

Foster Carer Learning & Development Training Schedule



South Eastern Area
September 2025 - June 2026

Give a child a **brighter** future

0800 0720 137

adoptionandfostercare.hscni.net



Welcome to your Learning and Development Training Schedule for **September 2025-June 2026**

Training courses and workshops will continue to include in person and virtual online sessions.

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

FosterCare.Training@setrust.hscni.net

Laura Rice
and
Craig Douglas

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**Please note by booking your place on training you are giving permission
for your email address to be shared with the External Trainers**

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• Adverse Childhood Experiences Awareness E-Learning	
• NSPCC Learning Resources	
• Wellbeing Resources (Ed Sipler)	

Things to look out for:

- Henry - Healthy Start Brighter Future
- Income Tax Scheme - Webinars for Foster Carers
- Fostering in a Digital World Safeguarding App
- Foster Carer Support Groups

Trauma, Attachment and Therapeutic Approaches

A trauma informed approach is a way of increasing our understanding of trauma and its impact by supporting the development of skills and knowledge. It also recognises the correlation between trauma and poorer outcomes, which might be the direct impact of the trauma, the impact on coping responses, or the impact of the trauma on a person's relationships with others.

Our Foster Carer Learning, Development and Training programme has been developed for many years with a trauma informed focus. We are continuing to progress this further in line with the introduction of the ***Northern Ireland Framework for Integrated Therapeutic Care*** (NIFITC).

Our trauma, attachment and therapeutic informed focus is evident in our Foster Carer Learning, Development and Training schedule as well as our Online Training Pathway, Fostering in a Digital World App & our Therapeutic Resource Hub.

Within our Fostering Community, we recognise not only the importance of understanding trauma but also the importance of support, healing and building resilience through shared learning experiences.

*“Trauma is one possible response to adversity. A traumatic event can be an experience, series of experiences, or circumstances but **resilience is possible with timely support.**”* (Frameworks UK THE Story, Change the World).

A selection of our Trauma, Attachment and Therapeutically informed training options can be found on the next page.

Trauma, Attachment and Therapeutic Training



Adversity, Trauma and Resilience Awareness-Why Parent Therapeutically?
Narrative Training-Therapeutic Parenting Strategies- Understanding why
Children might Lie- Foundations for Attachment



Teen Coaching- The 4 R's Workshop (Regulate, Relate, Reason, Repair)-
Living with Teenagers- Buidling our Children's Developing Brain- Resilience-
Therapeutic Crisis Intervention for Families (TCIF)



Helping Children to Self-Regulate- Sensory Workshop- Infant Mental Health-
Solihull Approach- Help Kids Talk

Training Themes



Foster Carer Therapeutic Resources



In 2023-2024 we secured funding to purchase resources to help support you as Foster Carers in your role. We are delighted to advise that in addition to the resources stored at Grove Resource Hub we have now been able to add more to the collection and have provided copies of the resources to the Bangor and Lisburn offices. We hope this makes the resources more accessible to all carers across the South Eastern Trust.

All resources purchased were recommended by our foster carers, supervising social workers, support workers and the SET Scaffold Team.

The aim is for everyone in the Fostering Community to use these resources to enable us to further support our children through the Trauma Informed Lens and to continue to develop Trauma, Attachment and Therapeutically informed practice.

Please discuss accessing the resources with your Supervising Social Worker.



Foster Carer Recruitment

A big thank you to everyone who has given their time and energy over the past year to support our foster carer recruitment efforts. Whether you've contributed by making videos, sharing your personal stories, encouraging friends to consider fostering, or attending events—you've made a real difference and we really appreciate it.

If you have ideas for potential events or venues where we could raise awareness—such as churches, community clubs, workplaces, voluntary organisations, or other family-friendly spaces—please don't hesitate to reach out. We can supply posters, leaflets, and other promotional materials to support these efforts.

Thank you again for your continued commitment and support. Together, we can create brighter futures for so many children.

Craig Douglas Recruitment and Training Co-ordinator

✉ Craig.douglas@setrust.hscni.net ☎ 07525 898216



Fostering Family Fun Day

Another huge thank you to everyone who joined us at Crawfordsburn Country Park for our Family Fun Day during this year's Foster Care Fortnight. It was a fantastic day filled with sunshine, smiles, and special memories, and it was wonderful to see so many carers and children enjoying themselves together.

We're already looking forward to next year's event in May, so keep an eye out for the date! If you have any suggestions or ideas for activities, we'd love to hear from you!!



New Courses for September 2025-2026

Solihull
Awareness

Makaton Taster
Session

Getting Started;
Preparing to
Welcome a New Child
into Your Home

Cothu;
Neurodiversity
Training

Play, Feel, Heal-
The Power of
Messy Play

Infant Mental
Health

Understanding
Vaping and
Spice

Have a look at some of our new courses and workshops available to book now.

FosterCare.Training@setrust.hscni.net



Training Calendar 2025-2026

September 2025				
Date	Training Course	Page	Location	Time
Mon 01-09-25	Domestic Abuse-Awareness Session (Limited to 6 places)	22	Londonderry Park, Newtownards	9.30am-1pm
Tue 16-09-25	Solihull Awareness Training (Session 1)	23	Grove, Ballynahinch	10am-2pm
Wed 17-09-25	Understanding Why Children Might Lie	24	Zoom	10.30am-11.30am
Tue 23-09-25	Building Self Confidence (FAA)	27	T3 Conference Centre, Lisburn	6pm-8pm
Thurs 25-09-25	Paediatric First Aid Awareness	30	Lagan Valley Vineyard Church	10am-12pm
Mon 29-09-25	Men Who Foster (Session 1)	31	Zoom	6.30pm-8.30pm
Tue 30-09-25	Solihull Awareness Training (Session 2)	23	Grove, Ballynahinch	10am-2pm

Date	Training Course	Page	Location	Time
Tue 30-09-25	Men Who Foster (Session 2)	31	Zoom	6.30pm- 8.30pm
October 2025				
Thurs 02-10-25	Core Issues for Kinship Foster Carers (Session 1)	32	Zoom	10am- 12.30pm
Tue 07-10-25	Safeguarding Children Level 2	33	Grove, Ballynahinch	10am- 1pm
Wed 08-10-25	Help Kids Talk (Basic Awareness Session)	34	Grove, Ballynahinch	10am- 11am
Wed 08-10-25	Foundations For Attachments (SET Scaffold) (Session 1)	26	Hilden Resource Centre Lisburn	10am- 12.30pm
Thurs 09-10-25	Core Issues for Kinship Foster Carers (Session 2)	32	Grove, Ballynahinch	10am- 12.30pm
Thurs 09-10-25	Self-Compassion for Foster Carers	35	Zoom	6.30pm- 8.30pm

Date	Training Course	Page	Location	Time
Tue 14-10-25	Fostering in a Digital World Safeguarding App Workshop	36	Grove, Ballynahinch	10am-12am
Wed 15-10-25	Foundations For Attachments (SET Scaffold) (Session 2)	26	Hilden Resource Centre Lisburn	10am-12.30pm
Thurs 16-10-25	Self-Harm Awareness (ASCERT)	37	Zoom	10am-1pm
Tue 21-10-25	Solihull Awareness Training (Session 3)	23	Grove, Ballynahinch	10.30am-12pm
Tue 21-10-25	Living with Teenagers	39	Zoom	6.30pm-8.30pm
Wed 22-10-25	Foundations For Attachments (SET Scaffold) (Session 3)	26	Hilden Resource Centre Lisburn	10am-12.30pm
Thurs 23-10-25	Help Kids Talk (Level 1)	34	Grove, Ballynahinch	10am-12pm
Mid-term School Holidays				

November 2025

Date	Training Course	Page	Location	Time
Tue 04-11-25	Infant Mental Health Training	40	Grove, Ballynahinch	10am-12.30pm
Wed 05-11-25	Foundations For Attachments (SET Scaffold) (Session 4)	26	Hilden Resource Centre Lisburn	10am-12.30pm
Wed 05-11-25	Getting Started; Preparing to Welcome a New Child into your Home	41	Grove, Ballynahinch	10am-12pm
Thurs 06-11-25	Cothu Neurodiversity Training (Session 1)	28	T3 Conference Centre, Lisburn	10am-12.30pm
Tue 11-11-25	Core Issues for Non-Kinship Foster Carers (Session 1)	32	Zoom	10am-12.30pm
Wed 12-11-25	Foetal Alcohol Spectrum Disorder Awareness (ASCERT)	37	Zoom	10am-1pm
Wed 12-11-25	Building our Children's Developing Brain	42	Zoom	6.30pm-8.30pm

Date	Training Course	Page	Location	Time
Thurs 13-11-25	Cothu Neurodiversity Training (Session 2)	28	T3 Conference Centre, Lisburn	10am-12.30pm
Tue 18-11-25	Core Issues for Non-Kinship Foster Carers (Session 2)	32	Grove, Ballynahinch	10am-12.30pm
Tue 18-11-25	Helping Children to Self-Regulate (Awareness Session)	43	Grove, Ballynahinch	6pm-8pm
Wed 19-11-25	Makaton Taster Workshop	44	Zoom	10am-12pm
Wed 19-11-25	Therapeutic Crisis Intervention for Families (TCIF Refresher)	45	Zoom	6.30pm–8.30pm
Thurs 20-11-25	Cothu Neurodiversity Training (Session 3)	28	T3 Conference Centre, Lisburn	10am-12.30pm
Thurs 20-11-25	NSPCC Talk PANTS Awareness Session	46	MS Teams	11.30am-12.30pm

Date	Training Course	Page	Location	Time
Sat 22-11-25	P.A.U.S.E (Teen Coaching: Part 1)	47	Zoom	9.30am-4.30pm
Tue 25-11-25	Narrative Awareness Training	24	Grove, Ballynahinch	10am-1pm
Wed 26-11-25	Basic Paediatric First Aid Awareness	30	Zoom	6.30pm-8.30pm
Thurs 27-11-25	Making the Move – From Foster Care to Adoption	48	Grove, Ballynahinch	10am-1pm
December 2025				
Wed 03-12-25	Helping Young People become Safer Online - Understanding the built-in Parental Controls on Laptops	49	T3 Conference Centre, Lisburn	10am-2pm
Thurs 04-12-25	LGBTQIA+ Awareness Training	50	Zoom	10am-12.30pm
Tue 09-12-25	Resilience: what it is and how to strengthen it in ourselves and our children?	51	Zoom	6.30pm-8.30pm

Date	Training Course	Page	Location	Time
Wed 10-12-25	Substance Misuse Awareness (ASCERT)	38	Zoom	10am-1pm
Christmas School Holidays				
January 2026				
Tue 13-01-26	Supporting Young People with GCSE Choices (Year 10) (FAA Webinar)	52	Online	10am-10.30am
Wed 14-01-26	Basic Paediatric First Aid Awareness	30	Zoom	6.30pm-8.30pm
Thurs 15-01-26	Supporting Young Peoples' Choices in Education (Post 16) (FAA Webinar)	52	Online	10am-10.30am
Tue 20-01-26	Impact of Neglect Awareness	53	Zoom	10am-12.30pm
Wed 21-01-26	Gaming Awareness and Harm Prevention Workshop	54	MS Teams	10.30am-1pm
Mon 26-01-26	Men Who Foster (Session 1)	31	Zoom	6.30pm-8.30pm

Date	Training Course	Page	Location	Time
Tue 27-01-26	Adversity, Trauma & Resilience Awareness (Module 1)	55	Zoom	10am-1pm
Tue 27-01-26	Men Who Foster (Session 2)	31	Zoom	6.30pm-8.30pm
February 2026				
Tue 03-02-26	Adversity, Trauma and Resilience - a trauma informed approach (Module 2)	55	Zoom	10am-1pm
Wed 04-02-26	Why Parent Therapeutically?	25	House Church, Netownards	10am-1pm
Thurs 05-02-26	Child Sexual Exploitation Training	56	Zoom	6pm-8pm
Mid-Term School Holidays				
Mon 16-02-26	NSPCC Talk PANTS Awareness Session	46	MS Teams	7pm-8pm
Tue 17-02-26	Therapeutic Crisis Intervention (TCIF) Full Course (Session 1)	57	Grove, Ballynahinch	9.30am-2pm

Date	Training Course	Page	Location	Time
Wed 18-02-26	Making Our Nervous System Work For Us	58	Zoom	6.30pm-8.30pm
Thurs 19-02-26	Understanding Vaping and Spice (ASCERT)	38	Zoom	10am-1pm
Tue 24-02-26	Therapeutic Crisis Intervention (TCIF) Full Course (Session 2)	57	Grove, Ballynahinch	9.30am-2pm
Wed 25-02-26	The 4 R's workshop-Regulate, Relate, Reason, Repair (FAA)	27	Ards Business Hub	10am - 1pm
March 2026				
Tue 03-03-26	Therapeutic Crisis Intervention (TCIF) Full Course (Session 3)	57	Grove, Ballynahinch	9.30am-2pm
Wed 04-03-26	Sensory Awareness Workshop	59	Grove, Ballynahinch	10am-12pm

Date	Training Course	Page	Location	Time
Thurs 05-03-26	Supporting Young People Aged 16+ and Leaving Care	60	Grove, Ballynahinch	10am-12.30pm
Sat 07-03-26	The C.A.L.M Affect (Teen Coaching: Part 2)	47	Zoom	9.30am-4.30pm
Wed 11-03-26	Therapeutic Parenting Strategies	25	House Church, Newtownards	10am-1pm
Thurs 12-03-26	Therapeutic Crisis Intervention (TCIF Refresher)	45	Grove, Ballynahinch	10am-12pm
Thurs 19-03-26	Core Issues for Kinship Foster Carers (Session 1)	32	Zoom	6pm-8.30pm
Tue 24-03-26	Safeguarding Children Level 2	33	Zoom	6pm-9pm
Wed 25-03-26	Play, feel, heal: The power of messy play for adults and children (FAA)	29	Grove, Ballynahinch	6.30pm-8pm
Thurs 26-03-26	Core Issues for Kinship Foster Carers (Session 2)	32	Lagan Valley Vineyard Church	6pm-8.30pm

April 2026

Easter School Holidays

Date	Training Course	Page	Location	Time
Tue 14-04-26	Help Kids Talk (Basic Awareness Session)	34	House Church, Newtownards	10am-11am
Wed 15-04-26	Basic Paediatric First Aid Awareness	30	Grove, Ballynahinch	10am-12pm
Tue 21-04-26	Pornography Awareness Training	61	Zoom	6pm-8.30pm
Thurs 23-04-26	Helping Children to Self-Regulate (Awareness Session)	43	House Church, Newtownards	10.30am-12.30pm
Tue 28-04-26	Help Kids Talk (Level 1)	34	House Church, Newtownards	10am-12pm
Thurs 30-04-26	NSPCC Talk PANTS Awareness Session	46	MS Teams	10am-11am

May 2026

Sat 09-05-26	Listen Closely (Teen Coaching)	62	Grove, Ballynahinch	10am-4pm
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Date	Training Course	Page	Location	Time
Wed 13-05-26	Core Issues for Non-Kinship Foster Carers (Session 1)	32	Zoom	6pm-8.30pm
Wed 20-05-26	Core Issues for Non-Kinship Foster Carers (Session 2)	32	Lagan Valley Vineyard Church	6pm-8.30pm
June 2026				
Wed 03-06-26	Gaming Awareness and Harm Prevention Workshop	54	MS Teams	6pm-8.30pm
Sat 06-06-26	Core Issues for Kinship Foster Carers	32	Grove, Ballynahinch	10am-4pm
Wed 10-06-26	Therapeutic Crisis Intervention (TCIF Refresher)	45	House Church, Newtownards	10.30 am-12.30 pm
Thurs 11-06-26	Fostering in a Digital World Safeguarding App	36	House Church, Newtownards	10.30 am-12.30 pm

For Full Venue Addresses See Page 80

Domestic Abuse- Awareness Training- North Down and Ards

Women's Aid and the SET SW Training Team

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

Participants will have a greater understanding and knowledge of:

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



(Limited availability of six places).



Solihull Awareness Training- delivered by SET Health Visitors

This training is delivered over 3 sessions

Understanding your Foster Child's Behaviour

Foundation Training covering theory and knowledge (2 Sessions)

and

Practical Strategies (1 Session)

(Attendance at all 3 sessions is a requirement)

Aim of course:

- To create an understanding of how the role of brain development and early experiences can impact children's future emotional development.
- To understand and develop trauma informed responses to children in the care of foster families.
- To help foster carers think about and develop an understanding of the behaviours of the children in their care.
- To help foster carers develop communication strategies which can help manage emotions for the children in their care.

Suited to Foster Carers caring for 0-10 year olds but not exclusive to this age range.

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

SET Scaffold Therapeutic Services Training Courses

SET Scaffold is a therapeutic support service for children and young people living with Foster Carers, Kinship Carers and Adoptive Parents. This service offers consultation, training, therapeutic parenting support and advice for Adoptive Parents, Foster Carers, Kinship Carers, Field Social Workers, Supervising Social Workers and Residential Staff. It is comprised of Clinical Psychologists and therapeutically trained Social Workers.

Understanding Why Children Might Lie: Workshop (1 hour on Zoom)

This workshop will be delivered by SET Scaffold staff, and will offer opportunity to come together with other Foster Carers and Kinship Carers to explore this area further. Time will be spent considering what lying can look like, and why this might happen for children and young people – particularly those who are care experienced. We will explore how lying can feel for yourselves as the adult caregivers, and consider some useful strategies and resources for your parenting toolkit.

Narrative Awareness Training

This narrative awareness training will help you think about the importance of narrative work for the children in your care. It will be facilitated by SET Scaffold Staff and foster carers, kinship carers, and adoptive parents are welcome to attend. It will look at the narrative model for communicating with children about difficult issues and the necessity for collaborative working and clear communication. The training will also look at some narrative examples and the various ways this work can be completed.



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

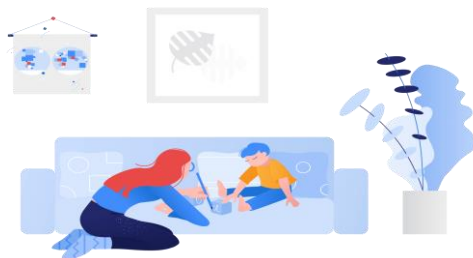
SET Scaffold Therapeutic Services Training Courses continued

Therapeutic Parenting Session 1: Why Parent Therapeutically?

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

Therapeutic Parenting Session 2: Practical Parenting Strategies

Once you've increased your understanding of the theory behind therapeutic parenting, this will be a more interactive session where you will be able to connect with other Foster Carers and Adoptive Parents. Hopefully you will learn more about Theraplay, the PACE model (developed by Dan Hughes) and sensory based approaches including regulation through movement. You will have opportunities to practice some of the activities and think about how they might fit into your parenting toolkit moving forwards.



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

SET Scaffold Therapeutic Services Training Courses continued

Foundations for Attachment

Foundations for Attachment (FFA) is a training group which runs across four 2.5 hour sessions and is delivered by therapeutic practitioners from the SET Scaffold team. These groups offer opportunity for Foster Carers and Kinship Carers to come together and to be a part of an interactive and supportive training experience. The four sessions focus on understanding and exploring the challenges which can often be associated with parenting, particularly for children and young people who are care experienced.

Therapeutic parenting will be explored as a beneficial approach which focuses on building connections and relationships through a PACE-ful stance (Playfulness, Acceptance, Curiosity and Empathy – Dan Hughes). Carers will have opportunity to reflect on the impact of their own experiences, whilst the importance of self-care when parenting therapeutically will be explored.

If you are interested in attending this training group, please get in touch with your Supervising Social Worker who can discuss this with you. If together you agree that FFA would be helpful for you at this time, they can complete a nomination form and share this with SET Scaffold.



Fostering Attainment and Achievement (FAA) Training Workshops

FAA is an education support service for children and young people living in foster care and foster carers. FAA service recognises the need to improve educational attainment of children and young people in foster care and the vital role foster carers play in education for the young people they look after.

Building self-confidence and self-esteem in children who are looked after

This very practical workshop will explore self-esteem and consider how best to develop/build confidence in children who are looked after, from a trauma-aware perspective. It aims to equip foster carers with skills and knowledge that will support positive self-esteem and consider the importance of nurturing and connected relationships. The workshop will also consider how this can impact on educational outcomes within the school environment and explore practical ways in which children looked after can be supported.

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

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.



Fostering Attainment and Achievement (FAA) Training Workshops

continued

Cothú (Neurodiversity Training)

The Cothú (meaning nurture) programme is an incredibly respectful way of supporting Neurodivergent children. Cothú provides you with insights and perspectives authentically because it is designed by people who are Autistic themselves. Taking a new approach, away from the deficit-based medical model, Cothú offers a neuro-affirming stance with practical solutions that positively benefit the children in your care.

This will be delivered for **three consecutive weeks** for **2.5 hours per session** by Clare, a Fostering Attainment and Achievement project worker. As an autistic adult and advocate, Clare takes a neuro-affirmative approach to support children and young people. Along with a Master's specialising in autism, Clare is a licensed, accredited practitioner of the Cothú programme.

Connect with other carers and get helpful tips and guidance from Autistic trainers who will guide and support you to meet the needs of the children in your care.

Week 1: Introduction to Neurodiversity

Neurodiversity myths and facts and ways of understanding an autistic child.

Week 2: What it feels like to be Autistic

How Autistic children sense and learn. How children best play, create, and communicate.

Home Life

Sensory needs and understand that everyone has sensory needs. Ideas on how best to organise and make accommodations around non-structured time.

Week 3: Caring Autistically

Importance of support and self-care because as carers we cannot fill from an empty cup.

Caring for a happy, authentic, Autistic child

Autistic Pride and what it means to raise an authentic, Autistic child.

Carers should attend all three sessions as the programme is designed to complement learning each week.

Fostering Attainment and Achievement (FAA) Training Workshops continued

Play, Feel, Heal: The power of messy play for adults & children

We will be exploring the importance of play in children's lives in a practical, fun way during this workshop. Experience messy play first hand to connect with emotions and gain an insight into its impact on children. Learn how to create safe, engaging messy play environments for children in their own home while getting over the fear of mess. Understand the role of sensory play in emotional regulation, trauma healing, and cognitive development. Explore ways to use play as a strategy for emotional expression, stress relief, and learning.

This will be delivered by **You2Me** tuition service.



**The
Fostering
Network**

Basic Paediatric First Aid Awareness – delivered by Keith Saunderson: Blay Training

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

No previous knowledge of first aid needed.

You will learn to deal with someone who:

- is unconscious and breathing
- is unconscious and NOT breathing
- is choking
- is bleeding
- has a burn or scald
- is in shock
- has other ailments



Men Who Foster – delivered by- The Fostering Network

**** 2 sessions Online****

Aim - To allow men who foster an opportunity to share their experiences and gain new insights as they explore the role of fostering, managing risk and helping young people grow in safer families.

Men Who Foster is an online training course for **male foster carers**.

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

The course will be delivered over **two evenings** and the group will be exploring the idea of the 'positive male role model' to help identify ways in which men can be more effective carers.

Content - The two consecutive evenings will have safer caring running as the central theme and will allow the men to discuss and explore this theme in relation to:

- Their role and experiences as a male foster carer and the impact they can make in the lives of those they foster
- Building relationships with children in their care and relational repair through a trauma lens
- Key elements of safer caring and consider ways to face challenges as positive opportunities for safer caring
- How they can have a child-centred approach and put it into practice



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

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

This course is intended for Kinship Foster Carers during the first year of fostering and should be referenced at the carers' first annual review. Completion of the Core Issues is recognised as a significant part of the induction process for foster carers.

Areas covered:

1. Legal Issues and Looked After Children Procedures
2. Impact of Kinship Fostering and Family Time Issues
3. Safer Caring and Health and Safety within the Home

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

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

This course is intended for foster carers during the first year of fostering and should be referenced at the carers' first annual review. Completion of the Core Issues is recognised as a significant part of the induction process for foster carers.

Areas covered:

1. Legal Issues and Looked After Children Procedures
2. Impact of Fostering, Safer Caring, Health and Safety, Allegations and Recording
3. Family Time Issues, Moving on, Attachment and Permanence



Safeguarding Children (Level 2) - delivered by Fiona Corbett- SET

Learning and Improvement Team

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

- To gain an understanding of relevant Safeguarding Legislation, Regional Policy and Procedures
- To explore the various indicators and categories of abuse
- The impact of parent/carer's physical and mental health on children's wellbeing
- To explore the roles and responsibilities in relation to Safeguarding Children
- Reporting/responding to Safeguarding Concerns
- Your Roles and Responsibilities



[Help Kids Talk Project](#)

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

Help Kids Talk is an award-winning project within Early Intervention Lisburn (EIL). The project is a community-wide initiative and aims to ensure everyone with responsibility for babies, children or young people prioritises their speech, language, and communication development. This project will result in a positive impact across all areas of a child's life including educational attainment, mental health and wellbeing, social relationships, and employability later in life.

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

[Help Kids Talk \(Basic Awareness Session: 1 hour\)](#)

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

[Help Kids Talk \(Level 1: 2 hours\)](#)

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

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

[Also look at our Help Kids Talk Resources on Page 64 & 65](#)



Self-Compassion: Why the way we talk to ourselves matters - delivered by Ed Sipler - SE Trust Health Development Dept.

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

What you will get from attending the workshop:

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

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

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

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



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

Learning Objectives: To help ensure Foster Carers have the knowledge and skills required in order to empower children and young people to better protect themselves in the online world.

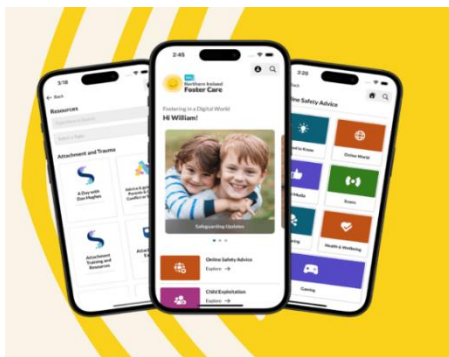
Areas Covered:

- Safeguarding in a Digital World
- Risks, Challenges and Benefits of the Online World
- Social Media
- Cultural Shift
- Demonstration of how to download and use the Fostering in a Digital World App.

Fostering in a Digital World App

The app uses an innovative platform that has been developed specifically for and with foster carers in an initiative across HSC Northern Ireland Foster Care, in partnership with INEQE Safeguarding Group.

Look out for New Updated Sections coming soon.



Helpful advice is now only a screen-tap away!

The Fostering in a Digital World App contains many valuable resources, information and guidance. We encourage all Foster Carers to download and register for an account – see Page 77.



Self-Harm Awareness Training – delivered by ASCERT

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

Foetal Alcohol Spectrum Disorder– delivered by ASCERT

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



Substance Misuse Awareness - delivered by ASCERT

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

After completing the course, participants will be:

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

Understanding Vaping and Spice

Aim of Course



Participants will have a greater understanding of vaping as a route of administration for nicotine and illicit drugs, with a particular focus on the use of "spice".

Course Outcomes - By the end of this course, participants will be able to:

- Explain what vaping is
- Describe the types of substances that can be vaped
- Explain the "pros and cons" (from the individual's perspective) of vaping illicit substances
- Describe Synthetic Cannabinoid Receptor Agonists ("Spice"), including effects and risks
- Identify harm reduction strategies for people vaping and/or using spice
- Identify sources of support (signposting)

Sipler - SE Trust Health Development Dept.

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

- This workshop will explore the changes young people experience with particular attention to how the brain develops during these formative years. Science has taught us a lot in recent years about how the brain and nervous system changes during the teenage years. Understanding these changes can help us as carers and parents respond to those situations that are common in every family.
- Living with teenagers will draw from the work of Dan Siegel MD and his book *Brainstorm - The Power and Purpose of the Teenage Brain* and *Motivational Interviewing with Adolescents and Young Adults*. The workshop will also explore risk taking and resolving conflict.



Infant Mental Health-delivered by SE Trust Health Visitors

A short training workshop for Foster Carers to hear from Health Visitors about the importance of infant mental health and brain development; to include emotional development and attachment.

Learning Objectives:

- What is Infant Mental Health?
- Introduction to Brain Development
- Brain Development and Emotional Development
- Development of Attachment
- How can we help?



Getting Started: Preparing to Welcome a New Child into Your Home

This new training is designed for recently approved foster carers, offering practical guidance and emotional insight to help you prepare. You will learn how to create a welcoming environment, manage early transitions, and build positive connections with children and young people in your care. With real-life examples and advice from an experienced foster carer, this session will aim to give you the confidence and tools to start your fostering journey on the right foot.

Learning outcomes include:

- Understanding what to expect in the lead-up to a placement
- Practical ways to prepare your home and family
- Building trust and connections with a child from day one
- Managing emotions—yours and the child’s—during the early days
- Setting routines and boundaries in a trauma-informed way
- Knowing where to go for help, advice, and ongoing support



Building our Children's Developing Brain - delivered by Ed Sipler - SE Trust Health Development Dept.

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.

This workshop will explore the content *Building our Children's Developing Brain*, adapted from '**The Whole-Brain Child**' by Dan Siegel & Tina Bryson with practical parenting strategies to help the different parts of our children's' brains work together. **It is important to stress this is not infant mental health work, but the stage beyond this.**

An on-line version of the work can be found at:
<https://view.pagetiger.com/selfcareforfamilies>



Helping Children to Self-Regulate (Awareness Session) – delivered by SE Trust Fostering Staff

This awareness session of the **Just Right State** Programme (developed by Éadaoin Bhreathnach) is aimed at giving Foster Carers an overview of how they can help their child build regulation opportunities from sensory and attachment perspectives.

This is a practical and interactive session aimed at providing Foster Carers the opportunity to explore sensory regulation activities and the regulating effects of food. During the session, we will build awareness of how carers can help children develop increased regulation opportunities throughout their day.

Carers will gain insight into different levels of self-regulation (physiological, sensory, emotional, and cognitive) and revisit the importance of relationships in supporting the children in their care. The session will provide carers with practical and useable strategies to add to their own skills tool kit.

Carers will leave with an enhanced awareness of their own regulation strategies and practical ideas to support their child.



Makaton Taster Workshop - delivered by Cynthia Robinson

This is a bespoke Makaton taster session designed for Foster Carers. It will be delivered by Cynthia Robinson, a former Speech and Language Therapist and a Licensed Makaton Tutor since 1992. The course lasts for 2 hours, and you will get an insight into what Makaton is and who uses it. You will also learn approximately 30 signs and symbols. Upon completion, you will receive a certificate of attendance and printed copies of the signs and symbols learnt during the session.

What is Makaton?

Makaton is a communication program that combines speech, signs and symbols to empower anyone living with learning or communication difficulties to understand and be understood. The Makaton vocabulary is designed to provide signs and/or symbols for the everyday needs and events that occur for us all. Makaton has brought positive transformation to millions of lives by giving people a way to express themselves independently, overcoming frustration and promoting inclusion.

Using Makaton promotes equal opportunities for individuals with a communication need. The more people who learn it, the greater the inclusiveness for the Makaton user.



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

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

Learning Objectives: Therapeutic Crisis Intervention for Families (TCIF) is an internationally recognised programme that aims to improve the quality of crisis prevention and management. The purpose of the TCIF systems is to provide crisis prevention and an intervention model for carers to:

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



Talk PANTS Awareness Session – delivered by NSPCC

Book to attend this 1 hour Online Awareness Session

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



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

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

Anthony O’Prey from O’Prey Coaching is offering a series of Teen Coaching workshops to support you in your role as a Foster Carer.

Anthony will cover topics such as **Practical Behaviour Management Skills, Interpersonal Communication Skills, Reflective Practice and Health Promotion.** Anthony will invite you to share your experiences and challenges as a Foster Carer in a supportive, non-judgemental way, while **exploring tips & techniques that can help.**

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.



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

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

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

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

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

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

This course will be delivered by a Social Worker from the Adoption Team, alongside a Clinical Psychologist for Adoption services. We will be joined by a Foster Carer and an Adopter who have been through the process and can share their own experiences.



Fostering Attainment and Achievement (FAA) Training Workshops

Helping Young People become Safer Online - Understanding the built-in Parental Controls on Laptops.

As part of your understanding of safer caring, we will look at parental controls on laptops. During the 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. We will show you how these controls are accessed and set, as well as discussing what effects these settings may have.



LGBTQIA+ Awareness Training - delivered by The Rainbow Project

This awareness session provides a comprehensive overview of LGBTQIA+ identities, issues and experiences within Northern Ireland.

We explore topics including terminology; health and wellbeing; history; myths and facts and ways to become strong allies.

Completion of this session will better equip you to understand and support the needs for LGBTQIA+ individuals.

Key Focus Areas:

- Understanding of identity in regard to sexual and gender identities.
- Explore intersectionality within the LGBTQIA+ community.
- Explore key language and terminology for LGBTQIA+ people.
- Understanding of health and wellbeing needs for LGBTQIA+ people.
- Explore Transitioning and Trans Healthcare.
- Understanding of barriers LGBTQIA+ people can face.
- Learn more about LGBTQIA+ discrimination and why it happens.
- Grow in allyship towards LGBTQIA+ people.



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

Life today has so many added pressures. Parenting brings a mixture of joy yet also demands that can add to these pressures. Fostering brings demands beyond that.

So why “a course” like this? Resilience research helps us to understand the factors that help people develop strengths to cope with the ever-increasing demands of today’s world. Understanding and strengthening these factors is important for everyone.

The workshops will help participants:

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

This work is also has an on-line version **Bend Don’t Break: Low intensity CBT based self-help to support resilience.** <https://www.ascert.biz/bend-dont-break/>

Life has its challenges for us all.
How do we build those inner
strengths, skills and resilience that
held us bend, don’t break?



Fostering Attainment and Achievement (FAA) Online Regional Workshops

The workshops below will be delivered online via Zoom and will be available for Foster Carers regionally.

Supporting Young People with GCSE Choices (Year 10)

Tuesday 13th January 2026 10:00am – 10:30am

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



Supporting Young Peoples' Choices in Education (Post 16)

Thursday 15th January 2026 10:00am – 10:30am

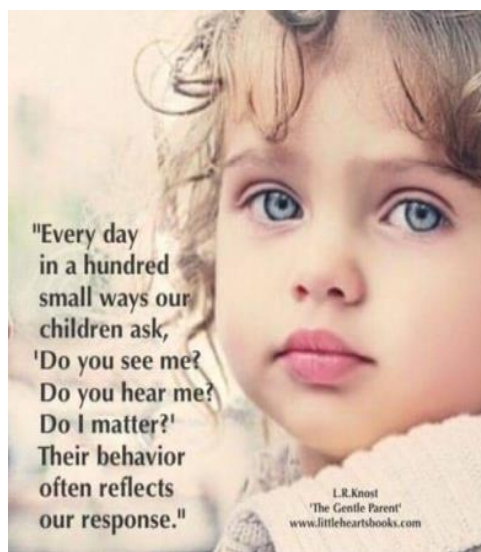
This webinar aims to assist Foster Carers in helping young people make good choices when they finish compulsory schooling. We will look at how to support young people in different settings: full-time and part-time education; training; employment; other programs and routes to university.



Impact of Neglect: Responding to and Supporting our Children (Awareness Training) - delivered by Fiona Corbett - SET Learning and Improvement Team

Learning Objectives:

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



Gaming Awareness and Harm Prevention Workshop

Navigating the digital world together

This workshop aims to develop your understanding of gaming and gambling harms, enabling you to have open conversations with the children and young people in your care. On completion you will receive a CPD Accreditation Certificate.

Learning Objectives:

- Why might children game/gamble and the additional vulnerabilities faced by care experienced children
- The potential risks and signs of gaming and gambling harm
- The blurred lines between gaming and gambling
- How you can help to safeguard the children in your care
- Where to find help when you need it

YGAM Family Hub

In addition to offering the Gaming Awareness and Harm Prevention Workshop, the YGAM family hub will help you to develop a deeper understanding of young people's digital lives, confidence in spotting warning signs, and strategies for creating safer digital spaces at home:

<https://ygam.org/family-hub/>



Adversity, Trauma and Resilience Awareness (Module 1 & 2)- delivered by SE Trust Staff



Module 1: Adversity, Trauma and Resilience Awareness

By the end of the session you will have developed your awareness of:

- Why being trauma aware is everyone's business
- The prevalence of trauma and adversities and the potential impact on the developing brain and on individuals across their lifespan
- The importance of workforce well being
- The benefits of an adversity aware and trauma informed approach
- The role of relationships in promoting resilience and recovery
- The principles of a trauma informed approach

Module 2: Develop Awareness of the Skills that Promote a Trauma Informed Approach

The aims of the session:

- To enhance understanding of the widespread impact of trauma and adversity
- To realise the potential path for healing, resilience and recovery
- To recognise the signs and symptoms of trauma in others by using a trauma lens
- To recognise signs and symptoms of secondary and vicarious trauma
- To develop knowledge and understanding of how to resist re-traumatising
- To explore appropriate responses to those who may have experienced trauma and adversity

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



Child Sexual Exploitation Training – delivered by Steve McNeill SE

Trust Senior Social Work Practitioner

This session will help foster carers to understand child sexual exploitation and the risks to vulnerable young people. It will outline how to provide a safe base to ensure children are protected as much as possible and to identify vulnerabilities in young children.

Learning Objectives:

- Understand the definition of Child Sexual Exploitation and how this links to other forms of abuse
- Identify vulnerabilities in care experienced children/ young people and help safeguard them against CSE
- Where to turn for support and advice
- There will also be discussion around the online world - how this is influencing our young people and the potential risks it can pose



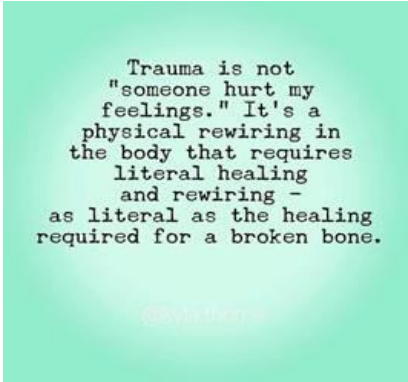
Therapeutic Crisis Intervention for Families (TCIF) Full Course – 3 sessions - delivered by SE Trust Fostering Staff

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

Learning Objectives: Therapeutic Crisis Intervention for Families (TCIF) is an internationally recognised program that aims to improve the quality of crisis prevention and management.

The purpose of the TCIF systems is to provide crisis prevention and intervention models for carers to:

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



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

@sarahs

Making Our Nervous System Work For Us - delivered by Ed Sipler - SE Trust Health Development Dept.

Have you ever used the expression, “my nerves are away”?
How can we better understand our nervous system so it works for us?

In this workshop we are exploring what the Polyvagal Theory and what it has to offer us. The Polyvagal Theory is based on the work of Stephen Porges and the Vagus nerve and the way that it works within the body to help us interact with our world.

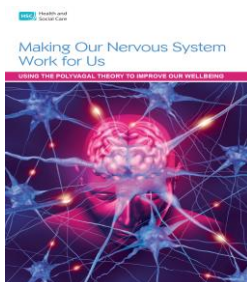
We all have times when the stresses of life shift our nervous system into a fight / flight or shutdown response. Learning to apply the Polyvagal Theory has the potential for us all, not only to understand autism better, but to help make our nervous system work with more flexibility.

In this workshop, participants will increase learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory. With an on-line version of the workbook, it will enable use of this material, with exercises, to help 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. The resources were developed with support of Foster Carers in the Trust.

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

Foster carers helped shape the development of this booklet.

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



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

Sensory Awareness Workshop

This workshop will aim to provide carers with an understanding of the sensory difficulties that may underlie their child's behaviours; it will also consider practical strategies to help.

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



*** We will also be offering Workshops for Toileting Skills and Sleep Awareness*
(Dates will be shared once confirmed).**

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

The Fostering Network invite you to join us for our in person event:

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

Aims and Objectives:

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



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

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

This awareness training will aim:

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

Objectives:

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



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

Anthony O'Prey, from O'Prey Coaching, will cover topics such as **Practical Behaviour Management Skills, Interpersonal Communication Skills, Reflective Practice and Health Promotion**. Anthony will invite you to share your experiences and challenges as a Foster Carer in a supportive, non-judgemental way, while **exploring tips & techniques that can help**.

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

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

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



Additional Resources and Information



We have many other Resources and Information that we would like to bring your attention:

- **Help Kids Talk Bite Size Series and Resources**
- **NISCC New Child Development Resources**
- **Mind of My Own Apps**
- **SBNI Online Safety Hub**
- **Children's Learning Disability Therapeutic Resources**
- **CYPSP - The Youth Wellness Web**
- **Adverse Childhood Experiences Awareness E-Learning**
- **NSPCC Learning Resources**
- **Wellbeing Resources (Ed Sipler)**

Things to look out for:

- **Henry - Healthy Start Brighter Future**
- **Income Tax Scheme - Webinars for Foster Carers**
- **Fostering in a Digital World Safeguarding App**
- **Foster Carer Support Groups**

Don't Forget to Download the Fostering in a Digital World App!!!



Bite Size Series - Help Kids Talk Project

Bite Size Series

Access to the Bite Size Series can be found at:

<https://helpkidstalk.co.uk/bite-size-series/>

In these short recorded clips, we hear from the lived experience of children, young people and adults, with various difficulties relating to speech, language and communication. We also hear from their parents and from professionals, who offer tips and advice about how best to offer support.

Clips include:

- Stammering
- Signs Actions and Gestures
- Attention and Listening
- Special Guest Speakers
- Nursery Rhymes
- Top Tips for dummy use





Resources- Help Kids Talk Project

Resources

Access to the Resource section can be found at:

<https://helpkidstalk.co.uk/resources/>

The team at Help Kids Talk have many years of experience working with babies, children and young people to promote their speech, language and communication skills. Having read widely, listened to many professionals and parents and observed best practice, they have gathered together the main themes and top tips for promoting these skills.

In this section you will find advice sheets and checklists on:

- Attention & Listening
- Adult-child interaction
- Supporting Children with Unclear Speech
- Creating a Communication Rich Environment
- Using Visual Supports

NISCC-Child Development Resources



The Northern Ireland Social Care Council (NISCC), in collaboration with Queen's University Belfast, Ulster University and Department of Health, have produced four user-friendly child development digital learning resources focused on a child's journey to adolescence and beyond.

Our Foster Carer Learning, Development and Training Team along with a small number of our Foster Carers were involved in the development, piloting, and review of these new resources.

They include bite size segments such as developmental milestones, and link to videos, theories, and policies to help build your knowledge and understanding. Specific issues covered include mental health, substance use, suicide, bullying, safeguarding, sexual exploitation, trauma informed approaches and the digital world.

The four resources below are available at:

<https://learningzone.niscc.info/understanding-children-and-young-peoples-development-and-issues/>

- (1) Understanding Child Development: 0-6 Years**
- (2) Understanding Children and Young People: 7-12 Years**
- (3) Understanding Adolescent Development and Issues: 13-18 Years**
- (4) Understanding Children and Young People's Development: Policy and Legislation**





[Mindofmyown.org.uk](https://mindofmyown.org.uk) provide digital resources which are designed to ensure that all children and young people's voices are heard. They have the following two apps available to empower children at any stage of their development to communicate their views:



Inclusive app that empowers young people to participate in their lives and communicate their views to a trusted adult

One app is visual, with simple pictures and child-friendly words, designed for children and young people to share experiences, feelings and views on topics that reflect import moments in their lives.

The app helps practitioners and carers understand young people better.



A digital tool to ensure that young children and those with additional needs are heard and included

Express will help you ensure that the views, wishes and feeling of young children and those with additional needs are heard and included.

<https://mindofmyown.org.uk/>

Online Safety Hub- Resources for Parents/Carers

<https://onlinesafetyhub.safeguardingni.org/>

Choose from a range of topics that you would like to know more about with lots of helpful advice and resources to keep you and the young people in your care safer online.



Artificial Intelligence
and Emerging
Technologies >



Online Bullying >



Gaming >



Social Media and
Apps >



Privacy and Safety
Settings >

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

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

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

Other Helpful Websites

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



Children and Young People's Strategic Partnership (CYPSP)

The Youth Wellness Web

<https://cypsp.hscni.net/youth-wellness-web/>

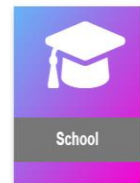
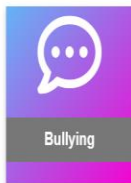
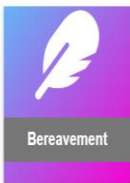


There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

The Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help.

It is designed into different age groups and includes lots of advice if you are worried or anxious and has some great videos and podcasts to support and advise you on many topics to include:



AGE 8-10

AGE 11-15

AGE 16+

PARENT / TEACHER ZONE

TRAINING ZONE

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

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

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

Duration: Approximately 40 minutes to complete each course

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

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

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

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



NSPCC Learning

NSPCC- Resources available at: <https://learning.nspcc.org.uk/>

To include: Child Health and Development

- Attachment and child development
- Understanding child brain development
- Early Years
- Sexual development and behaviour in children
- Child Mental Health

<https://learning.nspcc.org.uk/child-health-development>

Child Abuse and Neglect <https://learning.nspcc.org.uk/child-abuse-and-neglect>

- Information on different types of abuse
- Bullying and Cyberbullying

<https://learning.nspcc.org.uk/online-safety>

NSPCC Free Online Safety Virtual Workshop

Keeping Children Safe Online workshop provides parents and carers with information about how to support their child in their online world.

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



Wellbeing Resources – Ed Sipler (SE Trust)

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

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

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



<https://www.ascert.biz/making-our-nervous-system-work-for-us/>

Bend Don't Break: Building strengths that build resilience

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

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



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

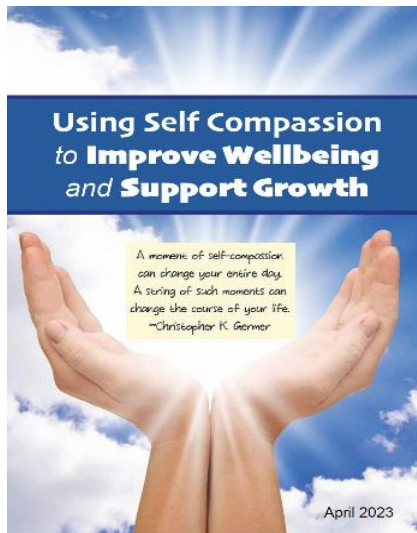
Wellbeing Resources continued

Self-Compassion

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

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

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





**A great start for babies
and young children**

This programme is for parents or carers of children aged 0-5 years old and will be available to book with us in the coming months:

FosterCare.Training@setrust.hscni.net

About the Programme

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best, especially in the early years.

The HENRY *Healthy Families: Right from the Start* programme incorporates the key ingredients to ensuring babies and young children have a healthy start in life:

- **Parenting Confidence**
- **Physical activity for little ones**
- **What children and families eat**
- **Family lifestyle habits**
- **Enjoying life as a family**

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

Income Tax Scheme for Foster Carers - Webinar

The Fostering Network have a range of resources to help foster carers better understand what fostering means for them and their finances. These include [FAQs](#) and [a tax video](#) presented by colleagues at Xinadin Accountants and Business Advisors 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:

https://www.youtube.com/playlist?list=PLkdFp2m6d0mhYwb_bY6htpvh5uAXj9ZPU

Or to sign up to the next live webinar go to:

<https://www.thefosteringnetwork.org.uk/search/?query=tax+webinar>

Fostering Network Finances Advice and Information:

<https://www.thefosteringnetwork.org.uk/about-fostering/being-a-foster-carer/foster-carer-finances/tax-faqs/>

Fosterline NI: Advice and Information Service

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

- Call on 028 9164 1152
- Email on fosterlineni@fostering.net
- Open from 9.30am - 1.30pm, Monday to Friday (excluding Bank Holidays).

Fostering in a Digital World Safeguarding App

In today's world of the internet, social media and smart phones, many adults feel slightly bewildered with the ever-changing technology around them. The Fostering in a Digital World app is a digital support system which gives carers a helping hand in empowering children and young people to better protect themselves in the online world.

If you have not already done so, please remember to download it from the App Store (Apple) or Google Play Store (Android) and register using the following steps:

1. Select **Create an Account**
2. Select your **Role** - Either Kinship Foster Carer or Non Kinship Foster Carer
3. Select your **Area** - South Eastern Area
4. Input the below details and click **Register**

Full Name

Username

Email

Password



Must be 8 or more characters and contain at least 1 uppercase letter and 1 number.

Confirm Password



Register



Once your registration is approved you will have full access to the app (this can take up to 48 hours)

Foster Carer Support Groups

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

South Eastern Trust Support Groups

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

Down Support Group

Contact: Paula Hall

Location: Grove House, Ballynahinch, 028 90413672

Lisburn Support Group

Contact: Julie Gibson

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

Bangor Support Group

Contact: Roisin Maguire

Location: Bangor Community Hospital, 028 91270672

The Fostering Network- Kinship Support Programme

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

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

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

Regional Emergency Social Work Service (RESWS)

0800 1979 995

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

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

People in crisis include:

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

Service availability

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

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

What situations are treated as an emergency?

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

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

Training Venue Addresses

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

Londonderry Park, Portaferry Road, Newtownards,
BT23 8NN

House Church, 18C Crawfordsburn Road, Newtownards,
BT23 4EA

Ards Business Hub, Sketrick House, 16 Jubilee Road, Newtownards,
BT23 4YH

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

T3 Conference Centre, House of Vic-Ryn, Moira Road, Lisburn,
BT28 2RF

Hilden Resource Centre, 1B Glenmore Park, Lisburn,
BT27 4RT

Lagan Valley Vineyard Church, 1 Altona Road, Lisburn,
BT27 5QB