



Belfast Area

FOSTER CARER Learning & Development Training Schedule

September 2026 - June 2027

0800 0720 137 | adoptionandfostercare.hscni.net |   

**Welcome to your Development Programme for
September 2026 – June 2027**

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



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

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

Contents

Training Calendar	Page 4
Course Descriptions	Page 18
Additional Training Resources & Information	Page 47
• Fostering in a Digital World Safeguarding App • Online Training Menu – Regional Pathway • Recovery College - Free educational courses about mental health & recovery • Online Stress Control Classes & Resources • ASCERT Training and Resources - Addressing alcohol and drug-related issues • Child Abuse & Neglect – NSPCC Training & Resources • Building our Children's Developing Brain Webinars • Sleep Action –Training on YouTube • Public Health Dietitians -YouTube channel • VOYPIC – Voice of Young People in Care	
Venue Address	Page 62
Contact Details	Page 62

Training Calendar 2026-2027

September 2026				
Date	Training Course	Page	Online/Location	Time
16/09/26	Drug and Alcohol Awareness	37	Online	10.30am – 12.30pm
16/09/26	Safeguarding	19	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
17/09/26	Nurturing Attachments Module 1 (S1)	34	Living Hope Belfast	10.00am - 1.00pm
22/09/26	Emotional Regulation	22	Children in Northern Ireland	10.30am – 12.30pm
23/09/26	Managing Stress in Fostering Ed Sipler	44	Online	6.30pm - 8.30pm
24/09/26	Nurturing Attachments Module 1 (S2)	34	Living Hope Belfast	10.00am - 1.00pm
28/09/26	Men Who Foster (Session 1)	35	Online	6.30pm - 8.30pm
29/09/26	The Narrative Model	36	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
30/09/26	Personal Education Plans (PEP's)	25	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
30/09/26	YGAM – Supporting Young People in Care	38	Online	6.30pm - 8.30pm

October 2026				
Date	Training Course	Page	Online/Location	Time
01/10/26	Nurturing Attachments Module 1 (S3)	34	Living Hope Belfast	10.00am - 1.00pm
02/10/26	Birth to Five Development	30	Living Hope Belfast	10.00am - 1.00pm
05/10/26	Men Who Foster (Session 2)	35	Online	6.30pm - 8.30pm
06/10/26	Theraplay Awareness	28	Knockbreda Wellbeing & Treatment Centre	10.00am - 1.00pm
06/10/26	Adversity Trauma & Resilience Awareness (TIP Level 1)	41	Online	6.00pm - 9.00pm
07/10/26	First Aid	20	Living Hope Belfast	6.30pm - 9.00pm
08/10/26	Nurturing Attachments Module 1 (S4)	34	Living Hope Belfast	10.00am - 1.00pm
09/10/26	Promoting Positive Family Time	37	Shankill Wellbeing & Treatment Centre	10.00am - 1.00pm
13/06/26	Develop Awareness Skills & Promoting a Trauma Informed Approach (TIP Level 2)	41	Online	6.00pm - 9.00pm
13/10/26	Fostering in a Digital World (Ineqe)	18	Online	6.30pm - 8.30pm

15/10/26	Nurturing Attachments Module 1 (S5)	34	Living Hope Belfast	10.00am - 1.00pm
20/10/26	Making a Move – Managing Transitions in Fostering	29	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
20/10/26	First Aid	20	Online	10.00am - 12.00pm
21/10/26	Making Our Nervous System Work for Us Ed Sipler	44	Online	6.30pm - 8.30pm
22/10/26	Child Sexual Abuse Awareness Training	38	Online	10.00am – 12.00pm
22/10/26	Nurturing Attachments Module 1 (S6)	34	Living Hope Belfast	10.00am - 1.00pm
26/10/16	Adversity Trauma & Resilience Awareness (TIP Level 1)	41	Online	10.00am - 1.00pm
November 2026				
Date	Training Course	Page	Online/Location	Time
03/11/26	Therapeutic Crisis Intervention in Families (S1)	31	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
03/11/26	Non Kinship Core Issues (S1)	21	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
04/11/26	LGBTQAI+ Awareness	39	Online	10.00am – 1.00pm

04/11/26	Recording Awareness	29	Online	10.00am – 11.00am
05/11/26	Nurturing Attachments Module 2 (S1)	34	Living Hope Belfast	10.00am - 1.00pm
06/11/26	Kinship Foundations for Attachment (S1)	33	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
10/11/26	Therapeutic Crisis Intervention in Families (S2)	31	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
10/11/26	Non Kinship Core Issues (S2)	21	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
11/11/26	Laptop Safety - Parental Controls	24	Shankill Wellbeing & Treatment Centre	10.00am - 1.00pm
12/11/26	Nurturing Attachments Module 2 (S2)	34	Living Hope Belfast	10.00am - 1.00pm
13/11/26	Kinship Foundations for Attachment (S2)	33	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
14/11/26	Anthony O'Prey Teen PAUSE	27	Online	9.30am - 4.30pm
17/11/26	Therapeutic Crisis Intervention in Families (S3)	31	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
17/11/26	Girls & Autism (Lunch n Learn)	26	Online	12.00pm - 12.45pm
17/11/26	Non Kinship Core Issues (S3)	33	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
18/11/26	Laptop Safety - Parental Controls	24	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm

19/11/26	Nurturing Attachments Module 2 (S3)	34	Living Hope Belfast	10.00am - 1.00pm
20/11/26	Kinship Foundations for Attachment (S3)	33	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
24/11/26	Therapeutic Crisis Intervention in Families (S4)	31	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
24/11/26	Non Kinship Core Issues (S4)	21	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
25/11/26	Understanding the Impact of Neglect on Children	32	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
25/11/26	Kinship Core Issues Online	21	Online	6.00pm - 9.00pm
26/11/26	Nurturing Attachments Module 2 (S4)	34	Living Hope Belfast	10.00am - 1.00pm
27/11/26	Kinship Foundations for Attachment (S4)	33	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
December 2026				
Date	Training Course	Page	Online/Location	Time
02/12/26	LGBTQAI+ Transgender and Non-Binary Awareness	40	Online	10.00am – 1.00pm
03/12/26	Nurturing Attachments Module 2 (S5)	34	Living Hope Belfast	10.00am - 1.00pm
04/12/26	Kinship Foundations for Attachment (S5)	33	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm

09/12/26	Therapeutic Crisis Intervention in Families (Neurodiversity)	31	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
10/12/26	Nurturing Attachments Module 2 (S6)	34	Living Hope Belfast	10.00am - 1.00pm
10/12/26	Safeguarding	19	Online	6.30pm – 9.00pm
11/12/26	Kinship Foundations for Attachment (S6)	33	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
15/12/26	Puberty & Autism (Lunch n Learn)	26	Online	12.00pm - 12.45pm
16/12/26	First Aid	20	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
January 2027				
Date	Training Course	Page	Online/Location	Time
07/01/27	Nurturing Attachments Module 3 (S1)	34	Living Hope Belfast	10.00am - 1.00pm
08/01/27	Solihull Togetherness Understanding your child (S1)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
12/01/27	Child Sexual Abuse in Children with Disabilities Awareness	38	Online	10.00am - 12.00pm
14/01/27	Nurturing Attachments Module 3 (S2)	34	Living Hope Belfast	10.00am - 1.00pm

15/01/27	Solihull Togetherness Understanding your child (S2)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
19/01/27	Using Mindfulness to Reduce Anxiety & Build Resilience	24	Shankill Women's Centre	10.00am - 1.00pm
19/01/27	Supporting Young People Choices in Education (post 16)	25	Online (FN)	10.00am – 10.30am
19/01/27	Masking (Lunch n Learn)	26	Online	12.00pm - 12.45pm
20/01/27	YGAM – Supporting Young People in Care	38	Online	9.30am - 12.30pm
20/01/27	First Aid	20	Online	6.00pm - 8.00pm
21/01/27	Nurturing Attachments Module 3 (S3)	34	Living Hope Belfast	10.00am - 1.00pm
22/01/27	Solihull Togetherness Understanding your child (S3)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
26/01/27	Theraplay Awareness	28	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
26/01/27	Making a Move: Transitions in Fostering	29	Online	6.00pm - 9.00pm
28/01/27	Adversity Trauma & Resilience Awareness (TIP Level 1)	41	Online	10.00am – 1.00pm

28/01/27	Nurturing Attachments Module 3 (S4)	34	Living Hope Belfast	10.00am - 1.00pm
29/01/27	Solihull Togetherness Understanding your child (S4)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
February 2027				
Date	Training Course	Page	Online/Location	Time
01/02/27	Supporting Children with Bereavement & Loss	43	Living Hope Belfast	10.00am - 1.00pm
02/02/27	Building Connections: Brick by Brick	22	Children in Northern Ireland	10.00am - 12.30pm
04/02/27	Nurturing Attachments Module 3 (S5)	34	Living Hope Belfast	10.00am - 1.00pm
04/02/27	Develop Awareness Skills & Promoting a Trauma Informed Approach(TIP L2)	41	Online	10.00am - 1.00pm
05/02/27	Solihull Togetherness Understanding your child (S5)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
09/02/27	Kinship Core Issues (S1)	21	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
10/02/27	Kinship Core Issues (S2)	21	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
10/02/27	Adversity Trauma & Resilience Awareness (TIP Level 1)	41	Online	10.00am – 1.00pm

11/02/27	Nurturing Attachments Module 3 (S6)	34	Living Hope Belfast	10.00am - 1.00pm
11/02/27	Recording Awareness	29	Online	7.00pm – 8.00pm
12/02/27	Solihull Togetherness Understanding your child (S6)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
16/02/27	Autism & Eating Differences (Lunch n Learn)	26	Online	12.00pm - 12.45pm
23/02/27	YGAM – Monetisation in Video Games	38	Online	7.00pm - 8.00pm
23/02/27	Understanding the Impact of Neglect on Children	32	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
24/02/27	Fostering in a Digital World	18	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
25/02/27	First Aid	20	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
26/02/27	Solihull Togetherness Understanding your child (S7)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
March 2027				
Date	Training Course	Page	Online/Location	Time
01/03/27	Safeguarding	19	Shankill Wellbeing & Treatment Centre	10.00am - 1.00pm
02/03/27	Making a Move - Transitions in Foster Care	29	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm

03/03/27	GEM Scheme Awareness	38	Online	10.00am - 1.00pm
03/03/27	Kinship Core Issues	21	Online	6.00pm - 9.00pm
04/03/27	Cothú (Session 1)	23	Shankill Womens Centre	10.30am - 1.00pm
05/03/27	Solihull Togetherness Understanding your child (S8)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
11/03/27	Cothú (Session 2)	23	Shankill Womens Centre	10.30am - 1.00pm
11/03/27	Caring Across Cultures	45	Online	10.00am - 12.00pm
11/03/27	First Aid	20	Online	10.00am - 12.00pm
12/03/27	Solihull Togetherness Understanding your child (S9)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
13/03/27	Anthony O'Prey Teen CALM	27	Online	9.30am - 4.30pm
16/03/27	Autistic Communication (Lunch n Learn)	26	Online	12.00pm - 12.45pm
16/03/27	Promoting Positive Family Time	37	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
18/03/27	Cothú (Session 3)	23	Shankill Womens Centre	10.30am - 1.00pm

18/03/27	The Narrative Model	36	Online	6.30pm - 9.00pm
19/03/27	Solihull Togetherness Understanding your child (S10)	34	Shankill Wellbeing & Treatment Centre	10.00am – 1.00pm
April 2027				
Date	Training Course	Page	Online/Location	Time
13/04/27	Child Sexual Abuse in Children with Disabilities Awareness	38	Online	10.00am - 12.00pm
13/04/27	Therapeutic Crisis Intervention in Families (S1)	31	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
13/04/27	Social Media 101	18	Online	6.30pm - 7.30pm
14/04/27	UEA Adoption Model Awareness Session	43	Shankill Wellbeing & Treatment Centre	9.30am – 1.00pm
15/04/27	Adversity Trauma & Resilience Awareness (TIP) (Level 1)	41	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
16/04/27	Develop Awareness Skills & Promoting a Trauma Informed Approach (TIP) (Level 2)	41	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
20/04/27	Therapeutic Crisis Intervention in Families (S2)	31	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
22/04/27	Non Kinship Foundations for Attachment (S1)	33	Living Hope Belfast	10.00am – 1.00pm

27/04/27	Therapeutic Crisis Intervention in Families (S3)	31	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
28/04/27	Drug and Alcohol Awareness	37	Online	10.30am – 12.30pm
28/04/27	Child Sexual Exploitation & Unaccompanied Asylum Seeking Children Awareness Session	42	Shankill Wellbeing & Treatment Centre	10.00am - 1.00pm
29/04/27	Non Kinship Foundations for Attachment (S2)	33	Living Hope Belfast	10.00am – 1.00pm
May 2027				
Date	Training Course	Page	Online/Location	Time
04/05/27	Therapeutic Crisis Intervention in Families (S4)	31	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
06/05/27	Non Kinship Foundations for Attachment (S3)	33	Living Hope Belfast	10.00am – 1.00pm
06/05/27	Recording Awareness	29	Online	10.00am – 11.00am
10/05/27	Adversity Trauma & Resilience Awareness (TIP) (Level 1)	41	Online	10.00am – 1.00pm
11/05/27	Theraplay Awareness	28	Arches Wellbeing & Treatment Centre	6.30pm – 8.45pm
13/05/27	Non Kinship Foundations for Attachment (S4)	33	Living Hope Belfast	10.00am – 1.00pm

14/05/27	Safeguarding	19	Online	10.00am - 1.00pm
17/05/27	Develop Awareness Skills & Promoting a Trauma Informed Approach (TIP) (Level 2)	41	Online	10.00am - 1.00pm
18/05/27	The Narrative Model	36	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
19/05/27	First Aid	20	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
20/05/27	Child Sexual Abuse Training	38	Online	10.00am - 12.00pm
20/05/27	Non Kinship Foundations for Attachment (S5)	33	Living Hope Belfast	10.00am - 1.00pm
21/05/27	Birth to Five Development	30	Shankill Wellbeing & Treatment Centre	10.00am - 1.00pm
22/05/27	Anthony O'Prey Listen Closely	28	Online	9.30am - 4.30pm
25/05/27	Understanding the Impact of Neglect on Children	32	Arches Wellbeing & Treatment Centre	10.00am - 1.00pm
25/05/27	Non Kinship Core Issues (Session 1)	21	Online	6.00pm - 9.00pm
26/05/27	Non Kinship Core Issues (Session 2)	21	Online	6.00pm - 9.00pm
27/05/27	Non Kinship Foundations for Attachment (S6)	33	Living Hope Belfast	10.00am - 1.00pm

June 2027				
Date	Training Course	Page	Online/Location	Time
01/06/27	Safeguarding	19	Arches Wellbeing & Treatment Centre	6.30pm - 8.45pm
02/06/27	Adversity Trauma & Resilience Awareness (TIP) (Level 1)	41	Online	10.00am – 1.00pm
02/06/27	First Aid	20	Online	6.00pm - 8.00pm
08/06/27	The Narrative Model	36	Online	6.30pm - 9.00pm
10/06/27	Kinship Core Issues (S1)	21	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
11/06/27	Kinship Core Issues (S2)	21	Arches Wellbeing & Treatment Centre	10.00am – 1.00pm
15/06/27	Promoting Positive Family Time	37	Online	6.30pm - 9.00pm
17/06/27	Recording Awareness	29	Online	7.00pm – 8.00pm
18/06/27	Therapeutic Crisis Intervention in Families (Neurodiversity)	31	Shankill Wellbeing & Treatment Centre	10.00am - 1.00pm

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

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

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

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

Fostering in a Digital World App

The App contains many valuable resources, information and guidance particularly useful. We encourage all Foster Carers to download and register for an account and to complete the Online Training Certificate for the 'Need to Know Section'.



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

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

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

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

- To explore the definitions of child abuse, the categories and indicators
- To gain an understanding of relevant Safeguarding Legislation, Regional Policy and Procedures
- The impact of parent/carer's physical and mental health on children's wellbeing
- To explore the roles and responsibilities in relation to Safeguarding Children
- Reporting/responding to Safeguarding Concerns
- Your Roles and Responsibilities and knowledge of where you can get advice and support when you are worried about a child or young person.



Basic First Aid Awareness

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

These First Aid sessions will give you the basics of First Aid needed in the initial stages of an emergency. This year we're delighted to be able to offer First Aid training in person and online. This could mean saving a life!

No previous knowledge of first aid needed

You will learn to deal with someone who:

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



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

****Core Issues requires attendance at 2 consecutive face to face sessions or 1 online ****

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

Areas covered:

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

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

****Core Issues requires attendance at 4 consecutive face to face sessions or 2 online ****

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

Areas covered:

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



Fostering Attainment and Achievement (FAA) Training Workshops

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

Emotional Regulation

This workshop explores BIG emotions such as heightened anxiety and anger that can often lead to what is often described as 'emotional outbursts'. We look at what can often underlie these emotions, how to identify triggers as well as strategies to support carers to support their child in both understanding and regulating their emotions.

This workshop is delivered by StriveNI

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.

Cothú Neurodiversity training

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

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

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

Week 1 - Introduction to Neurodiversity

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

Week 2 - What it feels like to be Autistic

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

Home Life

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

Week 3 - Caring Autistically

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

Caring for a happy, authentic, Autistic child

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

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

Using mindfulness to reduce anxiety and build resilience

This practical workshop will look at mindfulness as a tool to help foster carers build resilience in children as well as using it to help reduce anxiety and increase readiness to learn. The workshop will look briefly at brain development and how using mindfulness techniques can be beneficial to supporting children and young people's learning. Throughout the workshop we will look at what mindfulness is, as well as looking at the benefits it can have, not only for the children and young people, but also the foster carers themselves.

It will provide a range of resources and activities that can be used in order to promote mindfulness in everyday life and provide an opportunity for foster carers to use some of these techniques within the workshop.

This workshop will be delivered by Kelly-Ann, with over 15 years of dedicated experience as a Family Support Worker and a further five years as a Fostering Attainment and Achievement project worker. The workshop concentrates on not only the care of the child but also the carer.

Fostering Network Regional Workshops

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

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

The workshop will be delivered over two 2-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.

Supporting young people with GCSE choices (online)

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

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

The revised Personal Education Plans (PEPs) Young People's choices in education (post 16)

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

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

Lunch and Learn Sessions

(These will be available regionally)

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

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

1. **Girls and autism** – Society's understanding of autism in girls has been limited by outdated stereotypes and incorrect assumptions. In this session we will address such myths and embrace the identification of autism in girls. d girls than ever before are discovering that they are autistic. Many had been missed or misdiagnosed due to outdated stereotypes about autism.
2. **Puberty & 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** –We will look at the role and implications of masking for autistic young people. Highlighting the importance of identity, authentic self-worth and autistic pride.
4. **Autism and Eating Differences**–Understanding autism, sensory processing, eating difficulties, food related anxiety & how we can support.
5. **Autistic Communication** – Social skills are a constructed form of communication. we will explore an alternative to neuro-confirmative social skills that will support Neuro-Divergent natural way to thinking, learning and being.

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

Anthony O’Prey from O’Prey Coaching is offering 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 (stand alone session)

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.

Theraplay Awareness – delivered by Belfast Trust Fostering & Adoption Staff

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

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

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

This course will be beneficial for all Short Term Foster Carers who may need to prepare a child for a move.

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

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

Recording Training for Foster Carers

Delivered by Marie Taggart (online)

This session will help Foster Carers;

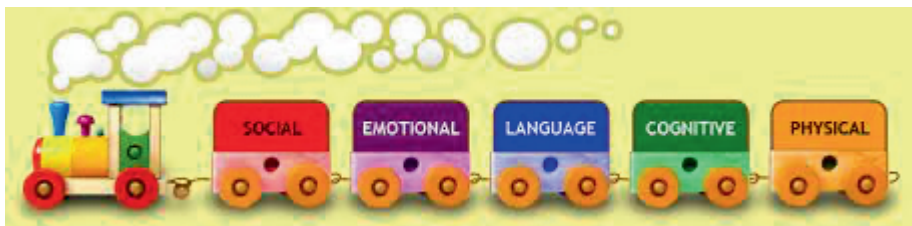
- Understand the legal and policy framework in respect of record keeping.
- Understand the 'why, what, when and how' of recording
- Are aware of the importance of child centred, factual recording which supports the child's sense of self-worth.

Birth to Five Years Development– delivered by Jackilene Weatherup Senior Social Work Practitioner

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

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

The Trust also offer a Toddler/Carer Group which is held in Park Avenue Methodist Church on the 3rd Wednesday of each month (with the exception of school holidays) Everyone is welcome to attend.



Therapeutic Crisis Intervention in Families (TCiF) Full Course 4 sessions delivered by Belfast Trust Staff

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

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

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

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

**** we will also be offering TCiF Refreshers for carers who have completed the four day course with a focus on Neurodiversity.**



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

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

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

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



Foundations for Attachment - delivered by Fostering staff alongside Safe Connections staff (formerly TSS)

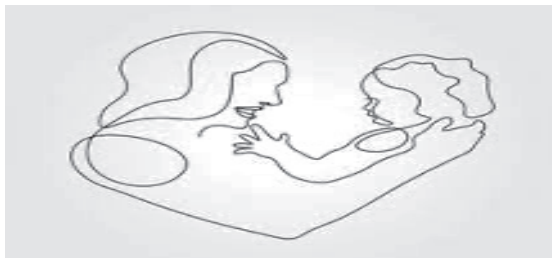
This course is relevant for all Foster Carers and will provide an understanding of attachment, the impact of neglect and trauma, the resulting behaviours in the child. The course will help carers see beyond these behaviours and begin to think about the importance of attachment and relationships from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

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



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

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



The Solihull Togetherness Approach - Understanding Your Child - delivered by Belfast Trust Staff (10 weeks)

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

Men Who Foster – Fostering Network

**** 2 sessions online****

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

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

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

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

Robert McCready, please see Robert's bio below.

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

Robert's Bio

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

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

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

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

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



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

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

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

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

Drug & Alcohol Awareness Training – 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.

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



Child Sexual Abuse Training – Delivered online by Marie McTaggart.

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

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

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

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

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

YGAM – Gaming & Gambling Awareness Sessions

YGAM are working with the Trust to provide a free workshop designed for foster carers supporting children in their care. Exploring the blurred lines between gaming and gambling, the potential risks and signs of gaming and gambling harm. The workshop aims to develop your understanding of gaming and gambling harms, enabling you to have open conversations with the children and young people in your care. Importantly how you can help to safeguard the children in your care

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

LGBTQIA+, Transgender & Non-Binary Awareness – 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.



Transgender & Non-Binary Awareness

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.



Adversity, Trauma & Resilience Awareness Level 1 & 2 (TIP) **– delivered by Belfast Trust Staff**

**** Essential training for all foster carers****

Module 1: Adversity, Trauma and Resilience Awareness

Topics Covered:

- 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 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: Promoting a Trauma Informed Approach

The aims of the session:

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

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

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

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



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

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

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

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

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

This session will be relevant to all foster carers who may be moving a child onto adoption.



Supporting Children with Bereavement & Loss – delivered by Barnardos Staff

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

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

Ed Sipler Workshops

Managing Stress in Fostering

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

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

Making Our Nervous System Work For Us

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

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

In this workshop we are exploring what the Polyvagal Theory and what it has to offer us. 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/>

Caring Across Cultures

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

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



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

About the Programme

The HENRY Healthy Families: Right from the Start programme incorporates the key ingredients to ensuring babies and young children have a healthy start in life. Over 8 sessions we will explore:

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



Self-Harm Awareness Training – delivered by ASCERT

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

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

Understanding Vaping and Spice – delivered by ASCERT

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

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

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

Additional Training, Resources and Information



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

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

Online Training Menu – Regional Pathway

There is a vast selection of online training courses and resources available that we have informed you about throughout this last year. We encourage all of our Foster Carers to avail of this opportunity to continue to progress your learning and development at a pace and a time that is convenient to you.

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

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



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

Fostering in a Digital World Safeguarding App- Download Today!

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

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

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



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



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

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

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

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

Menu of Online Training & Resources

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



Recovery College

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

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

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

Vision

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

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

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

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



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



Department of
Health

Online Stress Control Class

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

To find out more about Stress Control visit:

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

YOU DO NOT NEED TO REGISTER OR LOG-IN!

Please stream/download the booklets and relaxation that can be found, free-of-charge, in the Free zone below.

If you can, please read, and start work on, the four 'Preparing for the course' booklets before the first session.

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

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

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



ASCERT- OUR MISSION

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

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

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

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

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

Register Directly with ASCERT & Let US Know!



Building our Children's Developing Brain (webinars)

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

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

The Autism Team, Health Development and Staff Support in the South Eastern Health and Social Care Trust have joined up to produce a series of webinars going through the booklet and skills pack Building Our Children's Developing Brain.

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

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

To Access Webinars & Self-help Tool please go to
<https://view.pagetiger.com/selfcareforfamilies>



Sleep Action –Training on YouTube

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

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

Further resources can be found:

Website: www.sleepaction.org



Public Health Dietitians YouTube channel is now live

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

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

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

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

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

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

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

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

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

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

The new YouTube channel is free and available to access at any time.

Subscribe to “Public Health Dietitians” on YouTube at:

www.youtube.com/channel/UC_-f5E0ehqIR3z-cQdUvkCQ

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

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

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

Influencing Change

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

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

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

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

Income Tax Scheme for Foster Carers Webinar

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

Webinar content:

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

To watch a previously recorded webinar go to:

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

Fosterline NI: Advice and Information Service

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

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





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

Mon – Thurs 9am – 9pm

Fri 9am – 5pm

Sat 9am – 1pm

All calls are answered by a dedicated and professional team of Parent Support Officers, who wholeheartedly believe in the importance of parenting. Parent Support Officers are prepared to expect questions on a huge range of issues. **There are no silly questions when it comes to parenting!**

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

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

What Can I Expect From A Call?

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

Support Groups & Toddlers

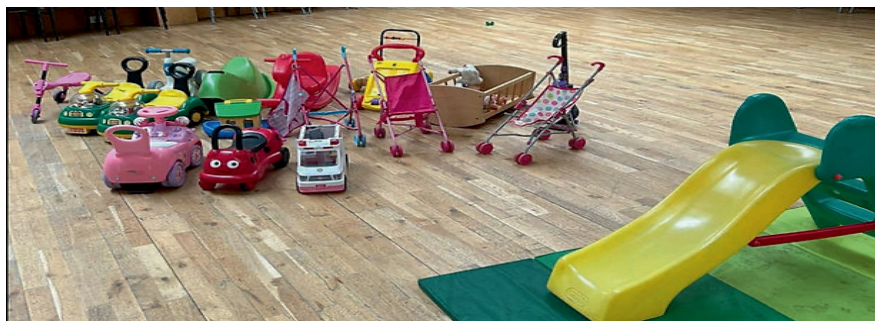
Our baby & toddler group meets on the third Wednesday of every month (excluding school holiday periods) from 10.00am – 12noon.

This friendly, relaxed group offers carers and young children the opportunity to meet others in a similar situation, enjoy a cup of tea or coffee, and spend time socialising in a welcoming environment.

The group takes place in Park Avenue Church, 105 Park Avenue, Belfast and everyone is warmly welcome !

Our Kinship and Non Kinship Support Groups run on a monthly basis, with both morning and evening sessions available at a range of venues.

Dates, times and venue details for both the Baby & Toddler Group and the Support Groups are shared via our text messaging service. To make sure you receive the latest updates, please ensure you are signed up to receive text messages.



Venue Addresses

- Knockbreda Wellbeing & Treatment Centre, 110 Saintfield Road, Belfast, BT8 6GR
- Shankill Wellbeing & Treatment Centre, 83 Shankill Road, BT13 1PD
- Living Hope Belfast, 25 Shankill Parade, Belfast, BT13 1DS
- Arches Wellbeing & Treatment Centre, 1 Westminster Avenue North, Belfast, BT4 1NS
- Children in Northern Ireland, 40 Montgomery Road, Belfast, BT6 9HL
- Shankill Shared Women's Centre, 3 Mayo Link, Belfast, BT13 3BD

FCTraining@belfasttrust.hscni.net

Telephone: 02895040302

Training and
support

