



Western Area

FOSTER CARER Learning & Development Training Schedule

September 2026 - June 2027

0800 0720 137 | adoptionandfostercare.hscni.net |   

Caring for a child who has experienced disruption, trauma or uncertainty is an extraordinary act of compassion, but it also requires specialist knowledge, skills and support. Caring can be deeply rewarding – but undeniably demanding.

Training for Kinship Carers or Foster Carers isn't simply a requirement, it is an essential part of ensuring children feel safe, understood and empowered to thrive. Training sessions bring carers together, creating a sense of shared experience and community. These networks can become ongoing sources of support and encouragement often reducing feelings of isolation and helping carers feel part of a wider, compassionate team.

Investing in training is investing in brighter futures for the children who rely on us most.

All training will be added to your Training Portfolio.

Please link in with your Supervising Social Worker and Marie Walsh
marie.walsh@westerntrust.hscni.net or
foster.training@westerntrust.hscni.net

Tel: 028 8283 5264

Fostering in a digital world App

As many of you already know, the App contains many valuable resources, information and guidance. 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'.

The app allows users to see a range of activities and updates and you can log in to access specific advice and functions that provide guidance on how to navigate safely through the digital environment.

IF YOU HAVEN'T ALREADY DONE SO:

- **PLEASE DOWNLOAD THE APP WHICH HAS LOTS OF VITAL INFORMATION ON SAFEGUARDING CHILDREN/ CHILD SEXUAL EXPLOITATION AND INTERNET SAFETY.**

**IT'S AN INTERNET SAFETY GUIDE THAT CAN FIT INTO YOUR POCKET
DOWNLOAD IT ON GOOGLE OR APPLE APP STORES.**



Core Issues in Fostering (Non-Kinship Foster Care)

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 and Venues to be confirmed

Date:

Time:

Venue:

4R's Workshop – Regulate, Relate, Reason, Repair

Delivered by Fostering Network

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: Tuesday 15th September 2026

Time: 10.30 am – 1.30 pm

Venue: Mellon Country Inn, 134 Beltany Road, Omagh, BT78 5RA

Or

Date: Wednesday 24th February 2027

Time: 10.30 am – 1.30 pm

Venue: Clooney Hall, 36 Clooney Terrace, Derry, BT47 6AR

The SEN System in Northern Ireland Workshop
Facilitated by Fiona O'Donnell from TFN/FAA Education Hub

Workshop: The SEN System in NI- an information session for Foster and Kinship Carers

This session will explore how the Special Educational Needs system works in NI and what parents/carers can do to get support for their children in school.

Topics covered will include, recent changes to the SEN system, requesting Statutory Assessments - who can do this, Statements of SEN, Education Plans and school-based support

This workshop is hosted by TFN Western trust Education Hub Northern sector) and facilitated by SENAC (Special Education Needs Advice Centre)

Date: TBC

Time: 10.15 arrival for tea/coffee - Workshop 10.30 am to 12.30 pm

Venue: St Columb's Park House, 4 Limavady Rd, Waterside, Derry BT47 6JY

[Express your Interest via Marie Walsh](#)

Drug & Alcohol – Online Training Facilitated by Wendy Burgess – Start 360

Start 360 delivers support services and training on addiction issues.

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

Online Training

Date: Wednesday 16th September 2026

Time: 10.30 am – 12.30 pm

Or

Date: Wednesday 28th April 2027

Time: 10.30 am – 12.30 pm

Managing Stress in Fostering - Online

Ed Sipler Regional Workshop

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 is 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**.

Online Training

Date: Wednesday 23rd September 2026

Time: 6.30 pm – 8.30 pm

Men who Foster – Online

Delivered by Craig Lyttle, Rob Ng-yu-tin & James West

Connect with others who understand the fostering journey—share your experiences, ask questions, and explore the important role men bring to Fostering.

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.

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.

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

Online

Dates: Monday 28th September 2026

&

Monday 5 October 2026

Time: 6.30 pm – 8.30 pm

Safeguarding - Online

Delivered by Marie McTaggart NHSCT Training Co-Ordinator

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

Online Training – Choose one of the dates below

Date: Tuesday 29th September 2026

Time: 7.00 pm – 8.00 pm

Or

Date: Tuesday 1st December 2026

Time: 10.00 am – 11.00 am

Or

Date: Tuesday 9th March 2027

Time: 7.00 pm – 8.00 pm

Or

Date: Tuesday 9th June 2027

Time: 10.00 am – 11.00 am

Education to Safeguard our Digital Generation– Online Training

Delivered by YGAM

YGAM – Award –winning education to safeguard our digital generation

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 to 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.

Date: 30 September 2026

Time: 6.00pm-8.30pm

OR

Date: 20 January 2027

Time: 9.30am-12.30pm

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.

Date: 23 February 2027

Time: 7.00pm-8.00pm

Attachment and Trauma Informed Care (ATIC) Training

Delivered by Charlene O'Connor & Karen Fox WHSCT Fostercare Service

This evidence-based training will help you gain an understanding of attachment and trauma, helping you think about what this means for the children you care for and the ways in which you do this.

This training will provide carers with an insight into attachment theory and the basics of neurodevelopment.

It is part of your agreed training plan and would be considered mandatory.

All sessions need to be completed as part of this training

Dates:	1st, 2nd, 8th & 9th October 2026
Time:	9.30 am – 12.30 am
Venue:	Omagh Enterprise Agency, Great Northern Road, Omagh, BT78 5LU

ONLINE

Dates:	5th, 12th & 19th November 2026
Times:	10.00 am – 12.30 pm <u>or</u> 7.00 pm – 9.00 pm

Dates:	25th & 26th February & 4th & 5th April 2027
Time:	9.30 am – 12.30 am
Venue:	St Columb's Park House, 4 Limavady Road, Waterside, Derry, BT47 6JY

ONLINE

Dates:	8th, 15th & 22nd April 2027
Times:	10.00 am – 12.30 pm <u>or</u> 7.00 pm – 9.00 pm



Facilitated by Western Trust Health Visitors - Melanie McFaul & Wendy McGonagle

The programme is for parents or carers of children aged 0 to 5 years old.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years. The programme covers these 5 themes across 7 weeks and provides everything you need

The HENRY Healthy Families: Right from the Start programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families. Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

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

Whilst this programme is aimed at 0-5, it would be important to think about a child's development age as opposed to their chronological age, therefore have a conversation with your supervising social worker if you have any questions. It is extremely important that you attend every session to be able to fully benefit.

Dates: Monday 5th, 12th, 19th & 26th October & 2nd, 9th & 16th November 2026

Time: 10.00 am – 12 noon

Venue: Destined Building, 1 Foyle Road, Derry, BT48 6SQ

Adversity, Trauma & Resilience (Module 1 & 2) – Online
Delivered by Jackilene Weatherup, Belfast Trust, Training Co-Ordinator

The aims of the sessions:

Module 1:

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

Module 2:

- 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 module 1 training before attending Module 2****

Online Training

Module 1 Tuesday 6th October 2026 Time: 10.00 am – 1.00 pm.

Module 2 Tuesday 13th October 2026 Time: 10.00 am – 1.00 pm.

Or

Module 1 Monday 10th May 2027 Time: 10.00 am – 1.00 pm

Module 2 Monday 17th May 2027 Time: 10.00 am – 1.00 pm.

Adversity Trauma & Resilience Awareness (Module 1&2) – Online
Facilitators Laura Rice & Craig Douglas SEHSCT Training Co-ordinators

Online Training

Module 1: Thursday 28th January 2027 Time: 10.00 am – 1.00 pm

Module 2: Thursday 2nd February 2027 Time: 10.00 am – 1.00 pm

Fostering in a Digital World

Delivered by INEQE Safeguarding Group

Foster carers provide safety, stability, and emotional support that can be life-changing for children and young people in care. In today's digital world, that care must also extend online, where the risks for looked-after children are often greater. Their lived experiences can increase vulnerability to manipulation, grooming, exposure to harmful content, and other online harms. This course offers practical insights into the digital behaviours of children in care, tools to build digital resilience, and clear guidance for safe, appropriate responses to online concerns.

Learning Outcomes

- Understand how digital safeguarding applies to looked-after children and care-experienced young people.
- Recognise online risks specific to fostering contexts, including contact with birth families, identity vulnerability, and targeted exploitation.
- Explore current trends in online platforms, gaming, and communication tools used by children and young people.
- Identify how abusers use digital tools to groom, exploit, and manipulate vulnerable young people.
- Gain practical strategies to support digital resilience, manage online disclosures, and promote safer online behaviour within fostering relationships.

ONLINE

Date: Tuesday 13th October 2026

Time: 6.30pm – 8.30pm

Personal Education Plans

Delivered by Monica O'Neill & Craig Lyttle from Fostering Attainments & Achievements

The revised Personal Education Plans (PEPs) – Duration 2.5 hours

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.

Date: Wednesday 14th October 2026

Time: 10.00 am – 12.30 pm

Venue: Strabane Enterprise Centre, Orchard Retail Industrial Estate,
Orchard Road, Strabane, BT82 9FR

Kinship Core Issues

Delivered by Sharon McEleney Training Co-Ordinator WH&SCT

Specifically for Kinship Carers

Kinship Carers play a crucial role in providing safety, stability and continuity for the children in their care. Effective training ensure carers understand their responsibilities, feel confident in their role and provide a nurturing safe home.

Kinship Core Issues training includes issues such as:

- Legal Issues such as parental responsibility, Residence Orders and Family Time and the shift in family roles and dynamics
- The statutory duties of the teams working to support the child and the importance of self-care for carers
- Safer Care plans that are developed and evolve dependant on the child's needs and taking into account their vulnerabilities. These also take into consideration safety checks in the home and also the child's bedroom.

Dates:

Thursday 15th & 22nd October 2026 **Time: 10.00 am – 12.00 noon**

Thursday 14th & 21st January 2027 **Time: 10.00 am – 12.00 noon**

Thursday 15th & 22nd April 2027 **Time: 10.00 am – 12.00 noon**

Venue: Destined Building, 1 Foyle Road, Derry, BT48 6SQ

Dates:

Friday 5th & 12th November 2026 **Time: 10.00 am – 12.00 noon**

Friday 18th & 25th February 2027 **Time: 10.00 am – 12.00 noon**

Thursday 13th & 20th May 2027 **Time: 10.00 am – 12.00 noon**

Venue: Omagh Enterprise Agency, Great Northern Road, Omagh, BT78 5LU

Basic First Aid Awareness – Online
Delivered by Keith Saunderson: Blay Training

These informal sessions will give you the basics of First Aid needed in the initial stages of an emergency. No previous knowledge of first aid needed.

You will learn to deal with someone who:

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

Online Training – Please choose one date below.

Dates:

Tuesday 20th October 2026 Time: 10.00 am – 12 noon

Wednesday 27th January 2027 Time: 6.00 pm – 8.00 pm

Thursday 11th March 2027 Time: 10.00 am – 12 noon

Or

Wednesday 2nd June 2027 Time: 6.00 pm – 8.00 pm

Making Our Nervous System Work For Us - Online

Ed Sipler Regional Workshop

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

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

In this workshop, participants will increase learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory. With an on-line version of the workbook, it will enable 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/>

Online Training

Date: Wednesday 21st October 2026

Time: 6.30 pm – 8.30 pm

Child Sexual Abuse – Online Training

Delivered by Marie McTaggart NHSCT Training Co-Ordinator

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 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.

Online Training

Date: Thursday 22nd October 2026

Time: 10.00 am – 12.00 noon

Or

Date: Thursday 20th May 2027

Time: 10.00 am – 12.00 noon

Recording Training – Online

Delivered by Marie McTaggart NHSCT Training Co-Ordinator

- 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 is online links will be forwarded as appropriate.

Online Training – Please choose one date below

Date: Wednesday 4th November 2026

Time: 10.00 am – 11.00 am

Or

Date: Wednesday 11th February 2027

Time: 7.00 pm – 8.00 pm

Or

Date: Thursday 6th May 2027

Time: 10.00 am – 11.00 am

Or

Date: Thursday 17th June 2027

Time: 7.00 pm – 8.00 pm

Corthú Training Delivered by Fostering Network

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

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

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

Week 1 - Introduction to Neurodiversity

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

Week 2 - What it feels like to be Autistic

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

Home Life

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

Week 3 - Caring Autistically

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

Caring for a happy, authentic, Autistic child

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

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

Date: 4th, 11th & 18th November 2026

Time: 10.30 am – 1.00 pm

**Venue: Strabane Enterprise Agency, Orchard Retail Industrial Estate,
Orchard Road, Strabane, BT82 9FR**

LGBTQIA+ Awareness - Regional

Delivered by James McGoldrick from 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.

Online Training

Date: Wednesday 4th November 2026

Time: 10.00 am – 1.00 pm

PAUSE, CALM & LISTEN CLOSELY - O'Prey Teen Coaching Online Training

Delivered by Anthony O'Prey -

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

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

TEEN Coaching: Part 1

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

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

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

'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.

Online Training

PAUSE: **Saturday 14th November 2026**
9.30 am – 4.00 pm

CALM: **Saturday 13th March 2027**
10.00 am – 4.00 pm

(Same Foster Carers who attend PAUSE to attend CALM).

LISTEN CLOSELY: **Saturday 22nd May 2027**
10.00 am – 4.00 pm

(Foster Carers can attend this as a stand-alone or already completed PAUSE/CALM)

Target: Foster Carers with Teenagers

3 Places Available (first come basis)

Paediatric First Aid Training

Delivered by David James from Global Horizon Skills



Learn all the basics in First Aid to support the children in your Care

Date: Wednesday 25th November 2026

Time: 10.00 am – 1.00 pm

Venue: Clooney Hall, 36 Clooney Terrace, Derry, BT47 6AR

Or

Date: Wednesday 7th April 2027

Time: 10.00 am - 1.00 pm

Venue: Omagh Enterprise Agency, Great Northern Road, Omagh, BT78 5LU

Transgender & Non-Binary Awareness - Regional Delivered by James McGoldrick from The Rainbow Project
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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 regards 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.

Online Training

Date: Wednesday 2 December 2026

Time: 10.00 am – 1.00 pm

Child Sexual Abuse / Children with Disabilities - Online
Delivered by Marie McTaggart NHSCT Training Co-Ordinator

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.

Online Training

Date: Tuesday 12th January 2027

Time: 10.00 am – 12.00 noon

Or

Date: Tuesday 13th April 2027

Time: 10.00 am – 12.00 noon

Invest in Play Parent Programme

“Building Stronger Relationships for the whole Family”

Delivered by Sally Gamble & Caoimhe Melaugh WHSCT Fostercare Service

The invest in play® (iiP) parent programme is a 12 session course for parents of children age 2-12 years.

Participants need to attend ALL 12 sessions

Learning Outcomes:

- Build children’s social competence, self-confidence and emotion regulation skills.
- Help parents deal with challenges and create a better everyday life.
- Help children struggling with low self-esteem, behavioural difficulties, ADHD and Autism.

This programme will be starting January 2027.

Dates, Times and Venue to be confirmed.

Express your interest via Marie Walsh.

Safety Online – Laptop Parental Control Workshop

Delivered by Craig Lyttle & James West, Fostering Attainment & Achievement

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 up parental controls, but also how this fits together with the wider picture of how to help young people stay safe online. We will get 'hands-on' with what the built-in parental control features are available on Microsoft Windows laptops. We will show you how these controls are accessed and set, as well as discussing what effects these settings may have.

The workshop will be delivered over two 3-hour sessions on consecutive weeks, and attendance at both sessions is mandatory.

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

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

Date: Thursday 18th February & Thursday 25th February 2027

Time: 10.00 am – 1.00 pm

**Venue: Strabane Enterprise Centre, Orchard Retail Industrial Estate,
Orchard Road, Strabane, BT82 9FR**

Food & Movement: Help our Day

Delivered by Fostering Network

Food and movement can have a big impact on how we live our days. This workshop will look very briefly at these aspects and how we can help the children and young people we spend time with achieve and maintain an appropriate state of regulation. This is an interactive session so please come along prepared to eat food, play and have some fun.

This workshop will be delivered by Nicky who has been working with young people for over 25 years in Alternative Education, residential children's homes and voluntary settings. Nicky brings a wealth of knowledge and experience to this programme.

Date: Tuesday 23rd February 2027

Time: 10.30 am – 12.30 pm

Venue: Mellon Country Inn, 134 Beltany Road, Omagh, County Tyrone, BT78 5RA

Caring Across Cultures - Training for carers looking after children from ethnic minorities.

Delivered by Clare McGrath, Principal Practitioner for Ethnic Minorities, NHSCT

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.

ONLINE

Date: 11th March 2027

Time: 10.00am – 12.00 noon

Social Media 101

Delivered by INEQE Safeguarding Group

This session aims to provide participants with a comprehensive overview of social media, including an in-depth understanding of the core functions of popular platforms and their associated risks. This course will also help participants gain practical skills in helping secure their devices to keep themselves and the young people in their care safer online.

Learning Objectives:

By the end of the training, participants will:

- Enhance their knowledge of the most popular social media platforms.
- Develop their confidence in navigating social media and gaming platforms.
- Implement practical strategies to protect their devices from unauthorised access.
- Build confidence in managing their phone's security settings and parental controls.
- Gain an understanding of how to limit unwanted communication on their own or their young person's device.

ONLINE

Date: Thursday 15th April 2027

Time: 6.30pm – 7.30pm

Lunch & Learn

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

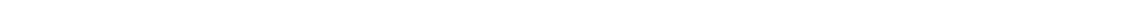
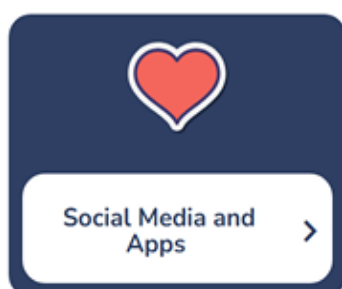
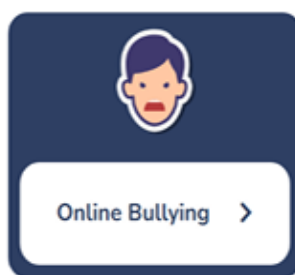
Date	Time	Lunch & Learn Webinar
17/11/2026	12.00 pm – 12.45 pm	<u>Girls and Autism</u> Society's understanding of autism in girls has been limited by outdated stereotypes and incorrect assumptions. In this session we will address such myths and embrace the identification of Autism and girls.
15/12/2026	12.00 pm – 12.45 pm	<u>Puberty and Autism</u> 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.
19/01/2027	12.00 pm – 12.45 pm	<u>Masking</u> 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.
16/02/2027	12.00 pm – 12.45 pm	<u>Autism and Eating Differences</u> Understanding autism, sensory processing, eating difficulties, food related anxiety & how we can support.
16/03/2027	12.00 pm – 12.45 pm	<u>Autistic Communication</u> 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.



Online Safety Hub- Resources for Parents/Carers

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

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



Foster / Kinship Carer Support Mornings

Destined Building, 1 Foyle Road, Derry, BT48 6SQ

Dates & Times:

10.00 am – 12 noon

2026 – Monday 28th September, 26th October, 24th November & 14th December

2027 – 25th January, 22nd February, 22nd March, 26th April, 24th May & 14th June

Fire Station, 1 Killybrack Road, Omagh, BT79 7DG

Dates & Times:

10.00 am – 12 noon

2026 – Tuesday 29th September, 27th October, 24th November & 15th December

2027 – Tuesday 19th January, 16th February, 16th March, 20th April, 18th May & 15th June

Tax & National Insurance – Information for Foster Carer Members

Foster Carers are required to register as self-employed with HM Revenue & Customs (HMRC) and complete a self-assessment tax return form at the end of every tax year.

- A tax year runs from 6 April in one year to 5 April the next
- HMRC works retrospectively so you will submit a tax return form to them about the previous tax year.

For FAQ -

Fosterline Northern Ireland on 028 9164 1152

or

fosterlineni@fostering.net

Please discuss with your Supervising SW if you have any queries and they will guide you.

We welcome your ongoing feedback on the training offered and any other training events you would like to see offered.

Click on the link:

[Foster Carers views on Training Events they would like to see offered – Fill out form](#)

Or hold your camera over the QR Code and click the yellow link:



Thank you for your views

