.hscni.net

ASCERT – Substance Misuse Awareness

Aim of Course: 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 type of drugs and how they are used. Participants will have information on services available and how to access them.

Course Outcomes: By the end of this course, participants will be able to: Understand the prevalence of drug use in Northern Ireland Identify what a drug is and how to categorise them Name some common drugs, their effects, and methods of use.

To book a place on an ASCERT COURSE contact Jenna Cushley (Training Admin Officer)

08002545123

: training@ascert.biz

Date: 15th April

Venue & Time: TBC

ASCERT – Understanding Prenatal Alcohol Exposure and Foetal Alcohol Spectrum Disorders (FASD)

Aim of Course: This course will equip learners with the knowledge and skills to help prevent FASD, and to more effectively support children and young people living with FASD.

Course Outcomes: By the end of this course, participants will be able to: Understand the facts surrounding prenatal alcohol exposure, explain the difference between Foetal Alcohol Syndrome (FAS) and other Foetal Alcohol Spectrum Disorders (FASD), describe how FASD impacts the individual, identify behaviours seen in FASD children and describe strategies to support children and young people affected by FASD.

Date: 24th April

Venue & Time: TBC

ASCERT – Level Two: Developing a Trauma Sensitive Approach to Practice

Aim of Course: This course from the Safeguarding Board for Northern Ireland will build on learning from ACE awareness sessions and develop skills that promote a trauma sensitive response.

Course Outcomes: By the end of this course, participants will be able to: State key objectives of ACE and trauma sensitive training, enhance their skills and confidence to use a trauma sensitive LENS in order to support and develop resilience for those they work with, identify the impact of secondary and vicarious trauma and Identify ways in which they can support the health and wellbeing of all staff, including volunteers.

Date: 15th May

Venue & Time: TBC

ASCERT – Level One: Adverse Childhood Experiences (ACE) Awareness Training

Aim of Course: This course from the Safeguarding Board for Northern Ireland will raise awareness of the potential impact of ACEs on individuals and communities.

Course Outcomes: By the end of this course, participants will have developed awareness of: ACEs and their potential impact for children and adults across the lifespan, the potential impact of trauma and ACEs on the brain and possible subsequent behaviour, the use of an ACE/trauma sensitive lens, the importance of preventing and mitigating ACEs, appropriate pathways to which staff, volunteers, and service users can be signposted to support their wellbeing.

Date: 12th June
Venue & Time: TBC

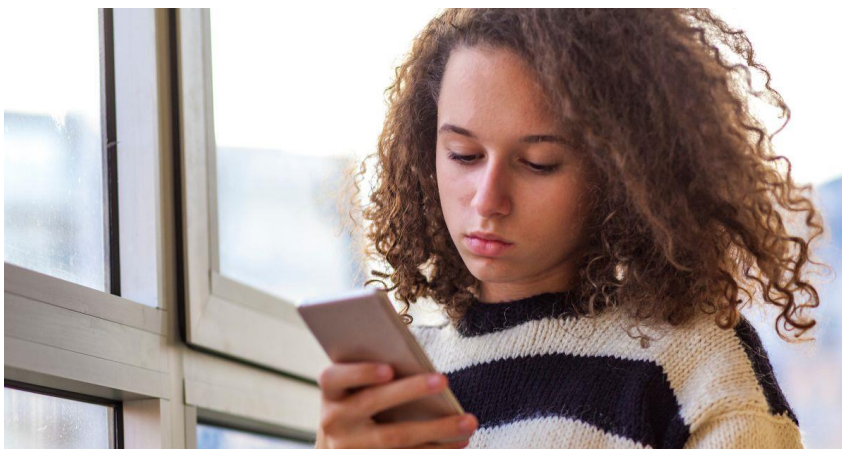
Ygam Gaming and Gambling Awareness and Harm Prevention: Supporting Children in Care workshop

Date: Tuesday 3rd June 2025 (6.00 pm – 8.30 pm)
Facilitators: Shaun Paskin/Claire Patel TBC
Online: To book a place, email clairepatel@ygam.org or shaunapaskin@ygam.org

Safeguarding Children from CSE (Child Sexual Exploitation)

The learning objectives of this course are to alert foster carers to the very worrying issue of increasing child sexual exploitation a growing problem in our society. The training will cover:

- What is CSE?
- Indicators and worrying sign.
- The grooming process.
- Impact of CSE on the child.
- The carer's role in protecting against CSE.



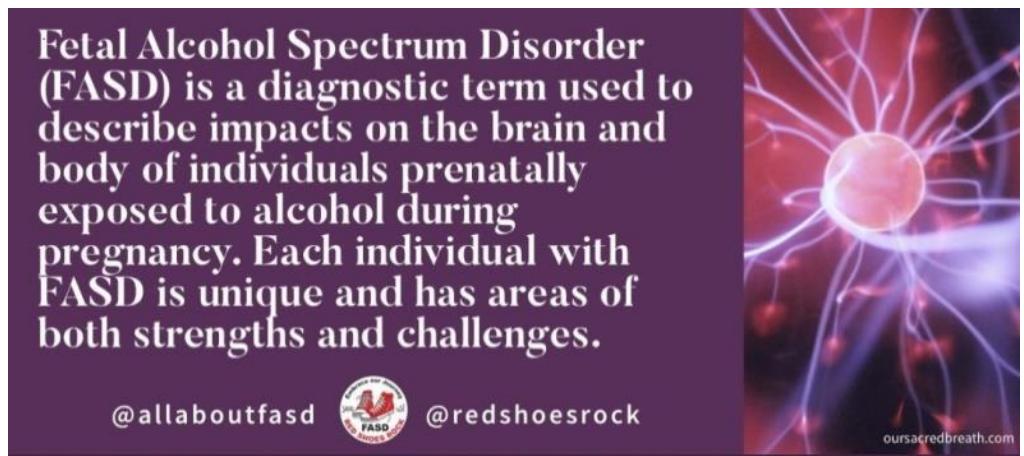
Date: 12th March (10.00 am – 12.00 mid-day)

Facilitator: Dairine Coyle


Zoom Link will be forwarded nearer the time.

Foetal Alcohol Spectrum Disorder (Parenting Strategies)

- 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.
- Strategies in supporting a child with Foetal Alcohol Syndrome and Foetal Alcohol Syndrome Disorder.



Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol during pregnancy. Each individual with FASD is unique and has areas of both strengths and challenges.

@allaboutfasd  @redshoesrock

oursacredbreath.com

Date: 23rd April '25 7.00 pm – 9.00 pm in Clooney Hall Centre, L'derry

Facilitator: Alison Armstrong

Contact Catherine McCool to book a place on 02871 320951 or email

catherine.mccool@westerntrust.hscni.net

Sexual Orientation and gender identity awareness

An awareness session looking at the specific issues related to gender identity and gender dysphoria, clarity on appropriate language and language and an opportunity to have your questions answered. Delivered by Rainbow

Date and Venue to be confirmed.

Adoption Transitions

A workshop aimed at foster carers who will be taking part in the transition from foster care to an adoptive placement. Aim is to provide practical information and advice on how to handle the transition making it as positive as possible for both child and carers. Foster carers play such a vital role in moving children to their forever families it's crucial to get transitions right from the start in order to give the child the best opportunity to settle into their new home and recover from past experience.

Date: 15th April '25 7.00 pm – 9.00 pm in Strabane Enterprise Centre

Understanding Autistic and Neurodivergent Children's Behaviour & Supporting Behaviour

All behaviour is a form of communication. As adults we have to be the detectives to understand what is going on behind the behaviour. During this training we will be exploring what behaviour is, what might be going on behind the behaviour and how we best support our children and young people during the tricky moments.

Facilitated by Rebecca McCulloough from Eden Consultancy

Date: 14th November '24 10.00 am – 12.00 noon

Sexual Health Matters

This sessions aims to raise awareness about Sexual Health for those who are in a position to signpost to services. You will learn about what the Sexual Health and HIV Service provides and how to access the service. You will learn about the most common Sexually Transmitted Infections, testing and treatment.

Facilitator: WHSCT Sexual Health and HIV Service

Location: Via Zoom

Date: Thursday 13th February 2025 10.00 am - 11.00 am

Right click on the link and click on 'open hyperlink' for information and to book a place.

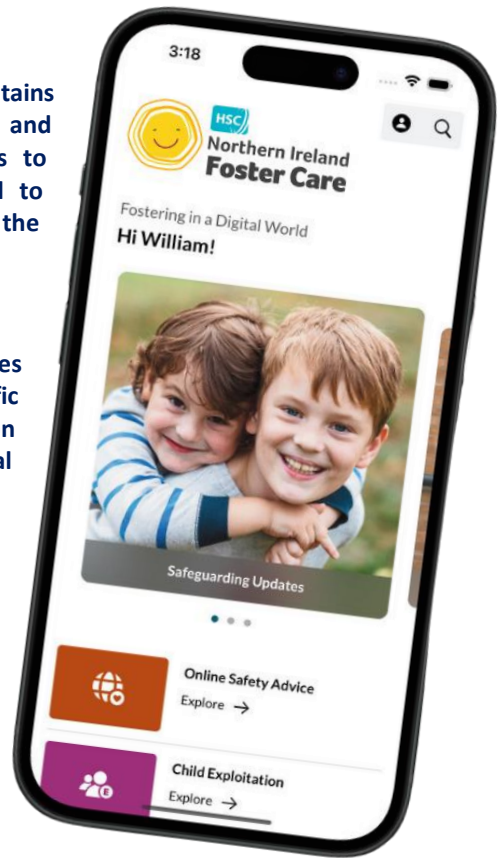
<https://www.eventbrite.co.uk/e/955864645887?aff=oddtcreator>

Fostering in a digital world App/New update available soon.

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 Training Certificate for the 'Need to Know Section'.

The app allows users to see a range of activities and updates and you can log in to access specific advice and functions that provide guidance on how to navigate safely through the digital environment.

IF YOU HAVEN'T ALREADY DONE SO PLEASE DOWNLOAD THE APP WHICH HAS LOTS OF VITAL INFORMATION ON SAFEGUARDING CHILDREN/ CHILD SEXUAL EXPLOITATION AND INTERNET SAFETY. IT'S AN INTERNET SAFETY GUIDE THAT CAN FIT INTO YOUR POCKET DOWNLOAD IT ON GOOGLE OR APPLE APP STORES.



Resilience, The Child and the Role of the Foster Carer - A practical conversation looking through the lens of trauma, regulation and success

This workshop will explore our ability to thrive or struggle in situations of adversity. We will look at the many aspects of building and developing resilience and how this supports the child and home. We will also practically explore the role of resilience and how it is affected by trauma and adverse childhood experiences. The focus being how this leads to regulation and children, young people and families experiencing success as they journey.

This workshop will be facilitated by Rob Ng-Yu-Tin of FAA who has 18 years' experience working in South Africa during the HIV pandemic in orphan care and a further 12 years social work experience in Northern Ireland and England.

Date: 5th March '24 10.30 am – 12.30 pm, In Clooney Hall, L'derry
Facilitated by: The Fostering Network

Online Training Menu – Regional 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/>

Child Abuse & Neglect

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

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

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

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

Menu of Online Training & Resources

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

Public Health Dietitians YouTube channel is now live

This YouTube channel brings the healthy eating and nutrition expertise of dietitians to the palms of the hands of people in Northern Ireland. The 'Public Health Dietitians' channel is a partnership between the Public Health Dietitians Group (PHDG) Northern Ireland and the Public Health Agency (PHA).

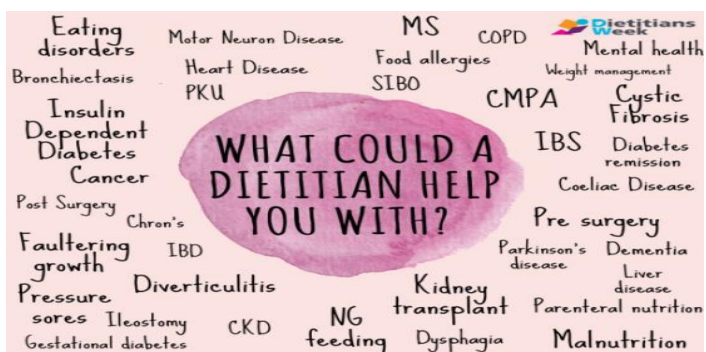
The online outlet hosts videos of all things nutrition, from healthy recipes to webinars with advice on nutrition for all stages of life. Dr Hannah Dearie, Senior Officer for Health and Social Wellbeing Improvement with PHA said:

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

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

www.youtube.com/channel/UC_-f5E0ehqIR3z-cQdUvkCQ

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



VOYPIC Advocacy and participation

We provide an independent advocacy service for children in care and care leavers on behalf of the Health and Social Care Board (HSCB). An advocate is someone with specialist training and experience who makes sure your voice, views and experiences are heard by those making decisions about your care.

Our advocates will listen to young people, help them find out about their rights in care and will make sure their voice is heard in care planning and decision making.

We help connect young people with other young people with a lived experience of care. We host regular groups, participation forums and activities that help build self-confidence and personal skills, whilst making new connections and friends.

Our participation programmes help young people find their voice and set their own agenda for change!

If you would like to get involved in activities in your area, contact your local VOYPIC office. <https://www.voypic.org/contact-us/>

Nutrition and Health

Why don't you take a look at the new YouTube channel set to bring the healthy eating and nutrition expertise of dietitians to the palms of the hands of people in Northern Ireland. Made in cooperation with public health dietitians and health and social care trusts. You will find lots of videos of all things nutritional from healthy recipes to advice on nutrition for all stages and ages, whether it's providing top tips for introducing solids to your baby or offering more insight into how food can affect our mood and health.

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

The new YouTube channel is free and available to access at any time. Subscribe to the “Public Health Dietitians” channel on YouTube at www.youtube.com/channel/UC_-f5E0ehqIR3z-cQdUvkCQ



Health Promotion Training

Please go to the link below and open hyperlink for lots of training that you may find valuable offered to all individuals living and working in the Western Trust.

<https://westerntrust.pagetiger.com/training-sept-dec22/1>

Further Supports regarding Grooming/On-line Abuse Information on NSPCC Learning

[Responding to online abuse | NSPCC Learning](#)

[Grooming: recognising the signs | NSPCC Learning](#)

[Protecting children from sexual exploitation | NSPCC Learning](#)

[Online harms: protecting children and young people | NSPCC Learning](#)

[Looked after children | NSPCC Learning](#)

[Promoting the wellbeing of children in care: messages from research \(nspcc.org.uk\)](#)

Information on NSPCC

[Child Sexual Exploitation & How to Keep Your Child Safe | NSPCC](#)

Information on Childline

[Grooming and online grooming | Childline](#)

NI Chest Heart and Stroke- Vaping Information

To find out more please visit:

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

Where you can also watch Northern Ireland Chest Heart and Stroke Vaping Online Advice Session.

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

SUPPORT GROUPS

We have now set up support groups in each sector of the Trust so that you can get an opportunity to connect to other carers both kinship and mainstream giving you an opportunity to meet up on a regular basis to share concerns have questions answered and to mingle and forge supportive relationships with others who have similar topics in common. There you can meet up with experienced carers who have in depth knowledge

and experience and the group will be facilitated by a social worker from the fostering team. All carers are very welcome regardless of what stage you are at on your fostering journey and the sessions will be informal and confidential.

Fostering Connections in the West

A regular newsletter is now available to all carers with updates on what is happening locally for foster carers. This newsletter is designed and produced by foster carers.

It has proven so much more beneficial to contact carers by email and text so can you please let us know of any changes to your email address or telephone number so that we can keep our database updated.

I'm looking forward to meeting you all at training, in the meantime please do not hesitate to contact me on the number below or speak to your supervising social worker with any training queries.

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