

Special Guardians & Kinship Care



Training Calendar
2024





Introduction from the Team Manager

The Sefton Fostering Service is excited about the launch of the Kinship/Special Guardianship Support Team. A Kinship Carer is someone who is raising a relative's or a friend's child because they are not able to.

Sefton Children's Services wants to provide better support, advice, and guidance to all our Kinship Carers, and for that reason our team has been specifically formed to support Kinship Foster Carers and Special Guardians in Sefton. If you would like further information, advice, or a chat with one of our team please contact our Kinship support advice line on 0151 934 4520.

Peer Support Groups

Independent Peer Support Group

The group is supported by the charity Kinship and is independent of the local authority and social services. This group provides an opportunity for kinship carers in Sefton and the surrounding areas to come together. It offers a chance to meet, listen, share, support one another and find out information.

The volunteer coordinator is Keith Whittaker who is a Special Guardian.

If you would like more information or want to attend one of the monthly meetings, contact Keith on email: southportkinshipgroup@gmail.com or phone 07486 668870.

Where: The Family Life Centre Ash Street, Southport, PR8 6JH

When: In person - usually 1st or 2nd Wednesday in the month 10am – 12noon.

Online – Zoom meeting usually on 2nd Monday in the month 8pm – 9pm and a WhatsApp group

Sefton Support Group

Our Placement Support Workers have also set up a Kinship and Special Guardian support group in the South of Sefton. This takes place on the first Monday of every month at the Feelgood Factory in Netherton between 11am and 1pm. This provides an opportunity for carers to meet other carers and to seek advice or assistance from members of the team. There is also an opportunity to hear from guest speakers periodically on issues such as leisure services and training opportunities, employment, education, health and issues which may affect you as Kinship carers.

Please contact Emma on 07870 379578 for more details.

Children's Activity Group

Our Placement Support Workers (PSWs) have also set up a weekly after school kids group at Litherland Sports Centre involving sports, art and other activities for children living in a Kinship

family, some of the children have also experienced their very own yoga session with Gosia. This is an opportunity for children to meet other children who are living in a similar family setting to them. Our PSWs have also organised day trips during the school holidays for the children which have been very successful, and which we hope to repeat in 2024.

Please contact Emma on 07870 379578 for details of days and activities.

Kinship

Kinship is a national Kinship care charity. Kinship wants kinship carers and the children they are raising to be recognised, valued and supported. They offer:

- Expert advice and support on benefits, financial issues, housing, education, legal issues, family relationships and family time.
- Telephone Peer support with another kinship carers
- Online support group for Kinship carers in the Northwest
- Online special interest groups for kinship men, younger (18-35), single carers, siblings, grandparents, caring for younger children (pre-school or primary aged children) LGBTQ +, Aunt and Uncle Kinship carers
- Online information workshops for kinship carers on topics requested by kinship carers and created for and with kinship carers. Visit <https://compass.kinship.org.uk/workshops/> to check out the course title and dates.
- (All the workshops will be delivered virtually on Zoom. You can access Zoom through a desktop computer, laptop, tablet or even your phone. Although the best experience will be through a computer or laptop. You will need to sign-up for a free Zoom account to access and register for the workshop. <https://zoom.us/SIGNUP#/signup>)
- Information hub for kinship carers - <https://compass.kinship.org.uk/>
- Tel: 0300 123 7015 Mon - Fri 9.30am - 2.00pm

Further in-depth support such as information advice and training is offered by Kinship and can be accessed via the Kinship website at <https://compass.kinship.org.uk/>.

Yoga

Yoga sessions are offered to all foster carers and Special Guardians by one of the social workers from Kinship and SGO team: Gosia Sikorska who is also a trained yoga teacher/yoga therapist. This combines both the philosophical system from India and western psychology. The sessions will include breathing techniques, gentle movement, relaxation/meditation and some education. Supplement movement with breath it is all you need to relax and feel good after.

Therefore, all ages, shapes and abilities are welcomed, if you don't want to sit on the floor on the yoga mat, there will be chairs available. Bring a comfy pillow, warm blanket, water and wear something comfortable.

Sessions have been held in Crosby Lakeside Adventure Centre. Check with Gosia for future dates and venues: Gosia.sikorska@sefton.gov.uk

'Yoga begins with looking at what is right with me' (Amy Weintraub 2003)





Personal endorsement

“I have always found the training from Sefton to be extremely helpful and any feedback has been taken seriously and used to enhance the training and experience for kinship carers. Having designed and delivered training in other organisations, I can say that the level of training provided by Sefton Kinship care team is to a very high standard for Kinship Carers and probably one of the best in the country.

Kinship carers are no longer an after-thought at the end of training focussed on Foster carers. Instead, we have training that is appropriate, specific, accessible and a wide range of training subjects that really get to the heart of what Kinship Carers actually need. I am sure the content and delivery this year will continue to be of the high standard of previous years.

I encourage all kinship carers to make use of the training on offer so you can connect with other kinship carers, provide even better care for your children and help them to have better outcomes. The training will also give you confidence, understanding and help you to manage situations that are often difficult.

Feedback

Angela Siteo and the training team have worked really hard to develop, provide and enhance this training for Kinship carers. They really, genuinely, want your feedback on how it can be strengthened. So please complete the feedback forms after your training. If there is training you want to see that would also be useful to others then let the training team know. I have found them to be responsive and helpful.”

Keith Whittaker
Special Guardian

Note from Children’s Services



“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.”

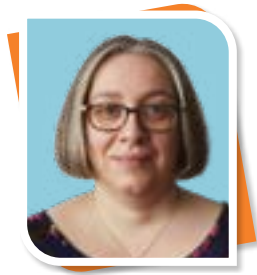
Nicky Hale
Assistant Director for Cared for and Care Experienced Young People

Note from The Training Team



“The Kinship Families and Special Guardians we meet on training courses show great courage to overcome many difficulties for the children they love. We know their needs are different as they have extra layers of complexity in creating stability for families to carers who foster mainstream. Our mission is keep striving to improve our training and create brave spaces for kinship carers and special guardians, where they can receive input, and continue to inspire each other.”

Angela Siteo
(Training Development Officer)



“We wish to support you in the highly skilled role you play in young people’s lives by offering new, and interesting courses which help you with the situations you face. We have listened to your feedback and continue making our training accessible to all.”

Clare Hassett
(Business Support - Fostering Training)

Frequently Asked Questions

Do I need to do training?

This calendar has been written specifically for families who are caring a family member or person close to them under special guardianship.

I am being assessed as a kinship foster carer

All kinship carers being assessed to foster their family member /child close to them, need to attend the kinship information session. (3 hours online). Following this you need to attend the foundation course for Kinship Care. These include sessions on exploring the role of a foster carer, impact of trauma on your child and their relationships, therapeutic parenting and encouraging positive behaviour, managing family time. Dates for 2024 were unavailable at the time of publication.

I am currently a foster carer

As a registered kinship foster carer, you need to complete the Mandatory Training (this is First Aid, Safeguarding and Safer Carer and Allegations). Once these are completed, Kinship carers are asked to complete a minimum of two courses a year. The second carers can attend one annually.

If you would like to know more about Fostering Training Requirements and the Skills Scheme you can find it on the Fostering Website seftonfostering.co.uk/training. You can request a copy of the full Fostering Training Calendar by contacting trainingfa@sefton.gov.uk.

I am a Special Guardian

No courses are mandatory if you are a Special Guardian. The training programme is part of our support offer to you which we hope you take advantage of as you can. We hope it will:

- help you to have empathy with your child and yourself
- equip you to cope with the challenges you face
- allow you to hear from other people caring under fostering/special guardianship

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.

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.

Beacon House- is a very well respected and creative organisation which supports individuals who have experienced trauma. Sefton Council has purchased the licence to share Beacon House resources with the families they are supporting through Fostering and Special Guardianship.

The following resources are available to you on request and can be used at any time

- Toolkit to help children understand and regulate their survival responses (Link to animations and resource packs)
- How to promote your child's self-esteem (1 hour e-learning)
- How to support your dysregulated child (4 hour e-learning)

To request a resource email trainingfa@sefton.gov.uk



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 foster 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.

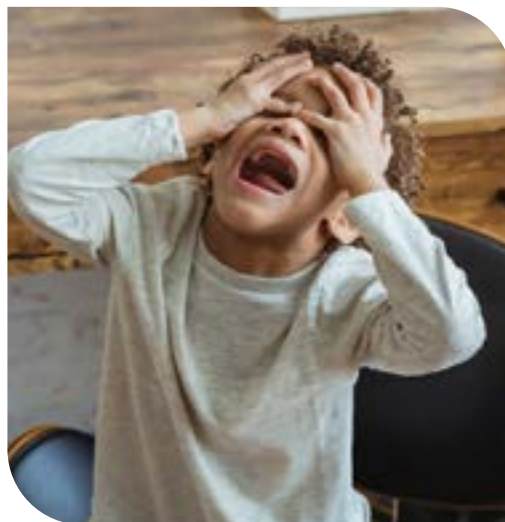
Therapeutic Parenting for Traumatised Children is delivered by Dr Christina Enright (Child Psychologist). She developed the programme drawing on decades of experience as an attachment and trauma specialist. This programme runs in the evenings for 9 weeks from April to June or 6 daytime sessions from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

Empathic Behaviour Management (NEW) - explores the impact of trauma on children's behaviour and provides 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.siteo@sefton.gov.uk.

For referral information email trainingfa@sefton.gov.uk

Are there any courses around ADHD & Autism?

Riding the rapids - This is a course for Special Guardians and Kinship foster parents to understand behaviour which challenges, especially for children who have a diagnosis. This programme is evidence based and runs over 10 sessions. The programme can help you to understand what is behind the behaviour your child may exhibit and teach your child or young person new skills to be able to reduce episodes of behaviour that challenge. The course is split into Primary and Teenage Years.

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.

Advanced 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), Advanced 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/>

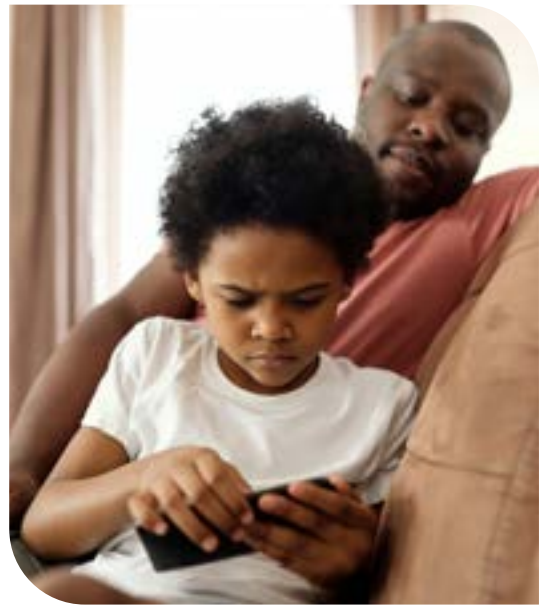
As with any external course, please send an email to trainingfa@sefton.gov.uk with the date, trainers name, course title and what your three take home points are. With this information we can update your training record.

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

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

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.”

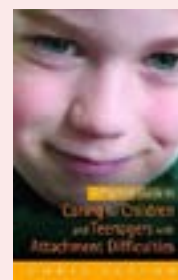
Introduction to Attachment and Therapeutic Parenting

- 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 and Special Guardians 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."





Child Development

- Overview of the health needs of children in care
- Role and responsibilities of foster parents and Special Guardians 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.”

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 Miscuing

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

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.”



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.



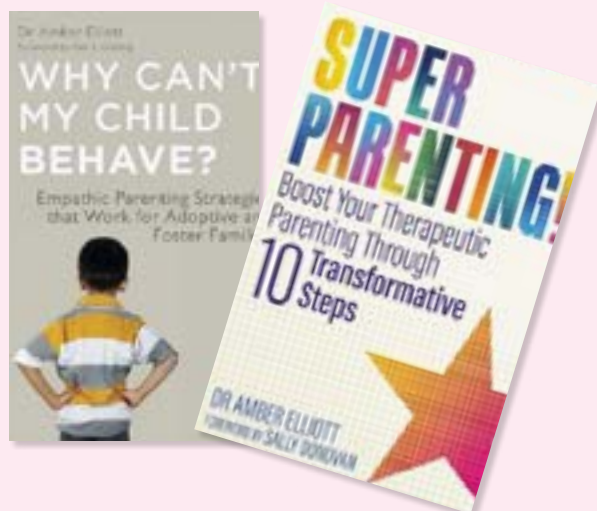
Empathic Behaviour Management (5 days) NEW

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 Traumatized Children

- What is Healthy Development?
- Attachment Patterns and Shame

Module Two: Understanding Traumatized 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



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

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 3,10,17,24 May 7,14 June	10am-12.30pm	Zoom
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.

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			

2024 Fostering Training

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: 1 - Level 1, 2 - Level 2, ▲ - Referral only, *- evening/weekendtraining/school holidays

January						
Day	Date	Title	Time	Trainer/ Role	Location	Level
Wed	10	Non-Violent Resistance Programme Week 1	10am-12:30pm	Sefton Fostering Service	Formby PDC	▲
Sat*	13	Emergency Paediatric First Aid	10am-5pm	Kev Newman	SING Plus, Seaforth	
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	▲
Fri	26	Helping Children Overcome Anxiety Part 2 (NEW)	10am-1pm	Dr Hannah Francis	Formby PDC	
Wed	31	Non-Violent Resistance Programme Week 4	10am-12:30pm	Sefton Fostering Service	Formby PDC	▲

February

Day	Date	Title	Time	Trainer/ Role	Location	Level
Thu	1	Emergency Paediatric First Aid	10am–5pm	Kev Newman	Ainsdale CLC	
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	▲
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	▲

March

Day	Date	Title	Time	Trainer/ Role	Location	Level
Fri	1	Emergency Paediatric First Aid (Childcare available on request)	10am–5pm	Kev Newman	Ainsdale CLC	
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	

March						
Day	Date	Title	Time	Trainer/ Role	Location	Level
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	
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
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

April						
Day	Date	Title	Time	Trainer/ Role	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 Traumatized Children 9-week course Week 1	6pm–8pm	Dr Christina Enright	Zoom	2
Fri	19	Mindfulness Based Holding Space Week 1 (NEW)	10am–12:30pm	Elsbeth Soutar	Zoom	
Tue*	23	Therapeutic Parenting for Traumatized Children 9-week course Week 2	6pm–8pm	Dr Christina Enright	Zoom	2
Fri	26	Mindfulness Based Holding Space Week 2 (NEW)	10am–12:30pm	Elsbeth Soutar	Zoom	
Sat*	27	Emergency Paediatric First Aid	10am–5pm	Kev Newman	SING Plus, Seaforth	
Tue*	30	Therapeutic Parenting for Traumatized Children 9-week course Week 3	6pm–8pm	Dr Christina Enright	Zoom	2

May						
Day	Date	Title	Time	Trainer/ Role	Location	Level
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
Fri	10	Mindfulness Based Holding Space Week 4 (NEW)	10am–12:30pm	Elspeth Soutar	Zoom	
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	
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
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/ Role	Location	Level
Tue*	4	Therapeutic Parenting for Traumatised Children 9-week course Week 7	6pm–8pm	Dr Christina Enright	Zoom	2
Fri	7	Mindfulness Based Holding Space Week 7 (NEW)	10am–12:30pm	Elspeth Soutar	Zoom	
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	

June

Day	Date	Title	Time	Trainer/ Role	Location	Level
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	Elspeth Soutar	Zoom	
Mon	17	Emergency Paediatric First Aid	10am – 5pm	Kev Newman	SING Plus, Seaforth	
Tue*	18	Therapeutic Parenting for Traumatized 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	
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/ Role	Location	Level
Tue	2	Promoting Wellbeing and Managing Stress	10am–1pm	Dr Emma Barrow	Crosby Lakeside	
Sat*	6	Emergency Paediatric First Aid	10am–5pm	Kev Newman	SING Plus, Seaforth	
Tue	9	Allegations & Safer Care (Childcare available on request)	10am–2pm	Angela Siteo	Formby PDC	
Thu	11	Principles of Non-Violent Resistance	10am–2pm	Angela Siteo	Crosby Lakeside	
Mon	15	Introduction to Blocked Trust	10am–11.30am	Ellen Martin Therapies	Teams	

August

Day	Date	Title	Time	Trainer/ Role	Location	Level
Tue	6	Emergency Paediatric First Aid	10am–5pm	Kev Newman	Ainsdale CLC	

September

Day	Date	Title	Time	Trainer/ Role	Location	Level
Mon*	9	Sensory Processing Disorder (part 1) (NEW)	6–8pm	Lisa Hamer	Teams	

September

Day	Date	Title	Time	Trainer/ Role	Location	Level
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 Traumatised 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 Traumatised Children 6-week course Week 2	10am–1pm	Dr Christina Enright	Zoom	2
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	

October

Day	Date	Title	Time	Trainer/ Role	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	▲
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	

October

Day	Date	Title	Time	Trainer/ Role	Location	Level
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	▲
Mon*	28	Non-verbal Communication (NEW)	6pm–8pm	Lisa Hamer	Teams	

November

Day	Date	Title	Time	Trainer/ Role	Location	Level
Wed	6	Non-Violent Resistance Programme Week 7	10am–12:30pm	Angela Siteo Dr Hannah Francis	Crosby Lakeside	▲
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
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	
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	▲

December

Day	Date	Title	Time	Trainer/ Role	Location	Level
No further courses this year						

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

Email enquiries: trainingfa@sefton.gov.uk Visit: seftonfostering.co.uk/training

