



Belfast Health & Social Care Trust Foster Carer Development Programme September 2025 - June 2026

Please book your place on courses directly by emailing the training email address (below) or book through your Supervising Social Worker



FCTraining@belfasttrust.hscni.net

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

Welcome to your Development Programme for September 2025 – June 2026

Development opportunities will be delivered through a Hybrid Delivery Model in order to meet the needs of all our Foster Carers - to include face-to-face & online



We would like to take this opportunity to thank you again for your engagement and participation in the Learning and Development opportunities.

**Jackilene Weatherup
Senior Social Work Practitioner/Training Co-ordinator**

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Training Calendar 2025-2026

September 2025				
Date	Training Course	Page	Online/Location	Time
24/09/25	Fostering in a Digital World	14	Living Hope Belfast	10.00am – 1.00pm
29/09/25	Safeguarding	15	Living Hope Belfast	10.00am – 1.00pm
29/09/25	Men Who Foster (session 1)	30	Online	6.30pm - 8.30pm
30/09/25	Men Who Foster (session 2)	30	Online	6.30pm - 8.30pm
October 2025				
Date	Training Course	Page	Online/Location	Time
07/10/25	Cothu Neurodiversity Training (Session 1)	19	Girdwood Community Hub	10.30am - 1.00pm
08/10/25	First Aid	16	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
13/10/25	The Narrative Model	31	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
14/10/25	Cothu Neurodiversity Training (Session 2)	19	Girdwood Community Hub	10.30am - 1.00pm
16/10/25	Understanding the Impact of Neglect on Children	27	Living Hope Belfast	10.00am – 1.00pm

21/10/25	Cothu Neurodiversity Training (Session 3)	19	Girdwood Community Hub	10.30am - 1.00pm
22/10/25	Kinship Core Issues (session 1)	17	Living Hope Belfast	10.00am – 1.00pm
23/10/25	Kinship Core Issues (session 2)	17	Living Hope Belfast	10.00am – 1.00pm
November 2025				
Date	Training Course	Page	Online/Location	Time
04/11/25	Promoting Positive Family Time	32	Living Hope Belfast	10.00am – 1.00pm
06/11/25	Attachments Training Awareness	29	Girdwood Community Hub	9.30am – 12.30pm
07/11/25	Safeguarding	15	Online	10.00am - 1.00pm
12/11/25	Emotional Regulation	20	Girdwood Community Hub	10.30am - 12.30pm
18/11/25	Non Kinship Core Issues (Session 1)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
20/11/25	NSPCC PANTS	33	Online	11.30am – 12.30pm

20/11/25	Theraplay Awareness Session	29	Girdwood Community Hub	9.30am – 12.30pm
22/11/25	Anthony O'Prey Teen PAUSE	23	Online	9.30am - 4.30pm
25/11/25	Non Kinship Core Issues (Session 2)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm

December 2025

Date	Training Course	Page	Online/Location	Time
02/12/25	Non Kinship Core Issues (Session 3)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
08/12/25	Making a Move – Managing Transitions in Fostering	24	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
09/12/25	Non Kinship Core Issues (Session 4)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
10/12/25	First Aid	16	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm

January 2026

Date	Training Course	Page	Online/Location	Time
08/01/26	Foundations for Attachment (S1) Non Kinship	28	Girdwood Community Hub	9.30am – 12.30pm
13/01/26	Supporting Young People with GCSE Choices	21	Online (FN)	10.00am – 10.30am

13/01/26	Understanding the Impact of Neglect on Children	27	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
15/01/26	Supporting Young People's choices in Education (post 16)	21	Online (FN)	10.00am - 10.30am
15/01/26	Foundations for Attachment (S2) Non Kinship	28	Girdwood Community Hub	9.30am – 12.30pm
20/01/26	The Narrative Model	31	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
21/01/26	YGAM – online gaming & gambling	34	Online	10.30am – 1.00pm
21/01/26	Promoting Positive Family Time	32	Living Hope Belfast	10.00am – 1.00pm
22/01/26	Foundations for Attachment (S3) Non Kinship	28	Girdwood Community Hub	9.30am – 12.30pm
23/01/26	Kinship Core Issues	17	Online	10.00am – 1.00pm
26/01/26	Men who Foster (Session 1)	30	Online	6.30pm - 8.30pm
27/01/26	Safeguarding	15	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
27/01/26	Men who Foster (Session 2)	30	Online	6.30pm - 8.30pm
29/01/26	Foundations for Attachment (S4) Non Kinship	28	Girdwood Community Hub	9.30am – 12.30pm

TBC	Helping Young People Become Safer Online (FN)	20	T3 Conference Centre, Vic-Ryn, Lisburn	10.00am – 12.30pm
February 2026				
Date	Training Course	Page	Online/Location	Time
02/02/26	Therapeutic Crisis Intervention in Families (S1)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
03/02/26	Therapeutic Crisis Intervention in Families (S2)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
04/02/26	Child Sexual Exploitation & Unaccompanied Asylum Seeking Children Awareness Session	37	Living Hope Belfast	10.00am - 1.00pm
05/02/26	Foundations for Attachment (S5) Non Kinship	28	Girdwood Community Hub	9.30am – 12.30pm
06/02/26	Fostering in a Digital World	14	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
09/02/26	Therapeutic Crisis Intervention in Families (S3)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
09/02/26	GEM Scheme Awareness Session	34	Online	10.00am – 12.00pm
10/02/26	Therapeutic Crisis Intervention in Families (S4)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
11/02/26	First Aid	16	Living Hope Belfast	10.00am – 1.00pm

12/02/26	Foundations for Attachment (S6) Non Kinship	28	Girdwood Community Hub	9.30am – 12.30pm
16/02/26	NSPCC PANTS	33	Online	7.00pm – 8.00pm
17/02/26	Play, feel, heal: The power of messy play for adults & children	18	Girdwood Community Hub	10.30am – 12.00pm
19/02/26	Foundations for Attachment (S1) Kinship	28	Living Hope Belfast	10.00am – 1.00pm
24/02/26	Kinship Core Issues (Session 1)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
25/02/26	Kinship Core Issues (Session 2)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
26/02/26	Foundations for Attachment (S2) Kinship	28	Living Hope Belfast	10.00am – 1.00pm

March 2026

Date	Training Course	Page	Online/Location	Time
TBC	Lunch and Learn Sessions	22	Online (FN)	TBC
03/03/26	Theraplay Awareness	24	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
04/03/26	Non Kin Core Issues (Session 1)	17	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
05/03/26	Foundations for Attachment (S3) Kinship	28	Living Hope Belfast	10.00am – 1.00pm

07/03/26	Anthony O'Prey Teen CALM	23	Online	9.30am – 4.30pm
11/03/26	Non Kin Core Issues (Session 2)	17	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
12/03/26	Foundations for Attachment (S4) Kinship	28	Living Hope Belfast	10.00am – 1.00pm
18/03/26	Non Kin Core Issues (Session 3)	17	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
19/03/26	Foundations for Attachment (S5) Kinship	28	Living Hope Belfast	10.00am – 1.00pm
20/03/26	UEA Adoption Model Awareness Session	38	Arches Wellbeing & Treatment Centre	9.30am – 1.30pm
24/03/26	Understanding & Managing Anxiety	20	Girdwood Community Hub	6.30pm - 8.30pm
25/03/26	Non Kin Core Issues (Session 4)	17	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
26/03/26	Foundations for Attachment (S6) Kinship	28	Living Hope Belfast	10.00am – 1.00pm

April 2026

Date	Training Course	Page	Online/Location	Time
14/04/26	Understanding the Impact of Neglect on Children	27	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
15/04/26	Making a Move - Transitions in Foster Care	24	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm

16/04/26	Safeguarding	15	Living Hope Belfast	10.00am – 1.00pm
21/04/26	Foundations for Attachment (S1) Non Kinship	28	TBC	10.00am – 1.00pm
22/04/26	Therapeutic Crisis Intervention in Families Refresher	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
23/04/26	Trauma Informed Practice/Care Level 1	35	Living Hope Belfast	10.00am – 12.30pm
24/04/26	Trauma Informed Practice/Care Level 2	35	Living Hope Belfast	10.00am – 12.30pm
28/04/26	Foundations for Attachment (S2) Non Kinship	28	TBC	10.00am – 1.00pm
29/04/26	Fostering in a Digital World	14	Living Hope Belfast	6.30pm – 9.00pm
30/04/26	NSPCC PANTS	33	Online	10.00am – 11.00am

May 2026

Date	Training Course	Page	Online/Location	Time
TBC	The HENRY Programme	39	Depending on interest/uptake	TBC
05/05/26	Foundations for Attachment (S3) Non Kinship	28	TBC	10.00am – 1.00pm
05/05/26	Promoting Positive Family Time	32	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
07/05/26	Therapeutic Crisis Intervention in Families (S1)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm

08/05/26	Therapeutic Crisis Intervention in Families (S2)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
12/05/26	Foundations for Attachment (S4) Non Kinship	28	TBC	10.00am – 1.00pm
14/05/26	Therapeutic Crisis Intervention in Families (S3)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
15/05/26	Therapeutic Crisis Intervention in Families (S4)	26	Shankill Wellbeing & Treatment Centre	9.30am – 2.00pm
19/05/26	Foundations for Attachment (S5) Non Kinship	28	TBC	10.00am – 1.00pm
20/05/26	LGBTQIA+ Awareness Training	32	Arches Wellbeing & Treatment Centre	10.00am – 12.30pm
20/05/26	First Aid	16	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
22/05/26	Theraplay Awareness	24	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
26/05/26	Foundations for Attachment (S6) Non Kinship	28	TBC	10.00am – 1.00pm
27/05/26	Kinship Core Issues	17	Online	6.00pm - 9.00pm
29/05/26	Birth to Five Development	25	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
TBC	Understanding Bereavement & Loss	36	TBC	10.00am – 1.00pm

June 2026

Date	Training Course	Page	Online/Location	Time
02/06/26	The Narrative Model	31	Living Hope Belfast	6.30pm - 8.45pm
03/06/26	Fostering in a Digital World	14	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
03/06/26	YGAM	34	Online	6.00pm – 8.00pm
04/06/26	The Solihull Approach Awareness	29	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
09/06/26	First Aid	16	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
10/06/26	Safeguarding	15	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
16/06/26	Promoting Positive Family Time	32	Online	10.00am – 1.00pm
17/06/26	Making a Move - Transitions in Fostering	24	Online	10.00am – 1.00pm
TBC	The Impact of Domestic Abuse on Children	33	TBC	10.00am – 1.00pm
TBC	Understanding Vaping & Spice (ASCERT)	40	Online	10.00am – 1.00pm
TBC	Self-harm Awareness (ASCERT)	40	Online	10.00am – 1.00pm

We also hope to offer awareness sessions regarding other related topics.

Fostering in a Digital World and Safeguarding – delivered by Trust Staff

Learning Objectives: To help equip Foster Carers with the safeguarding knowledge to meet the needs of children and young people who live in a world of social media and have access to ever changing technologies.

- Safeguarding in a Digital World
- Risks and Challenges
- Social Media
- Cultural Shift

Fostering in a Digital World App

The App contains many valuable resources, information and guidance particularly useful. 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'.



Online safety relates to all engagement in the online world. It means supporting and empowering children and young people to engage in online activities in an educated, safe, responsible and respectful way.

Online Safety Strategy for Northern Ireland 2020-2025

Safeguarding/ Child Protection delivered by Jackilene Weatherup- Senior Social Work Practitioner

**** Mandatory training for all foster carers & refreshed every three years****

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

- To explore the definitions of child abuse, the categories and indicators
- To gain an understanding of relevant Safeguarding Legislation, Regional Policy and Procedures
- 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



Basic First Aid Awareness

**** Mandatory training for all foster carers & refreshed every three years ****

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

This could mean saving a life!

No previous knowledge of first aid needed

You will learn to deal with someone who:

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



Core Issues in Fostering- (Kinship Foster Care) - delivered by Belfast Trust Staff

****Core Issues requires attendance at 2 consecutive 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 Contact Issues
3. Safer Caring and Health and Safety within the Home

Core Issues in Fostering – (Non Kinship Foster Care) - delivered by Belfast Trust Staff

****Core Issues requires attendance at 4 consecutive sessions****

This course is intended for **Non 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 Fostering, Contact Issues, Safer Caring,
3. Health and Safety, Allegations and Recording
4. Moving on, Attachment and Permanence



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.

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 and 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.

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 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.

Emotional Regulation

This workshop explores BIG emotions such as heightened anxiety and anger that can often lead 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

Understanding and Managing Anxiety

This workshop focuses on anxiety - both at home and in school. Anxiety can often lead to children and young people withdrawing from family and peers, struggling to attend school or lowered grades as well as presenting itself through behaviour and actions. Strategies are presented to effectively reduce anxiety by building on a foundation of understanding.

This workshop is delivered by StriveNI

Fostering Network Regional 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 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. We will show you how these controls are accessed and set, as well as discussing what effects these settings may have.

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

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

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

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.

The workshops **below** will be delivered online via Microsoft Teams and are accessible for all foster and kinship carers.

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.

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.

Lunch and Learn

(These will be available regionally- dates and times TBC)

We 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. d girls than ever before are discovering that they are autistic. 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.

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

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

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

Anthony has delivered TEEN Coaching workshops across Northern Ireland with the Northern Ireland Health & Social Care Trusts since 2012 and more recently with Barnardos, Northern Ireland.

TEEN Coaching: Part 1

‘P.A.U.S.E.’ teaches behaviour management through merging reflective practice with shared learning approaches. This workshop encourages participants to consider the day-to-day challenges they experience with their young people while learning practical skills to reduce this challenge as well as protecting their relationships.

This workshop will be delivered **remotely, over a full day**

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. This workshop will be delivered **remotely, over a full day**

Spaces are limited so book early to avoid disappointment

Theraplay Awareness – delivered by Belfast Trust Fostering & Adoption Staff

Theraplay is a dyadic child and family therapy. Developed over 50 years ago, and practiced around the world to support healthy child/caregiver attachment. Strong attachment between the child and the important adults in their life has long been believed to be the basis of lifelong good mental health. Modern brain research and the field of neuroscience have shown that attachment is the way in which children come to understand, trust and thrive in their world.

This interactive session will introduce Theraplay, a play based approach with practical activities Foster Carers can use to build relationships from the inside out.

Making a Move- Transitions In Fostering - delivered by Belfast Trust Fostering Staff & Foster Carers

This course will be beneficial for both Foster Carers, preparing a child for a move to another foster placement or adoptive family.

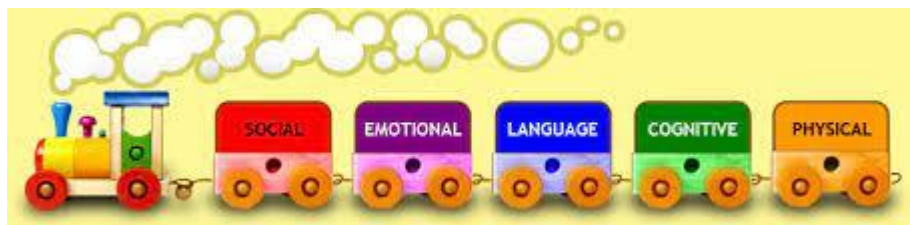
In order to minimise the potential trauma and loss experienced by a child during the move, it is important that Foster Carers are supported to work closely and focus on the needs of the child. Foster Carers have an essential role in helping the child to form and develop a bond with their new carers/adoptive family. We will be considering the move from the perspective of the child, birth family, the foster family and the adoptive family and will focus on how to best support one another during this often-emotive period of change.

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

Birth to Five Years Development– delivered by Jackilene Weatherup Senior Social Work Practitioner & Belfast Trust Health Visitor

This course will be beneficial to all Foster Carers approved for pre-school aged children; it is during these formative years that the interactions between children and the adults around them can affect significantly on how the child develops. Did you know that by the age three the brain is almost 80% of its full size and is the command centre for their entire body. We will explore the significance of play in relation to a child's cognitive, physical, social and emotional development.

We will also explore the importance of in utero development and the first 1001 days alongside the impact weaning can have on a child's sensory skills and their speech and language development. This will update Foster Carers awareness and skills around current child care practices as well as exploring the potential impact of interrupted development on children and how we can support them to recover.



Therapeutic Crisis Intervention for Families (TCIF) Full Course 4 sessions delivered by Belfast Trust Staff

****Foster Carers need to be able to complete four full sessions****

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 intervention models for carers to:

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



Understanding the Impact of Neglect on Children:
(Awareness Training)- delivered by Jackilene Weatherup-
Senior Social Work Practitioner

This course is relevant to all foster carers given the prevalence of children on the Child Protection Register under the category of Neglect. There are four main types of neglect, which include physical, educational, emotional and medical.

Foster Carers need to have an understanding of signs and symptoms of a child suffering from neglect, an awareness of the possible impact of neglect and how to respond appropriately to some of the issues this can create for the child both physically and emotionally.

Children who have experienced a neglectful home environment could experience difficulties including problems with brain development, taking risks like running away, using alcohol or substances, inappropriate relationships and a higher possibility of mental health difficulties including depression.



Foundations for Attachment - delivered by Fostering staff alongside Therapeutic Support Service staff (TSS)

This course is relevant for all Foster Carers and will provide an understanding of attachment, the impact of neglect and trauma, the resulting behaviours in the child. The course will help carers see beyond these behaviours and begin to think about the importance of attachment and relationships from birth. It will also help carers develop an awareness of the different attachment styles, what behaviours communicate and how to respond.

This training will be delivered over six sessions and attendance at all sessions is required.



Nurturing Attachments (Non Kinship Carers) – delivered by Fostering/Adoption staff and TSS staff over 18 weeks (3x6 week block sessions during term time)

This course is relevant for all Foster Carers and will focus' on attachment theory and the impact on brain development. It relates strongly to the work of Dr Dan Hughes and Kim Golding, it centres on therapeutic parenting and how we need to respond differently to traumatised children in our care. This course will build on the knowledge and skills carers developed in the Foundation training and will help carers develop their therapeutic parenting skills to support and promote the best outcomes for the children in their care.



The Solihull Approach - Awareness Session

The Solihull Approach focuses on three key principles: containment (supporting adults in managing their emotional responses), reciprocity (enhancing the adult–child relationship through improved mutual understanding), and management of problematic behaviours (providing strategies for managing these behaviours effectively). Carers participate in activities that encourage reflection on the child's behaviour and their relationship with the child. Throughout the intervention, parents work collaboratively to develop strategies that foster a deeper understanding of the child's behaviour and improve their parenting practices.

Men Who Foster – Fostering Network

**** 2 sessions online****

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

Male foster carers continually highlight a number of significant issues affecting their role, such as how best to work with children who have been sexually abused and how to deal with unsubstantiated allegations of abuse in foster care.

This course will give participants the opportunity to consider the impact this has on safer caring, reflect on the emotions that arise and identify why it is important to confront sexism in practice.

This course is for **male foster carers only** and is facilitated by an experienced male foster carer

Robert McCready, please see Robert's bio below.

****Foster Carers must attend both evenings online****

Robert's Bio

Robert McCready from Gourrock, just outside Glasgow, father of two and his wife Siobhan have been long term foster carers for the past 11 years. Robert became the main foster carer around 7 years ago and often being the only male at support groups and meetings for the children it struck him how few men are involved in childcare and how female dominated the caring profession is. This led to his interest in developing training for other male foster carers and he has been delivering this course for The Fostering Network and his Local Authority for over 5 years. Robert enjoys the challenge of discussing the issues other male foster carers face alongside offering support and encouragement around the positive contribution they make.

The Narrative Model and Life Story Work - delivered by Jackilene Weatherup – Senior Social Work Practitioner

This training will explore The Narrative Model used in therapeutic services and encourage foster carers toward using narrative ideas appropriately with the children they care for.

Entry into the care system is a challenging experience for children and young people. Children will likely experience feelings of loss and rejection in having to leave their home and birth family and furthermore have to make many adjustments with their new carers and those in the household. Therefore, they can be unclear about the reasons for coming into care and find it extremely challenging for them to know what to say about it.

This training will emphasise the importance of working together; foster carers, social workers, supervising social workers, birth family, etc. so we can help children settle into their new homes, they are better prepared for contact and more likely to engage with help offered by professionals.



Promoting Positive Family Time (Contact) - delivered by Jackilene Weatherup – Senior Social Work Practitioner

Family time is an integral part of a looked after child's life, staying connected with their family and those they are attached to helps children manage better with being separated from family as well as helping them form new relationships within their foster home.

Family time can also be difficult for some children and therefore it needs to be sensitive to their current needs and situation. Foster carers have a pivotal role in supporting children and young people with family time and all this entails. Helping them prepare, manage and process their thoughts and feelings during these times.

We will explore the theory that underpins our approach to family time including the role of consistent narratives to support the child's sense of safety and security while also promoting a positive internal working model.

LGBTQIA+ Awareness Training – delivered by staff from The Rainbow Project

Sexual Orientation and Gender Identity Awareness training will be relevant to all foster carers but particular those caring for children approaching adolescence. This training will help foster carers to develop greater confidence in supporting LGBTQIA+ people and learn about

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

TALK PANTS with NSPCC – delivered by NSPCC Staff online

Developed in consultation with children, parents, carers and teachers, Talk PANTS is designed to help children understand their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried. It will help children understand that they have the right to say no and if they need to speak out about something someone will listen.

With help from the friendly dinosaur Pantosaurus, Talk PANTS is about a simply conversation to help keep children safe from sexual abuse. We know that a simple conversation can make a BIG difference to young children; we will also explore the PANTS Rules and the resources available to help support you including access to videos.



Understanding the Impact of Domestic Abuse on Children – delivered by Women's Aid staff.

This training will be relevant to all Foster Carers but particularly those who are caring for children who have experienced domestic abuse at home, even if this was in utero. The training will explore trauma informed practice in regards to the needs of children/ mothers and the experience of domestic abuse, the impact on the adult/child attachment. We will explore the cycle of violence and patterns of coercion experienced by adults/children and refresh knowledge of different domestic abuse analysis and changes in the legislation and services. We will also introduce and explore the complexities of post separation abuse, share learning and best practice in working with children who have lived experienced.

GEM Scheme Awareness – delivered by Dellish Kuriokose **Vammattam GEM Scheme Co-ordinator**

This training will be relevant to all foster carers who have teenagers in their care but particularly those aged 16 or over who want to find out more about the GEM Scheme (Going the Extra Mile) This session will provide an explanation of the GEM Scheme alongside what supports are available to young people when they turn 18 years of age and the foster carers. We will explore the role of the Personal Advisor, the Employability Scheme and preparation for independence.

YGAM – Gaming & Gambling Awareness Session

Ygam are working with the Trust to provide a free workshop designed for foster carers supporting children in their care. Exploring the blurred lines between gaming and gambling, the potential risks and signs of gaming and gambling harm. The 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. Importantly how you can help to safeguard the children in your care

On completion, you will receive a City & Guilds Certificate and Digital Credential.



Trauma Informed Care/Practice (TIP) Level 1 & 2 – delivered by Belfast Trust Staff

**** Level 1 - Basic training for all foster carers****

Level 1 ACE's and Trauma-Informed Care/Practice

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

Level 2 Trauma-Sensitive Approaches to Care/Practice

This training aims to build on the general ACE awareness training to develop the skills of those working more intensely with children, adults, or families who have been impacted by adversity/childhood trauma to promote a trauma-sensitive response.

- Enhance their skills and confidence to use a trauma-sensitive LENS in order to support and develop resilience for those the participant works with
- Identify the impact of secondary and vicarious trauma
- Identify ways in which one can support the health and well-being of all.

**** Foster Carers should complete Level 1 training before attending Level 2****

Bereavement & Loss – delivered by Barnardos Staff

Barnardo's Child Bereavement Service will deliver training on children's grief and will include a definition of grief; normal grief reactions in children; what make's some grief more complex and when to seek specialist help.

The workshop will also give some examples and ideas around how to support children and young people in their grief process.



Caring For Children Who May Have Been Sexually Abused - delivered by Diane McCormick Senior Therapeutic Practitioner at the Child Care Centre

This training will benefit all Foster Carers who are looking after a child where sexual abuse has been suspected or confirmed and where they may have been exposed to inappropriate sexualised materials at home. It will be particularly those who facilitate short break or emergency placements where there is perhaps little information known about what the child has been exposed to in their home. We will explore the signs and symptoms of sexual abuse, exposure to sexualised content. The role of the carer if the child makes a disclosure, the role of the Child Care Centre as well as looking at children/ young people who engage in sexually harmful behaviour.

Child Sexual Exploitation Awareness – delivered by Maeve Gillan, Senior Practitioner and CSE Specialist

This training will be relevant to all Foster Carers but particularly those caring for teenagers. We will explore the nature and scope of child sexual exploitation in Northern Ireland, the risks and indicators of child sexual exploitation and going missing. We will also explore the links between abuse, current behaviour and vulnerabilities in our young people alongside the current legislation, policy and agency roles/responsibility in regards to the problem of young people going missing and child sexual exploitation.



UASC Awareness – delivered by Belfast Trust Staff Siobhan O'Reilly

This Introduction to Unaccompanied and Separated Children (UASC) will be relevant to all foster carers as the looked after population within Northern Ireland is becoming increasingly diverse. We will explore what is an UASC, NI trends, the difference between trafficking and smuggling, relevant legislation and policy guidelines, ACE's and resilience. We aim to improve your knowledge base, increase your confidence and skills in caring for an USAC. We will explore how we can work better collaboratively and promote cultural competence.

Diversity Awareness

This training explores the mental models that we all carry regarding difference (and their origin) with the underlining phenomenon of othering, the idea of ethnicity and race and how all these are played out at societal and political level. This session will address aspects of social psychology and current practices around Diversity as well as relevant information and statistics.



UEA Moving to Adoption Model – delivered by Siobhan McFadden (Senior Social Work Partitioner Permanence Team)

The UEA Moving to Adoption model is a framework developed by the University of East Anglia to support children's transitions from foster care to adoption. It outlines key stages in the adoption process, including:

- Getting to know each other: Building relationships between the child and their adoptive family.
- Making the move: Facilitating the transition from foster care to the adoptive home.
- Supporting relationships after the move: Ensuring ongoing support for the child and their new family.

This model serves as a guide for adoption social workers, fostering social workers, and foster carers to effectively manage the adoption process. This session will be relevant to all foster carers who may be moving a child onto adoption.



This programme is for carers of children aged 0-5 years old and will be available for both Kinship and Non Kinship carers. Please register your interest in this course via

FCTraining@belfasttrust.hscni.net

About the Programme

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. Over 8 sessions we will explore:

- Parenting Confidence
- Physical activity for the child
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family



Self-Harm Awareness Training – delivered by ASCERT

This online session will increase foster carers understanding of self-harm including;

- 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

Understanding Vaping and Spice – delivered by ASCERT

This online session will give foster carers a greater understanding of vaping as a route of administration for nicotine and illicit drugs, with a particular focus on the use of “spice”.

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)

Additional Training, Resources and Information



As well as our trainer delivered courses we have many other learning and development opportunities that we would like to bring your attention.

- **Online Training via the Fostering in a Digital World App**
- **Online Training Menu – Regional Pathway**
- **Child Abuse & Neglect – NSPCC Training & Resources**
- **Recovery College - Free educational courses about mental health & recovery**
- **Online Stress Control Classes & Resources**
- **ASCERT Training and Resources - Addressing alcohol and drug-related issues**
- **Adverse Childhood Experiences (ACE) Awareness E-Learn Programme**
- **Building our Children's Developing Brain Webinars**
- **Public Health Dietitians - YouTube channel**
- **VOYPIC – Voice of Young People in Care**

Online Training Menu – Regional Pathway

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



****Please inform us when you complete any additional or online training so we can update your training records****

Fostering in a Digital World Safeguarding App- Download Today!

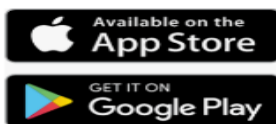
99% of children aged 12-15 go online for 20.5 hours PER WEEK – Digital Natives
Foster Carers want to feel confident about safeguarding children in both the real and online world

Fostering isn't always easy and we know it may sometimes be unclear where to turn for advice, especially concerning online issues. That's why the **'Fostering in a Digital World' Safeguarding App** has been created as a resource and training tool for foster carers using their smart phone or Tablet / iPad.

Through the App, you will learn about topics like child sexual exploitation (CSE), gaming, bullying, keeping safe, reporting and blocking online and other useful information in an engaging and interesting way.



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



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

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

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

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

Menu of Online Training & Resources

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

The Recovery College offers free educational courses about **mental health and recovery** which are designed to increase your knowledge and skills and promote self-management. Courses are available to anyone with an interest in mental health and wellbeing including: service users; family members and staff.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. The Recovery College promotes three themes: **hope, opportunity and control**.

<https://belfasttrust.hscni.net/service/belfast-recovery-college/>

Vision

The Recovery College Vision is to be an educational centre of excellence that nurtures recovery. The College aims to communicate that recovery can be a reality for all. We strive to develop a College that is free from stigma, is strengths-based and always seeks to realise the person, not the illness.

The work of the Recovery College builds upon the national drive to create a society in which people with mental health conditions have access to the same opportunities in life as everyone else and are able to play an active and participatory role in their local communities.

Who is it for? The Recovery College is available to anyone with an interest in mental health and wellbeing including:

- Service users & family members
- Carers
- Trust employees
- Members of the community and voluntary sectors



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



Department of
Health

Online Stress Control Class

As the HSCNI can't deliver our Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes, free-of-charge.

To find out more about Stress Control visit:

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

YOU DO NOT NEED TO REGISTER OR LOG-IN!

Please 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.

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 button 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



ASCERT- OUR MISSION

**Addressing alcohol and drug-related issues:
Reducing harm and supporting positive change**

ASCERT have a new website with lots of information and resources for individuals, families and professionals.

The Training area offers a range of development opportunities, including online and e-learning based courses, many of which are FREE.

To get access to this new training experience all you need to do is set up a new training member account at <https://www.ascert.biz/training-courses/>

In the Resource Hub you will find information to help you understand issues related to **alcohol or drugs**, self-care resources that could be a source of help for you and information about services
<https://www.ascert.biz/resource-hub/>

Register Directly with ASCERT & Let US Know!



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

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

Programme (Course) <https://training.ascert.biz/courses/level-one-adversechildhood-experiences-ace-awareness-e-learning-programme/>

Level Two Developing Trauma Sensitive Approaches E-Learn

Programme (Course) <https://training.ascert.biz/courses/level-two-developing-traumasensitive-approaches-to-practice-training-e-learn-programme/>

Duration: Approximately 40 minutes to complete each course

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.

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.

Building our Children's Developing Brain (webinars)

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>



Sleep Action –Training on YouTube

Learning Objectives: To provide basic awareness around children's sleep and the importance of good sleep practices. We explore the importance of sleep, good bedtime practices and consider supports for parents/carers whose children are not sleeping well.

Through sleep counselling, training and developing sleep awareness, Sleep Action aims to give children and young people the best chance to reach their potential, becoming successful learners, confident individuals, effective contributors and responsible citizens.

Further resources can be found:

Website: www.sleepaction.org



Public Health Dietitians YouTube channel is now live

A new YouTube channel is set to bring the healthy eating and nutrition expertise of dietitians to the palms of the hands of people in Northern Ireland.

The 'Public Health Dietitians' channel is a partnership between the Public Health Dietitians Group (PHDG) Northern Ireland and the Public Health Agency (PHA

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

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

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

Jill Stewart, Public Health Dietitian with the Northern Trust who is a member of the PHDG said that the innovative group have used social media and live nutrition webinars throughout the COVID-19 pandemic to reach the public in new ways.

A survey carried out by the group in September 2021 asked the public what nutrition topics interested them and webinars were subsequently developed on the most popular themes.

“We are really proud and excited to launch the Public Health Dietitians YouTube channel – we have worked hard to provide a top quality, reliable and accessible service, and we hope that the public will find it useful,” said Jill.

“There is so much information about nutrition available in the media and online – unfortunately a lot of it is not evidence based.

“Dietitians are qualified and regulated health professionals who use the most up-to-date public health and scientific research on food, health and disease to promote health and prevent nutrition-related diseases. The PHDG are passionate about providing the public with nutrition information they can trust.”

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

[www.youtube.com/channel/UC -f5E0ehqIR3z-cQdUvkCQ](https://www.youtube.com/channel/UC-f5E0ehqIR3z-cQdUvkCQ)

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

Advocacy We provide an independent advocacy service for children in care and care leavers on behalf of the Health and Social Care Board (HSCB). An advocate is someone with specialist training and experience who makes sure your voice, views and experiences are heard by those making decisions about your care. Our advocates will listen to young people, help them find out about their rights in care and will make sure their voice is heard in care planning and decision making.

Participation We help connect young people with other young people with a lived experience of care. We host regular groups, participation forums and activities that help build self-confidence and personal skills, whilst making new connections and friends. Our participation programmes help young people find their voice and set their own agenda for change! If you would like to get involved in activities contact your local VOYPIC office. <https://www.voypic.org/contact-us/>

Influencing Change

It's important that the voice of young people in care is heard by those who make the big decisions. We work with people and organisations, including government, to make sure this happen. When a child or young person comes into care, it's up to the government to make sure you are looked after properly. The Health and Social Care Trust becomes what's known as your 'corporate parent' – but the other government bodies have an important role to play too. Our Engagement Ambassadors deliver training to lots of different agencies on what they can do to help care experienced young people.

Oh, and there's one more important thing... **Fun!**

We host regular activities where young people can make new friends, relax, and just be themselves – because they're with other young people who have been through similar experiences.

We regularly post details about what's coming up on our **Facebook** and **Instagram** pages, so check often!

Income Tax Scheme for Foster Carers Webinar

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-nationalinsurance

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 us on **028 9164 1152**
- Email us on fosterlineni@fostering.net
- We are open from 9.30am - 1.30pm, Monday to Friday (excluding Bank Holidays).





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.

Venue Addresses

- Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG
- Shankill Treatment & Wellbeing Centre, 83 Shankill Road, BT13 1PD
- Living Hope Belfast, 25 Shankill Parade, Belfast, BT13 1DS
- Arches Wellbeing & Treatment Centre, 1 Westminster Avenue North, Belfast, BT4 1NS
- Park Avenue Free Methodist Church, 105 Park Avenue, Belfast, BT4 1JJ
- T3 Conference Centre, House of Vic-Ryn, Moria Road, Lisburn, BT28 2RF

FCTraining@belfasttrust.hscni.net

[Telephone: 02895040302](tel:02895040302)

Training and
support

