



Northern Ireland
Foster Care

Northern Trust Foster Carer Learning and Development Training Schedule

September 2025 - June 2026

**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 2025





Basic First Aid

This face to face training will be delivered by Blay Training.

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

Dates	Times
9 September 2025	10:00am – 12:30pm
19 March 2026	10:00am – 12:30pm

Venue : Tower Room, All Saints Parish Centre, Ballymena.





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Recording training

Delivered online by Marie McTaggart.

- 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.

Dates	Times
6 November 2025	10:00am – 11:00am
12 February 2026	7:00pm – 8:30pm
7 May 2026	10.00am – 11.30am
18 June 2026	7:00pm – 8:30pm



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Safeguarding Training

Delivered online by Marie McTaggart.

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

Dates	Times
30 September 2025	7:00pm – 8:30pm
3 December 2025	10:00am – 11:30pm
10 March 2026	7:00pm – 8:30pm
10 June 2026	10:00am – 11:30am

Teen Coaching

This training will be delivered online.

Anthony O'Prey is founder of TEEN coaching and has 25 years of working therapeutically with young people. This course is delivered online in 2 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.

P.A.U.S.E.

Date	Time
22 November 2025	9:30am – 4:30pm

C.A.L.M.

Date	Time
7 March 2026	9:30am – 4:30pm



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Child Sexual Abuse training

Delivered online by Marie McTaggart.

Marie 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 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.

Dates	Times
21 October 2024	10:00am – 12:00noon
20 May 2026	10:00am – 12:00noon

Foster carer:
Very informative and
useful

Foster carer:
Excellent course,
really relevant



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Child sexual abuse in children with disabilities

Delivered online by Marie McTaggart.

Marie 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 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.

Dates	Times
13 January 2026	10:00am – 12:00noon
2 April 2026	10:00am – 12:00noon

Foster carer:
Has made me more
aware...

Foster carer:
Interesting training,
learnt a lot



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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 face to face 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.

Date	Time
19 February 2026 Venue: Ballymoney Health Centre	10:00am-1:00pm
14 May 2026 Venue: Antrim Library	10:00am-1:00pm



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GEMS Training

This online training will be co-delivered by Marie McTaggart and a Social Work Lead from the 16+ Team.

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.

Date	Time
15 January 2026	10:30am – 12:30pm



Supporting Neurodivergence

This workshop will be facilitated by Clare, a Fostering Attainment and Achievement project worker.

Neurodivergence is a wide area 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.

Date	Time
2 October 2025 Venue: Holiday Inn Express, Antrim	10:30am – 1:30pm



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 15 years.

Date	Time
22 January 2026 Venue: Holiday Inn Express, Antrim	10:30am – 1:30pm



Men who Foster

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.

Date	Time
Sept 29 & 30	6.30 – 8.30.
June 26 & 27	6.30 – 8.30.



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.

Date	Time
26 November 2025 Venue: Compass, Lislagan Farm, Ballymoney	10:30am – 12:30pm



Brain Skills for Life and Learning

In this workshop foster and kinship carers will discover what brain (executive function – 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.

Date	Time
4 March 2026 Venue: Compass, Lislagen Farm, Ballymoney	10:30am-12:30pm



Lunch and Learn (dates and times TBC)

Fostering Network are offering foster carers an opportunity to journey with us for five 45-minute lunch and learn online sessions.

They will be facilitated by Clare, a Fostering Attainment and Achievement project worker

1. Girls and autism – Society's understanding of autism in girls has been limited by outdated stereotypes and incorrect assumptions. In this session we will address such myths and embrace the identification of autism in girls. Many had been missed or misdiagnosed due to outdated stereotypes about autism.
2. Puberty – Puberty can be challenging for all children, but it's especially hard on neurodivergent children. We will highlight best practice to support neurodivergent children during this transition.
3. Masking – We will look at the role and implications of masking for autistic young people. Highlighting the importance of identity, authentic self-worth and autistic pride.
4. Autism and Eating Differences – Understanding autism, sensory processing, eating difficulties, food related anxiety & how we can support.
5. Autistic Communication – Social skills are a constructed form of communication. we will explore an alternative to neuro-confirmative social skills that will support Neuro-Divergent natural way to thinking, learning and being.



Helping young people become safer online - understanding the built-in parental controls on laptops / iPads

As part of your understanding of safer caring we will look at parental controls on laptops and iPads.

During this half day workshop, we will discuss the benefits of setting parental controls, but also how this fits together with the wider picture of how to help young people stay safe online. We will get 'hands-on' with what the built-in parental control features are available on Microsoft Windows laptops and Apple iPads. We will show you how these controls are accessed and set, as well as discussing what effects these settings may have. The workshop is accessible for all foster and kinship carers.

Note - instructions are sent out with all devices from Fostering Attainment and Achievement

This workshop will be delivered by Fostering Attainment and Achievement project workers. Craig and James have a collective 30 years' experience working with young people and journeying conversations about health, safety and care.

Date	Time
8 December 2025	10:00am – 1:00pm
Venue: CAN, 32 Lislagan Road, Ballymoney, BT53 7DD	



Supporting young people with GCSE choices (online)

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

This workshop will be delivered by Nuala Fitzpatrick, Fostering Attainment and Achievement project worker.

Date	Time
13 January 2026	10:00am – 10:30am



Supporting Young People's choices in education (post 16) (online)

This webinar aims to assist foster carers in helping young people make choices when they finish compulsory schooling. We will look at how to support young people in different settings: full-time and part-time education; training; employment; other programmes and routes to university.

This workshop will be delivered by Nuala Fitzpatrick, Fostering Attainment and Achievement project worker.

Date	Time
15 January 2026	10:00am – 10:30am



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ACE and Trauma - Informed Practice Training

Trauma - an event or series of events that cause significant emotional and psychological distress. This can result in on an individual's wellbeing and their emotional, social and cognitive functioning.

Delivered online by Marie McTaggart.

- 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.

Foster carer:

I did this training a second time after a new child was placed and found it really helpful.

Dates	Time
2 October 2025	10:00am – 1:00pm
11 February 2026	10:00am – 1:00pm
03 June 2026	10:00am – 1:00pm

Foster carer:

Now I understand why my child behaves the way she does



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.

Ascertain 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!



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

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

<https://training.ascert.biz/courses/level-one-adverse-childhood-experiences-ace-awareness-e-learning-programme/>

The aim of this L1 module is to raise awareness of the potential impact of Adverse Childhood Experiences (ACEs) on individuals and communities across the lifespan, the importance of preventing ACEs and how we can mitigate against them.

Level Two Developing Trauma Sensitive Approaches E-Learn Programme (Course):

<https://training.ascert.biz/courses/level-two-developing-trauma-sensitive-approaches-to-practice-training-e-learn-programme/>

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

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

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

Duration: Approximately 40 minutes for both courses.



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.

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

Dates	Times
17 September 2025	10:30am – 12:30pm
29 April 2026	10:30am – 12:30pm

NSPCC

The NSPCCs 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](#)



NSPCC PANTS

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

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 private

A – Always remember your body belongs to you

N – No means no

T – Talk about secrets that upset you

Dates	Times
20 November 2025	11:30am – 12:30pm
16 February 2026	7:00pm – 8:00pm
30 April 2026	10:00am – 11:00am





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Pornography Awareness Training

This online training will be delivered by the Making Changes Team in the Northern Trust.

The Making Changes Project is a specialist therapeutic service within the NHSCT. The aim of the service is to assess and intervene with children/young people 10-18 years, and when required their family/carers, where there are concerns that the child/young person has engaged in harmful sexual behaviour, in person or online.

This awareness training will aim:

- To navigate an understanding of pornography, including the risks involved and safeguarding as a carer
- Defining pornography
- Pornography and the Law
- Facts and Figures
- Why do people use pornography
- Finding a way forward in an ever changing landscape

Dates	Times
11 November 2025 Venue: Ballymoney Health Centre (TBC)	10:30am -12:30pm
17 November 2025 Venue: Fern House, Antrim Area Hospital	10:30am – 12:30pm

The Role of the Children's Court Guardian in the Courts

Delivered online by Marie McTaggart with guest speaker, Paula O' Brien who is a Children's Court Guardian with 25 years' experience.

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.

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.

Date	Time
2 December 2025	10:30am – 11:30am



ASD 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
4 February 2026	10:00am – 12:30pm



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Children's Learning Disability Therapeutic Resources

The Northern Trust Children's Learning Disability Therapeutic Service has created videos and podcasts to support parents and carers in caring for a child with a learning disability.

These resources provide practical strategies and information on transitions, teaching new skills, structuring the home environment and visual supports for communication.

To access go to:

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

Other Helpful Websites

- Autism NI Resources
- Middletown Centre for Autism
- ISP Fostering Therapeutically www.ispfostering.org.uk
- www.twinkl.co.uk





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

Date	Time
24 February 2026	10:00am – 12:30pm



Signs of Safety **(online training session)**

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.

Dates	Times
19 November 2025	11:00am and 7:00pm
11 March 2026	7:00pm



YGAM Training Risks for Children in Gaming and Online

Upon completion of the online 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.

Dates	Times
21 January 2026	10:30am – 1:30pm
03 June 2026	6:30pm – 8:30pm



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Foundation for Attachments

This will be delivered online by the TTLAC Team and referrals should be made directly by social workers to the TTLAC Team.

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

Date	Time
TBC	TBC

These courses will occur three times a year – dates are to be confirmed.



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Core Issues in Fostering - (Kinship Foster Care)

Delivered online by Marie McTaggart.

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

Dates	Times
9 December 2025	10:00am – 1:00pm
12 May 2026	10:00am – 1:00pm



**Northern Ireland
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Core Issues in Fostering (Non-Kinship Foster Care)

Delivered online by Marie McTaggart.

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.

Dates	Times
11 September 2025	10:00am – 1:00pm
16 April 2026	10:00am – 1:00pm



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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/>



Income Tax Scheme for Foster Carers Webinar

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

Webinar content:

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

To watch a previously recorded webinar go to:

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

Fosterline NI: Advice and Information Service

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

We are open from 9.30am - 1.30pm, Monday to Friday (excluding Bank Holidays)

Call us on 028 9164 1152

Email us on fosterlineni@fostering.net



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Fostering in a Digital World App

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

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’.



“

Foster Carer

I have already learnt several things in the first 10mins of using it! It will be so useful to me on a daily basis. The info on social media & the safety centre are absolutely brilliant.

“

Foster Carer

I love this app! I have been flicking through it this afternoon. It's brilliant to have all the info handy in one place! I love the training booklet & support group info there too!

“

Foster Carer

There was so much info on social media which I wasn't aware of. I feel much more confident in keeping the young people I care for safer.



Love your body, love yourself, #lovehealth

[Health For Teens | Everything you wanted to know about health](#)



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Mental health with young people

New Youth Mental Health Podcast

Scanning the QR code below or by visiting our website by typing in *NHSCT* and *CAMHS* into a search engine:



Youth Mental Health with the
Northern Trust

Northern Health and Social Care Trust



Scan here



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



Department of
Health

Online Stress Control Class

If you're feeling overwhelmed by stress, you're not alone.

Stress is a very common issue, often involving anxiety, depression, panic, sleep problems, low wellbeing, and low self-esteem. It's a normal response to life's pressures, and most of us will experience it at some point. Stress Control can help you fight back against stress, boost your wellbeing, and regain control of your life.

To find out more about Stress Control visit:

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

YOU DO NOT NEED TO REGISTER OR LOG-IN!

Stream/download the booklets and relaxation that can be found, free-of-charge, in the Free zone below. If you can, please read, and start work on, the four 'Preparing for the Course' booklets before the first session.

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

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

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

Please subscribe to the YouTube page for session notifications.

https://www.youtube.com/channel/UCdCfzKgmXbB30baWLv6L5-g?view_as=subscriber



Parentline NI 0808 8020 400

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

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

All calls are answered by a dedicated and professional team of Parent Support Officers, who wholeheartedly believe in the importance of parenting. Parent Support Officers are prepared to expect questions on a huge range of issues.

There are no silly questions when it comes to parenting!

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

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

What Can I Expect From A Call?

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



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Building our Children's Developing Brain (webinars developed by South Eastern Trust)

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

Helping our children deal with their big feelings is a challenge for any parent or carer. Research shows that when children learn self-regulation skills, they are forming pathways in their brains that increase their ability to manage stress in the future. The Autism Team, Health Development and Staff Support in the South Eastern Health and Social Care Trust have joined up to produce a series of webinars going through the booklet and skills pack Building Our Children's Developing Brain.

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

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

To Access Webinars & Self-help Tool please go to

<https://view.pagetiger.com/selfcareforfamilies>

If you are thriving, what are you doing to maintain your wellbeing? What if you are surviving or struggling? How do you focus on your well-being? These may help: Online work you can do at your own pace.

Do you tend to overthink things
and see the bad before the
good?

Does your nervous
system work against
you rather than for
you?

Do you over criticize yourself
with mistakes and put yourself
down?

As a parent, do meltdowns from your children
exhaust you?

ASCERT, and the South Eastern Social Care Trust have created 4 on-line self-help resources with workbooks that can be downloaded with visual clips that guides the viewer through the workbooks at their own pace. They are all free and confidential.

Self-Compassion to Improve Wellbeing and Support Growth

<https://www.ascert.biz/self-compassion/>



Bend Don't Break: Low intensity CBT based self-help to support resilience

<https://www.ascert.biz/bend-dont-break/>



Using the Polyvagal Theory to Support Well-being

<https://www.ascert.biz/polyvagal-theory/>



Building our Children's Developing Brain for parents to help build their children's emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



If you make any use of the written copies of the workbooks or on-line version, your feedback will be invaluable.. Each of the on-line links have an evaluation/feedback tab which is completely anonymous. Let us know if any of these tools are helpful. Thanks



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
- Poisoning
- Treating falls
- Road safety
- Water safety
- Fire safety

Child Accident Prevention Trust | A safer world for all our children
(capt.org.uk)



New podcast: Trauma in Children

- What parents need to know
- Feelings & behaviour
- What helps recovery
- How to stop the cycle of trauma within families

Spotify: <https://t.co/lnFQpPLPcb>

Apple: <https://t.co/YPaTlySI0g>

Google: <https://t.co/CPQX0CE1IW>

<https://t.co/s1EnUaR9po>

(<https://twitter.com/NHSCTrust/status/1519745942014078979?t=q00JW7GttRgG5OpNkDo2zA&s=03>)

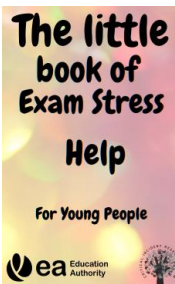
WE HAVE SOMETHING TO...



SAY Project

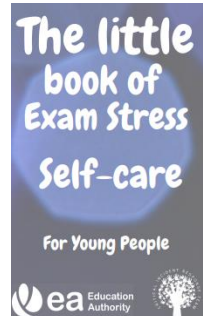
New website aimed at helping children and young people to learn about healthy relationships

<https://www.sayni.org.uk/>



This little book from EA is aimed to help you through your exam stress with revision tips, self care tips, useful links to support and lots more – download at

<https://cypsp.hscni.net/youth-wellness-web/school-age-11-15/>





Regional Emergency Social Work Service (RESWS)

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

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

People in crisis include:

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

Service availability

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

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

What situations are treated as an emergency?

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

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



Please remember to inform your Supervising Social Worker when you complete any training courses in order to have your learning and development rec updated.