



Northern Area

FOSTER CARER Learning & Development Training Schedule

September 2026 - June 2027

0800 0720 137 | adoptionandfostercare.hscni.net |   



**Northern Ireland
Foster Care**

Message from Julie Bell, NHSCT Head of Service for Fostering and Adoption.

Hi all

We know from listening to foster and kinship carers, as well as from research, that training opportunities are vital in supporting and equipping you with the knowledge, skills and confidence to care for the children in your homes. In recent years, we have seen an increase in the complexity and needs of these children and the need to widen our training provision.

As a response to this need we have seen an increase of opportunities from 29 to 50 in the last three years as well as an additional 35 online resources. As a consequence of this, and the dedicated work of our recruitment and training coordinator and fostering teams, we have seen a significant growth of over 370% in the number of carers who have registered and attended training in the same period.

I hope that you see this as a recognition of the value we have in yourselves for the development, care and commitment you have shown to our children and young people, which has contributed to the high level of care, stability and service connectivity.

Many thanks to you all for your continued involvement in training

Julie Bell



Northern Ireland
Foster Care

Northern Trust Foster Carer Learning and Development Training Schedule

September 2026 - June 2027

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

Marie McTaggart

Training Co-Ordinator

Welcome to your Learning and Development Training Schedule for

September 2026



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

This informal first aid session will give you the basics of First Aid needed in the initial stages of an emergency.

No previous knowledge of first aid needed.

You will learn to deal with someone who:

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

Dates	Times
15 September 2026	10:00am – 1.00pm
16 March 2027	10:00am – 1.00pm

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



Basic Paediatric First Aid Awareness

These informal online 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

This training will be delivered online.

20 October 2026	10.00am–12.00pm.
27 January 2027	6.00pm – 8.00pm.
11 March 2027	10.00am–12.00pm.
2 June 2027	6.00pm – 8.00pm.



**Northern Ireland
Foster Care**

Managing Stress in Fostering

This training will be delivered by Ed Sipler, Health Development Specialist, South Eastern Trust.

Any parent will say that being a parent has its own levels of stress. Some find the toddler years, with tantrums and boundless energy exhausting. Others struggle with preteens asserting their independence and of course teenagers due to their emotional struggles and desire for independence. Being a foster carer has additional stresses. One of the main struggles our young people are having now levels of anxiety.

There is no ideal rule book for managing stress. It is not a one size fits all. So, this workshop will not try and tell you what works. It will explore ideas, strategies and resources that ***you*** can decide will work for ***you***

Date and time: September 9th 2026 - 6:30 to 8:30 pm

Making Our Nervous System Work For Us

This training will be delivered by Ed Sipler, Health Development Specialist, South Eastern Trust.

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.

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 using this material with exercises to help to improve self-regulation. This work is psycho-education to present information and introduce self help that is up to the participants how they make use of it. The resources were developed with support of Foster Carers in the Trust. You can get the self-help booklet and on-line version at: <https://www.ascert.biz/making-our-nervous-system-work-for-us/>

Date and Time 21st of October 2026 6:30 PM to 8:30 PM



**Northern Ireland
Foster Care**

Recording training

Delivered online by Marie McTaggart.

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

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

Dates	Times
4 November 2026	10:00am – 11:00am
11 February 2027	7:00pm – 8:30pm
76May 2027	10.00am – 11.30am
187June 2027	7:00pm – 8:30pm

Safeguarding Training

Delivered online by Marie McTaggart.

This training session will explore the following:

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

Dates	Times
29 September 2026	7:00pm – 8:30pm
1 December 2026	10:00am – 11:30pm
9 March 2027	7:00pm – 8:30pm
9 June 2027	10:00am – 11:30am



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

TEEN Coaching: Part 1 'P.A.U.S.E.' teaches behaviour management through merging reflective practice with shared learning approaches. This workshop encourages participants to consider the day-to-day challenges they experience with their young people while learning practical skills to reduce this challenge as well as protecting their relationships.

TEEN Coaching: Part 2 'The C.A.L.M. Affect' workshop has four reflective-practice elements to it. It looks at the quality of our communication and self-awareness when managing challenging behaviour; it encourages reflection on how 'rejection' can impact on behaviour and teaches skills in listening and motivation.

P.A.U.S.E.

Date	Time
Saturday 14 November 2026	9.30am – 4.00pm

C.A.L.M.

Date	Time
Saturday 13 March 2027	10.00am – 4.00pm

Same Foster Carers from PAUSE to attend CALM.

15 places in total per course (3 per Trust Area).

T.E.E.N Coaching



Northern Ireland
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Listen Closely

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.

Date	Time
Saturday, 22 May 2027	10.00am – 4.00pm

15 places in total per course (3 per Trust Area)



**Northern Ireland
Foster Care**

Child Sexual Abuse training

Delivered online by Marie McTaggart.

Marie previously worked in the Child Care Centre in Belfast which is a specialist resource which deals specifically in the investigation and treatment of child sexual abuse in children between the ages of 3 to 13 years.

Marie has over 20 years of significant experience in this area.

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

Dates	Times
22 October 2026	10:00am – 12:00noon
20 May 2027	10:00am – 12:00noon

Foster carer:
Very informative and
useful

Foster carer:
Excellent course,
really relevant

Child Sexual Abuse in Children with Disabilities

Delivered online by Marie McTaggart.

Marie previously worked in the Child Care Centre in Belfast which is a specialist resource which deals specifically in the investigation and treatment of child sexual abuse in children between the ages of 3 to 13 years.

Marie has over 20 years of significant experience in this area.

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

Dates	Times
12 January 2026	10:00am – 12:00noon
213April 2027	10:00am – 12:00noon

Foster carer:
Has made me more
aware...

Foster carer:
Interesting training,
learnt a lot

Caring for a Pre-School Child from a Health Perspective

Delivered by Barbara Barklie

Barbara is the Specialist Nurse Practitioner for Looked After Children in the Northern Trust. She has been nursing for over 40 years and has been a general nurse, a children's nurse and a midwife. She has been in her current post for the last 7 years and has completed a Trust audit of the role of PHN within LAC.

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

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

Date	Time
18 February 2027 Venue: Antrim Library	10.00am – 1.00pm.

Caring for a Primary and Post Primary Children from a Health Perspective

Delivered by Barbara Barklie and Tania Duggan

Barbara and Tania are the Specialist Nurse Practitioners for Children in Care (CIC) in the Northern Trust. They have over 40 years of nursing experience in various settings. Their role involves supporting the delivery of health services to CIC in partnership with other services, and participating at a strategic level to develop pathways, policies and guidelines to meet CIC emerging health and social care needs.

Barbara and Tania have a special interest in the physical and emotional impact of trauma on children and young people in care.

This course will look at the health and emotional needs of primary and post primary school aged children, to include the impact of trauma, immunisations due, weight management and health promotion. The role and support that a Health Visitor /School Nurse can offer to their carers/parents and to the children will also be included.

Date	Time
13 May 2027 Venue: Antrim Library.	10.00am – 1.00pm.



**Northern Ireland
Foster Care**

Caring Across Cultures.

Training for carers looking after children from ethnic minorities.

This training will support foster carers to develop their cultural competence and confidence when caring for children and young people from a range of ethnic and cultural backgrounds. It will explore how culture, identity, beliefs, experiences and community shape a child's sense of self, and why recognising and valuing these differences is so important. Through discussion and reflection, carers will consider their own values and assumptions, build awareness of the challenges some children may face, and learn practical ways to provide culturally sensitive and inclusive care. The aim is to help carers create environments where children feel understood, respected, and supported to develop a strong and positive sense of identity.

This training will be delivered online by Clare Mc Grath, Principal Practitioner for Ethnic Minorities, Northern Trust.

Date	Time
11 March 2027	10.00am – 12.00noon.



**Northern Ireland
Foster Care**

Training for carers looking after children with a Learning Disability.

The purpose of this session is to introduced prospective carers to the needs, strengths, and experiences of children with physical and intellectual disabilities, and to develop confidence in providing safe, nurturing and inclusive care.

This is a 2 hour workshop that will be delivered online.

The training will be delivered by Mairéad Mc Dermott, Training Coordinator, Children with Disabilities, in the Northern Trust.

Date	Time
February 2027.	10.00am – 12.00noon.



**Northern Ireland
Foster Care**

School Avoidance

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

During this workshop, you will gain valuable insights into the causes and impact of anxiety-based school avoidance in both primary and post-primary children. Practical strategies and techniques will be shared to effectively support these young people. An insight into how foster carers and school staff can collaborate to ensure the best outcome for the child will also be offered.

This workshop is delivered by StriveNI

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



**Northern Ireland
Foster Care**

The 4 R's

The 4 R's workshop – Regulate, Relate, Reason, Repair

This three-hour workshop will introduce an amalgamation of the pioneering work of Dr Bruce Perry, Dr Dan Hughes (P.A.C.E.) and Louise Bomber in helping carers and children to regulate, relate, reason and repair.

This is an interactive session that will equip carers with practical strategies for foster carers to develop a toolkit for home and for school.

The session will be facilitated by June Onyekwelu who has lived experience of children who are looked after in residential care and foster care. June has been delivering attachment and trauma training to foster carers, residential teams and professionals for over 15 years.

Date	Time
10 November 2026 Venue: Compass, Lislagan Farm, Ballymoney.	10:30am – 1:30pm



**Northern Ireland
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Men who Foster

The course will be delivered over 2 evenings the group will be exploring the idea of the positive male role model to help identify ways in which men can be more effective carers.

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

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

Date	Time
28 Sept 2027 & 5 Oct 2027	6.30pm – 8.30pm.



**Northern Ireland
Foster Care**

Emotional Regulation

This workshop explores BIG emotions such as heightened anxiety and anger which often leads to what is often described as 'emotional outbursts'.

We look at what can often underlie these emotions, how to identify triggers as well as strategies to support carers to support their child in both understanding and regulating their emotions.

This workshop is delivered by StriveNI.

Date	Time
12 January 2027. Venue: Holiday Inn Express, Antrim.	10:30am – 12:30pm



**Northern Ireland
Foster Care**

Building Self Confidence & Self Esteem

In this workshop foster and kinship carers will discover how to develop self- confidence and self- esteem in children and young people.

This practical workshop will explore what self-esteem and self-confidence mean and what impact trauma and being in care may have for children and young people. It will consider what foster carers can do through nurturing and connected relationships, to provide support from a trauma-aware perspective. The workshop will also explore some strategies that schools can introduce to create an environment in which traumatised young people can feel safer and more supported them to succeed.

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

Date	Time
9 March 2027 Venue: Compass, Lislagen Farm, Ballymoney	10:30am-12:30pm



**Northern Ireland
Foster Care**

Lunch and Learn Sessions.

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

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

1. Girls and autism – Society's understanding of autism in girls has been limited by outdated stereotypes and incorrect assumptions. In this session we will address such myths and embrace the identification of autism in girls. Many had been missed or misdiagnosed due to outdated stereotypes about autism. **17 November 2026. 12.00 – 12.45.**
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. **15 December 2026. 12.00 -12.45.**
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. **19 Jan 2027. 12.00 – 12.45.**
4. Autism and Eating Differences – Understanding autism, sensory processing, eating difficulties, food related anxiety & how we can support. **16 February 2027. 12.00 – 12.45.**
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. **16 March 2027. 12.00 -12.45.**



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

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

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

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

This workshop will be delivered by Fostering Attainment and Achievement project workers. Craig and James have a collective 30 years' experience working with young people.

Date	Time
19 November 2026. Venue: Ballymena Business Centre, 62 Fenaghy Road.	10:00am – 1:00pm
26 November 2026. B'mena Busisness Centre	10.00am – 1.00pm.



**Northern Ireland
Foster Care**

Supporting young people with GCSE choices (online)

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

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

Date	Time
19 January 2027	10:00am – 10:30am



**Northern Ireland
Foster Care**

Revised Personal Education Plans (PEPs).

The Personal Education Planning meeting for Primary-aged children was revised and relaunched in 2023. This workshop will explore the new approach from a trauma-informed perspective. It will consider when these meetings should take place, who should be involved, how children who are Looked After can be supported to engage in meetings about them and how this can lead to make an impact for real change. The workshop will give foster and kinship carers of primary-aged children opportunity to explore how they can prepare for PEP meetings and then advocate for their child's needs within five key areas of discussion. Foster and kinship carers of post-primary aged children are welcome to come and learn about this good practice approach, but content of this workshop will be focused on the primary-aged revised PEP.

This workshop will be delivered by Craig and Monica who collectively have over 38 years of experience working with the Fostering Achievement and Attainment team and The Fostering Network.

Date	Time
30 September 2026. Venue: Shankill Health & Well Being Centre, Shankill Road, Belfast.	10:00am – 12.30am
8 October 2026. Venue: Ballymena North Business Centre, 120 Cushendall Road, BT43 6HB	10:00am – 12.30am

Child Sexual Exploitation (CSE)

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

It can occur in real life or through the use of technology. This training would be particularly useful for pre-teens and teenagers.

This training will be delivered by Gareth Millar, the Senior Practitioner for CSE in the Northern Trust area.

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

Date	Time
26 November 2026	7.00pm – 9.00pm.
28 January 2027	10.00am -12.00pm
10 June 2027	10.00am – 12.00pm.



**Northern Ireland
Foster Care**

Adversity, Trauma and Resilience – Module One.

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

Delivered online by Marie McTaggart.

- Awareness of ACEs and their potential impact for children and adults across the lifespan
- Ability to identify the potential impact of trauma and ACEs on the brain and possible subsequent behaviour
- Awareness of the use of an ACE/ trauma-sensitive lens
- Awareness of the important of preventing and mitigating ACEs
- Ability to identify appropriate pathways to support well-being for carers.

Foster carer:

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

Dates	Time
6 October 2026 (Northern Trust)	10.00am – 1.00pm.
28 January 2027 (SE Trust)	10.00am – 1.00pm.
10 February 2027 (Northern Trust)	10.00am – 1.00pm.
02 June 2027 (Northern Trust)	10.00am – 1.00pm.

Foster carer:

Now I understand why my child behaves the way she does

Adversity, Trauma and Resilience – Module Two.
Promoting 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****

13 October 2026(Belfast Trust)	10.00am – 1.00pm.
04 February 2027 (SE Trust)	10.00am – 1.00pm.
16 April 2027 (Belfast Trust)	10.00am–1.00pm.This training will take place in Hollywood Arches Health Centre in Belfast.
17 May 2027 (Belfast Trust)	10.00am – 1.00pm.

Unless stated, this training is online.



ASCERT's vision is to have a society that is protected from the harm that can result from alcohol and drug use.

To do this alcohol and drug use need to be addressed directly and also the other related social factors that contribute to substance use problems such as mental health, poverty, employment and housing.

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

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

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

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

Register directly with ASCERT.



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

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

<https://training.ascert.biz/courses/level-one-adverse-childhood-experiences-ace-awareness-e-learning-programme/> The aim of this L1 module is to raise awareness of the potential impact of Adverse Childhood Experiences (ACEs) on individuals and communities across the lifespan, the importance of preventing ACEs and how we can mitigate against them. **Level Two Developing Trauma Sensitive**

Approaches E-Learn Programme (Course):

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

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

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

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

Duration: Approximately 40 minutes for both courses.



Start 360 delivers support services and training on addiction issues.

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

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

Dates	Times
16 September 2026	10:30am – 12:30pm
18 April 2027	10:30am – 12:30pm

NSPCC

The NSPCCs website includes resources to help protect children from abuse and neglect.

Their training includes:

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

The website includes a range of other training

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



Northern Ireland
Foster Care

Caring Across Cultures.

Training for carers looking after children from ethnic minorities.

This training will support foster carers to develop their cultural competence and confidence when caring for children and young people from a range of ethnic and cultural backgrounds. It will explore how culture, identity, beliefs, experiences and community shape a child's sense of self, and why recognising and valuing these differences is so important. Through discussion and reflection, carers will consider their own values and assumptions, build awareness of the challenges some children may face, and learn practical ways to provide culturally sensitive and inclusive care. The aim is to help carers create environments where children feel understood, respected, and supported to develop a strong and positive sense of identity.

This training will be delivered online by Clare Mc Grath, Principal Practitioner for Ethnic Minorities, Northern Trust.

Date	Time
11 March 2026	10.00am – 12.00noon.



**Northern Ireland
Foster Care**

Pornography Awareness Training

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

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

This awareness training will aim:

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

Dates	Times
10 November 2026	10:30am -12:30pm
6 April 2027	10:30am – 12:30pm

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

Marie McTaggart will deliver this with training with a practicing Children's Court Guardian

This training will focus on the role of the Children's Court Guardian in Care Proceedings and Adoption Proceedings. The training will focus on the role of foster carers in this process.

By the end of the training the participants will:

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

Date	Time
3 December 2026	10:30am – 11:30am



ASD Training

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

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

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

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

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

Date	Time
3 February 2027	10:00am – 12:30pm



Northern Ireland
Foster Care

While You Wait

Early Intervention Support While Waiting for Autism Services.

All About Us – ASD Teens

Unit 4 Greystone Shopping Centre

Antrim

BT41 1JW

Office: (028) 94580371 Mobile: 07795991945

Website address: [All About Us - Asd Teens Antrim | youth activities, autism support](http://AllAboutUs-AsdTeensAntrim.youthactivities.autismsupport)

✦ **While You Wait** ✦

Early Intervention Support While Waiting for Autism Services

Connection. Confidence. Independence

This programme provides immediate, practical support for families on autism waiting lists, reducing stress, preventing escalation, and preparing parents for formal assessment and intervention

Suitable For
Parents/carers of children aged approx. 5-18
Children suspected of being autistic or on referral pathway

Providing accessible, neuro-affirmative support that:
Reduces family stress while waiting
Builds understanding of autism
Equips parents with practical strategies

Delivered by
Trained facilitators (youth work / SEN / lived experience)
Safeguarding compliant

Covering:
Early Intervention & Prevention
Family Support Strategies
Emotional Health & Wellbeing
Community-based provision
Relationship-led approach
Lived experience embedded



**Northern Ireland
Foster Care**

Children's Learning Disability Therapeutic Resources

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

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

To access go to:

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

Other Helpful Websites

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



LGBTQIA+ Awareness Training Workshop

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.

Date	Time
04 November 2026	10.00am – 1.00pm.



Transgender & Non-Binary Awareness Workshop.

Delivered by the Rainbow Project.

This awareness session provides a deeper overview of Transgender & Non-Binary specific identities within the LGBTQIA+ community.

As well as exploring the issues and experiences of Trans & Non-Binary people in Northern Ireland this also includes topics on terminology; health and wellbeing; history; myths and facts and ways to become strong allies.

Key Focus Areas:

- Increase understanding of The Rainbow Project & our services available for Trans & Non-Binary people.
- Clarity on key language and terminology in regard to Trans & Non-Binary people.
- Build understanding of gender identity, gender expression & gender non-conforming identities.
- Increase understanding of the health and wellbeing needs and experiences for Trans & Non-Binary people in Northern Ireland.
- Increase understanding on the key barriers that impact Trans & Non-Binary people.
- Learn more about what Trans & Non-Binary discrimination is, why it happens and what the impact is.
- Grow in ability to become stronger allies to Trans & Non-Binary friends, family, colleagues or loved ones.

Date	Time
02 December 2026	10.00am – 1.00pm.



YGAM Training Risks for Children in Gaming and Online Delivered via Fostering Network.

We are the UK's leading charity dedicated to preventing gaming and gambling harms among young people.

Our work bridges the critical knowledge gap between young people's digital lives and the adults who guide them. We believe in harm prevention through education, empowering the people who can make a real difference.

Supporting Children in Care

A specialised workshop suitable those supporting children in care, it will cover triggers and risk factors to gaming and gambling harm for young people in care, as well as the young brain, decision making, addiction patterns, and motivations.

Monetisation in Video Games

This session gives an overview of how video games aim to make money, and the motivations as to why young people engage with different forms of in-game purchasing. Beyond loot boxes, it explores in-game stores and compulsion loops designed to keep players playing and spending.



YGAM Training Risks for Children in Gaming and Online Delivered via Fostering Network.

Dates	Times
Supporting Children in Care. 30 September 2026	6.00pm – 8.30pm.
Supporting Children in Care. 20 January 2027	9.39am – 12.30pm.
Monetisation in Video Games 23 February 2027	7.00pm – 8.00pm.



**Northern Ireland
Foster Care**

Foundation for Attachments

This will be delivered online by the Safer Connections (TTLAC) Team and referrals should be made directly by your supervisory social workers to the Safer Connections Team.

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

It consists of 3 core models:

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

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



**Northern Ireland
Foster Care**

Build Bridges Narrative Training

This training will be delivered by Lynda Magill, Safer Connections, and Marie Mc Taggart, Training Coordinator

- An understanding of why narratives are important, the reasons children need to have a cohesive narrative, i.e. what narratives are, their relevance to healthy development for children, particularly those who are fostered and adopted and the impact of trauma and loss on a child's internal view of self and view of the world.
- A congruent model that promotes best practice when communicating with children about reasons why they are unable to live safely with their birth parents and assists them to have a sense of emotional safety within this uncertainty, including the court processes.
- Build Bridges- using the BRIDGES acronym as a useful tool for Foster Carers, Parents and Professionals to talk about the tough stuff and have an understanding of how this can be incorporated in their communication with children.

Dates	Times
17 September 2026	11.30 – 1.30.
26 September 2026.	11.30 – 1.30.
1 October 2026.	11.30 – 1.30.
8 October 2026.	11.30 – 1.30.
15 October 2026.	11.30 – 1.30.

Core Issues in Fostering - (Kinship Foster Care)

Delivered online by Marie McTaggart.

This course is intended for kinship foster carers and completion of this course is recognised as a significant part of the induction process for foster carers.

Areas covered:

1. Legal issues and looked after children procedures
2. Impact of Kinship fostering and contact (family time) issues
3. Safer caring and health and safety within the home

Dates	Times
8 December 2026	10:00am – 1:00pm
12 May 2027	10:00am – 1:00pm



Core Issues in Fostering (Non-Kinship Foster Care)

Delivered online by Marie McTaggart.

This course is intended for foster carers and completion of this course is recognised as a significant part of the induction process for foster carers.

Areas covered:

1. Legal issues and looked after children procedures
2. Impact of fostering safer caring health and safety allegations and recording.
3. Contact (family time) issues, moving on, attachments and permanence.

Dates	Times
11 September 2026	10:00am – 1:00pm
14 April 2027	10:00am – 1:00pm



**Northern Ireland
Foster Care**



Home for Good

Home for Good works with the [HSCNI Foster Care](#), which covers all five Trust areas, to find a home for every child who needs one.

Home for Good has a comprehensive training programme which is free and available to all foster carers.

This training can be found in <https://safefamilies.uk/training/> - this training is designed to give you practical knowledge, fresh perspectives, and the reassurance that you don't have to figure it all out alone. Browse the courses below and find the ones that feel right for where you are right now.

<https://safefamilies.uk/introduction-to-therapeutic-parenting> 1 hour 45 minutes.

<https://safefamilies.uk/trauma-informed-support> 1 hour 30 minutes.

<https://safefamilies.uk/autism-awareness-training> 2 hours.

<https://safefamilies.uk/adhd-awareness-training> 2 hours.

<https://safefamilies.uk/understanding-young-people> 2 hours.

<https://safefamilies.uk/understanding-secondary-trauma> 1 hour 30 minutes.



Northern Ireland Framework for Integrated Therapeutic Care (NI FITC) Awareness Raising Workshop.

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

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

Date	Time
10 September 2026.	9.30am – 11.00am.
10 March 2027.	9.30am – 11.00am.

This training will be delivered online.

Online safety mini webinars for parents and carers

A new series of short online safety mini webinars is now available on the Online Safety Hub for families, and can also be used by staff and volunteers working with children and young people.

Commissioned by the SBNI and developed by online safety experts at Childnet, the webinars were shaped by partner input through the Online Safety Committee, align with the NI Executive's Online Safety Strategy, and reflect the real-life concerns and experiences of local families.

The series includes six webinars (15-20 minutes each), offering practical tips, conversation starters and signposting to further support. Topics include:

- Privacy settings and parental controls
- Group chats and peer pressure
- Online bullying behaviour and online sexual harassment
- Nude image sharing
- Online pornography and misogyny
- Grooming, catfishing and sextortion

Find out more and access the webinars via the [Online Safety Hub](#) or through [Childnet's YouTube](#) channel.



**Northern Ireland
Foster Care**

Online Training Pathway

There is a vast selection of online training courses and resources available which we have informed you about throughout this last year.

We encourage all of our Foster Carers to avail of this opportunity to continue to progress your learning and development at a pace and a time that is convenient to you.

All updated online training courses and resources can be found and accessed at the Regional Northern Ireland Adoption and Foster Care website.

<https://adoptionandfostercare.hscni.net/trainingandsupport/online-training/>



Income Tax Scheme for Foster Carers Webinar

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

Webinar content:

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

To watch a previously recorded webinar go to:

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

Fosterline NI: Advice and Information Service

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

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

Call us on 028 9164 1152

Email us on fosterlineni@fostering.net



**Northern Ireland
Foster Care**

Fostering in a Digital World App

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

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

We encourage all Foster Carers to download and register for an account and to complete the Online Training Certificate for the ‘Need to Know Section’.



“

Foster Carer

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

“

Foster Carer

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

“

Foster Carer

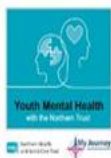
There was so much info on social media which I wasn't aware of. I feel much more confident in keeping the young people I care for safer.



Mental health with young people

New Youth Mental Health Podcast

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



Youth Mental Health with the
Northern Trust

Northern Health and Social Care Trust



Scan here



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



Department of
Health

Online Stress Control Class

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

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

To find out more about Stress Control visit:

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

YOU DO NOT NEED TO REGISTER OR LOG-IN!

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

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

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

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

Please subscribe to the YouTube page for session notifications.

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



Parentline NI 0808 8020 400

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

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

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

There are no silly questions when it comes to parenting!

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

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

What Can I Expect From A Call?

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



Northern Ireland
Foster Care

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

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

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

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

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

To Access Webinars & Self-help Tool please go to

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

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

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

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

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

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

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

Self-Compassion to Improve Wellbeing and Support Growth

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



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

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



Using the Polyvagal Theory to Support Well-being

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



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

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



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



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

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

Many of these accidents can be prevented.

Their website has topics on:

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

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



Podcast: Trauma in Children

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

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

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

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

<https://t.co/s1EnUaR9po>

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

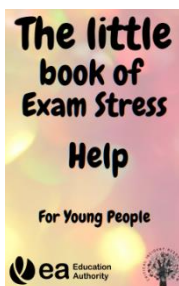
WE HAVE SOMETHING TO...



SAY Project

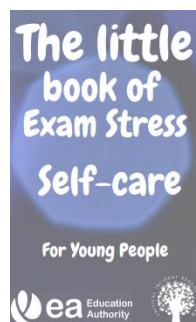
New website aimed at helping children and young people to learn about healthy relationships

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



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

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



Love your body, love yourself, #lovehealth

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



Regional Emergency Social Work Service (RESWS)

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

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

People in crisis include:

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

Service availability

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

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

What situations are treated as an emergency?

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

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



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