



Northern Ireland
Foster Care

South Eastern Area

FOSTER CARER

Learning & Development Training Schedule

September 2026 - June 2027

Welcome to your Foster Carer Learning and Development Training Schedule

September 2026 - June 2027

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

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

FosterCare.Training@setrust.hscni.net

Laura Rice

Jodie Brown

Craig Douglas

Foster Carer Learning and Development
HSC Northern Ireland Adoption & Foster Care
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Please note by booking your place on training you are giving permission for your email address to be shared with the External Trainers

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• NSPCC – Talk PANTS	
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• Parentline NI	
• Online Safety Hub (SBNI)	
• Help Kids Talk Bite Size Series and Resources	
• NISCC Child Development Resources	
• Children’s Learning Disability Therapeutic Resources	
• CYPSP - The Youth Wellness Web	
• Income Tax Scheme - Webinars for Foster Carers	
• Fostering in a Digital World Safeguarding App	
• Foster Carer Support Groups	

Trauma, Attachment and Therapeutic Approaches

A trauma-informed approach helps us understand the impact of trauma by building knowledge, skills and awareness. It recognises that trauma can affect outcomes, coping strategies and relationships with others.

Our Foster Carer Learning, Development and Training Programme has long been underpinned by trauma-informed practice and continues to evolve in line with the Northern Ireland Framework for Integrated Therapeutic Care (NIFITC).

This focus is reflected throughout our learning and development, including our training programme, Online Training Pathway, *Fostering in a Digital World* App, and Therapeutic Resource Libraries.

Within our fostering community, we recognise the importance of not only understanding trauma but also promoting healing, resilience and support through shared learning experiences.

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

Should you wish to be guided further upon our Trauma Informed learning offerings please speak to your Supervising Social Worker or directly to Laura Rice or Natasha Snedden (Senior Social Work Practitioners, The Trauma Informed Fostering Support Hub).



Trauma, Attachment and Therapeutic Training



Why Parent Therapeutically?- Narrative Training-Therapeutic Parenting Strategies- The Just Right State- Understanding Why Children Might Lie- Foundations for Attachment



Teen Coaching- The 4 R's Workshop (Regulate, Relate, Reason, Repair)- Living with Teenagers- Building our Childrens' Developing Brain- Resilience



Therapeutic Crisis Intervention for Families (TCIf)-Complex Needs and Neurodiversity-Sensory Workshop- Building Connections: Brick by Brick- Help Kids Talk- Making Our Nervous System Work for Us

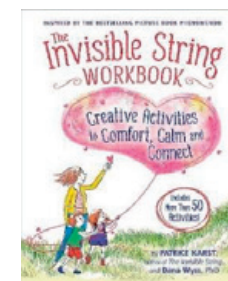
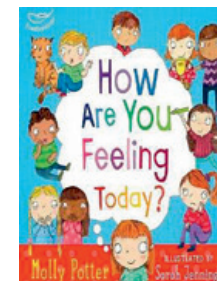
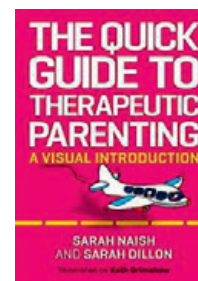
Training Themes



Foster Carer Therapeutic Resources



To complement our Trauma, Attachment and Therapeutic training, we also have a range of therapeutic resources available for you to borrow and use when it suits you. There are libraries available in Grove House (Ballynahinch), Warren Children's Centre (Lisburn) and Bangor Hospital (Bangor). These include books, workbooks and physical resources covering topics such as attachment, therapeutic parenting and child development. There are also resources available specifically for children, including picture books and workbooks around emotions, worries and trauma, which can be used to support the child(ren) in your care. Some examples of the resources available are:



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

Please discuss accessing the resources with your Supervising Social Worker

New Courses for September 2026-2027



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

FosterCare.Training@setrust.hscni.net

Also see Page 61-62 for Additional Online Regional Training.



Thriving Mind Resources for Wellbeing – Ed Sipler (SE Trust)



Ed Sipler, Health Development Specialist in South Eastern Trust, who continues to deliver training courses and workshops to our SE Trust Foster Carers, has developed Thriving Mind resources, your space for mental wellbeing. Accessible via the ASCERT website: <https://www.ascert.biz/thriving-mind/> and also the below QR code.



You will find self-help resources you can use to support your own wellbeing. Whether you're managing anxiety, stress, low mood, or simply seeking ways to build emotional resilience, these resources are here to help.

Visit the website or scan the QR code; some of the resources are listed below:

- Self-compassion
- Bend Don't Break
- Making Our Nervous System Work for Us
- Dealing with Worry
- Building Our Childrens' Developing Brain



Foster Carer Recruitment

As always, a huge thank you to everyone who has given their time and energy over the past year to support our foster carer recruitment efforts. You have made a real difference, and your support is truly appreciated.

Fostering 400

The *Fostering 400* is an annual motorbike ride organised by HSC NI Foster Carer Gareth Irvine. Held during Foster Care Fortnight, this fantastic initiative helps raise awareness of the ongoing need for more foster carers across Northern Ireland.



Fostering Ambassadors

Another big thank you to everyone who has signed up for our exciting new initiative. The Fostering Ambassadors scheme is designed to support new applicants throughout their journey - from the initial enquiry stage, right through to Panel - by pairing them with an experienced, approved foster carer.

If you would like to get involved in recruitment activities, take part in the 2027 biker tour, or find out more about becoming a Fostering Ambassador, we would love to hear from you so please do get in touch.

Craig Douglas

 Craig.douglas@setrust.hscni.net

 **07525 898216**

Fostering Family Fun Day

We hope all of our amazing foster carers and the children you care for had a truly memorable day at our 2026 Fostering Family Fun Day!

We would like to take this opportunity to say a huge thank you to Lesley, Sui Wing and everyone at the Ulster Flying Club for helping us create such a special and enjoyable event for everyone involved.

We are already looking ahead and planning our next event in May 2027, and we'll be in touch soon with more details—we can't wait to share what's in store!



Training Calendar 2026-2027

September 2026				
Date	Training Course	Page	Location	Time
Mon 14-09-26	Domestic Abuse-Awareness Session (Limited to 3 places)	25	Alderman Green Community Centre, Bangor	9.30am-1pm
Wed 23-09-26	Paediatric First Aid Awareness	26	House Church, Newtownards	10am-12.00pm
Wed 23-09-26	Managing Stress in Fostering	27	Zoom	6.30pm-8.30pm
Sat 26-09-26	Listen Closely (Teen Coaching)	28	Grove, Ballynahinch	10am-4pm
Mon 28-09-26	Men Who Foster (Session 1)	29	Online	6.30pm-8.30pm
Tue 29-09-26	Narrative Awareness Training (Safe Connections)	30	Grove, Ballynahinch	10am-1pm
Wed 30-09-26	Gaming Awareness and Harm Prevention (YGAM)	33	Online	6pm-8.30pm

October 2026				
Date	Training Course	Page	Location	Time
Mon 05-10-26	Men Who Foster (Session 2)	29	Online	6.30pm-8.30pm
Tue 06-10-26	Domestic Abuse-Awareness Session (Limited to 3 places)	25	Bridge Community Centre, Lisburn	9.30am-1pm
Wed 07-10-26	School Avoidance Workshop (FAA)	34	Grove, Ballynahinch	10.30am-12.30pm
Thurs 08-10-26	Therapeutic Crisis Intervention for Families (TCIf Refresher)	36	Room 7, Warren Children's Centre, Lisburn	10am-12pm
Mon 12-10-26	Domestic Abuse Awareness (Limited to 3 places)	25	Alderman Green Community Centre, Bangor	9.30am-1pm
Tue 13-10-26	Understanding Why Children Might Lie (Safe Connections)	30	Zoom	10.30am-11.30am

Date	Training Course	Page	Location	Time
Wed 14-10-26	Core Issues for Kinship Foster Carers (Session 1- Online)	37	Zoom	10am-12.30pm
Thurs 15-10-26	Personal Education Plan Workshop (FAA)	38	Ards Business Hub	10am-12.30pm
Tue 20-10-26	Paediatric First Aid Awareness	26	Online	10am-12pm
Wed 21-10-26	Core Issues for Kinship Foster Carers (Session 2- In Person)	37	House Church, Newtownards	10am-1pm
Wed 21-10-26	Making Our Nervous System Work for Us	39	Zoom	6.30pm-8.30pm
Thurs 22-10-26	Safeguarding Children Level 2	40	Grove, Ballynahinch	10am-1pm
Mid-term School Holidays				

November 2026				
Date	Training Course	Page	Location	Time
Tue 03-11-26	Foundations For Attachment (Safe Connections) (Session 1)	32	Grove, Ballynahinch	10am-12.30pm
Wed 04-11-26	LGBTQIA+ Awareness Training	41	Online	10am-1pm
Thurs 05-11-26	The Just Right State, Co-Regulation with Children (Awareness Session)	42	Grove, Ballynahinch	10am-12.30pm
Tue 10-11-26	Foundations For Attachment (Safe Connections) (Session 2)	32	Grove, Ballynahinch	10am-12.30pm
Tue 10-11-26	Building Our Childrens' Developing Brains	43	Zoom	6.30pm-8.30pm
Wed 11-11-26	TCIf Refresher- Complex Needs and Neurodiversity Update	44	Grove, Ballynahinch	10am-1pm

Date	Training Course	Page	Location	Time
Sat 14-11-26	P.A.U.S.E (Teen Coaching: Part 1) (Limited to 3 spaces)	45	Online	9.30am-4.30pm
Tue 17-11-26	Foundations For Attachment (Safe Connections) (Session 3)	32	Grove, Ballynahinch	10am-12.30pm
Tue 17-11-26	Girls and Autism (Lunch and Learn FAA)	46	Online	12pm-12.45pm
Wed 18-11-26	Core Issues for Non-Kinship Foster Carers (Session 1- Online)	37	Zoom	10am-12.30pm
Thurs 19-11-26	Emotional Regulation Workshop (FAA)	34	Ards Business Hub	6.30pm-8.30pm
Tue 24-11-26	Foundation For Attachments (Safe Connections) (Session 4)	32	Grove, Ballynahinch	10am-12.30pm
Wed 25-11-26	Core Issues for Non-Kinship Foster Carers (Session 2- In Person)	37	House Church, Newtownards	10am-1pm

Date	Training Course	Page	Location	Time
Thurs 26-11-26	Making the Move – From Foster Care to Adoption	47	Grove, Ballynahinch	10am-1pm
December 2026				
Tue 01-12-26	Paediatric First Aid Awareness	26	Lagan Valley Vineyard Church, Lisburn	10am-12pm
Wed 02-12-26	Transgender and Non-Binary Awareness	48	MS Teams	10am-1pm
Wed 09-12-26	Resilience: What it is and how to strengthen it in ourselves and our children	49	Zoom	6.30pm-8.30pm
Tue 15-12-26	Puberty and Autism (Lunch and Learn FAA)	46	Online	12.00pm-12.45pm
Christmas School Holidays				

January 2027				
Date	Training Course	Page	Location	Time
Wed 13-01-27	Self-Compassion for Foster Carers	50	Zoom	6.30pm-8.30pm
Thurs 14-01-27	The 4 R's workshop-Regulate, Relate, Reason, Repair (FAA)	35	T3 Conference Centre, Lisburn	10.30am-1.30pm
Tue 19-01-27	Supporting Young People with GCSE choices (FAA)	38	Online	10am-10.30am
Tue 19-01-27	Masking in Autism (Lunch and Learn FAA)	46	Online	12pm – 12.45pm
Wed 20-01-27	Gaming Awareness and Harm Prevention (YGAM)	33	Online	9.30am-12.30pm
Thurs 21-01-27	Impact of Neglect (Awareness)	51	Zoom	10am-12.30pm

Date	Training Course	Page	Location	Time
Tue 26-01-27	Sensory Awareness Workshop	52	Grove, Ballynahinch	10am-12pm
Wed 27-01-27	Paediatric First Aid Awareness	26	Online	6pm-8pm
Thurs 28-01-27	Adversity, Trauma and Resilience - a Trauma Informed Approach (Module 1)	53	Zoom	10am - 1pm
February 2027				
Tues 02-02-27	Keeping our Children Safe Online Workshop	54	Zoom	6.30pm – 8.30pm
Wed 03-02-27	Living with Teenagers	55	Zoom	6.30pm – 8.30pm
Thurs 04-02-27	Adversity, Trauma and Resilience - a Trauma Informed Approach (Module 2)	53	Zoom	10am-1pm
Mid-Term School Holidays				

Date	Training Course	Page	Location	Time
Mon 15-02-27	Understanding the Built-in Parental Controls on Laptops (FAA Workshop) (Session 1)	38	Ards Business Hub	10am-1pm
Tue 16-02-27	Autism and Eating Differences (Lunch and Learn FAA)	46	Online	12pm-12.45pm
Wed 17-02-27	Help Kids Talk (Basic Awareness)	56	Grove, Ballynahinch	10am-11am
Thurs 18-02-27	Therapeutic Crisis Intervention (TCIf) Full Course (Session 1)	57	Grove, Ballynahinch	9.30am-2pm
Mon 22-02-27	Understanding the Built-in Parental Controls on Laptops (FAA Workshop) (Session 2)	38	Ards Business Hub	10am-1pm
Tue 23-02-27	Monetisation in Video Games (YGAM)	33	Online	7pm-8pm
Wed 24-02-27	Help Kids Talk (Level One)	56	Grove, Ballynahinch	10am-12pm

Date	Training Course	Page	Location	Time
Thurs 25-02-27	Therapeutic Crisis Intervention (TCIf) Full Course (Session 2)	57	Grove, Ballynahinch	9.30am-2pm
March 2027				
Tue 02-03-27	Child Sexual Exploitation Awareness Raising	58	MS Teams	6.30pm-8.30pm
Thurs 04-03-27	Therapeutic Crisis Intervention (TCIf) Full Course (Session 3)	57	Grove, Ballynahinch	9.30am-2pm
Tue 09-03-27	Safeguarding Children Level 2	40	Zoom	6pm-9pm
Wed 10-03-27	Why Parent Therapeutically? (Safe Connections)	31	Hilden Resource Centre, Lisburn	10am-1pm
Wed 10-03-27	Building Connections: Brick by Brick (FAA)	35	Grove, Ballynahinch	6.30pm-8.30pm

Date	Training Course	Page	Location	Time
Thurs 11-03-27	Paediatric First Aid Awareness	26	Online	10am-12pm
Sat 13-03-27	The C.A.L.M Affect (Teen Coaching: Part 2) (Limited to 3 places)	44	Online	10am-4:30pm
Tue 16-03-27	Autistic Communication (Lunch and Learn FAA)	46	Online	12pm-12.45pm
Easter School Holidays				
April 2027				
Tue 06-04-27	Therapeutic Crisis Intervention for Families (TCIf Refresher)	36	Zoom	6.30pm-8.30pm
Wed 07-04-27	Therapeutic Parenting Strategies (Safe Connections)	31	Hilden Resource Centre, Lisburn	10am-1pm
Thurs 08-04-27	Welcoming a New Child into Your Home	59	Grove, Ballynahinch	10am-12pm

Date	Training Course	Page	Location	Time
Tue 13-04-27	Core Issues for Kinship Foster Carers (Session 1- Online)	37	Zoom	6pm-8.30pm
Thurs 15-04-27	The Just Right State, Co-Regulation with Children (Awareness Session)	42	House Church, Newtownards	10.30am-1pm
Tue 20-04-27	Core Issues for Kinship Foster Carers (Session 2- In Person)	37	Grove, Ballynahinch	6pm-9pm
Wed 21-04-27	Paediatric First Aid Awareness	26	Grove, Ballynahinch	10am-12pm
Tue 27-04-27	Makaton Taster Session	60	Grove, Ballynahinch	6pm-8pm
May 2027				
Wed 05-05-27	Foundations for Attachment (Safe Connections) (Session 1)	32	Hilden Resource Centre, Lisburn	10am-12.30pm

Date	Training Course	Page	Location	Time
Wed 12-05-27	Foundations for Attachment (Safe Connections) (Session 2)	32	Hilden Resource Centre, Lisburn	10am-12.30pm
Tue 18-05-27	Core Issues for Non-Kinship Foster Carers (Session 1- Online)	37	Zoom	6pm-8.30pm
Wed 19-05-27	Foundations for Attachment (Safe Connections) (Session 3)	32	Hilden Resource Centre, Lisburn	10am-12.30pm
Sat 22-05-27	Listen Closely (Teen Coaching) (Limited to 3 places)	28	Online	10am-4.30pm
Tue 25-05-27	Core Issues for Non-Kinship Foster Carers (Session 2-In person)	37	Lagan Valley Vineyard Church, Lisburn	6pm-9pm
Wed 26-05-27	Foundations for Attachment (Safe Connections) (Session 4)	32	Hilden Resource Centre, Lisburn	10am-12.30pm

June 2027				
Date	Training Course	Page	Location	Time
Wed 02-06-27	Paediatric First Aid Awareness	26	Online	6pm-8pm
Tue 08-06-27	Keeping Our Children Safe Online Workshop	54	Grove, Ballynahinch	10am-12pm

For Venue Addresses see Page 78

Domestic Abuse Awareness Training- North Down and Ards Women's Aid and the SET Learning and Improvement Team

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

Participants will have a greater understanding and knowledge of:

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

(Limited availability of three places).



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

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

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



Managing Stress in Fostering – delivered by Ed Sipler - SE Trust Health Development Dept.

Being a parent has its own levels of stress, being a foster carer has additional stresses. 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. One of the main struggles our young people are experiencing today is increased 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*.



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

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

'Listen Closely...' teaches interpersonal skills in influence & persuasion for managing difficult 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.



Men Who Foster 'Opening the Conversation' – delivered by The Fostering Network

**** 2 sessions Online****

Men Who Foster is an online training course for **male foster carers**. A relaxed space for men who foster to connect, share experiences, and explore key themes around safer caring.

Aim: To give men who foster the opportunity to share experiences, reflect on their role, and gain new insights into helping young people grow within safer, more supportive families.

What to expect: Join us for two online evenings (Sept 28th and Oct 5th 2026, from 6:30pm to 8:30pm) where safer caring will run as the central theme.

This isn't four hours of downloading information – it's a conversation with other men who foster, facilitated by the Fostering Network.

We'll explore:

- The unique impact of men in fostering and the difference they make in young lives.
- Building trust and supporting relational repair through a trauma-informed approach.
- Understanding the key elements of safer caring and turning challenges into opportunities.
- Putting a child-centred focus into daily fostering practice

Why attend?

- Hear from other men who foster
- Share real experiences
- Take away practical insights for everyday fostering life

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

Safe Connections Therapeutic Services Training Courses

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

Understanding Why Children Might Lie Workshop (1 hour Zoom)

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

Narrative Awareness Training

This narrative awareness training will help you think about the importance for narrative work for the children in your care. It will be facilitated by Safe Connections staff and Foster Carers, Kinship carers, and Adoptive parents are welcome to attend. It will look at the narrative model for communicating with children about difficult issues and the necessity for collaborative working and clear communication. The training will also look at some narrative examples and the various ways this work can be completed.



Safe Connections Therapeutic Services Training Courses

Therapeutic Parenting Session 1: Why Parent Therapeutically?

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

Therapeutic Parenting Session 2: Practical Parenting Strategies

This training will be delivered by Safe Connections staff. Once you've increased your understanding of the theory behind therapeutic parenting in session one, this will be a more interactive and practical session. You will have the opportunity to think about, watch demos of, and try out practical therapeutic parenting strategies, all while connecting with and learning from other Foster Carers, Kinship Carers and Adoptive Parents. In particular, we will focus on the PACE model (developed by Dan Hughes) and Theraplay approaches.

If you attend the Therapeutic sessions with Safe Connections, please also consider [The Just Right State, Co-Regulation with Children \(Awareness Session\)](#). Details on Page 42.

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



Safe Connections Therapeutic Services Training Courses

Foundations for Attachment

Foundations for Attachment (FFA) is a training group which runs across four 2.5 hour sessions and is delivered by therapeutic practitioners from the Safe Connections team. This group offers opportunity for Foster Carers and Kinship Carers to come together and to be a part of an interactive and supportive training experience. These four sessions focus on understanding and exploring the challenges which can often be associated with parenting, particularly for children and young people who are care experienced. Therapeutic parenting will be explored as a beneficial approach which focuses on building connection and relationship through a PACE-ful stance (Playfulness, Acceptance, Curiosity and Empathy – Dan Hughes). Carers will have opportunity to reflect on the impact of their own experiences, whilst the importance of self-care when parenting therapeutically will be explored.

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



YGAM- Education to Safeguard our Digital Generation- delivered through Fostering Network

The UK'S leading charity dedicated to preventing gaming and gambling harms among young people, YGAM's 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. The training is as follows:

Gaming Awareness and Harm Prevention- A specialised workshop suitable for those supporting children in care. It will cover triggers and risk factors to gaming and gambling harm 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. It explores in-game stores and compulsion loops designed to keep players playing and spending.



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.



School Avoidance

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.

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.

Both of these workshops are delivered by Strive NI



Fostering Attainment and Achievement (FAA) Training Workshops

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 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.

Building Connections: Brick by Brick

Do you remember the magic of building with Lego when you were young? In this practical workshop we will look at the fundamentals behind bricks-based therapy and how to start using this approach with your child at home. Through practical playful building activities, you will discover how this approach can help create connection, build skills and make learning fun.

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



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

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

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

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



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

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

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

Areas covered:

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

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

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

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

Areas covered:

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



Fostering Attainment and Achievement (FAA) Training Workshops

The revised Personal Educational Plans (PEPS)

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.

This workshop will give foster 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.

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. 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. You will get 'hands-on' with the built-in parental control features that 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.

The workshop will be delivered over two 2-hour sessions on consecutive weeks and attendance at both sessions is required.

Supporting young people with GCSE choices (Online Workshop)

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

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

Have you ever used the expression, “my nerves are away”?

How can we better understand our nervous system so it works for us?

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

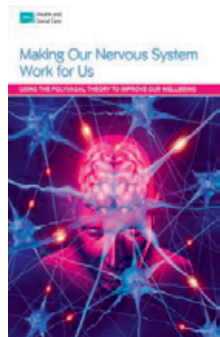
We all have times when the stresses of life shift our nervous system into a fight / flight or shutdown response. Learning to apply the Polyvagal Theory has the potential for us all, not only to understand autism better, but to help make our nervous system work with more flexibility.

In this workshop, you will increase your learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory. The on-line version of the workbook will enable you to use the material and exercises to help improve self-regulation. This psycho-education work introduces self-help and it is up to you to decide how you feel you can make best use of it.

You can get the self-help booklet and on-line version at:

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

The resources were developed with the support of Foster Carers.



Safeguarding Children (Level 2) - delivered by Fiona Corbett- SET Learning and Improvement Team

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

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



LGBTQIA+ Awareness Training - delivered by The Rainbow Project

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

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

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

Key Focus Areas:

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



The Just Right State, Co-Regulation with Children (Awareness Session)– delivered by SE Trust Fostering Staff

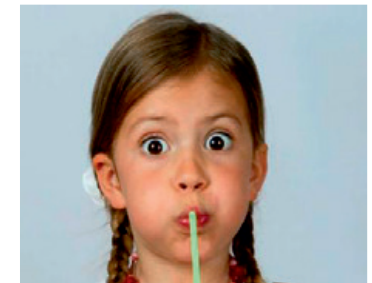
This awareness session of **The Just Right State** Programme (developed by Éadaoin Bhreathnach) is aimed at giving Foster Carers an overview of how they can help their child build regulation opportunities from sensory and attachment perspectives.

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

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

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

If you attend this session please also consider attending the Therapeutic sessions offered by Safe Connections. Details on Page 31.



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

Helping our children deal with their big feelings is a challenge for any parent or carer. Research shows that when children learn self-regulation skills, they are forming pathways in their brains that increase their ability to manage stress in the future.

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

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



TCIf Refresher- Complex Needs and Neurodiversity update- delivered by Trauma Informed Fostering Support Hub

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

In recognition of the complexities faced daily in the foster carer role this session offers an updated TCIf session in the area of **Complex Needs and Neurodiversity**. This update is a practical based workshop to help further support your therapeutic care giving and provide you with a Toolkit of helpful resources.

In this workshop Foster Carers will consider:

- The application of TCIf concepts to children and young people with complex needs and neurodiversity.
- Environmental and personal setting conditions that may be contributing to distress and trauma and strategies for adapting the environment and communication techniques to restore calm.
- Teaching Skills to help support children to succeed.
- Communication skills that work best for children and young people with complex needs and neurodiversity.



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

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

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

TEEN Coaching: Part 1

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

TEEN Coaching: Part 2 – (you will need to have completed PAUSE Workshop)

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

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

You do not need to have completed P.A.U.S.E or C.A.L.M to attend Listen Closely

Please see Page 28 for full course details.

Autism Lunch and Learn online sessions- delivered by The Fostering Network

We are offering foster carers an opportunity to journey with us for five 30-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 and girls.
2. **Puberty and Autism**- 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 in Autism**- 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 and 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 ways of thinking, learning and being.



Making the Move- from Foster Care to Adoption - delivered by Safe Connections & Adoption Team

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

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

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

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

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

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



Transgender & Non-Binary Awareness- 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.



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

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

Resilience research helps us to understand the factors that help people develop strengths to cope with the ever-increasing demands of today's world. Understanding and strengthening these factors is important for everyone.

The workshops will help participants:

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

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

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



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

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

What you will get from attending the workshop:

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

How do I help my children be more self-compassionate? The leading thinkers behind self-compassion suggest the best way for parents to teach it to our kids is to model it. Let them see us using it when we have struggles or make mistakes.

There is a clear link between the amount of practice and lasting change, so we have created 11 clips to go along with the workbook. This is now on ASCERT's website www.ascert.biz/self-compassion/



Impact of Neglect: (Awareness Training) - delivered by Fiona Corbett - SET Learning and Improvement Team

Foster carers play a vital role in recognising the effects of neglect and providing children with the nurturing, responsive care they need to recover and thrive.

Participants will explore what neglect is, the different forms it can take, and how it may present in children.

The training will also explore the impact of neglect on attachment. Using a trauma-informed approach, foster carers will develop a greater understanding of how neglect can influence a child's experiences and responses to care.

Learning Objectives

- Keep neglect at the forefront of practice and understanding when caring for children and young people.
- Understand what neglect is and identify the different types of neglect.
- Recognise the signs and symptoms that may indicate a child is suffering from or has experienced neglect.
- Understand the potential impact of neglect.
- Increase awareness of how to respond to neglect and consider strategies that might help when caring for a child who has experienced neglect.
- Reflect on the importance of providing safe, nurturing, and trauma-informed care to support children's recovery and resilience.



Sensory Awareness Workshop- delivered by Oonagh O'Prey- Clinical Specialist Occupational Therapist (SET)

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

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



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

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

Module 1: Adversity, Trauma and Resilience Awareness



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

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

Module 2: Skills that Promote a Trauma Informed Approach

The aims of the session:

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

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



Keeping Our Children Safe Online Workshop – delivered by SE Trust Staff

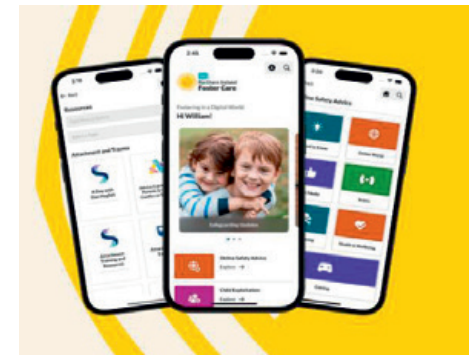
Learning Objectives: To help ensure Foster Carers have the knowledge and skills required in order to empower children and young people to better protect themselves in the online world.

Areas Covered:

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

Fostering in a Digital World App

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



Helpful advice is now only a screen-tap away!

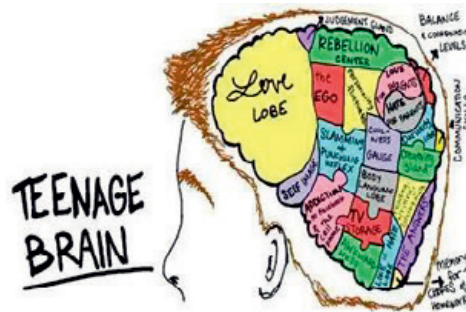
The Fostering in a Digital World App contains many valuable resources, information and guidance. We encourage all Foster Carers to download and register for an account – See Page 75.



Living with Teenagers – What Science is Telling Us and Practical Strategies for Parents and Carers – delivered by Ed Sipler - SE Trust Health Development Dept.

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

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



Help Kids Talk Project

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

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

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

Help Kids Talk (Basic Awareness Session: 1 hour)

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

Help Kids Talk (Level 1: 2 hours)

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

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

Also look at our Help Kids Talk Resources on Page 70



Therapeutic Crisis Intervention for Families (TCIf) Full Course

3 sessions - delivered by SE Trust Fostering Staff

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

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

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

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



Child Sexual Exploitation Awareness Raising – delivered by Steve McNeill SE Trust Senior Social Work Practitioner

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

Learning Objectives:

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



Welcoming a New Child into Your Home- delivered by SE Trust Fostering Staff

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

Learning outcomes include:

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



Makaton Taster Workshop - delivered by Makaton Tutor and Foster Carer Jayne Scott

Join our bespoke Makaton Taster Workshop designed specifically for foster carers. This engaging 2-hour session will be delivered by Jayne Scott, an experienced foster carer and a fully qualified, registered Makaton Tutor. Jayne brings a wealth of expertise, having worked as a Special Educational Needs (SEN) Teacher for 8 years and serving as a SENCO for the past 5 years.

What to expect

- A practical introduction to how Makaton supports communication
- Learn 40+ useful signs and symbols for everyday situations
- Guidance on using Makaton to improve understanding and expression
- Opportunities to practice and build confidence

What is Makaton?

Makaton is a communication programme that combines speech, signs, and symbols to support individuals with learning or communication difficulties. It is designed to:

- Help people understand and be understood
- Support everyday communication needs
- Reduce frustration and promote independence

Makaton has transformed millions of lives by giving individuals a reliable way to express themselves and connect with others.



Additional Online Regional Training

We are delighted to advise that we will be able to offer additional Online Training throughout this training period, please see a small selection of what we will be offering.

Child Sexual Abuse Training and Child Sexual Abuse in Children with Disabilities- delivered online by Marie McTaggart Northern Trust

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.

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

Drug and Alcohol training for Foster Carers- delivered by Start 360

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.

We will inform you and your Supervising Social Worker of dates and times as they become available.



Additional Online Regional Training

Caring Across Cultures- delivered by Clare Mc Grath Principal Practitioner for Ethnic Minorities, Northern Trust.

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.

We will inform you and your Supervising Social Worker of dates and times as they become available.



Additional Resources

Other Resources and Information:

- The Changing Lives Initiative
- Adversity, Trauma and Resilience- E-Learning
- NSPCC – Talk PANTS
- Solihull Approach- Resources
- Parentline NI
- SBNI Online Safety Hub
- Help Kids Talk Bite Size Series and Resources
- NISCC Child Development Resources
- Children’s Learning Disability Therapeutic Resources
- CYPSP - The Youth Wellness Web
- Income Tax Scheme - Webinars for Foster Carers
- Fostering in a Digital World Safeguarding App
- Foster Carer Support Groups



The Changing Lives Initiative: Flourish and Thrive



The Changing Lives Initiative is a cross-border, community-led early intervention project to address neurodevelopmental conditions, such as Attention Deficit Hyperactivity Disorder (ADHD) and Autism.

The project provides early intervention support to families of children with queried neurodevelopmental conditions such as ADHD and Autism.

The Flourish & Thrive project is designed to pilot and support development of a new community based Early Intervention model for families of children with neurodevelopmental concerns. The project will deliver supports to over 8,700 parents and children in the project areas covering counties Louth, Cavan, Monaghan and the Belfast, South Eastern and Northern Trusts.

The project offers a range of interventions to parents including workshops, short programmes, on-line supports and longer evidence-based parent programmes.

<https://changinglivesinitiative.com/>

Look out for our training emails over the coming months where we will inform you and your Supervising Social Worker of upcoming training, workshops and supports.

Adversity, Trauma and Resilience - E-Learning



There are two new and revised online modules which have been designed for all workforces, across all sectors, to raise awareness about adversity, trauma and resilience.

Duration: Approximately 45 minutes to complete each module

You need to complete Module 1 before completing Module 2.

Adversity, Trauma and Resilience (Module 1)

This module introduces the topics of adversity, trauma and resilience. Designed by the Trauma Informed Practice team in the Safeguarding Board for Northern Ireland (SBNI), it is part of a suite of resources available on this learning platform and supports the embedding of a Trauma Informed Approach in workforces and organisations.

Adversity, Trauma and Resilience (Module 2)

This module builds upon the previous module and will introduce you to skills to help you respond in a trauma informed way.

<https://www.safeguardingni.org/resources/adversity-trauma-and-resilience-training-modules>



NSPCC Talk PANTS- Resources



The **Talk PANTS** campaign aims to empower parents, guardians and staff to have age-appropriate conversations with children to help protect them from sexual abuse.

Developed with children, parents, carers and teachers, Talk PANTS is here to help children understand that their body belongs to them, and they should tell a safe adult they trust if anything makes them feel upset or worried.

<https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>



Solihull Approach- Resources



The Solihull Approach was created within the NHS, and its foundations remain firmly grounded in public health values. It integrates key psychological and psychoanalytic theories — containment, reciprocity and behaviour — into a simple yet powerful model that supports emotional development and relational health. Its core principles are:

- Understanding behaviour as communication
- Understanding relationships as the foundation for development
- Promoting emotional containment
- Fostering reflective practice
- Building resilience through connection

Emotional resilience for the everyday

At the core of Togetherness is the belief that relationships matter. Whether it's a parent and child, a teacher and student, or a practitioner and family, strong, emotionally attuned relationships are the foundation of wellbeing.

Resources and information can be found at: <https://togetherness.co.uk/>

- Anxiety
- Toileting
- Baby Brain Development
- Sleep
- Falling Out and Making Up
- Moving up and school transitions

Parentline NI

A FREE confidential helpline for parents and carers throughout Northern Ireland.

Call 0808 8020 400

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

Parentline NI Workshops

Parentline also offer various workshops throughout the year. Previous workshops include:

- **'Safe to be me'** - how to create 'Islands of Safety' for neurodivergent children
- **'Think Outside the Box'** - supporting children's emotional health and wellbeing
- **'Worry to Wonder'** – exploring why children worry and ways we can support them

Workshops are advertised on <https://www.ci-ni.org.uk/parentline/> and Parentline's social media pages.

Parentline also have a podcast and downloadable resources available on their website <https://www.ci-ni.org.uk/parentline/>

Some topics covered include neurodiversity, online safety and bereavement and loss.



Online Safety Hub- Resources for Parents/Carers

The Mini Webinar Series

<https://onlinesafetyhub.safeguardingni.org/online-safety-mini-webinars-for-parents-and-carers/>

Offering practical support to help parents and carers recognise and respond to key online harms

These mini webinars offer clear, practical advice that can be used at home. They explore key issues children and young people may face online, helping you feel more confident supporting your child.

They are designed for parents and carers, and may also be helpful for wider family members and professionals supporting children and young people.

The content has been shaped by feedback from families across Northern Ireland, so it reflects real life concerns they experience.

The mini webinar series has been created by online safety experts at **Childnet** and funded and supported by the Safeguarding Board for Northern Ireland (SBNI), with input and review from partner organisations, under the **NI Executive's Online Safety Strategy**.



Help Kids Talk Project

Bite Size Series

Access to the Bite Size Series can be found at:

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

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

Resources

Access to the Resource section can be found at:

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

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



NISCC-Child Development Resources



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

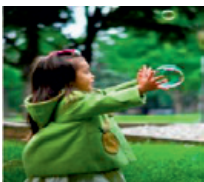
Our Foster Carer Learning, Development and Training Team along with a small number of our Foster Carers were involved in the development, piloting, and review of these new resources.

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

The four resources below are available at:

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

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



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

The Northern Trust Childrens' 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/service/learning-disability-services/childrens-learning-disability-services/>

Other Helpful Websites

- [Autism NI Resources](https://autismni.org/help-support/resources) <https://autismni.org/help-support/resources>
- [Middletown Centre for Autism](https://www.middletownautism.com/) <https://www.middletownautism.com/>
- [ISP Fostering Therapeutically](http://www.ispfostering.org.uk) www.ispfostering.org.uk
- <https://www.twinkl.co.uk/resources/northern-ireland-resources/parents-hub-northern-ireland>



Children and Young People's Strategic Partnership (CYPSP)

The Youth Wellness Web

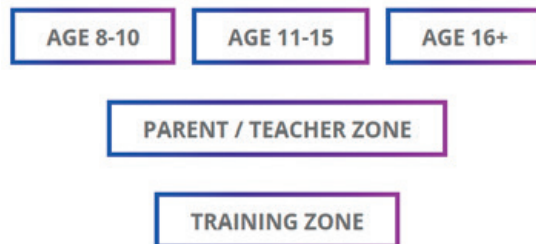
<https://cypsp.hscni.net/youth-wellness-web/>



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

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

It is separated into different age groups and includes lots of advice if you are worried or anxious. There are some great videos and podcasts on many topics to include:



Income Tax Scheme for Foster Carers - Webinar

The Fostering Network have a range of resources to help foster carers better understand what fostering means for them and their finances.

Webinar content:

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



To watch a previously recorded webinar go to:

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

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

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

Fostering Network Finances Advice and Information:

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

Fosterline NI: Advice and Information Service

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

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

Fostering in a Digital World Safeguarding App

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

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

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



Full Name

Username

Email

Password

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

Confirm Password

Register

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

Foster Carer Support Groups

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

South Eastern Trust Support Groups

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

Down Support Group

Contact: Paula Hall

Location: Grove House, Ballynahinch, 028 90413672

Lisburn Support Group

Contact: Julie Gibson

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

Bangor Support Group

Contact: Roisin Maguire

Location: Bangor Community Hospital, 028 91270672

The Fostering Network- Kinship Support Programme

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

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

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

Regional Emergency Social Work Service (RESWS)

0800 1979 995

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

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

If you require to speak to a social worker outside of office hours you can use this number.

Service availability

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

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



Training Venue Addresses

Alderman Green Community Centre, 1 Rathgill Parade, Bangor
BT19 7TZ

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

Bridge Community Centre, 50 Railway Street, Lisburn
BT28 1XP

Grove House, 8 Antrim Road, Ballynahinch
BT24 8BA

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

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

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

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

