

Foster Parents & Special Guardians

Training Calendar
2024



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Training Calendar 2024

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‘It is what we know already that often prevents us from learning’ (Claude Bernard)



Our children are the some of the most resilient in society. They often know more than all of us put together! How lucky we are that you have all chosen to work and learn with us to care for Sefton’s greatest children and young people. Every day is a new day in their lives and yours. We bring you this very comprehensive training offer to support you in the care you bring to our young people. Take full advantage and ENJOY. Thank you for all you do.

Nicky Hale

Assistant Director for Cared for and
Care Experienced Young People



I am delighted to be able to share our updated training calendar with you, which has been developed with your feedback. Providing a broad range of training to foster carers is key to ensuring we have highly skilled foster carers who are able to meet the diverse needs of Sefton children. We strive to ensure training is not “tick box” exercise by personalising your training plan each year in your PDP. Your Supervising social worker will discuss your attendance, learning and how you are applying it in your practice with in Supervisory Visits. These conversations feed into the annual foster carer review process. Training, supervisory visits and the annual review are all linked through conversations about learning. We look forward to working with you in partnership on this, as an important part of our improvement journey.

Thank you,

Simon Fisher

Fostering Service Manager



“Sefton Fostering Families offer amazing opportunities for children to learn, love and heal. Our mission is to support you by continuing to develop our training. We aim to create brave spaces where you can receive input and support to uphold and extend each other.”

Angela Siteo

Training Development Officer

You gave us feedback. We listened and in 2024 you will see

- ✓ in depth courses on popular topics and new training about loss and neurodiversity
- ✓ well informed and authentic perspectives from Winston's Wish (bereavement specialists) and Reign Collective (Child sexual exploitation training delivered by practitioners with lived experience)
- ✓ care-experienced young people co-delivering training and sharing their lived experience to guide and inspire our foster families
- ✓ mandatory courses and a workbook workshop in the summer holidays
- ✓ two Non-Violent Resistance Programmes based on its successful trial



Frequently Asked Questions

What training do I need to attend this year?

Mandatory courses - All Sefton Foster Carers need to attend and renew the Mandatory courses every three years. Mandatory courses are First Aid, Allegations & Safer Care, and Safeguarding.

Minimum annual requirement - To maintain your fostering registration you are required to attend courses every year as part of your continual professional development. These courses keep you up to date with practice developments and refresh your learning in your family's current context.

If you are a kinship carer, the minimum number of training events you can attend is 2 courses per year (your mandatory courses can be included in this). The second carer in the household must attend at least 1.

Carers who care for children not from their birth family (mainstream carers) need to attend a minimum of 4 training events, 2 for the second carers.

Carers who have achieved Level 2 Skills Scheme need to attend 6 training events, with the second carers attending 3 events. 1 course with 6 sessions counts as 6 training events.

Required training for 2024 - Periodically, practice guidance will emerge that we need to share with our foster carers. This may be service wide guidance or because it supports them to care for specific groups of children.

Empathic Behaviour Management is a five-day event attended by all carers who receive enhanced payments for the children they care for.

Building Bonds and Breaking Cycles is a two-day seminar for all registered carers to attend. Day one of this event will provide opportunity to meet with other carers and learn from each other over lunch (which is provided) at the Waterfront Hotel Southport. Day two is online.

I am working towards Level 1 & 2 of the Skills Scheme. What do I need to do?

To achieve Level 1 Skills Scheme payments, you need to attend all the Level 1 courses and complete the Training Support and Development Workbook.

To achieve Level 2 Skills Scheme payments, you need to attend all the Level 2 courses and complete the Level 2 Workbook. For more details see pages 14-21 You can download the Workbooks from the Fostering website. <https://seftonfostering.co.uk/resources-training/>

If you are working towards Skills Scheme payments, full attendance is needed. If there are issues with this, please seek advice from the Training Development Officer angela.sitoe@sefton.gov.uk

I am struggling to attend the courses because I work?

Evening and weekend courses- Sefton Fostering has several evening courses and some weekend courses. **TIP-** A quick way to locate these courses is to check the first column in the summary of the calendar at the back of the booklet. Evening and weekend courses are marked with an asterix.

We can provide a letter for your employer to request that they support Sefton Council as a corporate parent, and you with your fostering role. The letters requests to release you for 5 days each year fully paid to attend crucial training. We have had success with many carers being supported in this way.

Specialist training- If you have attended training to support your knowledge of your child's needs, (e.g., specialist health training to peg feed a child, speech or language guidance, or training on how to administer medication or treatment) this can be counted within your training hours for the year. Please provide details of the course name, date, trainer name, and 3 take home points so this can be included in your training record.

Self-directed learning- You may have undertaken learning to explore an area of practice to support you reparenting your foster child. This can count as learning and development time. Filling in a learning log helps to demonstrate this. Request a learning log from your supervising social worker or trainingfa@sefton.gov.uk if you wish to do this.

The Training Hub- is an online learning platform that Sefton Fostering have bought in to. If you would like an account, this can be set up for you by emailing trainingfa@sefton.gov.uk. From time to time, account holders receive invitations to attend online training. These are optional courses to provide you with a variety of learning opportunities.

Where can I get support with the workbook?

All foster carers in England and Wales need to complete the Workbook for the Training Support and Development Standards. Carers need to complete them within 12 months for mainstream families and 18 months for kinship families. New carers can access support from their mentors. If you want help getting started with your workbooks, bi-monthly workshops are available online.

Is there any help with childcare to attend courses?

If you are struggling to attend a course because your fostered child needs caring for, please contact your Supervising Social Worker to look at options. We begin with exploring your support network but there are other options including other carers and Placement Support Workers.

Our Placement Support Workers are available to support attendance at key learning events such as the required events for 2024

1. Empathic Behaviour Management or
2. Building Bonds and Breaking Cycles Seminar

These places are allocated on a first come first served basis. You need to book this at least 2

weeks before the course date. Each Mandatory course has one session where Placement Support Workers have devoted time to supporting carers (see course information for details).

I have a family member who wants to attend the courses. Can they?

Of course, those in your support network are welcome to join our training events. The more the merrier. Places on First Aid courses will need to be prioritised for approved carers as attendance is commissioned externally and is a requirement of their registration.

Finding the right course/provision

I am struggling with my child's behaviour. What is on offer?

Sefton Fostering has a well-established, and positively received programme for carers, to support them to understand their children's behaviour and parent in a way that responds to their needs.



Introduction to Attachment and Therapeutic Parenting Toolkit- Chris Taylor's training is three hours long and runs online in the morning 27 March and in the evening 13 November. It provides therapeutic parenting strategies which nurture attachments.

Therapeutic Parenting for Traumatised Children is delivered by Dr Christina Enright (Child Psychologist). She developed the programme drawing on decades of experience as an attachment and trauma specialist. This programme runs in the evenings for 9 weeks from April to June or 6 daytime sessions from September to October 2024

Empathic Behaviour Management (NEW) - explores the impact of trauma on children's behaviour and provide carers with time and support to understand why parenting with Playfulness Acceptance Curiosity and Empathy, is life changing for the children they care for and their family.

This course has been commissioned in the acknowledgement that our children are presenting with complex social & emotional needs. This course was developed with staff in residential units in mind. It is being offered to Sefton Fostering to enable our carers to have tools to become, or indeed remain, well-resourced to cope and respond.

Over the five days, carers are encouraged to understand that conflict and disconnection in parenting is a clear indication that it is not working and that we are engaging via coercion and force rather than through connection and strength. As parents and carers, unpopular stances must be made. With EBM reconnection is emphasised (not changing your unpopular viewpoint) as the priority.

The course runs over two weeks at the end of February and delivered by the Child Psychology Service.

10-week Parenting Programmes

Non-Violent Resistance (NVR)- Runs in two blocks this year January and September

Over the 10-week programme you will be supported to:

identify when children are adopting survival responses which are harmful to their wellbeing and the wellbeing of you and your family

break the cycle of shame and silence

learn strategies which help reduce distress for you and the children you care for

learn about taking a firm stance against violence and resistant behaviour

develop strategies to increase your positive influence and presence in your child's life

Themes for the weekly sessions include de-escalation, raising parental presence, prioritising behaviour, uniting supporters, preparing an announcement, active resistance, and communication strategies.

This programme can be accessed by referral only. For advice contact your Supervising Social Worker/ Training Development Officer: angela.sitee@sefton.gov.uk.

For referral information email: trainingfa@sefton.gov.uk

Referrals need to be submitted by **17th November 2023** for January 2024.



Are there any courses around ADHD & Autism?

Neurodiversity and Cared for Children. The Educational Psychology service is offering a session based on Neurodiversity, diagnoses, and how unmet attachment needs can mirror indicators for Autism. Join Dr Emma Barrow for this discussion on 12th September. See course details in Specialist Training Section.

ADDvanced Solutions are commissioned by Sefton Council to offer support and training for families caring for children who are neurodiverse or presenting with behaviours that mirror neurodiversity.

If your child has an autism diagnosis, a learning programme has been designed to support and empower parents and carers. It develops their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support your child/young person.

The learning programme is split up into different age groups (3-8) (9-13) (14-18) as the issues for these age groups vary greatly.

Where no diagnosis is in place (but your child presents with behaviours common with autism, ADHD and sensory processing), ADDvanced Solutions have developed a community network.

It is a discussion-based learning space providing information around neurodevelopmental conditions, and the opportunity to ask questions and share learning and experiences. These take place online or in person and have sessions in the morning, afternoon, and evening.

Book your place directly with ADDvanced Solutions. Search What's on in Sefton ADDvanced Solutions <https://www.addvancedsolutions.co.uk/whats-on/whats-on-in-sefton.html>

I am worried about my child's mental health. Any courses to help?

Parenting a troubled child can be an incredibly stressful experience. As parents/carers – we often feel an overwhelming need to understand what is going on for our child, and how to support them in the best ways possible. Whilst there are no 'magic answers', often knowing a little more about the difficulty your child is facing, and exploring different strategies to support them can be incredibly helpful.

Self-esteem resource- Sefton Fostering has purchased e-learning courses from Beacon House (Trauma Specialists) to support carers where a child is struggling with low self-esteem. The learning resource, "How to Support your Child's Self-esteem" offers a range of practical, realistic, hands-on strategies for how to build your child's self-belief. To be sent the code to access the course please email: trainingfa@sefton.gov.uk



Bitesize courses- Sefton foster carers are entitled to attend the session developed by Liverpool CAMHS (Child & Adolescent Mental Health Services). Many of these training opportunities are bitesize, which means they are up to one hour in length and are delivered personally online by a mental health professional.

Topics include: managing worry, social media and health, eating disorders, self-harm, suicide awareness, safety planning, posttraumatic growth, an introduction to psychosis, resilience, managing challenging conversations, embracing uncertainty, worries of the world, & body image.

To book a place on one of the training events, you will need to register as a user. You will be sent an email confirming your booking status, so please check your spam folder if you do not receive your email.

To book a place search Training - Liverpool CAMHS <https://www.liverpoolcamhs.com/professionals/training/>

As with any external course, please send an email to trainingfa@sefton.gov.uk with the date, trainers name, course title and what your three take home points are. With this information we can update your training record.

I am concerned about my child's activity on-line. Any courses to help?

Helping Children Stay Safe Online Sefton Foster Carer, Angela Bradburn (Foster carer, junior school teacher and Digital Champion) has devised a course "Helping Children Stay Safe Online". This will run during the February Half Term (13th Feb 10am-12noon) and in the evening in June (20th Jun 6.30pm-8.30pm). Both sessions are held on Microsoft Teams.

Fostering Digital Skills course has been designed to equip foster carers with the skills and confidence to guide children and young people in their care through the digital world. The four course modules build on the skills and knowledge foster carers already have and show how they can support their child's safety, confidence, and competence online. The course was co-created with help of care experienced young people and foster carers from across the UK. It comes highly recommended. To access the online course search Fostering Digital Skills online learning course <https://www.internetmatters.org/fostering-digital-skills-online-learning-course/>



Tailored Resource Pack Internet Matters (the internet and online safety website) have developed a tailored resource pack for you and the children you care for. Answer a few simple questions about your family and receive personalised online safety advice. You can follow the links for <https://www.internetmatters.org/digital-family-toolkit/> and [Set up devices e-safety checklist](#)



Training Calendar 2024

Mandatory courses

Allegations and Safer Care

- The processes involved in allegations.
- The feelings that could be encountered during the allegations process.
- The support available to foster parents once an allegation has been made.
- Why do children make allegations?
- The principles of Safer Caring- New Approach.
- Formulating/Revising your families Safer Caring Policy.
- Peer on peer abuse and safety planning.



Day	Date	Time	Venue / Platform
Monday	29 January	10am – 1pm	Teams
Thursday	8 February	6pm – 8:30pm	Teams
Saturday	23 March	9:30am – 12:30pm	Teams
Wednesday	1 May	10am – 1pm	Teams
Thursday	23 May	6pm – 8:30pm	Teams
Saturday	1 June	9:30am – 12:30pm	Teams
Tuesday	9 July	10am – 2pm	Formby PDC (PSW childcare available on request)
Wednesday	28 August	9:30am – 12:30pm	Crosby Lakeside
Monday	30 September	10am – 1pm	Teams
Thursday	24 October	10am – 1pm	Teams

Trainer:

Tracey Holyhead Sefton's Local Authority Designated Officer (daytime sessions only)

Michelle Gilman Allegation Support Team Fostertalk (daytime sessions only)

Angela Siteo Training Development Officer

Foster Carer quotes

"Refreshers are always useful as things change so often."

"It reminded me to revisit our safer care plan."

"I will use some of the ideas shared in relation to devices and bathrooms."

Emergency Paediatric First Aid



- The roles and responsibilities of an Emergency Paediatric First Aider.
- Assessing an emergency.
- Dealing with an unresponsive infant or child.
- Recovery position, Cardiopulmonary Resuscitation (CPR) & Automatic External Defibrillator (AED), Choking, Minor injuries, bites and stings, seizures and external bleeding, Hypovolemic shock

Day	Date	Time	Venue / Platform
Saturday	13 January	10am – 5pm	SING Plus, Seaforth
Thursday	1 February	10am – 5pm	Ainsdale CLC
Friday	1 March	10am – 5pm	Ainsdale CLC (childcare available on request)
Saturday	27 April	10am – 5pm	SING Plus, Seaforth
Wednesday	15 May	10am – 5pm	Ainsdale CLC
Monday	17 June	10am – 5pm	SING Plus, Seaforth
Saturday	6 July	10am – 5pm	SING Plus, Seaforth
Tuesday	6 August	10am – 5pm	Ainsdale CLC
Thursday	26 September	10am – 5pm	Ainsdale CLC
Saturday	19 October	10am – 5pm	SING Plus, Seaforth
Tuesday	19 November	10am – 5pm	Ainsdale CLC

Trainer: Kevin Newman Approved Quasafe First Aid Trainer

Safeguarding

- Maintaining our vigilance and awareness of how children are harmed by others.
- Understanding the reporting role of a foster parent.
- Rising to the challenge of responding to our children in a trauma informed way.
- Time to reflect on your role as a safeguarding professional.

Day	Date	Time	Venue / Platform
Monday	15 January	10am – 2pm	Formby PDC
Thursday	25 January	6pm – 8:30pm	Teams
Saturday	2 March	9:30am – 12:30pm	Teams
Wednesday	17 April	10am – 1pm	Teams
Thursday	9 May	6pm – 8:30pm	Teams
Monday	24 June	10am – 2pm	Crosby Lakeside

Day	Date	Time	Venue / Platform
Wednesday	28 August	1pm – 4:30pm	Crosby Lakeside
Wednesday	11 September	10am – 2pm	Formby PDC (childcare available on request)
Saturday	2 November	9:30am – 12:30pm	Teams
Tuesday	10 December	10am – 1pm	Teams

Trainer: Angela Siteo Training Development Officer

Foster Carer quotes

“Great delivery. Loads of engagement and relevant content”



Level One courses

Safety in the Home



- Fire safety and electrical issues within the home.
- How to identify hazardous substances.
- How to keep the home safe.

Day	Date	Time	Venue / Platform
Monday	25 March	1:30pm – 4:30pm	Formby PDC
Monday	11 November	1:30pm – 4:30pm	Crosby Lakeside

Trainer: Angela Siteo Training Development Officer & Sarah Bell Cassidy Merseyside Fire and Rescue

Foster Carer quotes

"Enjoyed the course, some great pointers, friendly atmosphere."

Recording

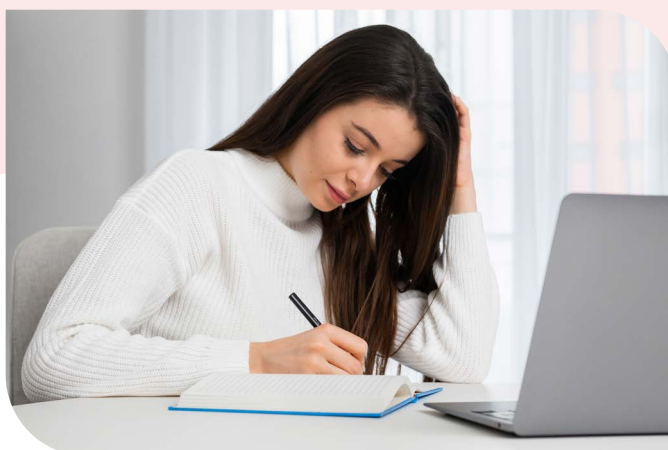
- Why foster parents need to record and what should be recorded.
- What is child centred recording?
- The legal context to foster parent recording.
- Practice guidance and Sefton's recording and confidentiality policies.

Day	Date	Time	Venue / Platform
Monday	25 March	10am – 12:30pm	Formby PDC
Monday	11 November	10am – 12:30pm	Crosby Lakeside

Trainer: Angela Siteo Training Development Officer

Foster Carer quotes

"Really relevant and helpful. It reminded me that to always think the child will be reading this."



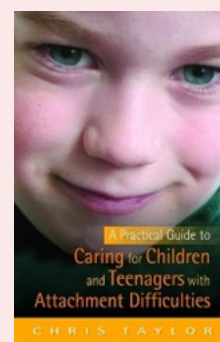
Introduction to Attachment and Therapeutic Parenting

- An introduction into understanding attachment behaviour.
- Strategies of therapeutic parenting to nurture attachments.

Day	Date	Time	Venue / Platform
Wednesday	27 March	10am – 1pm	Teams
Wednesday	13 November	6pm – 8:30pm	Teams

Trainer: Chris Taylor Chris Taylor Solutions

Chris has worked with therapeutic communities, residential units and fostering agencies for many years. He draws on a wealth of knowledge and experience about what he calls the 'sometimes baffling' behaviour of our children. This session offers a good starting point or refresher for people needing to gain understanding of the needs and behaviours of the children. He provides an introductory therapeutic parenting toolkit.



Helping Children to Understand their Story

- The coping and survival strategies children have developed in the face of early trauma.
- Practical ways to support the child to connect with their feelings and stories in a way that feels safe.
- The role of foster parents in safeguarding children's memories.

Day	Date	Time	Venue / Platform
Tuesday	26 March	10am – 12:30pm	Formby PDC
Tuesday	12 November	10am – 12:30pm	Crosby Lakeside

Trainer: Angela Siteo Training Development Officer

Kinship Carer quotes

"An excellent thought-provoking course. This has been extremely useful for upcoming work with my nephew. It is scary for us as a family so thinking about this in advance helps."

Managing Transitions

- Children's journey of grief.
- How to help prepare a child for a new beginning.
- How to acknowledge and deal with the emotions the foster family experience when a child leaves.

Day	Date	Time	Venue / Platform
Tuesday	26 March	1:30pm – 4:30pm	Formby PDC
Tuesday	12 November	1:30pm – 4:30pm	Crosby Lakeside

Trainer: Angela Siteo Training Development Officer

Foster Carer quotes

"This course will be really helpful for families transitioning. After the course I feel I have more tools and will be more curious reactions. I am aware they may be acting."

Level Two courses

Meeting Educational Needs

- Process to monitor the progress/gaps in cared for children's health/education plans
- Role of Virtual School
- Challenges for cared for children in educational settings
- Supporting children with reading
- How trauma impacts on behaviour and functioning in school
- Strategies to support regulation



Day	Date	Time	Venue / Platform
Wednesday	24 April	10am – 1pm	Teams

Trainer:

Mary Palin Virtual Headteacher

Dr Hannah Francis (Educational Psychology Service)

Foster Carer quotes

"...a very interesting and informative course, thank you."

Children's Rights and Advocacy

- The legal and policy context in relation to children's rights and making complaints.
- Understand the role of other key professionals such as independent visitors, advocates and independent reviewing officers.
- Explore ways to advocate on behalf of children and young people to ensure their needs are met.
- Delegated Authority explained- Understanding your role in decision making for young people.
- Your role in Meetings (Looked after Children's reviews, Care Planning).

Day	Date	Time	Venue / Platform
Wednesday	8 May	6pm – 8:30pm	Teams
Trainer: Cheryl Yates- Young People's Participation Officer			

Foster Carer quotes

"It was amazing to hear directly from the young people."

Meeting Health Needs

- Overview of the health needs of looked after children
- Role and responsibilities of foster parent in relation to the health of children in care
- Foster parent and decision making
- Contacts for support with health issues

Day	Date	Time	Venue / Platform
Wednesday	22 May	10am – 1pm	Teams
Trainer: Vickie Jennings Named Nurse for Children in Care in Sefton			

Foster Carer quotes

"Great course and as usual some eye-opening content."



Promoting Independence

- Key roles of foster parents in promoting independence
- How to use the Strive to Thrive document to promote growth in your child or young person
- How to use the Resettlement Passport
- Care experienced young people's advice for carers based on their life experience

Day	Date	Time	Venue / Platform
Wednesday	5 June	6pm – 8:30pm	Teams
Trainer: Karen Gray Corporate Parenting Officer Care Experienced Young People, Leaving Care Team			

Foster Carer quotes

"I am more aware of what young people have to know when they leave their care environment."

Child Development

- Overview of the health needs of children in care
- Role and responsibilities of foster parent in relation to the health of cared for children
- Foster parents and decision making
- Contacts for support with health issues

Day	Date	Time	Venue / Platform
Wednesday	19 June	10am – 1pm	Teams
Trainer: Heather Pearce and Sue Kirk School Readiness Team			

Foster Carer quotes

"It has helped me be aware of the reasons children act in some ways."



Equality and Diversity

- Develop understanding of our role as foster parents with equality and diversity.
- Explore notions of privilege.
- Consider the role unconscious bias plays in our decision making.
- Consider the role foster parents play in promoting open dialogue and respect for diversity.
- Define hate crimes and highlight how they can be reported.
- Resources and services to embrace diversity and support our young people.

Day	Date	Time	Venue / Platform
Wednesday	3 July	6pm – 8:30pm	Teams
Trainer: Angela Siteo Training Development Officer			

Foster Carer quotes

"This course helped me to try and step back and see things from a different point of view. My experience of the situation isn't theirs."

Family Time (previously called Contact)

- Purpose of family time for looked after children and its legal context.
- How supervised family time is managed.
- Carer's role in working with birth family and supporting family time effectively.
- What research tells us about what makes family time work well.

Day	Date	Time	Venue / Platform
Wednesday	17 July	10am – 1pm	Teams
Trainer: Angela Siteo Training Development Officer			

Foster Carer quotes

"I will be mindful of the emotional position of the child's mother. When she is being difficult, I know she is struggling."

"This course will help when we think about and plan contacts."



Therapeutic Parenting for Traumatised Children

(6/9-week programme) The evening programme is run over 9 weeks

Module 1 Attachment & Trauma

- Brain Development, Trauma & Attachment
- How do attachment relationships support the development of a child's healthy brain, mind & body?
- What is the circle of security?
- What is primary maternal/paternal preoccupation and why is it important?
- How attachment interfaces with Trauma
- Attachment strategies- how they develop.
- How attachment strategies affect a child's behaviour.

Module 2 Blocked Trust and Miscoing

- What is blocked trust and how does it develop?
- How toxic shame impacts on a child's sense of self and behaviour.
- Miscoing - hidden and expressed needs and learned dysfunctional ways of attempting to get needs met.
- Indicators of miscoing.
- How to respond to help a child who has learned to protect themselves through miscoing to express their needs in healthier ways.

Module 3 Emotional Attunement & Building Relationship Connections

- What is emotional attunement and why is it important for traumatised children?
- Why it may be challenging to building an emotional connection with a child who has experienced hurt and betrayal.
- The importance of therapeutic parenting and being mind-minded for children who have been neglected and abused.
- How therapeutic parenting increases safety and reduces stress in traumatised children.
- Introduction to DDP Principles.

Module 4 All Behaviour is Communication – Supporting the Child

- The problem with traditional behaviour management approaches for children who have experienced developmental trauma.
- Exploring own experiences of being responded to as children around behaviour.
- Different parenting styles in response to children's emotions and behaviour.
- The importance of connection before correction to build and maintain trust and to help children to learn from correction.

- Nervous system arousal- the window of tolerance- bringing children back into balance using PACE.
- Sensory regulation strategies to help children to be engaged, alert and calm.

Module 5 Understanding Attachment History

- Build a genogram- reflection on own family of origin.
- Our own attachments- the importance of understanding our past relationships and attachment history in caring for traumatised children.
- How our own attachment experiences may be triggered by the child's.
- How our brain and bodies influence our thinking, feelings, behaviour, and responses to the child.
- Exploring and understanding our own stress patterns and sensory regulation in the face of everyday challenges.
- Moving from defensive to open and engaged in relationships to help build trust in a traumatised child.

Module 6 Blocked Care and Self Care

- Our strengths and vulnerabilities as parents.
- How our thoughts and beliefs influence our feelings and behaviour.
- The importance of self-care to maintain resilience.
- Exploring blocked care.
- Beginning our own self-care plans.
- Energy medicine- self-calming strategies that really work.
- Review the programme.

Day	Date	Time	Venue / Platform
Tuesday	16, 23, 30 April, 7, 14, 21 May, 4, 11, 18 June	6pm – 8pm	Zoom
Tuesday	17, 24 Sept, 1, 8, 15, 22 October	10am – 1pm	Zoom

Trainer: Dr Christina Enright Child Psychologist Attachment and Trauma Specialist

Foster Carer quotes

"So helpful, makes complicated concepts easy to understand. Christina is so supportive too."



Workbook workshops

Workbook Workshops

- Support to complete the Training Support and Development Standards Workbook and Level 2 Workbook.

Day	Date	Time	Venue / Platform
Thursday	29 February	10am-11am	Teams
Monday	29 April	1pm-2pm	Teams
Tuesday	25 June	10am-11am	Teams
Tuesday	27 August	1pm-2pm	Teams
Tuesday	29 October	10am-11am	Teams
Wednesday	11 December	1pm-2pm	Teams

Trainer: Angela Siteo Training Development Officer

Foster Carer quotes

"Once I got started it was easy enough. The workshop gave me the confidence to know I was on the right track."

Specialist courses

Supporting Positive Friendships and Addressing Bullying

- What is bullying?
- What forms does bullying take and what is the impact on everyone affected.
- Choosing the right friends.
- Making the right choices within friendships.
- Support for all involved.

Day	Date	Time	Venue / Platform
Tuesday	16 Jan	10am – 10:45am	Teams

Trainer: Sherrell Jenkins & Natalie Vaughn- Bully Busters / Aims Schools Project Officers

Helping Children Overcome Anxiety (2 days)

NEW

Course extended at carers request

- What is anxiety?
- How might anxiety present?
- Practical ways you, as a carer can help.
- Supporting your child to develop coping strategies
- Resources to help you and your child.

Day	Date	Time	Venue / Platform
Friday & Friday	19 Jan & 26 Jan	10am-1pm	Formby PDC
Trainer: Dr Hannah Francis Senior Educational Psychologist			

Foster Carer quotes

"Highlighted a child we care for who has some anxiety issues. Informative training."

"Thought the course was as interesting with lots of helpful tools to use."

Using Egress (secure email) and the Provider Portal

- How to send and receive emails and attachments securely over the internet using Egress Secure Email.
- How to log onto the provider portal and
- Submit and track one-off claims.
- Check scheduled and historical payments.
- View Annual Statement of Carer payments for completing self-assessment tax returns.

Day	Date	Time	Venue / Platform
Tuesday	30 January	7pm-9pm	Teams
Thursday	6 June	10am -1pm	Ainsdale CLC

Trainer: Vernon Yule Foster Carer and Digital Champion

Foster Carer quotes

"Mrs Yule tells me that I'm a "people pleaser" and she's not far from the truth. I am happy to offer this session as I get satisfaction out of teaching people to fish so they can help themselves. I like solving problems, and often learning something new in the process."

Fostering and Smart Devices NEW

- What is a smart home? (From Amazon Alexa to smart plugs and bulbs)
- How to set up your smart home.
- Ensuring the smart home is child friendly.
- Using the smart home devices to help you foster.

Day	Date	Time	Venue / Platform
Thursday	1 Feb	10am-1pm	Teams
Trainer: Vernon Yule Foster Carer and Digital Champion			



Life Story Work (2 days)

- How to support children to build a sense of safety;
- The importance of and techniques to promote emotional literacy;
- Supporting children to build resilience and self-esteem;
- Identity; Information Sharing and integration;
- Looking to the Future.

This model is underpinned with the goal to provide children with opportunities to acknowledge the multiple losses in their life and work towards developing an account of their life they can make sense of.

Day	Date	Time	Venue / Platform
Wed & Wed	7 & 21 February	9.30am-12.30pm	Zoom

Trainer: Katie Wrench- Director Blossom Social Care Training

<https://www.blossomsocialcaretraining.co.uk/life-story-work/>

Katie Wrench is nationally known for her work with Life Journey work, her experience as a foster carer and therapeutic practitioner helps her to convey her message in a clear yet compelling way. Not to be missed.

Helping Children Stay Safe Online

- How to encourage children and young people to keep themselves safe online.
- How to encourage young people to be responsible users of technology.
- How to engage young people to recognise the risks and benefits of online communication.

Day	Date	Time	Venue / Platform
Tuesday	13 Feb	10am-12pm	Teams
Thursday	20 Jun	6.30pm-8.30pm	Teams

Trainer: Angela Bradburn Foster Carer and Digital Champion

Angela, as a mum foster carer & junior school teacher, is really committed to helping children be safe online and their carers have some more knowledge of how they can help.

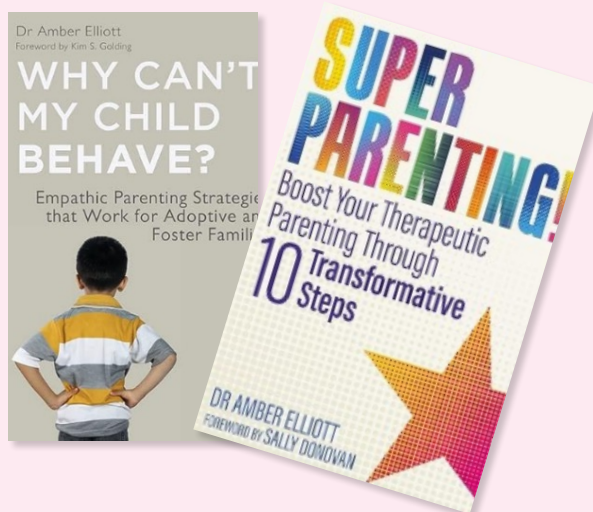
Empathic Behaviour Management (5 days) NEW

REQUIRED TRAINING FOR ALL CARERS RECEIVING ENHANCED PAYMENTS

Day	Date	Time	Venue / Platform
Monday, Tuesday	19 & 20 February	10am-2:30pm	Formby PDC
Monday, Tuesday & Wednesday	26, 27 & 28 February		(childcare available on request)
All sessions to be attended			

Empathic Behaviour Management Course

The Empathic Behaviour Management Course has been devised by Dr Amber Elliott. Author of two bestselling books and delivered by the Child Psychology Service she founded and oversees.



[Dr Amber Elliott, Director and Consultant Clinical Psychologist - YouTube](#)

Empathic Behaviour Management or EBM is a way of parenting therapeutically whilst being mindful of managing behaviour. It is a therapeutic parenting method that incorporates the psychological, emotional, and neurological needs of children traumatised by abuse and/or neglect. It does not dodge or skirt around some of the most challenging behaviours we face, and it provides a way of tackling such behaviours compassionately and assertively in the most effective way we have.

EBM directly draws from the PACE MODEL developed by Dan Hughes and compliments Non-Violent Resistance (NVR).

Traditional reward-punishment parenting invites us into a trap when it comes to dealing with the behaviour of children traumatised by abuse and neglect. Many parents and carers assume, that a difficult behaviour must be directly trained out of a child with rewards and punishments and without confrontation those behaviours will continue or even escalate.

Many parents feel that they are failing in their parenting responsibility if they do not take the tough way and risk falling out with their child to discipline them out of behaving a certain way.

EBM encourages us to understand that conflict and disconnection in parenting is a sure-fire indication that it is not working and that we are engaging via coercion and force rather than through connection and strength. Parents still must make unpopular decisions. In EBM we emphasise reconnection (not necessarily changing your unpopular viewpoint) as the priority.

Module One: Understanding Traumatised Children

- What is Healthy Development?
- Attachment Patterns and Shame

Module Two: Understanding Traumatised Children

- Blocked Trust and Reward-Consequence Approaches
- PACE – Playfulness, Acceptance, Curiosity and Empathy
- PACE in Practice
- Empathic Behaviour Management Framework

Module Three: Being PACE and Taking Care of Ourselves

- Blocked Care
- Empathic practice
- Why we repeat the same dysfunctional patterns of relationship (Relationship replication)

Module Four: Application of EBM

- Controlling Behaviours
- 'Attention Seeking' vs Attachment Needing
- EBM moving forward



Sefton Fostering Required Learning event 2024

Building Bonds & Breaking Cycles (2-day Seminar) NEW

Building Bonds works closely with Sefton in their improvement journey to be proactive in keeping children within their families of origin. Building Bonds & Sefton BABS founder, consultant clinical psychologist, Dr Lisa Marsland Hall is adamant that parents should not be 'judged on past cycles' but should be supported to build bonds with their children and have the chance to break cycles of ACES, by receiving the support at the right time.

"You'll never be more vulnerable than when you have a baby. All the stuff you've buried for years resurfaces. The focus is helping parents to banish and separate out 'their ghosts' from the relationship they want to have with their children."

Parenting and caring for children who have suffered trauma, separation and loss is highly likely to trigger carers own childhood experiences and past/present issues. Children act out their attachment patterns, anxiety and experiences of loss/separation in the families they join.



During the session Lisa supports learners to gain an understanding of

- What adverse childhood experiences are and what impact they can have on our 'inner working models'
- The impact of separation/loss from birth parents on children and what loss might look like
- Patterns of attachment we may see in our children and recognise in ourselves
- What are "ghosts in the nursery" (how the act of parenting children can trigger carers own childhood memories) and how we can create 'Angels' for children
- The importance of 'head space' so we can hold our children in mind.

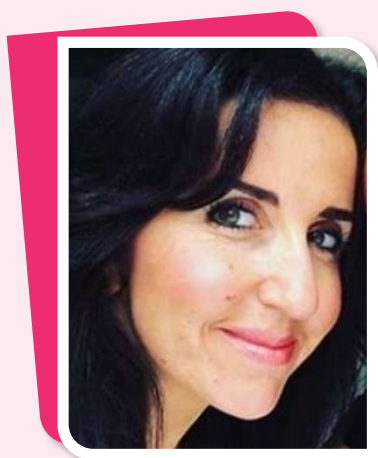
This content of the session is spread over two days.

Throughout this session you will be invited to reflect on your own experiences and how it may inform the care you offer. We have opted to make day one in person to enable you to meet with carers and connect directly with Lisa.

Day two is online to accommodate families where it is hard to make arrangements to travel to training.

Following the session, you will have access to a resource pack support you caring in a trauma informed way.

A creche has been organised for this event. Places are allocated on a first come first served basis.



To find out more about the BABS Service, Search [Building Attachment & Bonds Service \(BABS\) : Mersey Care](#) and to understand more about Lisa and the training - see www.buildingbonds.org.uk

All Sefton foster carers are required to attend this course

Day	Date	Time	Venue / Platform
Thursday	7 March	9.30am-2pm	Waterfront Hotel Southport
	Day one only in person	Includes hot buffet lunch	(childcare available on request)
Thursday	14 March	9.30am-1pm	Teams
BOTH DAYS TO BE ATTENDED			

Trainer: Dr Lisa Marsland-Hall Consultant Clinical Psychologist, Building Bonds & BABS Service Lead

Promoting Attendance and Preventing School Avoidance

- How to support pupils to have a positive school experience.
- Why pupils may avoid school- what are their push and pull factors?
- How to support pupils engaging in school avoidance.
- How to work with schools productively.
- Resources to assist.

Day	Date	Time	Venue / Platform
Thursday	22 February	6.30pm-8.30pm	Teams
Trainer: Dr Hannah Francis- Senior Educational Psychologist			

Foster Carer quotes

"The tools to unpick the underlying factors were excellent. The Q and A was brilliant"

Child Sexual Exploitation Awareness for Foster Carers NEW

- Consider the definition of child sexual exploitation and commonly held beliefs around CSE (Child Sexual Exploitation).
- Draw from the lived experiences of survivors and reflect on the impact of CSE on survivors into adulthood.
- Identify the lesser understood indicators of trauma and abuse.
- Apply a range of methods for engaging children and young people in building rapport.
- Consider use of language in verbal and written communication.

Sefton's Missing Coordinator and CSE service (My S.P.A.C.E. will come and introduce themselves and their services at the end of the session)

Day	Date	Time	Venue / Platform
Monday	11 March	10am-2.30pm	Formby PDC
Trainer: Reign Collective Cheryl Barker- Missing Coordinator Merseyside Police My S.P.A.C.E. (Sefton Protect and Child Exploitation Service)			

Foster Carer quotes

Reign Collective use a blend of activities, storytelling, games, demonstrations, and discussions to keep the training fresh and memorable. Reign come highly recommended.
"REIGN made CSE real and not something from a textbook".

Support for Young People who Misuse Substances NEW

- Basic drug and alcohol awareness including local trends i.e., the drugs that are most prevalent amongst YP's in Sefton.
- The complexities of working with young people who use drugs & alcohol.
- Introduction to Change Grow Live's drug screening tool 'What's the Score?' for carers to use in conversation with a young person who is using or at risk of using drugs and alcohol.
- What the Rise Up service offers and how foster carers can gain advice and support

Day	Date	Time	Venue / Platform
Monday	15 April	6.30pm-8pm	Teams
Trainer: Rise Up Sefton Young People & Family Substance Misuse Service			

Mindfulness Based Holding Space NEW

Session 1: An introduction. What is Mindfulness? Is this for you and is this the right time?

Session 2: My Breath, My Body

Session 3: Finding Your Touch Stone. Safe Space

Session 4: Mindful Movement

Session 5: A psychology of Life – Being the observer of your thoughts

Session 6: Attitude, Mind the Gap

Session 7: Finding insight at times of big decisions

Session 8: Our whole journey to mindful life

Day	Date	Time	Venue / Platform
Fridays	19,26 April	10am-12.30pm	Zoom
	3,10,17,24 May		
	7,14 June		
Wednesday	Optional evening session 29 May	8.30pm-9.15pm	Zoom

Trainer: Elspeth Soutar Accredited member of the Mindfulness Association, Senior Supervising social worker and trainer.

The programme is designed to be attended each week consecutively. The intention is that the learner grows in understanding each week and can use their new abilities to become increasingly more mindful in different areas of their life and practice.

Caring for 'Cared for' Babies NEW

Infants are welcome to come along to this event

- Exploring themes in feeding infants removed from their birth parents.
- Supporting infants coping with withdrawal.
- Nurturing infants attending family time.
- Safety advice (car safety and safe sleep).

Day	Date	Time	Venue / Platform
Monday	13 May	10am-11.30am	Crosby Lakeside
Trainer: Collette Palin -Infant feeding lead, Registered Nurse, Midwife, and lactation consultant			

"I am really looking forward to meeting with carers and understanding their challenges."
Collette Palin

Introduction to Non-Violent Resistance (NVR)

- Background to Non-Violent Resistance.
- Being empathic to our children needs and behaviour.
- Summary of key concepts and techniques of the NVR approach.

Day	Date	Time	Venue / Platform
Monday	20 May	6.30pm-8pm	Teams
Trainer: Angela Siteo Training Development Officer			

Foster Carer quotes

"I will use some of the ideas shared to avoid escalations."

"We care for highly traumatised children. This introduction has been a big help in understanding and dealing with their anger."

"It reminded me of the power of our words and our ability to escalate or diffuse the situation."

Supporting School Transitions

- How to manage endings
- How to prepare for transitions
- Transition to and from key stages
- Practical ways to support your child through transitions
- Resources to support transitions

Day	Date	Time	Venue / Platform
Wednesday	12 June	6.30pm-8.30pm	Teams
Trainer: Dr Hannah Francis Senior Educational Psychologist			

Foster Carer quotes

"A really well-presented course with loads of practical ideas. The pre planning ideas were fabulous. We will definitely be using some of these."

"I will look up the resources to help with our current transition and the leaving letter is a great idea."

Introduction to Child Bereavement

- Introduction to childhood bereavement
- The impact of bereavement and loss
- How children understand and react to bereavement and loss at different ages
- The needs of bereaved children
- What do I say? How do I help? Including practical ideas and strategies for support.

Day	Date	Time	Venue / Platform
Thursday	13 June	10am-2pm	Formby PDC
Trainer: Nicola Ellis-Jones Winston's Wish			

Cared for children are disproportionately likely to live with bereavement in their early years. Winstons Wish are experts in helping adults to understand and be sensitive to the needs of bereaved children. Every loss journey is unique but there are themes and creative techniques that can help our carers feel more equipped. We believe they have a right to have access to this wisdom and chance to gain confidence.

Emotion Coaching

- Consider the importance of emotional regulation.
- Understand the normal development of emotions in children.
- Consider how/why things might be different for some children.
- Explore effective ways to support children with emotional regulation needs.
- To gain some experience of using Emotion Coaching technique

Day	Date	Time	Venue / Platform
Wednesday	26 June	10am-2pm	Formby PDC

Trainer: Joan Hunt Independent Social Work Trainer

Feeling Outnumbered – Parenting Siblings

- How the child's early experiences have shaped their understanding of family.
- How to better understand sibling dynamics.
- How to manage competing needs within a sibling group.
- Applying the Secure Base © model to the parenting of sibling groups.
- The need for carers of siblings to make time for themselves.

Day	Date	Time	Venue / Platform
Thursday	27 June	10am-2pm	Formby PDC

Trainer: Joan Hunt Independent Social Work Trainer



Promoting Wellbeing and Managing Stress

- Factors impacting on wellbeing and mental health
- Recognising and responding to the stress response
- Resilience and how to build it
- Coping strategies available to you and your children
- Resources to support wellbeing and management of stress

Day	Date	Time	Venue / Platform
Tuesday	2 July	10am-1pm	Crosby Lakeside

Trainer: Dr Emma Barrow Senior Educational Psychologist

"So many parts to take away, but biggest will be to monitor myself and my reaction based on my ACES to be sure that I'm ready to respond appropriately to the child's issues"

"A real eye opener. We know how stress feels as adults, but children probably feel this 100 times worse. Made me want to think about their thoughts and feelings even more than I hope we already do."

Principles of Non-Violent Resistance (NVR)

- How NVR provides a new vision for relationships.
- Inspiration for NVR & Key concepts.
- Looking after yourself and raising parental presence.
- De-escalation techniques.
- Relational gestures- What are they and how can they help?
- Mounting a campaign of resistance (announcements, message campaigns sit-ins, vigilant care).
- Uniting with your support network.

Day	Date	Time	Venue / Platform
Thursday	11 July	10am-2pm	Crosby Lakeside

Trainer: Angela Siteo Training Development Officer

"This course helped me see I needed to make time to attend the full programme. It has really helped me and my family. We were not in a good place. NVR has definitely helped me to feel stronger. More able to stand firm see the progress we are making together."

Introduction to Blocked Trust NEW

- What is blocked trust and why does it matter?
- how we can help children/young people displaying blocked trust
- Exploring therapeutic approaches to parenting (PACE approach (Playful, Acceptance, Curiosity and Empathy.)

Day	Date	Time	Venue / Platform
Monday	15 July	10am-11.30am	Teams
Trainer: Ellen Martin Therapy			

This short session offers a taster. If you like this, you may want to attend the 6-week therapeutic parenting session starting in September!



Sensory Processing Disorder (2 days) NEW

- Understanding of sensory processing difficulties
- How they can affect a child or young person's ability to successfully access learning, play and social situations in the home and school environments.
- Exploration of practical intervention strategies (e.g., sensory diets / lifestyle)
- How Strategies can best be used to achieve positive outcomes.

Day	Date	Time	Venue / Platform
Monday	9 & 16 September	6pm-8pm	Teams
Trainer: Lisa Hamer Specialist Occupational Therapist, Shine Therapy			

Neurodiversity and Cared for Children NEW

- What is neurodiversity?
- Neurodiversity and care experienced children.
- Overlapping conditions
- How to support children and young people who are neurodiverse.
- Resources

Day	Date	Time	Venue / Platform
Thursday	12 September	10am-1pm	Crosby Lakeside
Trainer: Dr Emma Barrow Senior Educational Psychologist			

Toileting Issues NEW

- Why do some children and young people struggle to become toilet trained?
- Strategies that you can use to help them achieve independence.

Day	Date	Time	Venue / Platform
Monday	23 September	6pm-8pm	Teams
Trainer: Lisa Hamer Specialist Occupational Therapist, Shine Therapy			

Introduction to Restorative Practice NEW

Extended in person session

- Explanation of the 'Four ways of being' model.
- Consider how to encourage and empower others using high challenge and high support.
- Techniques that can be used to build connections e.g., 'Check-In Circles'.

Day	Date	Time	Venue / Platform
Thursday	10 October	10am – 1pm	Formby PDC
Trainer: Angela Siteo Training Development Officer			

"The 4 ways of being made me think. I will try to think which one am in? What is going on around me and how is that effecting how I am feeling too?"

"I will use in my parenting - not going straight to assume blame and resisting others insistence on there being blame"



Feeding Difficulties (2 days) NEW

- Exploration of the reasons why children and young people experience eating difficulties / “fussy eating.”
- How they can be supported to help increase their confidence and motivation with eating and to broaden the range of foods that they eat?

Day	Date	Time	Venue / Platform
Monday	14 & 21 October	6pm-8pm	Teams
Trainer: Lisa Hamer Specialist Occupational Therapist, Shine Therapy			

Non-verbal Communication NEW

Non – verbal children and young people express their thoughts and feelings through movements, sounds and body language. This session will explore how to engage with those that are non – verbal, and also introduce the strategies that can be used to promote development of their communication abilities so that they can find their “voice”.

Day	Date	Time	Venue / Platform
Monday	28 October	6pm-8pm	Teams
Trainer: Lisa Hamer Specialist Occupational Therapist, Shine Therapy			

Strategies to Boost Communication NEW

- Different aspects of communication.
- Identify some of the difficulties that child and young people can experience.
- Exploration of the ways in which you can support such difficulties.

Day	Date	Time	Venue / Platform
Monday	18 November	6pm-8pm	Teams

Trainer: Lisa Hamer Specialist Occupational Therapist, Shine Therapy

Parent and Child Arrangements 2 days NEW

- Messages from research and serious case reviews
- Challenges for fostering families caring for a parent and their child
- Examining roles and responsibilities
- Placement planning- Creating a safe environment and managing risks
- Managing endings & looking after yourself

Day	Date	Time	Venue / Platform
Monday & Tuesday	2 & 3 December	10am-2pm	Formby PDC

Trainer: Joan Hunt Independent Social Work Trainer

Loss and Grief in the Fostering Journey NEW

- Losses experienced during the fostering journey.
- The human experience of loss and grief.
- Support for fostering families through loss and change.
- Resources to support you and your family.

Day	Date	Time	Venue / Platform
Thursday	5 December	10am-1pm	Formby PDC

Trainer: Dr Emma Barrow Senior Educational Psychologist

We have put this course on as carers and their children have told us how they were impacted by grief. Time to reflect on how they can manage this, as it is integral to the fostering task.



2024 Fostering Training

Evening/weekend training/school holidays*

To avoid disappointment **all training must be booked in advance**. This helps us inform you of any changes in schedule/ venue changes

Course dates and times correct at time of publication. For the latest course information please visit seftonfostering.co.uk/training

We will contact you about your bookings via email.

Email queries to Trainingfa@sefton.gov.uk

Key: M - Mandatory, 1 - Level 1, 2 - Level 2, R - Required, ▲ - Referral only

January						
Day	Date	Title	Time	Trainer	Location	Level
Wed	10	Non-Violent Resistance Programme Week1	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Sat*	13	Emergency Paediatric First Aid	10am–5pm	Kev Newman	SING Plus, Seaforth	M
Mon	15	Safeguarding	10am–2pm	Angela Siteo	Formby PDC	M
Tue	16	Supporting Positive Friendships and Addressing Bullying (NEW)	10am-10.45am	Bullybusters	Teams	
Wed	17	Non-Violent Resistance Programme Week 2	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Fri	19	Helping Children Overcome Anxiety Part 1 (NEW)	10am–1pm	Dr Hannah Francis	Formby PDC	
Wed	24	Non-Violent Resistance Programme Week 3	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Thu*	25	Safeguarding	6pm–8:30pm	Angela Siteo	Teams	M
Fri	26	Helping Children Overcome Anxiety Part 2 (NEW)	10am–1pm	Dr Hannah Francis	Formby PDC	
Mon	29	Allegations & Safer Care	10am–1pm	Angela Siteo	Teams	M
Tue*	30	Using Egress and the Provider Portal (NEW)	7pm–9pm	Vernon Yule	Teams	
Wed	31	Non-Violent Resistance Programme Week 4	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲

February						
Day	Date	Title	Time	Trainer	Location	Level
Thu	1	Emergency Paediatric First Aid	10am–5pm	Kev Newman	Ainsdale CLC	M
Thu	1	Fostering and Smart Devices (NEW)	10am–1pm	Vernon Yule	Teams	
Wed	7	Life Story Work (Part 1)	9:30am – 12:30pm	Katie Wrench	Zoom	
Wed	7	Non-Violent Resistance Programme Week 5	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Thu*	8	Allegations & Safer Care	6pm–8:30pm	Angela Siteo	Teams	M
Tue	13	Helping Children Stay Safe Online	10am–12pm	Angela Bradburn	Teams	
Mon	19	Empathic Behaviour Management Part 1 (NEW)	10am–2:30pm	The Child Psychology Service	Formby PDC	
Tue	20	Empathic Behaviour Management Part 2 (NEW)	10am–2:30pm	The Child Psychology Service	Formby PDC	
Wed	21	Life Story Work (Part 2)	9:30am – 12:30pm	Katie Wrench	Zoom	
Wed	21	Non-Violent Resistance Programme Week 6	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Thu*	22	Promoting Attendance and Preventing School Avoidance	6:30pm – 8:30pm	Dr Emma Barrow	Teams	
Mon	26	Empathic Behaviour Management Part 3 (NEW)	10am–2:30pm	The Child Psychology Service	Formby PDC	
Tue	27	Empathic Behaviour Management Part 4 (NEW)	10am–2:30pm	The Child Psychology Service	Formby PDC	
Wed	28	Empathic Behaviour Management Part 5 (NEW)	10am–2:30pm	The Child Psychology Service	Formby PDC	
Wed	28	Non-Violent Resistance Programme Week 7	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Thu	29	Workbook Workshop	10am–11am	Angela Siteo	Teams	

March						
Day	Date	Title	Time	Trainer	Location	Level
Fri	1	Emergency Paediatric First Aid (Childcare available on request)	10am–5pm	Kev Newman	Ainsdale CLC	M
Sat*	2	Safeguarding	9:30am – 12:30pm	Angela Siteo	Teams	M
Wed	6	Non-Violent Resistance Programme Week 8	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Thu	7	Building Bonds & Breaking Cycles Seminar Day 1 (NEW) (Childcare available on request)	9.30am-2.00pm	Dr Lisa Marsland Hall	Waterfront Hotel	R
Mon	11	Child Sexual Exploitation Awareness for Foster Carers (NEW)	10am–2:30pm	Reign Collective Cheryl Barker	Formby PDC	
Wed	13	Non-Violent Resistance Programme Week 9	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Thu	14	Building Bonds and Breaking Cycles Seminar Day 2 (NEW)	9.30am-1.00pm	Dr Lisa Marsland Hall	Teams	R
Sat*	23	Allegations & Safer Care	9:30am – 12:30pm	Angela Siteo	Teams	M
Mon	25	Recording	10am–12:30pm	Angela Siteo	Formby PDC	1
Mon	25	Safety in the Home	1:30pm – 4:30pm	Angela Siteo	Formby PDC	1
Tue	26	Helping Children to Understand their Story	10am–12:30pm	Angela Siteo	Formby PDC	1
Tue	26	Managing Transitions	1:30pm – 4:30pm	Angela Siteo	Formby PDC	1
Wed	27	Non-Violent Resistance Week 10	10am–12:30pm	Sefton Fostering Service	Formby PDC	▲
Wed	27	Introduction to Attachment and Therapeutic Parenting	10am–1pm	Chris Taylor	Teams	1

Key: M - Mandatory, 1 - Level 1, 2 - Level 2, R - Required, ▲ - Referral only

April						
Day	Date	Title	Time	Trainer	Location	Level
Mon*	15	Support for Young People who Misuse Substances	6:30pm-8pm	Rise Up Sefton Young People and Families Service	Teams	
Tue*	16	Therapeutic Parenting for Traumatised Children 9-week course Week 1	6pm-8pm	Dr Christina Enright	Zoom	2
Wed	17	Safeguarding	10am-1pm	Angela Siteo	Teams	M
Fri	19	Mindfulness Based Holding Space Week 1 (NEW)	10am-12:30pm	Elspeth Soutar	Zoom	
Tue*	23	Therapeutic Parenting for Traumatised Children 9-week course Week 2	6pm-8pm	Dr Christina Enright	Zoom	2
Wed	24	Meeting Educational Needs	10am-1pm	Mary Palin Dr Hannah Francis	Teams	2
Fri	26	Mindfulness Based Holding Space Week 2 (NEW)	10am-12:30pm	Elspeth Soutar	Zoom	
Sat*	27	Emergency Paediatric First Aid	10am-5pm	Kev Newman	SING Plus, Seaforth	M
Mon	29	Workbook Workshop	1pm-2pm	Angela Siteo	Teams	
Tue*	30	Therapeutic Parenting for Traumatised Children 9-week course Week 3	6pm-8pm	Dr Christina Enright	Zoom	2

May						
Day	Date	Title	Time	Trainer	Location	Level
Wed	1	Allegations & Safer Care	10am-1pm	Angela Siteo	Teams	M
Fri	3	Mindfulness Based Holding Space Week 3 (NEW)	10am-12:30pm	Elspeth Soutar	Zoom	
Tue*	7	Therapeutic Parenting for Traumatised Children 9-week course Week 4	6pm-8pm	Dr Christina Enright	Zoom	2
Wed*	8	Children's Rights & Advocacy	6pm-8:30pm	Angela Siteo Cheryl Yates Jo Swords	Teams	2
Thu*	9	Safeguarding	6pm-8:30pm	Angela Siteo	Teams	M

May						
Day	Date	Title	Time	Trainer	Location	Level
Fri	10	Mindfulness Based Holding Space Week 4 (NEW)	10am–12:30pm	Elspeth Soutar	Zoom	
Mon	13	Caring for 'Cared for' Babies	10am–11:30am	Collette Palin	Crosby Lakeside	
Tue*	14	Therapeutic Parenting for Traumatised Children 9-week course Week 5	6pm–8pm	Dr Christina Enright	Zoom	2
Wed	15	Emergency Paediatric First Aid	10am–5pm	Kev Newman	Ainsdale CLC	M
Fri	17	Mindfulness Based Holding Space Week 5 (NEW)	10am–12:30pm	Elspeth Soutar	Zoom	
Mon*	20	Introduction to Non-Violent Resistance	6.30pm–8pm	Angela Siteo	Teams	
Tue*	21	Therapeutic Parenting for Traumatised Children 9-week course Week 6	6pm–8pm	Dr Christina Enright	Zoom	2
Wed	22	Meeting Health Needs	10am–1pm	Victoria Jennings	Teams	2
Thu*	23	Allegations & Safer Care	6pm–8:30pm	Angela Siteo	Teams	M
Fri	24	Mindfulness Based Holding Space Week 6 (NEW)	10am–12:30pm	Elspeth Soutar	Zoom	
Wed	29	Mindfulness Based Holding Space (Optional)	8:30pm–9:15pm	Elspeth Soutar	Zoom	

June						
Day	Date	Title	Time	Trainer	Location	Level
Sat*	1	Allegations & Safer Care	9:30am – 12:30pm	Angela Siteo	Teams	M
Tue*	4	Therapeutic Parenting for Traumatised Children 9-week course Week 7	6pm–8pm	Dr Christina Enright	Zoom	2
Wed*	5	Promoting Independence	6pm–8:30pm	Angela Siteo Cheryl Yates	Teams	2
Thu	6	Using Egress and the Provider Portal	10am–1pm	Vernon Yule	Ainsdale CLC	
Fri	7	Mindfulness Based Holding Space Week 7 (NEW)	10am–12:30pm	Elspeth Soutar	Zoom	

June						
Day	Date	Title	Time	Trainer	Location	Level
Tue*	11	Therapeutic Parenting for Traumatised Children 9-week course Week 8	6pm–8pm	Dr Christina Enright	Zoom	2
Wed*	12	Supporting School Transitions	6:30pm – 8:30pm	Dr Hannah Francis	Teams	
Thu	13	Introduction to Child Bereavement	10am–2pm	Nicola Ellis-Jones Winston's Wish	Formby PDC	
Fri	14	Mindfulness Based Holding Space Week 8 (NEW)	10am–12:30pm	Elsbeth Soutar	Zoom	
Mon	17	Emergency Paediatric First Aid	10am – 5pm	Kev Newman	SING Plus, Seaforth	M
Tue*	18	Therapeutic Parenting for Traumatised Children 9-week course Week 9	6pm–8pm	Dr Christina Enright	Zoom	2
Wed	19	Child Development	10am–1pm	Sue Kirk Heather Pearce	Teams	2
Thu*	20	Helping Children Stay Safe Online	6:30pm – 8:30pm	Angela Bradburn,	Teams	
Mon	24	Safeguarding	10am – 2pm	Angela Siteo	Crosby Lakeside	M
Tue	25	Workbook Workshop	10am–11am	Angela Siteo	Teams	
Wed	26	Emotion Coaching	10am–2pm	Joan Hunt	Formby PDC	
Thu	27	Feeling Outnumbered – Parenting Siblings	10am–2pm	Joan Hunt	Formby PDC	

July						
Day	Date	Title	Time	Trainer	Location	Level
Tue	2	Promoting Wellbeing and Managing Stress	10am–1pm	Dr Emma Barrow	Crosby Lakeside	
Wed*	3	Equality & Diversity	6pm–8:30pm	Angela Siteo	Teams	2
Sat*	6	Emergency Paediatric First Aid	10am–5pm	Kev Newman	SING Plus, Seaforth	M
Tue	9	Allegations & Safer Care (Childcare available on request)	10am–2pm	Angela Siteo	Formby PDC	M
Thu	11	Principles of Non-Violent Resistance	10am–2pm	Angela Siteo	Crosby Lakeside	

July						
Day	Date	Title	Time	Trainer	Location	Level
Mon	15	Introduction to Blocked Trust	10am-11.30am	Ellen Martin Therapies	Teams	
Wed	17	Family Time	10am-1pm	Angela Siteo	Teams	2

August						
Day	Date	Title	Time	Trainer	Location	Level
Tue	6	Emergency Paediatric First Aid	10am-5pm	Kev Newman	Ainsdale CLC	M
Tue	27	Workbook Workshop	1pm-2pm	Angela Siteo	Teams	
Wed	28	Allegations & Safer Care	9:30am - 12:30pm	Angela Siteo	Crosby Lakeside	M
Wed	28	Safeguarding	1pm-4:30pm	Angela Siteo	Crosby Lakeside	M

September						
Day	Date	Title	Time	Trainer	Location	Level
Mon*	9	Sensory Processing Disorder (part 1) (NEW)	6-8pm	Lisa Hamer	Teams	
Wed	11	Safeguarding (childcare available on request)	10am-2pm	Angela Siteo	Formby PDC	M
Thu	12	Neurodiversity and Cared for Children (NEW)	10am-1pm	Dr Emma Barrow	Crosby Lakeside	
Mon*	16	Sensory Processing Disorder (part 2) (NEW)	6pm-8pm	Lisa Hamer	Teams	
Tue	17	Therapeutic Parenting for Traumatized Children 6-week course Week 1	10am-1pm	Dr Christina Enright	Zoom	2
Wed	18	Non-Violent Resistance Programme Week 1	10am-12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Mon*	23	Toileting Issues (NEW)	6pm-8pm	Lisa Hamer	Teams	
Tue	24	Therapeutic Parenting for Traumatized Children 6-week course Week 2	10am-1pm	Dr Christina Enright	Zoom	2

Key: M - Mandatory, 1 - Level 1, 2 - Level 2, R - Required, ▲ - Referral only

September						
Day	Date	Title	Time	Trainer	Location	Level
Wed	25	Non-Violent Resistance Programme Week 2	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Thu	26	Emergency Paediatric First Aid	10am–5pm	Kev Newman	Ainsdale CLC	M
Mon	30	Allegations & Safer Care	10am – 1pm	Angela Siteo	Teams	M
October						
Day	Date	Title	Time	Trainer	Location	Level
Tue	1	Therapeutic Parenting for Traumatised Children 6-week course Week 3	10am–1pm	Dr Christina Enright	Zoom	2
Wed	2	Non-Violent Resistance Programme Week 3	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Tue	8	Therapeutic Parenting for Traumatised Children 6-week course Week 4	10am–1pm	Dr Christina Enright	Zoom	2
Wed	9	Non-Violent Resistance Programme Week 4	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Thu	10	Introduction to Restorative Practice	10am–1pm	Angela Siteo	Formby PDC	
Mon	14	Feeding Difficulties (Part 1) (NEW)	6pm–8pm	Lisa Hamer	Teams	
Tue	15	Therapeutic Parenting for Traumatised Children 6-week course Week 5	10am–1pm	Dr Christina Enright	Zoom	2
Wed	16	Non-Violent Resistance Programme Week 5	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Sat*	19	Emergency Paediatric First Aid	10am–5pm	Kev Newman	SING Plus, Seaforth	M
Mon*	21	Feeding Difficulties (Part 2) (NEW)	6pm–8pm	Lisa Hamer	Teams	
Tue	22	Therapeutic Parenting for Traumatised Children 6-week course Week 6	10am–1pm	Dr Christina Enright	Zoom	2
Wed	23	Non-Violent Resistance Programme Week 6	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲

October						
Day	Date	Title	Time	Trainer	Location	Level
Thu	24	Allegations & Safer Care	10am–1pm	Angela Siteo	Teams	M
Mon*	28	Non-verbal Communication (NEW)	6pm–8pm	Lisa Hamer	Teams	
Tue	29	Workbook Workshop	10am–11am	Angela Siteo	Teams	

November						
Day	Date	Title	Time	Trainer	Location	Level
Sat*	2	Safeguarding	9:30am – 12:30pm	Angela Siteo	Teams	M
Wed	6	Non-Violent Resistance Programme Week 7	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Mon	11	Recording	10am–12:30pm	Angela Siteo	Crosby Lakeside	1
Mon	11	Safety in the Home	1:30pm – 4:30pm	Angela Siteo	Crosby Lakeside	1
Tue	12	Helping Children to Understand their Story	10am–12:30pm	Angela Siteo	Crosby Lakeside	1
Tue	12	Managing Transitions	1:30pm – 4:30pm	Angela Siteo	Crosby Lakeside	1
Wed	13	Non-Violent Resistance Programme Week 8	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Wed*	13	Introduction to Attachment and Therapeutic Parenting	6pm–8:30pm	Chris Taylor	Teams	1
Mon	18	Strategies to Boost Communication	6pm–8pm	Lisa Hamer	Teams	
Tue	19	Emergency Paediatric First Aid	10am–5pm	Kev Newman	Ainsdale CLC	M
Wed	20	Non-Violent Resistance Programme Week 9	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
Wed	27	Non-Violent Resistance Programme Week 10	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	R

Key: M - Mandatory, 1 - Level 1, 2 - Level 2, R - Required, ▲ - Referral only

December						
Day	Date	Title	Time	Trainer	Location	Level
Mon	2	Parent and Child Arrangements (Day 1) (NEW)	10am-2pm	Joan Hunt	Formby PDC	
Tue	3	Parent and Child Arrangements (Day 2) (NEW)	10am-2pm	Joan Hunt	Formby PDC	
Thu	5	Loss and Grief in the Fostering Journey (NEW)	10am-1pm	Dr Emma Barrow	Formby PDC	
Tue	10	Safeguarding	10am-1pm	Angela Siteo	Teams	M
Wed	11	Workbook Workshop	1pm-2pm	Angela Siteo	Teams	

Venues

Ainsdale Corporate Learning Centre, Sandringham Rd, Ainsdale, PR8 2PJ

Crosby Lakeside, Crosby Coastal Park, The Esplanade, Off Cambridge Rd, Waterloo L22 1RR

Formby Professional Development Centre, 225 Park Rd Formby, L37 6EW

SING Plus, 53a Cambridge Road, Seaforth L21 1EZ

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