

Sefton Council



Foster carers & Special Guardians

Training Calendar 2021 (September- December)



Welcome to those who are new to their journey with Sefton Fostering and a massive thanks to our current carers and Special Guardians for all you have done for our children over the past year.

Getting together

We have heard from several carers recently that you are missing getting together for training to spend time with other carers and support each other. Some carers state that making time, to be away from the children to focus on learning has also been missed. We are looking forward a time when we can be in the same space to offer each other our undivided attention and we can give the phrase, "you are on mute" a rest. We will review government guidance about meeting in groups when planning for training in 2022. The First Aid courses are the only courses which are in the classroom as we wait for the COVID restrictions to lift further.

Online Training

We have renewed our subscription to the Foster Carer Training Hub for another year to continue to offer flexibility in your access to training and increase the range of specialist courses available. I allocate courses to all carers on a bimonthly basis to share new and topical courses that come as part of the offer. If you have seen a specialist course you would like to be allocated, please get in touch. If you want to explore the courses available for your learning [Parents](#) [Adult wellbeing](#) [Young people](#). Please be aware I will not be notified of your attendance at the adult wellbeing courses. It offers freedom to explore issues in the privacy of your own home.

Courses you need to attend this year

You may notice that there are more opportunities to attend Safeguarding and First Aid this year. We are working hard to ensure all carers mandatory training is in place and renewed. We would be grateful if you can book on if yours is due.

There have been some key practice developments about transitions plans we want all our carers who offer short term placements or foster teenagers to be up to date with. We have marked these as Priority as we would like you to prioritise attending these this year. There are evening and day time opportunities to support your attendance.

Highly recommended is the therapeutic parenting for traumatised children course over 6 weeks in November and December. Whilst these are classed as level two course it is a new offering for Sefton and offers a fresh way of looking at the care we offer. I encourage you to take this opportunity to refresh your learning and have some time to reflect on key concepts such as blocked trust and miscuing. This will help you re-orientate yourself in this next challenging phase of supporting our children and families impacted by the pandemic.

Skills scheme

It has been agreed by management that Level One courses can be accessed by the training hub if that is your preference (other than mandatory courses). However, Level Two courses need to be attended through Sefton Fostering Services in house offer, to ensure that the key messages are delivered and to introduce you to the staff and carers who can support your journey.

Workbooks

I am offering some online workbook workshops to support families completing their workbooks and wanting some guidance. If you would like to attend please email and I will send you a link.

New courses

We have responded to needs identified by you and added courses such as suicide prevention and specific courses for times in the year when our children really struggle. The Fostering & birth children course in October coincides with Sons and Daughters month. This course reflects on how we can best support your birth children with their experience of growing up in a foster family.













Highly recommended is the Introduction to Mindfulness course. If you can carve some time out for you, come along and to be guided with techniques which can help ground you. Many of us could use some of that!

Any questions please get in touch

Angela Siteo – Training Development Officer- May 2021

Training Calendar 2021 Sep- Dec

Day	Date	Title	Time	Trainer/ Role	Place	Level
* evening/weekend training			Sep		M=Mandatory	
Fri	3	Workbook Workshop	10am-12noon	Angela Siteo Training Development Officer	 Teams	
Wed	8	Caring for Unaccompanied Asylum-seeking children (NEW)	10-1pm	Angela Siteo Training Development Officer	 Teams	
Fri	10	Paediatric First Aid	9.30am-4.30pm	Kev Newman Qualified First Aid Trainer	Ainsdale CLC	M
Thu	16	Introduction to Mindfulness (NEW)	10am-11.15am	Nicola Forshaw Director- Mindfit	 Teams	
Mon	20	Safeguarding	10am-1pm	Angela Siteo Training Development Officer	 Teams	M
Tu	28	Couples that foster	7pm-9pm	Joan Hunt Independent Trainer	 Teams	
Thu	30	Independent Living Skills/Living in care Young Peoples voices	7pm-9pm	Karen Gray Young Peoples Participation & Corporate Parenting Officer & Care Experienced Young People	 Teams	M
			Oct			
Fri	1	Workbook Workshop	10am-12noon	Angela Siteo Training Development Officer		
Mon	4	Fostering & Birth Children (NEW)	10am-12noon	Angela Siteo Training Development Officer	 Teams	
Wed	6	Safer Care and Allegations	10am-1pm	Tracey Holyland – Local Authority Designated Officer Ed Reynolds Fostertalk Angela Siteo	 Teams	1
Mon	11*	Introduction to attachment and Therapeutic parenting	7pm-9pm	Chris Taylor Author & Consultant	 Teams	1
Sat	16*	Paediatric First Aid	9.30am-4.30pm	Kev Newman Qualified First Aid Trainer	Ainsdale CLC	M
Tue	19 & 22	Kinship & Special Guardianship in Focus (2 days)	10am-2pm	Angela Siteo Training Development Officer	 Teams	
Thu	15*	Moving to adoption (NEW) PRIORITY (all short-term carers)	6pm-9pm	Angela Siteo Training Development Officer	 Teams	P
Fri	16	Moving to adoption (NEW) PRIORITY (all short-term carers)	10am-1pm	Angela Siteo Training Development Officer	 Teams	P
Thu	21*	Meeting Health Needs	7pm-9pm	Jenny Hughes-Doyle Designated Nurse for Looked After Children	 Teams	2

Nov						
Fri	5	Workbook workshop	10am-12noon	Angela Siteo Training Development Officer	 Teams	
Mon	8 15 22 29	Therapeutic parenting traumatised children (NEW) 6 WEEK Programme	10am-1pm	Christina Enright Child & Family psychotherapist Attachment & Trauma specialist	 Zoom	2
Tue	9	Foetal Alcohol Syndrome	10am- 12.30pm	Michelle Harwood, Hannah Francis & Alice Wignall Educational Psychology Service	 Teams	
Thu	11 *	Understanding and navigating food and self-care issues (NEW)	7pm-8.30pm	Joan Hunt Independent trainer and Consultant	 Teams	
Sat	13 *	Safeguarding	9.30am- 12.30pm	Angela Siteo Training Development Officer	 Teams	M
Mon	15	Paediatric First Aid	9.30am- 4.30pm	Kev Newman Qualified First Aid Trainer	Ainsdale CLC	M
Wed	17	Equality and Diversity	10am-1pm	Angela Siteo Training Development Officer	 Teams	2
Tue	23	Recording	10am-1pm	Angela Siteo Training Development Officer	 Teams	1
Dec						
Fri	3	Workbook Workshop	10am-12noon	Angela Siteo Training Development Officer	 Teams	
Mon	6 13	Therapeutic parenting traumatised children (NEW) 6 WEEK Programme	10am-1pm	Christina Enright Child & Family psychotherapist Attachment & Trauma specialist	 Zoom	2
Tue	7	Safety in the home	10am-1pm	Angela Siteo Training Development Officer Sarah Bell Cassidy Merseyside Fire and Rescue	 Teams	1
Wed	8	Happy Christmas? Coping with big feelings & expectations	10am- 11.30am	Therapeutic Team	 Teams	
Thu	9 *	Safeguarding	7pm-9pm	Angela Siteo Training development Officer	 Teams	M
Wed	15	Paediatric First Aid	9.30am- 4.30pm	Kev Newman Qualified First Aid Trainer	Ainsdale CLC	M



Venue Ainsdale Corporate Learning Centre, Sandringham Rd, Ainsdale, PR82PJ

Email bookings to angela.siteo@sefton.gov.uk

For enquiries call Angela on 07814156492



Partners offering training in Merseyside Updated Aug 2021

Young people & mental health			
	<p>Up to 1 hour (Zoom)</p>	<p>Topics</p> <p>Resilience, Post Traumatic Stress disorder, Eating disorders, Social media and mental health, Brief and loss, Post traumatic growth, Self-harm, Introduction to grooming and exploitation, Managing teen worry, understanding my stress response, managing child worry, Adverse Childhood experiences and Trauma, Adolescent Brain Development, ACES and trauma informed practice, Embracing uncertainty</p>	<p>Bookings</p> <p>https://www.liverpoolcamhs.com/professionals/training/</p>
Keeping Children Safe			
		<p>Topics include</p> <p>Domestic Abuse-The child's voice, Child Sexual Abuse, child exploitation, Domestic Abuse Awareness, Protecting children against child exploitation</p>	<p>Bookings</p> <p>https://seftonlscb.org.uk/lscb/training/training-calendar</p>

Updating your training record If you book on any of these courses please let me know when you have attended so that I can confirm it and update your training record. If the course sends a certificate please forward it to me.

Therapeutic Parenting for Traumatized Children

Six-week programme Mondays 10am-1pm Nov 8, 15, 22, 29 Dec 6 & 13

Dr Christina Enright- Child Psychologist- Attachment & Trauma Specialist



Week 1

Attachment & Trauma

Brain Development, Trauma & Attachment

How do attachment relationships support the development of a child's healthy brain, mind and 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

Week 2

Blocked Trust and Miscuing

What is blocked trust/epistemic mistrust 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

Week 3 **Emotional Attunement & Building Relationship Connections**

What is emotional attunement and why is it important for traumatised children?

What is contingent responding and how does it relate to helping a child to feel accepted and understood?

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

Week 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

Week 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 engender trust in a traumatised child

Week 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 as a whole