



Halton BC Fostering Service Training Handbook

April 2019 – March 2020

Welcome to Halton BC Fostering Service Training Handbook

Introduction

The forthcoming year is a very exciting time to be a part of Halton's Fostering Service and Development Programme. In recent months, some of you will have picked up upon new opportunities and some significant changes that are occurring in the way that Foster Carers are being asked to engage in the work of Halton BC's Children's Services.

Your support, skills and dedication is so important to the success of Children's Services delivery here at Halton and we are keen to improve the training and learning opportunities that are available to you in order to help you in continuous development of new skills and knowledge as well as regular refreshers of our core courses.

From April 2019 – March 2020 there will be a wide range of opportunities available. This workbook sets out the majority of these opportunities but clearly there will be additional courses that we need to arrange throughout the year as we respond to the needs of local children. An example of this is the Parent & Child Fostering Course which will run in Autumn of this year but is yet to be confirmed. Where courses are arranged after this plan is publicised you will be notified of their availability as soon as they are arranged.

Learning and Development Opportunities for the forthcoming year include:

- Core training courses (To be completed within first year of approval and once every three years thereafter – other than when your Supervising Worker does not feel it necessary)
- Complimentary courses (These are specialist courses aimed at foster carers who are working with young people with specific needs or who are interested in further skills and knowledge development)
- Core Assets Training Workshops and Regular Group Drop-Ins (Core Assets replaced Barnardo's in January 2019 to provide the emotional well-being service for Halton's Children in Care)
- Under 5's Support Group (aimed at carers specialising in working with our youngest Children in Care)
- Foster Carer Forums (these will be hosted by the service manager twice per year and all foster carers are asked to attend – dates and venues to be confirmed)

- Supervisory Team Briefings (these will be hosted by Social Workers three times per year for all of their fostering colleagues to attend – dates and venues will be confirmed by individual workers)
- Foster Carer Support Group (independent)

Core Training

Core training for the first 12 months within a foster parents' approval previously consisted of completing the seven core training courses plus the TSDS Work Book.

The core training for all foster parents, previously consisted of; Safe Care, Recording, Safeguarding, Managing Behaviour, Preparing for Independence, Life Story Work, CIC Reviewing Process.

For 2019, the core training now consists of the following training courses; Safe Care, Recording, Safeguarding, Managing Behaviour and First Aid.

For foster parents caring for children under 5, Paediatric First Aid Training will be provided. For Foster Parents caring for children aged 5 and older a generic First Aid Training Course will be provided. For foster parents caring for the full age range of children and young people both First Aid courses will be provided.

For foster parents caring for children age 10 and above Preparing for Independence training will also be a core course. Life story work training will be discussed with foster parents by their Supervising Social Worker, based on the children they foster to determine if this training is required as a core training element.

All core training must be completed within a minimum timeframe of 3 years in order to maintain Level 2 status.

Promotion

For Foster Parents to be promoted to Level 2 payment, all core training must be completed and the TSDS Workbook must be completed and signed off by a social worker within the fostering team within 12 months of approval.

Complimentary Training

In addition to the core training a variety of courses are being offered. These will predominantly be provided by external agencies with expertise in an array of areas associated with the fostering task.

Making the most of Training Opportunities – Ground Rules

Everyone attending training will be expected to follow a few basic ground rules. These include being respectful to other participants, allowing other participants to be heard and to contribute to discussions, maintaining strict confidentiality, no smoking of cigarettes or e-cigarettes and mobile phones on silent or vibrate during training delivery.

Booking

Please book early as possible to avoid disappointment. Linda Deacon manages bookings for training, so if you require assistance making a booking or are no longer able to attend a training course, get in touch so your place can be reallocated.

0151 511 8992 | linda.deacon@halton.gov.uk.

Places must be booked on each course and attendance confirmed.

The new online booking form will reflect any real time changes to the training calendar which may occur, so you will always have access to an up to date version. When you complete & submit the online booking form an email confirmation of your selected course(s) will be sent to your email address and the Fostering Team.

To access the new online booking form & calendar please visit:

➔ [**www.halton.me/fc-training-booking-form**](http://www.halton.me/fc-training-booking-form)

It may be useful to add this to the Bookmarks section of your browser for easy access.

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Training Calendar at a Glance

April 2019			
Date	Course	Venue	Time
17/4/2019	Foster Parent Support Group	Ditton CC	9:30am-12:00pm
17/4/2019	Preparing for Independence	Stadium Box 9	6:00pm-8:00pm
18/4/2019	Under 5s Support Group	Brookvale CC	9:30am-11:30am
23/4/2019	First Aid – over 5s	Kingsway Room 13	9:30am-2:30pm
25/4/2019	Recording	Halton Brook	9:30am-11:30am
25/4/2019	Safe Care	Halton Brook	12:00pm-2:00pm
29/4/2019	Autism Awareness	Kingsway R 13	9:30am-2:30pm
30/4/2019	Emotional Health/Wellbeing	Halton Lodge CC	9:30am-11:30am
30/4/2019	Drop-In Session	Ditton CC	9:30am-10:30am

May 2019			
Date	Course	Venue	Time
2/5/2019	Trauma	Kingsway R13	10:00am-2:00pm
9/5/2019	Safeguarding	Halton Lea Library R2	10:00am-1:00pm
15/5/2019	Foster Parent Support Group	Brookvale CC	9:30am-12:00pm
22/5/2019	CSE, Abuse & Behaviour	Halton Lea Library R2	10:00am-2:00pm
23/5/2019	CSE, Abuse & Behaviour	Warrington Rd CC	10:00am-2:00pm
28/5/2019	Drop-In Session	Halton Lodge CC	9:30am-10:30am

June 2019			
Date	Course	Venue	Time
6/6/2019	Managing Behaviour	Warrington Rd CC	10:00am-2:00pm
7/6/2019	Bereavement	Brookvale CC	9:30am-2:30pm
11/6/2019	Intro to Domestic Abuse	Ditton CC	9:30am-11:30am
12/6/2019	Foster Parent Support Group	Ditton CC	9:30am-12:00pm
12/6/2019	E Safety	Warrington Rd CC	10:00am-11:30am
13/6/2019	Self-Harm	Kingsway Room 13	10:00am-12:00am
17/6/2019	Recording	Stadium Box 9	5:00pm-7:00pm
17/6/2019	Safe Care	Stadium Box 9	7:00pm-9:00pm
25/6/2019	Drop-In Session	Ditton CC	9:30am-10:30am
28/6/2019	Under 5s Support Group	Warrington Rd CC	9:30am-11:30am

July 2019			
Date	Course	Venue	Time
10/7/2019	Foster Parent Support Group	Brookvale CC	9:30am-12:00pm
11/7/2019	Life Story Work	Brookvale CC	10:00am-11:00am
19/7/2019	Therapeutic Parenting	Brookvale CC	9:30am-12:30am
30/7/2019	Drop-In Session	Halton Lodge CC	9:30am-10:30am

August 2019			
Date	Course	Venue	Time
23/8/2019	Under 5s Support Group	Day Out	TBC
27/8/2019	Drop-In Session	Ditton CC	9:30am-10:30am

September 2019

Date	Course	Venue	Time
10/9/2019	Play Skills	Ditton CC	9:30am-11:30am
11/9/2019	Foster Parent Support Group	Ditton CC	9:30am-12:00pm
11/9/2019	Safeguarding	Stadium Box 9	5:00pm-8:00pm
17/9/2019	Grief and Loss	Halton Lodge CC	9:30am-11:30am
24/9/2019	Drop-In Session	Halton Lodge CC	9:30am-10:30am

October 2019

Date	Course	Venue	Time
2/10/2019	Preparing for Independence	Brookvale CC	10:00am-12:00pm
8/10/2019	Intro to Domestic Abuse	Halton Lodge CC	9:30am-11:30am
9/10/2019	Foster Parent Support Group	Brookvale CC	9:30am-12:00pm
15/10/2019	Self-Harm	Brookvale CC	10:00am-12:00pm
25/10/2019	Under 5s Support Group	Halton Lodge CC	9:30am-11:30am
29/10/2019	Drop-In Session	Ditton CC	9:30am-10:30am

November 2019

Date	Course	Venue	Time
4/11/2019	Managing Behaviour	Stadium Box 9	5:00pm-9:00pm
6/11/2019	Foster Parent Support Group	Ditton CC	9:30am-12:00pm
7/11/2019	E Safety	Kingsway Room 13	10:00am-11:30am
8/11/2019	Sensory Processing Disorder	Brookvale CC	9:30am-2:30pm
12/11/2019	Emotional Health/Wellbeing	Ditton CC	9:30am-11:30am
21/11/2019	Life Story Work	TBC	5:30pm-6:30pm
26/11/2019	Drop-In Session	Halton Lodge CC	9:30am-10:30am

December 2019

Date	Course	Venue	Time
13/12/2019	Under 5s Support Group	Halton Lodge CC	9:30am-11:30am
17/12/2019	Drop-In Session	Ditton CC	9:30am-10:30am

January 2020

Date	Course	Venue	Time
16/1/2020	Life Story Work	TBC	10:00am-11:00am
21/1/2020	First Aid – over 5s	TBC	9:30am-2:30pm
23/1/2020	Safeguarding	TBC	10:00am-1:00pm
28/1/2019	Drop-In Session	Halton Lodge CC	9:30am-10:30am

February 2020

Date	Course	Venue	Time
6/2/2020	Recording	TBC	9:30am-11:30am
6/2/2020	Safe Care	TBC	12:00pm-2:00pm
12/2/2020	Managing Behaviour	TBC	10:00am-2:00pm
25/2/2020	Drop-In Session	Ditton CC	9:30am-10:30am

March 2020

Date	Course	Venue	Time
3/3/2020	Preparing for Independence	TBC	10:00am-12:00pm
20/3/2020	Therapeutic Parenting	TBC	9:30am-12:30pm
31/3/2020	Drop-In Session	Halton Lodge CC	9:30am-10:30am

Managing Behaviour



Overview

Help understand why children do what they do including patterns, triggers and our own responses and behaviours.

This will include behaviour as a way of communicating; acting out, triggers, possible causes, patterns, aggression, conscious and unconscious response, understanding the child and their needs, recognising and containing anxiety.

Behaviour management in terms of safety, boundaries and routines, sanctions, consequences, reparation, managing change and transitions, cultural considerations.

Communication: verbal and non-verbal, play, listening, empathy, acceptance.

The importance of reflection, self-awareness and supervision.

Dates and Venues

Date	Time	Venue
6/6/2019	10:00am – 2:00pm	Warrington rd CC
4/11/2019	5:00pm – 9:00pm	Stadium box 9
12/2/2019	10:00am – 2:00pm	TBC

TSDS Standards: 1, 2, 4, 5, 7

Life Story Work



Overview

As foster parents you play an important role for a child as a keeper of their memories. If a child lives with a family for a few months or a number of years, it is important that they have these times recorded for them to look back on later in life. This can be done in a variety of ways, dependent on the child needs and interests as well as your own strengths and creativity. This training will explore different possibilities of capturing key events and milestones for the children in your care as well as exploring the importance of life story work.

Dates and Venues

Date	Time	Venue
11/7/2019	10:00am-11:00am	Brookvale CC
21/11/2019	5:30pm-6:30pm	TBC
16/01/2020	10:00am-11:00am	TBC

TSDS Standards: 1, 2, 3, 4, 6, 7

First Aid – over 5s



Overview

This course is aimed at foster parents working with children aged 5 and older. Dependent on the age of the children in your care will depend on which course you will attend. The aim of the course is to give you the confidence when dealing with medical emergencies.

The courses will cover:

Assessing and prioritising situations

Maintaining a young persons airway and performing CPR

Recovery Position

Choking

Asthma

Severe Allergic Reactions

Control of Blood Loss

Burns

Meningitis and Septasemia

Dates and Venues

Date	Time	Venue
23/04/2019	9:30am – 2:30pm	Kingsway room 13
21/01/2020	9:30am – 2:30pm	TBC
PAEDIATRIC FIRST AID COURSES TO BE CONFIRMED BY LINDA DEACON IN DUE COURSE		

TSDS Standards: 1, 2, 3, 4, 6, 7

Safeguarding



Overview

The aim of this training is to familiarise foster parents to the signs and symptoms of abuse, the extent of child abuse and what to do if you are concerned about a child. The training covers safeguarding policies and procedures, the law, internet safety, how organisations can work together to safeguard children and the role of safeguarding children boards.

Participants will also explore organisational and individual responses to children and the risks they may face.

Dates and Venues

Date	Time	Venue
9/5/2019	10:00am – 1:00pm	Halton Lea Library R 2
11/9/2019	5:00pm – 8:00pm	Stadium Box 9
21/1/2020	10:00am – 1:00pm	TBC

TSDS Standards: 1, 2, 3, 6, 7

Preparing for Independence



Overview

Moving on to independence is a massive task for any child and there can seem so much to think about and to organise.

This training aims to help explore what can be done to help a young person in terms of what key skills they may need to learn, explain the process of leaving care, look at the different options young people have once they reach 18, what support they might receive and how to access this support.

Dates and Venues

Date	Time	Venue
17/4/2019	6:00pm – 8:00pm	Stadium Box 9
2/10/2019	10:00am – 12:00pm	Brookvale CC
3/3/2020	10:00am – 12:00pm	TBC

TSDS Standards: 1, 2, 3, 4, 6, 7

Safe Care



Overview

As a foster parent you are continually balancing risks in the everyday decisions you make for the children in your care. It is also important to keep yourself and your family safe from any harm you may face including the possible risk of allegations and complaints.

This training will help you in being 'risk sensible' rather than risk averse how to be aware of the risks but make thoughtful and individual decision for the children in your care whilst working in partnership with the child, their social work and the relevant professionals.

This will also look at Delegated Authority and how this can help with making day-to-day decisions.

Dates and Venues

Date	Time	Venue
25/4/2019	12:00pm – 2:00pm	Halton Brook
17/6/2019	7:00pm – 9:00pm	Stadium Box 9
6/2/2020	12:00pm – 2:00pm	TBC

TSDS Standards: 1, 2, 3, 4, 6, 7

Recording



Overview

The aim of this training is to make sure all foster parents are familiar with the paper they are required to complete and how to make sure information is captured accurately. Documents serve a variety of purposes and can often be seen by different professionals. This training will help make sure foster parents recordings reflect the situation and provide insight to those working alongside the family.

Dates and Venues

Date	Time	Venue
25/4/2019	9:30am – 11:30am	Halton Brook
17/6/2019	5:00pm – 7:00pm	Stadium Box 9
6/2/2020	9:30am – 11:30am	TBC

TSDS Standards: 1, 2, 3, 4, 6, 7

Self-Harm



Overview

Self-harm can be a frightening and distressing behaviour to manage. Often the young person themselves are confused and scared about the reasons they feel compelled to hurt themselves. During this training we will look at potential reasons for this behaviour and how to approach this behaviour in both the immediate situation and in the long-term process.

Dates and Venues

Date	Time	Venue
13/06/2019	10:00am – 12:00pm	Kingsway Room 13
15/10/2020	10:00am – 12:00pm	Brookvale CC

TSDS: 1, 2, 3, 4, 6, 7

E Safety



Overview

This training will be provided by members of the Police CEOP Team. They will explore a variety of topics including netiquette and the importance of how we are represented online and on social networking. Understand the most commonly used social media terms and platforms as well as how children use social media. It will explore the current trends and concerns of social media and online platforms.

It will also look at the age restrictions for children on different online platforms, parental security, how to recognise online grooming and how to report it.

Dates and Venues

Date	Time	Venue
12/6/19	10:00am – 11:30am	Warrington Rd CC
07/11/2019	10:00am – 11:30am	Kingsway Learning Centre Room 13

TSDS Standards:1, 2, 4, 6, 7

Therapeutic Parenting



Overview

This training is provided by Pippa Miller. The training helps foster parents to understand more about therapeutic fostering and how to create a therapeutic environment for children and young people.

When foster parents have completed this training they:

Will be able to distinguish between therapeutic fostering and therapy

Identify how they can provide a therapeutic environment for children and young people

Recognise when they are intervening in ways that are that have a therapeutic effect

Sometimes you can feel hopeless, helpless or powerless as a foster parent and we will look at what you can do to feel effective instead.

Dates and Venues

Date	Time	Venue
19/07/2019	9:30am – 12:30pm	Brookvale CC
20/03/2020	9:30am – 12:30pm	TBC

TSDS Standards: 1, 2, 4, 5, 7

Autism Awareness



Overview

This course is run by The Isabella's Trust.

It will give you the understanding of basic Autism and how to support young people who have a diagnosis of autism or who are developing autistic behaviours.

The course will also give you the insight that you need to pick up upon the signs of a young person who may be displaying autistic traits and where you can go if you have such concerns.

Whilst the course is primarily aimed at supporting carers to better understand the impact of autism upon a child it will also enhance vital communication skills and improve knowledge of brain functioning.

Dates

Date	Time	Venue
29/04/19	9:30am-2:30am	Kingsway R 13

TSDS Standards: 1, 2, 3, 4, 6, 7

Bereavement



Overview

Understanding Loss, Grief & Bereavement – a Child Bereavement UK Workshop designed for the Professional Caregiver covering theories of grief and children’s understanding of grief through developmental ages including practical advice and support.

Every child in foster care will have suffered grief and loss in some form and understanding how this impacts upon their development and behaviour is absolutely critical for foster carers wanting to provide stability and security to young people who have had such experiences.

This course will help foster carers to maintain calm and develop resilience when caring for highly traumatised children and young people.

Dates

Date	Time	Venue
7/6/19	9:30am-2:30pm	Brookvale CC

TSDS Standards: 1, 2, 3, 4, 6, 7

Trauma: Walking in a Child's Shoes



Overview

This is a joint training session for foster carers and the fostering team.

The course is designed to help all professionals in the team around the child to understand the impact of early life hood trauma upon a child's mental, emotional and social development.

This course is provided by Steve Bore; a consultant with a long history of working in partnership with Halton BC, providing assessments of young people in our care and subsequent guidance & risk management strategies for use by foster parents and the fostering team as a whole.

This is a must-attend for all foster parents who are motivated to develop a greater insight into the impact of trauma upon children & how they can better manage resulting behaviours.

Dates

Date	Time	Venue
2/5/19	10:00am-2:00pm	Kingsway R13

TSDS Standards: 1, 2, 3, 4, 6, 7

Child Sexual Exploitation, Child Sexual Abuse and Sexually Harmful Behaviour



Overview

This will be a 2 day programme using 2 different venues in consecutive days in May. It is sensitive to a child's individual developmental competencies and deficits, and flexible in its approach to childhood trauma via exposure to CSA, CSE and HSB. Risks relating to behaviours, the grooming process and the strategies used to minimise disclosure. Consider how we support disclosure and the importance of transparency. The day will also address the child's individual, familial, and a systemic and strengths-based approach to need. You will need to attend both days.

This course is facilitated by Steve Bore, Social Work consultant & close partner to Halton Children's Services.

Dates

Date	Time	Venue
22/5/2019	10:00am-2:00pm	Halton Lea Library R2
23/5/2019	10:00am-2:00pm	Warrington Rd Children's Centre

TSDS Standards: 1, 2, 4, 6, 7

Sensory Processing Disorder



Overview

This course is provided by Isabella Trust. This is part of our Autism Awareness Initiative.

The aim of the course is to provide attendees with an introduction to sensory processing disorder (SPD), which is a common theme for young people on the Autistic Spectrum. Through interactive and visual learning sessions attendees will get the opportunity to experience and reflect upon the everyday challenges that children and young people with SPD encounter. This is an extremely relevant and highly interactive course.

Dates

Date	Time	Venue
08/11/2019	9:30am-2:30pm	Brookvale CC

TSDS Standards: 1, 4 ,5 ,6

Play Skills



Overview

Delivered by our partners at Core Assets, this session outlines the importance of play, including how it can be used to build attachments and healthy brain development.

You will develop skills and understand the method of how Attachment Play can be introduced in the home to develop positive relationships & creating a mini-kit to use with the child / young person in your care.

Dates

Date	Time	Venue
10/09/2019	9:30am-11:30am	Ditton CC
TBC	TBC	Halton Lodge CC

Grief and Loss



Overview

Delivered by our partners at Core Assets. In this course we discuss and understand the difference between traditional loss and ambiguous loss, how ambiguous loss may impact on the child / young person and learn strategies to support the child / young person.

Dates

Date	Time	Venue
17/9/2019	9:30am-11:30am	Halton Lodge CC
TBC	TBC	Ditton CC

Emotional Health and Wellbeing



Overview

Facilitated by our partners at Core Assets, this course looks at what defines both primary and secondary (vicarious) trauma, why foster carers are at risk of vicarious trauma and strategies to promote self-care in foster parents.

Dates

Date	Time	Venue
30/4/2019	9:30am-11:30am	Halton Lodge CC
12/11/2019	9:30am-11:30am	Ditton CC

Introduction to Domestic Abuse



Overview

Facilitated by our partners at Core Assets, this session looks at defining domestic abuse, the impact of domestic abuse on children and young people and strategies to promote recovery.

Dates

Date	Time	Venue
11/6/2019	9:30am-11:30am	Ditton CC
8/10/2019	9:30am-11:30am	Halton Lodge CC

Core Assets Drop-In Session



Overview

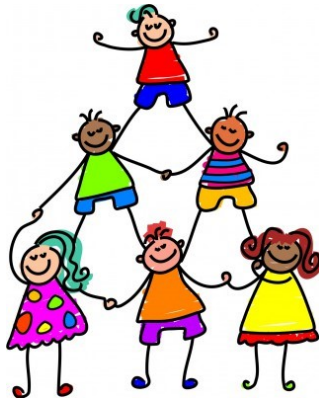
Support and advice for foster parents who are encountering challenges due to the emotional wellbeing of their children & young people.

No need to book, just turn up.

Dates

DATE	TIME	LOCATION
30/4/2019	9:30am-10:30am	Ditton CC
28/5/2019	9:30am-10:30am	Halton Lodge CC
25/6/2019	9:30am-10:30am	Ditton CC
30/7/2019	9:30am-10:30am	Halton Lodge CC
27/8/2019	9:30am-10:30am	Ditton CC
24/9/2019	9:30am-10:30am	Halton Lodge CC
29/10/2019	9:30am-10:30am	Ditton CC
26/11/2019	9:30am-10:30am	Halton Lodge CC
17/12/2019	9:30am-10:30am	Ditton CC
28/1/2020	9:30am-10:30am	Halton Lodge CC
25/2/2020	9:30am-10:30am	Ditton CC
31/3/2020	9:30am-10:30am	Halton Lodge CC
28/4/2020	9:30am-10:30am	Halton Lodge CC
26/5/2020	9:30am-10:30am	Ditton CC
30/6/2020	9:30am-10:30am	Halton Lodge CC
28/7/2020	9:30am-10:30am	Ditton CC
25/8/2020	9:30am-10:30am	Halton Lodge CC
29/9/2020	9:30am-10:30am	Ditton CC
27/10/2020	9:30am-10:30am	Halton Lodge CC
24/11/2020	9:30am-10:30am	Ditton CC
15/12/2020	9:30am-10:30am	Halton Lodge CC

Under 5s Support Group



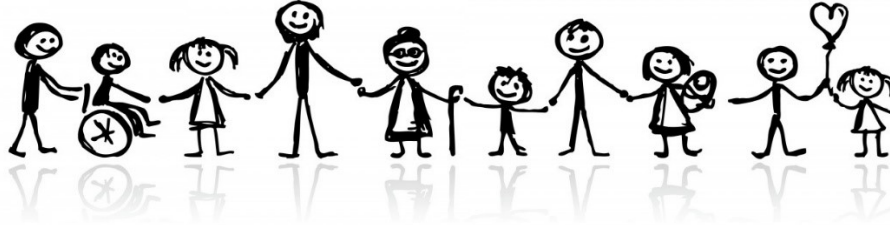
Overview

If you care for a child under five then this group will put you in touch with other families caring for young children. You will also get an opportunity to discuss your current experiences and find out what support is available.

Dates

Date	Time	Venue
18/4/2019	9:30am-11:30am	Brookvale
28/06/2019	9:30am-11:30am	Warrington Rd
23/08/2019	Day out	TBC
25/10/2019	9:30am-11:30am	Halton Lodge CC
13/12/2019	9:30am-11:30am	Halton Lodge CC

Foster Parent Support Group



Overview

Run by foster parents for foster parents. Meet to discuss your current experience of fostering and receive support from your peers. Also, an opportunity to meet other foster parents, extend your support network and feel part of the fostering family.

Managers & Leaders from Halton Children's Services frequently attend the final hour of these sessions to hear your feedback.

Dates

Date	Time	Venue
9/1/2019	9:30am-12:00pm	Brookvale CC
6/12/2019	9:30am-12:00pm	Ditton CC
6/3/2019	9:30am-12:00pm	Brookvale CC
17/4/2019	9:30am-12:00pm	Ditton CC
15/5/2019	9:30am-12:00pm	Brookvale CC
12/6/2019	9:30am-12:00pm	Ditton CC
10/7/2019	9:30am-12:00pm	Brookvale CC
11/9/2019	9:30am-12:00pm	Ditton CC
9/10/2019	9:30am-12:00pm	Brookvale CC
6/11/2019	9:30am-12:00pm	Ditton CC