



## Foster Parents & Special Guardians Training Calendar 2023

### TRAINING NEWS

#### New e-learning opportunities



Beacon House is a very well respected and creative organisation which supports individuals who have experienced trauma. Many of you will have seen their resources recommended in our training. [There are links included in the information on page 17](#) to give you a taste of what each course is about. These come highly recommended.



You will receive invitations to attend online training hosted by the training hub periodically. These are optional courses to provide you with a variety of learning opportunities.

#### Fostering in the digital age



If you would benefit from a beginner's information technology course or a refresh, Sefton Community Learning Service are offering Free Courses from the newly renovated Cambridge Road centre in Seaforth. They include: Getting to know your computer; Entry Level Functional Skills Information Technology; Internet and Email for Beginners; and Microsoft Office for Beginners [More course and booking details](#). Ask your supervising social worker or contact [Trainingfa](#) for support in accessing these.



## Fostering Digital Skills

'Digital skills' course is designed specifically to support foster carers with the new challenges they have in parenting children now. The Fostering Network and internet matters have their own comprehensive internet and online safety website; <https://www.internetmatters.org/>.



internet matters.org

You can click the links to access [Trainer led sessions](#) developed by Dr Simon Hammond from the University of East Anglia or [Self directed sessions](#) to do in your own time. By completing the course, you will

**understand** how digital technology can benefit young people as well as the risks they may face, what it means to be 'digitally resilient', and how to support your child in their online lives.

learn ways to **empower** young people online and have a better understanding of the impact that confidence and different parenting styles can have.

identify techniques for building trust with children in your care and explore how technology can be used to **nurture** and develop positive relationships.

better understand the digital skills young people need now and in the future, and the actions you can take to help the young people in your care become capable digital citizens.

## Electronic records

In 2023 we will start asking foster carers to submit their records to their supervising social worker electronically. We have developed sessions for foster parents to take time to refresh some key skills.

We have developed these sessions in collaboration with foster carers. They will include

- 1) Writing and sending digital records  
[31 Jan 10am – 2pm in Ainsdale](#)      [28 Feb 10am – 2pm in Ainsdale](#)
- 2) Making claims via the portal  
[28 Mar 10am – 2pm in Ainsdale](#)

## Workbook Support

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. Workshops have been arranged to

support anyone who has not yet completed them. These can be face to face or online depending on your preferences. The sessions give carers a chance to meet in small groups and support each other to complete both the TSDS workbook and Level 2 workbook.

|                                      |                                      |                                      |                                   |                                      |
|--------------------------------------|--------------------------------------|--------------------------------------|-----------------------------------|--------------------------------------|
| <a href="#">6 Jan 23 on Teams</a>    | <a href="#">3 Feb 23 in Ainsdale</a> | <a href="#">10 March 23 on Teams</a> |                                   | <a href="#">9 Jun 23 on Teams</a>    |
| <a href="#">7 Jul 23 in Ainsdale</a> | <a href="#">8 Sep 23 on Teams</a>    | <a href="#">6 Oct 23 in Ainsdale</a> | <a href="#">3 Nov 23 on Teams</a> | <a href="#">1 Dec 23 in Ainsdale</a> |

All sessions take place on Fridays 10am-12noon

## Childcare

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 your support network but there are other options including other carers and Placement Support Workers. Each Mandatory course has one session where Placement Support Workers have devoted time to supporting carers (see course information for details). You need to book this **at least** 2 weeks before the course date. These places are allocated on a first come first served basis.

## Required Courses

Periodically, practice guidance will emerge that we need to share with our foster carers, either because it is service wide guidance or because it supports them to care for specific groups of children. In 2023 it is required that:

- All mainstream foster carers who look after children on a short-term basis under 8 should attend the moving to adoption course

## A note from the training team

*"We are committed to helping you to sustain each other and be inspired, creative and supported in the amazing and important work you do"*

*Angela Sítoc (Training Development Officer)*

*"We want to provide accessible training which will strengthen your skills whilst supporting you to care for our children"*

*Clare Hassett (Business Support -Fostering Training)*

# Training Calendar 2022

## Mandatory courses

### Allegations and Safer Care

\* evening/weekend training/school holidays

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                                  |
|------|---|----------------|--|
| Mon  | <a href="#">16 Jan 2023</a>             | 10am-1pm       | Formby PDC (PSW child care available on request) |
| Sat* | <a href="#">25 Mar 2023</a>             | 9.30am-12.30pm | Teams  |
| Thu* | <a href="#">11 May 2023</a>             | 6pm-9pm        | Teams  |
| Wed  | <a href="#">12 July 2023</a>            | 10am-1pm       | Teams  |
| Wed  | <a href="#">6<sup>th</sup> Sep 2023</a> | 10am – 2pm     | Formby PDC                                       |
| Sat* | <a href="#">23 Sep 2023</a>             | 9.30am-12.30pm | Teams  |
| Thu* | <a href="#">30 Nov 2023</a>             | 6pm-9pm        | Teams  |

Trainers-

Tracey Holyhead -Sefton’s Local Authority Designated Officer will attend daytime sessions  
 Michelle Gilman Allegation Support Team (Fostertalk)  
 Angela Siteo (Training Development Officer)



## Emergency Paediatric First Aid

The roles and responsibilities of an Emergency Paediatric First Aider

Assessing an emergency situation

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  |
|---|-----------------------------|-----------------|--|
| Thu   | <a href="#">5 Jan 2023</a>  | 9.30am-4.30pm   | Ainsdale (PSW child care available on request) |
| Wed   | <a href="#">8 Feb 2023</a>  | 9.30am-4.30pm   | Ainsdale                                       |
| Sat*  | <a href="#">25 Feb 2023</a> | 9.30am-4.30pm   | SING Plus Seaforth                             |
| Thu   | <a href="#">9 Mar 2023</a>  | 9.30am-4.30pm   | Ainsdale                                       |
| Fri   | <a href="#">21 Apr 2023</a> | 9.30am-4.30pm   | Ainsdale                                       |
| Wed   | <a href="#">21 Jun 23</a>   | 9.30am-4.30pm   | Ainsdale                                       |
| Sat*  | <a href="#">1 Jul 23</a>    | 9.30am-4.30pm   | SING Plus Seaforth                             |
| Sat (will only run if enough people are booked) | 29 Jul 23                   | 9:30am – 4:30pm | SING Plus Seaforth                             |
| Fri   | <a href="#">22 Sep 23</a>   | 9.30am-4.30pm   | Ainsdale                                       |
| Sat*  | <a href="#">21 Oct 23</a>   | 9.30am-4.30pm   | SING Plus Seaforth                             |
| Tue   | <a href="#">7 Nov 23</a>    | 9.30am-4.30pm   | Ainsdale                                       |
| Wed   | <a href="#">7 Dec 23</a>    | 9.30am-4.30pm   | Ainsdale                                       |

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

Time to reflect on your role as a safeguarding professional

| Day   | Date                        | Time             | Venue/ Platform                                  |
|-------|-----------------------------|------------------|--|
| Tue*  | <a href="#">24 Jan 2023</a> | 5.30pm-8.30pm    | Teams  |
| Sat * | <a href="#">18 Mar 2023</a> | 9.30am-12.30pm   | Teams  |
| Mon   | <a href="#">17 Apr 2023</a> | 10am-1pm         | Formby PDC (PSW child care available on request) |
| Fri   | <a href="#">23 Jun 2023</a> | 10am-1pm         | Teams  |
| Wed   | 13 Sept 2023                | 11:30am – 2:15pm | Teams  |

|   |                             |                |               |
|---|-----------------------------|----------------|---------------|
| Wed*  | <a href="#">13 Sep 2023</a> | 6pm-9pm        | Teams         |
| Thu   | <a href="#">19 Oct 2023</a> | 10am-1pm       | SCLC Seaforth |
| Sat*  | <a href="#">11 Nov 2023</a> | 9.30am-12.30pm | Teams         |
| Angela Siteo (Training Development Officer) |                             |                |               |

## Level One courses

|  |                             |          |   |
|--|-----------------------------|----------|---|
| <b>Safety in the home</b>  |                             |          |   |
| Fire safety and electrical issues within the home<br>How to identify hazardous substances<br>How to keep the home safe |                             |          |  |
| Day  | Date                        | Time     | Venue/Platform  |
| Mon  | <a href="#">20 Feb 2023</a> | 10am-1pm | Teams   |
| Thu  | <a href="#">16 Nov 2023</a> | 10am-1pm | Formby PDC (PSW child care available on request)                                    |
| Angela Siteo (Training Development Officer) & Sarah Bell Cassidy (Merseyside Fire and Rescue)                          |                             |          |   |

|  |                             |               |  |
|--|-----------------------------|---------------|--|
| <b>Recording</b>   |                             |               |  |
| Why foster parents need to record and what should be recorded<br>What is child centred recording?<br>The legal context to foster parent recording<br>Practice guidance and Sefton's recording and confidentiality policies |                             |               |  |
| Day  | Date                        | Time          | Venue  |
| Mon  | <a href="#">27 Feb 2023</a> | 10am-1pm      | Teams  |
| Thu  | <a href="#">16 Nov 2023</a> | 1.30pm-4.30pm | Formby PDC (PSW child care available on request) |
| Angela Siteo- Training Development Officer   |                             |               |  |

|   |                             |            |  |
|---|-----------------------------|------------|--|
| <b>Introduction to attachment and therapeutic parenting</b>   |                             |            |  |
| An introduction into understanding attachment behaviour<br>Strategies of therapeutic parenting to nurture attachments |                             |            |  |
| Day   | Date                        | Time       | Venue/Platform   |
| Mon   | <a href="#">6 Mar 2023</a>  | 10am-1pm   | Teams  |
| Wed*  | <a href="#">15 Nov 2023</a> | 6.30pm-9pm | Teams  |
| Chris Taylor (Chris Taylor Solutions)   |                             |            |  |

|   |  |  |  |
|---|--|--|--|
| <b>Helping children to understand their story</b>   |  |  |  |
| The coping and survival strategies children have developed in the face of early trauma<br>Practical ways to support the child to connect with their feelings and stories in a way that feels safe<br>The role of foster parents in safeguarding children's memories |  |  |  |

| Day  | Date                        | Time     | Platform   |
|--|-----------------------------|----------|--|
| Mon  | <a href="#">13 Mar 2023</a> | 10am-1pm | Teams  |
| Fri  | <a href="#">17 Nov 2023</a> | 10am-1pm | Formby PDC (PSW child care available on request) |
| Angela Siteo- Training Development Officer |                             |          |  |

## 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                                   |
|--|-----------------------------|---------------|--|
| Mon  | <a href="#">20 Mar 2023</a> | 10am-1pm      | Teams  |
| Fri  | <a href="#">17 Nov 2023</a> | 1.30pm-4.30pm | Formby PDC (PSW child care available on request) |
| Angela Siteo- Training Development Officer |                             |               |  |

## Level Two courses

### 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 |
|---|----------------------------|----------|-------|
| Tue   | <a href="#">9 May 2023</a> | 10am-1pm | Teams |
| Cheryl Yates- Young Peoples Participation Officer |                            |          |       |

### 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    | Platform |
|--|-----------------------------|---------|----------|
| Wed*                                       | <a href="#">17 May 2023</a> | 6pm-9pm | Teams    |
| Angela Siteo- Training Development Officer |                             |         |          |

### 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    | Platform |
|-------|-----------------------------|---------|----------|
| Wed * | <a href="#">24 May 2023</a> | 6pm-9pm | Teams    |

Angela Siteo Training Development Officer

## 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 |
|-----|------------------------------|----------|-------|
| Tue | <a href="#">27 June 2023</a> | 10am-1pm | Teams |

Mary Palin- Virtual Headteacher

Dr Michelle Harwood and Hannah Francis (Educational Psychology Service)

## Promoting Independence

Key roles of foster parents in promoting independence

Introduction to the Strive to Thrive document

How to use the Strive to Thrive document to promote growth in your child or young person

How to use the Resettlement Passport

| Day   | Date                       | Time    | Platform |
|-------|----------------------------|---------|----------|
| Tue * | <a href="#">6 Jun 2023</a> | 6pm-9pm | Teams    |

Karen Gray Corporate Parenting Officer Care Experienced Young People, Leaving Care Team

## 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 |
|-----|-----------------------------|----------|-------|
| Tue | <a href="#">13 Jun 2023</a> | 10am-1pm | Teams |

Sefton's Named Looked After Children's Nurse

## 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 |
|-----|------|------|-------|
|-----|------|------|-------|



|  |                             |          |       |
|--|-----------------------------|----------|-------|
| Tue  | <a href="#">20 Jun 2023</a> | 10am-1pm | Teams |
| Heather Pearce and Sue Kirk- School Readiness Team |                             |          |       |

## Attachment and Therapeutic Parenting Level 2

### (6 week programme)



#### Week 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

#### 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

| Day  | Date                          | Time     | Platform |
|--|-------------------------------|----------|----------|
| Thu  | <a href="#">9,23 Feb</a>      | 10am-1pm | Zoom     |
| 6 Sessions   | <a href="#">2,9,16,30 Mar</a> |          |          |
| Tue  | <a href="#">12,19 26 Sep</a>  | 10am-1pm | Zoom     |
| 6 sessions   | <a href="#">3,10,17 Oct</a>   |          |          |
| Dr Christina Enright Child Psychologist - Attachment and Trauma Specialist |                               |          |          |

## Workbook workshops

### Workbook Workshops

Support to complete the Training Support and Development Standards Workbook and Level 2 workbook

| Day | Date                        | Time      | Venue        |
|-----|-----------------------------|-----------|--------------|
| Fri | <a href="#">6 Jan 2023</a>  | 10am-12pm | Teams        |
| Fri | <a href="#">3 Feb 2023</a>  | 10am-12pm | Ainsdale CLC |
| Fri | <a href="#">10 Mar 2023</a> | 10am-12pm | Teams        |
| Fri | <a href="#">31 Mar 2023</a> | 10am-12pm | Ainsdale CLC |
| Fri | <a href="#">5 May 2023</a>  | 10am-12pm | Ainsdale CLC |
| Fri | <a href="#">9 June 2023</a> | 10am-12pm | Teams        |
| Fri | <a href="#">7 July 2023</a> | 10am-12pm | Ainsdale CLC |
| Fri | <a href="#">8 Sep 2023</a>  | 10am-12pm | Teams        |
| Fri | <a href="#">6 Oct 2023</a>  | 10am-12pm | Ainsdale     |
| Fri | <a href="#">3 Nov 2023</a>  | 10am-12pm | Teams        |
| Fri | <a href="#">1 Dec 2023</a>  | 10am-12pm | Ainsdale CLC |

Angela Siteo (Training Development Officer)



## Specialist courses

### New - Mental Health First Aid (2 day course)



| Day       | Date   | Time                             | Venue        |
|-----------|--|----------------------------------|--------------|
| Wed & Thu | <a href="#">18<sup>th</sup> &amp; 19<sup>th</sup> Jan 2023</a> | 9.15am registration              | Ainsdale CLC |
| Mon & Tue | <a href="#">30<sup>th</sup> &amp; 31<sup>st</sup> Jan 2023</a> | 9.30am start-5.30pm on both days |              |
| Mon & Tue | <a href="#">20<sup>th</sup> &amp; 21<sup>st</sup> Feb 2023</a> |                                  |              |
| Mon & Tue | <a href="#">27<sup>th</sup> &amp; 28<sup>th</sup> Feb 2023</a> |                                  |              |

The signs and symptoms associated with mental health problems  
 How to actively listen and feel confident to have a conversation with individuals suffering potential mental ill-health  
 How to assist with risk assessments for mental health  
 How to direct anyone with potential mental health problems to a reliable source of support  
 This is a Sefton Council course and may cover some workplace issues

ALL DELEGATES MUST COMMIT TO FULL COURSE 2 DAYS UNTIL 5.30PM

Quasafe accredited trainer

### New - Computer Skills for Foster carers 1 - Digital Records

How do you write records to the child  
 What when where and how do you record on digital records  
 How do you send them securely?  
 Who do you send Significant Incident reports to?

| Day | Date                        | Time     | Location     |
|-----|-----------------------------|----------|--------------|
| Tue | <a href="#">31 Jan 2023</a> | 10am-2pm | Ainsdale CLC |
| Tue | <a href="#">28 Feb 2023</a> | 10am-2pm | Ainsdale CLC |

James Cole – Learning and Development Officer

### New - Understanding and Managing Anxiety

What is anxiety?  
 How does the body experience anxiety?  
 What can anxiety look like in the classroom and at home?  
 Strategies to support your child with anxiety  
 Some useful resources

| Day | Date                       | Time         | Platform |
|-----|----------------------------|--------------|----------|
| Wed | <a href="#">1 Feb 2023</a> | 10am-11.30am | Teams    |

Dr Hannah Francis-Educational Psychology Service

## New - Introduction to Non-Violent Resistance (NVR)

What NVR can offer parents

The practical skills and strategies that can be used over time to alleviate stress and help support the building of more positive relationships between parent and child including:

- ways of de-escalating and managing behaviours
- ways of prioritizing
- ways of communicating

The importance of self-care for parents/carers and those supporting them

| Day  | Date                        | Time       | Location |
|------|-----------------------------|------------|----------|
| Wed* | <a href="#">22 Feb 2023</a> | 7pm-8:30pm | Teams    |

Dr Hannah Francis - Educational Psychologist

Angela Siteo Training Development Officer

## New - Promoting attendance and preventing school refusal

How to support everyday school attendance

Why some children struggle to attend school

Strategies to support your child

Some useful resources

| Day | Date                       | Time         | Platform |
|-----|----------------------------|--------------|----------|
| Wed | <a href="#">1 Mar 2023</a> | 10am-11.30am | Teams    |

Emma Barrow -Educational Psychology Service

## New - Foster children & pets- staying happy and safe at home

Explore the benefits of the presence of pets for children

Explore ways for children and pets to be happy and safe at home

Discover ways to foster positive reciprocal relationships between pets and children at home

Identify and recognise any potential difficulties and how they can be managed



| Day | Date                       | Time     | Platform |
|-----|----------------------------|----------|----------|
| Wed | <a href="#">8 Mar 2023</a> | 10am-2pm | Teams    |

Kate O Reagan- Education Officer Blue Cross <https://www.bluecross.org.uk>

## New - Introduction to Restorative Practice

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 |
|-----|-----------------------------|-------------|-------|
| Wed | <a href="#">22 Mar 2023</a> | 10am-12noon | Teams |

Angela Siteo Training Development Officer

## New - Computer Skills for Foster carers 3 - Making claims using the portal

Accessing the Provider Portal  
 Making expense claims  
 Accessing remittances

| Day | Date                        | Time        | Location     |
|-----|-----------------------------|-------------|--------------|
| Tue | <a href="#">28 Mar 2023</a> | 10am-12noon | Ainsdale CLC |

Angela Siteo Training Development Officer

## New - Promoting Positive Wellbeing

What is wellbeing?  
 How to speak to your child about positive wellbeing?  
 Models of wellbeing: 5 ways of wellbeing and the PERMA Model of wellbeing  
 Strategies to promote positive wellbeing  
 Resources and activities to support wellbeing.

| Day | Date                          | Time         | Platform |
|-----|-------------------------------|--------------|----------|
| Wed | <a href="#">29 March 2023</a> | 10am-11.30am | Teams    |

Dr Hannah Francis- Educational Psychology Service

## New Principles of Non Violent Resistance

Child to Parent Violence (CPV) is a pattern of physical, psychological and emotional behaviour seen in children and adolescents who cannot regulate their feelings and/or have a great need to gain control over their carers. **Non-Violent Resistance (NVR)** is an approach that helps parents learn how to deal with these violent or controlling behaviours in their children.

### Session covers

#### Understanding NVR

What is NVR and where did it come from  
 How is NVR different from other models of parenting

#### Creating the conditions for NVR to work

Self care, building up parental presence, Building up a support network

#### Planning and preparing

Prioritising Behaviours, Avoiding escalations

#### Planning a campaign

Sending a message, Sit- ins

#### What difference does it make

Experience of carer and difference it made

| Day | Date                     | Time       | Venue      |
|-----|--------------------------|------------|------------|
| Wed | <a href="#">19 April</a> | 10am – 2pm | Formby PDC |

Angela Siteo Training Development Officer & Dr Hannah Francis Educational Psychologist

## New - It takes a village (Support Network Training) 1 day course

This course is for your friends and family to attend. We will introduce your family and friends into key concepts to support you in your role as carer

Understanding cared for children's needs (impact of trauma)

Therapeutic Parenting

Managing contact

Encouraging positive behaviour

| Day   | Date                        | Time     | Venue      |
|---|-----------------------------|----------|------------|
| Mon   | <a href="#">16 Oct 2023</a> | 10am-1pm | Formby PDC |
| Angela Siteo Training Development Officer & Michelle Clarke Supervising Social Worker |                             |          |            |

## New - Non-Violent Resistance -9 Week group programme

This course is available on a referral basis. You will need to complete a referral form along with your supervising social worker.

How to take a firm stance against violence

How to hold back from physical or verbal violence

How to increase positive presence in your child's life

How to de-escalate conflicts

How to break the cycle of shame and silence

How to make changes in relating to your child in the long term

How to reduce distress for carer and child

How to feel more in control

How to recruit and use supporters whilst enjoying the benefits of being part of a group

| Day  | Dates   | Time        | Venue        |
|--|---|-------------|--------------|
| Mon  | <a href="#">15,22 May</a><br><a href="#">5,12,19,26 June</a><br><a href="#">3,10, 17 July</a> | 10am-12noon | Ainsdale CLC |
| Dr Hannah Francis Educational Psychologist & Angela Siteo Training Development Officer |   |             |              |

## Managing Stress and Trauma (NEW)

What is Trauma?

What can it look like and how does it impact on everyday life?

What is resilience?

How can we build resilience in children who have experienced trauma?

Some useful resources

| Day  | Date                       | Time         | Venue |
|--|----------------------------|--------------|-------|
| Wed  | <a href="#">7 Jun 2023</a> | 10am-11.30am | Teams |
| Emma Barrow Educational Psychology Service |                            |              |       |

## New - Good goodbyes, preparing for the school holidays and returning to school.

Why your child may struggle with goodbyes and change.  
 Preparing for goodbye and change  
 How to have positive conversation about change and looking forward  
 Strategies for change  
 Social Stories and Comic Strip conversations  
 Useful Resources

| Day  | Date                       | Time         | Venue |
|--|----------------------------|--------------|-------|
| Wed  | <a href="#">5 Jul 2023</a> | 10am-11.30am | Teams |
| Angela Siteo- Training Development Officer |                            |              |       |

## New - Introduction to child bereavement

What do I say? How do I help?  
 Helping young people to understand their feelings and talk about memories  
 Self care  
 Signposting to other services and sources of support



| Day  | Date                        | Time         | Venue |
|--|-----------------------------|--------------|-------|
| Tue  | <a href="#">11 Jul 2023</a> | 10am-11.30am | Teams |
| <a href="http://winstonswish.org">Winston's Wish - giving hope to grieving children (winstonswish.org)</a> |                             |              |       |

## Moving Children to Adoption

This is an essential course if you care for babies/infants under 10 years old.  
 Revisit secure base model  
 Clear description of UEA Model and foster parent role defined  
 Apply key principles with case studies  
 Access to resources for practical strategies  
 Recognition for losses experienced



| Day  | Date                        | Time     | Location |
|--|-----------------------------|----------|----------|
| Thu  | <a href="#">28 Sep 2023</a> | 10am-1pm | Teams    |
| Angela Siteo Training Development Officer<br><a href="#">Moving to Adoption – The UEA Moving to Adoption model</a> |                             |          |          |

## New - Building on strengths and motivating positive changes

What is Motivational Interviewing?  
 When would I consider using Motivational Interviewing?  
 To identify key stages to the cycle of change  
 Exploring some helpful tools for Motivational Interviewing

| Day | Date | Time | Venue |
|-----|------|------|-------|
|-----|------|------|-------|



|   |                            |              |       |
|---|----------------------------|--------------|-------|
| Wed   | <a href="#">4 Oct 2023</a> | 10am-11.30am | Teams |
| Emma Barrow- Educational Psychology Service |                            |              |       |

## New - Happy Christmas?

Why some children find Christmas hard  
 Managing difficult discussions  
 Strategies and resources

| Day  | Date                       | Time         | Location |
|--|----------------------------|--------------|----------|
| Wed  | <a href="#">1 Nov 2023</a> | 10am-11.30am | Teams    |
| Angela Siteo- Training Development Officer |                            |              |          |

# Beacon House Elearning resources have been purchased for Sefton Foster Carers



[Contact training](#) to request access

|  |  |
|--|--|
| <p><a href="#">Psycho-education Toolkit: How to help children understand and regulate their survival responses</a></p> | <p>We have an internal alarm system which alerts us to real or perceived danger</p> <p>Children who have experienced trauma and loss have an ‘extra-sensitive’ alarm system</p> <p>Our alarm system ‘wakes up’ survival behaviours in all of us, which are designed to protect us from hurt</p> <p>Our survival behaviours were helpful at one point in our lives, but over time, they can cause us many problems</p> <p>We can learn how to tame our survival behaviours so that we can feel more in control of how we are and how we feel</p> <p>Children need the help of adults around them to do this tough work</p> <p><b>This psycho-education toolkit for children &amp; young people, is a beautiful, creative resource for any adult wanting to support children and young people to understand their survival behaviours. The animation, together with the child-friendly worksheets provided as part of this resource, provides a way to both understand and explore how children have learnt to manage stress, and how those ‘old’ coping strategies might be helped to calm.</b></p> |
| <p><a href="#">How to Promote Your Child’s Self-Esteem (1 hour)</a></p>  | <p>Learn about what positive self-esteem is in children, and how to spot signs of low self-esteem</p> <p>Learn about brain development so that you can understand some of the behaviours you see in your child</p> <p>Learn about how your relationship with your child can be a very powerful tool for support and repair</p> <p>Learn a range of very practical, realistic, hands-on strategies for how to build your child’s self-esteem</p>  |
| <p><a href="#">Parent/Carer Seminar: How to support your dysregulated child (4 hours)</a></p>                          | <p>How and why Covid-19 might have affected your child</p> <p>How to understand the challenging behaviours and needs that you see, drawing on up to date neuroscience</p> <p>Hands-on strategies and top tips for how to calm or lower the arousal level of your distressed child</p> <p>Practical ideas about how to support them across the first term of school</p> <p>The importance of noticing your own resilience and resources and practical ideas about how to remain regulated yourself</p>  |



## 2023 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](https://seftonfostering.co.uk/training)

We will contact you about your bookings via email.

Email queries to [Trainingfa@sefton.gov.uk](mailto:Trainingfa@sefton.gov.uk)

Click on the course title to view the web page and access the booking form

| M = Mandatory    1=Level 1    2=Level 2    *evening/weekend training/school holidays |         |   |               |   |              |       |
|--|---------|---|---------------|---|--------------|-------|
| January  |         |   |               |   |              |       |
| Day  | Date    | Title   | Time          | Trainer/ Role   | Location     | Level |
| Thu  | 5       | <a href="#">Emergency First Aid</a>   | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer                                | Ainsdale CLC | M     |
| Fri  | 6       | <a href="#">Workbook Workshop</a>   | 10am-12noon   | Angela Siteo/TDO  | Teams        |       |
| Mon  | 16      | <a href="#">Allegations and Safer Care</a>  | 10am-1pm      | Angela Siteo/TDO,<br>Michelle Gilmore Fostertalk,<br>Tracey Holyhead LADO | Formby PDC   | M     |
| Wed & Thu  | 18 & 19 | <a href="#">NEW Mental Health First Aid (2 day course)</a>                                  | 9:15am-5:30pm | Qualsafe trainer  | Ainsdale CLC |       |
| Tue *  | 24      | <a href="#">Safeguarding</a>  | 5.30pm-8.30pm | Angela Siteo/Training Development Officer (TDO)                           | Teams        | M     |
| Mon & Tue  | 30 & 31 | <a href="#">NEW Mental Health First Aid (2 day course)</a>                                  | 9:15am-5:30pm | Qualsafe trainer  | Ainsdale CLC |       |
| Tue  | 31      | <a href="#">NEW Computer Skills for Foster Carers (Writing and sending digital records)</a> | 10am-2pm      | James Cole/ Learning and Development Officer                              | Ainsdale CLC |       |
| February   |         |   |               |   |              |       |
| Day  | Date    | Title   | Time          | Trainer/ Role   | Location     | Level |
| Wed  | 1       | <a href="#">NEW Understanding and Managing Anxiety</a>                                      | 10am-11.30am  | Dr Hannah Francis & Emma Barrow/ Educational Psychology Service           | Teams        |       |
| Fri  | 3       | <a href="#">Workbook Workshop</a>   | 10am-12noon   | Angela Siteo/TDO  | Ainsdale CLC |       |
| Wed  | 8       | <a href="#">Emergency Paediatric First Aid</a>  | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer                                | Ainsdale CLC | M     |
| Thu<br>Thu   | 9<br>23 | <a href="#">Therapeutic Parenting for Traumatized Children Session 1 &amp; 2 (of 6)</a>     | 10am-1pm      | Dr Christina Enright/ Psychologist Attachment and Trauma Specialist       | Zoom         | 2     |

|                 |               |  |               |   |                          |   |
|-----------------|---------------|--|---------------|---|--------------------------|---|
| Mon             | 20            | <a href="#">Safety in the home</a>   | 10am-1pm      | Angela Siteo/TDO, Sarah Bell<br>Cassidy Fire and Rescue Service     | Teams                    | 1 |
| Mon<br>&<br>Tue | 20<br>&<br>21 | <a href="#">NEW Mental Health First Aid (2 day course)</a>                                   | 9:15am-5:30pm | Qualsafe trainer  | Ainsdale<br>CLC          |   |
| Wed             | 22            | <a href="#">NEW Introduction to Non Violent Resistance</a>                                   | 7pm-8:30pm    | Dr Hannah Francis/ Educational<br>Psychologist<br>Angela Siteo/ TDO | Teams                    |   |
| Sat<br>*        | 25            | <a href="#">Emergency Paediatric First Aid</a>   | 9.30am-4.30pm | Kevin Newman / Qualified First<br>Aid Trainer                       | SING<br>Plus<br>Seaforth | M |
| Mon             | 27            | <a href="#">Recording</a>  | 10am-1pm      | Angela Siteo/TDO  | Teams                    | 1 |
| Mon<br>&<br>Tue | 27<br>&<br>28 | <a href="#">NEW Mental Health First Aid (2 day course)</a>                                   | 9:15am-5:30pm | Qualsafe trainer  | Ainsdale<br>CLC          |   |
| Tue             | 28            | <a href="#">NEW Computer Skills for Foster Carers- (Writing and sending digital records)</a> | 10am-2pm      | James Cole/Learning and<br>Development Officer                      | Ainsdale<br>CLC          |   |

## March

| Day                      | Date               | Title   | Time           | Trainer/ Role  | Place           | Level |
|--------------------------|--------------------|---|----------------|--|-----------------|-------|
| Wed                      | 1                  | <a href="#">NEW Promoting attendance and preventing school refusal</a>                                  | 10am-11.30am   | Dr Hannah Francis &<br>Emma Barrow/ Educational<br>Psychology Service  | Teams           |       |
| Thu<br>Thu<br>Thu<br>Thu | 2<br>9<br>16<br>30 | <a href="#">Therapeutic Parenting for Traumatized Children Sessions 3,4, 5, &amp; 6 (6 week course)</a> | 10am-1pm       | Dr Christina Enright/ Psychologist<br>Attachment and Trauma Specialist | Zoom            | 2     |
| Mon                      | 6                  | <a href="#">Introduction to attachment and Therapeutic parenting</a>                                    | 10am-1pm       | Chris Taylor/ Writer, Consultant<br>and Independent Trainer            | Teams           | 1     |
| Wed                      | 8                  | <a href="#">Foster carers and Pets- Staying safe and happy at home</a>                                  | 10am-2pm       | Kate O'Reagan<br>Education Officer<br>Blue Cross                       | Teams           |       |
| Thu                      | 9                  | <a href="#">Emergency Paediatric First Aid</a>  | 9.30am-4.30pm  | Kevin Newman / Qualified First<br>Aid Trainer                          | Ainsdale<br>CLC | M     |
| Fri                      | 10                 | <a href="#">Workbook workshop</a>   | 10am-12noon    | Angela Siteo/TDO   | Teams           |       |
| Sat<br>*                 | 11                 | <a href="#">Safeguarding</a>  | 9.30-12.30     | Angela Siteo/TDO   | Teams           | M     |
| Mon                      | 13                 | <a href="#">Helping children to understand their story</a>  | 10am-1pm       | Angela Siteo/TDO   | Teams           | 1     |
| Mon                      | 20                 | <a href="#">Managing transitions</a>  | 10am-1pm       | Angela Siteo/TDO   | Teams           | 1     |
| Wed                      | 22                 | <a href="#">NEW Introduction to restorative practice</a>  | 10am-12noon    | Angela Siteo/TDO   | Teams           |       |
| Sat*                     | 25                 | <a href="#">Allegations and Safer Care</a>  | 9.30am-12.30pm | Angela Siteo/TDO   | Teams           | M     |
| Tue                      | 28                 | <a href="#">NEW Computer Skills for Foster Carers- (Making Claims on the portal)</a>                    | 10am-12noon    | Vernon Yule /Foster carer<br>Angela Siteo TDO                          | Ainsdale<br>CLC |       |
| Wed                      | 29                 | <a href="#">NEW Promoting Positive Wellbeing</a>  | 10am-1pm       | Dr Hannah Francis / Emma<br>Barrow Ed Psychology Service               | Teams           |       |

| Fri          | 31                  | <a href="#">Workbook Workshop</a>  | 10am-12noon   | Angela Siteo/TDO  | Ainsdale CLC |       |
|--------------|---------------------|--|---------------|---|--------------|-------|
| <b>April</b> |                     |  |               |   |              |       |
| Day          | Date                | Title  | Time          | Trainer/ Role   | Location     | Level |
| Mon          | 17                  | <a href="#">Safeguarding</a>   | 10am-1pm      | Angela Siteo/TDO  | Formby PDC   | M     |
| Wed          | 19                  | <a href="#">NEW Principles of Non Violent Resistance</a>                               | 10am -2pm     | Dr Hannah Francis/Educational Psychologist & Angela Siteo/TDO                   | Formby PDC   |       |
| Fri          | 21                  | <a href="#">Emergency Paediatric First Aid</a>   | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer                                      | Ainsdale CLC | M     |
| <b>May</b>   |                     |  |               |   |              |       |
| Day          | Date                | Title  | Time          | Trainer/ Role   | Place        | Level |
| Mon          | 15<br>22            | <a href="#">NEW Non-Violent Resistance (Session 1&amp;2) 9 week programme</a>          | 10am-12noon   | Dr Hannah Francis /Educational Psychology Service & Angela Siteo /TDO           | Ainsdale CLC |       |
| Tue          | 9                   | <a href="#">Children's Rights &amp; Advocacy</a>                                       | 10am-1pm      | Cheryl Yates Young People's Participation Officer                               | Teams        | 2     |
| Thu *        | 11                  | <a href="#">Allegations and Safer Care</a>   | 6pm-9pm       | Angela Siteo/TDO  | Teams        | M     |
| Wed *        | 17                  | <a href="#">Family Time</a>  | 6pm-9pm       | Angela Siteo/TDO  | Teams        | 2     |
| Wed *        | 24                  | <a href="#">Equality &amp; Diversity</a>   | 6pm-9pm       | Angela Siteo/TDO  | Teams        | 2     |
| <b>June</b>  |                     |  |               |   |              |       |
| Day          | Date                | Title  | Time          | Trainer/ Role   | Location     | Level |
| Mon          | 5<br>12<br>19<br>26 | <a href="#">NEW Non-Violent Resistance (Sessions 3, 4, 5,&amp; 6) 9 week programme</a> | 10am-12noon   | Dr Hannah Francis /Educational Psychology Service<br>Angela Siteo /TDO          | Ainsdale     |       |
| Tue *        | 6                   | <a href="#">Promoting Independence</a>   | 6pm-9pm       | Karen Gray /Corporate Parenting Officer, Leaving Care Team                      | Teams        | 2     |
| Wed          | 7                   | <a href="#">NEW Managing stress and trauma</a>   | 10am-11.30am  | Dr Hannah Francis & Emma Barrow/ Educational Psychology Service                 | Teams        |       |
| Fri          | 9                   | <a href="#">Workbook Workshop</a>  | 10am-12noon   | Angela Siteo/TDO  | Teams        |       |
| Tue          | 13                  | <a href="#">Meeting Health Needs</a>   | 10am-1pm      | Named nurse for Looked After Children   | Teams        | 2     |
| Tue          | 20                  | <a href="#">Child Development</a>  | 10am-1pm      | Heather Pearce & Sue Kirk/ School Readiness Team                                | Teams        | 2     |
| Wed          | 21                  | <a href="#">Emergency Paediatric First Aid</a>   | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer                                      | Ainsdale CLC | M     |
| Fri          | 23                  | <a href="#">Safeguarding</a>   | 10am-1pm      | Angela Siteo/TDO  | Teams        | M     |
| Tue          | 27                  | <a href="#">Meeting Educational Needs</a>  | 10am-1pm      | Mary Palin/ Virtual Headteacher<br>Dr Hannah Francis / Educational Psychologist | Teams        | 2     |
| <b>July</b>  |                     |  |               |   |              |       |

| Day   | Date          | Title  | Time          | Trainer/ Role   | Location           | Level |
|-------|---------------|--|---------------|---|--------------------|-------|
| Sat * | 1             | <a href="#">Emergency Paediatric First Aid</a>   | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer  | SING Plus Seaforth | M     |
| Mon   | 3<br>10<br>17 | <a href="#">NEW Non-Violent Resistance (Sessions 7, 8, &amp; 9) 9 week programme</a>         | 10am-12noon   | Dr Hannah Francis /Educational Psychology Service<br>Angela Siteo /TDO                      | Ainsdale           |       |
| Wed   | 5             | <a href="#">NEW Good goodbyes Preparing for school holidays</a>                              | 10am-11.30am  | Angela Siteo/ TDO   | Teams              |       |
| Fri   | 7             | <a href="#">Workbook Workshop</a>  | 10am-12noon   | Angela Siteo/TDO  | Ainsdale CLC       |       |
| Tue   | 11            | <a href="#">NEW Introduction to Child Bereavement</a>  | 10am-11:30am  | Winston's Wish  | Teams              |       |
| Wed   | 12            | <a href="#">Allegations and Safer Care</a>   | 10am-1pm      | Angela Siteo/TDO,<br>Michelle Gilman/ Fostertalk,<br>Tracey Holyland /LA Designated Officer | Teams              | M     |
| Sat   | 29            | <a href="#">Emergency Paediatric First Aid (only running if enough people are booked on)</a> | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer  | SING Plus Seaforth | M     |

## September

| Day               | Date           | Title  | Time             | Trainer/ Role   | Location                 | Level |
|-------------------|----------------|--|------------------|---|--------------------------|-------|
| Wed               | 6              | <a href="#">Allegations and Safer Care</a>   | 10am-2pm         | Angela Siteo  | Formby PDC               | M     |
| Fri               | 8              | <a href="#">Workbook Workshop</a>  | 10am-12noon      | Angela Siteo/TDO  | Teams                    |       |
| Tue<br>Tue<br>Tue | 12<br>19<br>26 | <a href="#">Therapeutic Parenting for Traumatized Children Sessions 1, 2 &amp; 3 (6 week course)</a> | 10am-1pm         | Dr Christina Enright/ Psychologist Attachment and Trauma Specialist | Zoom                     | 2     |
| Wed               | 13             | Safeguarding   | 11:30am – 2:15pm | Angela Siteo/TDO  | Teams                    | M     |
| Wed *             | 13             | <a href="#">Safeguarding</a>   | 6pm-9pm          | Angela Siteo/TDO  | Teams                    | M     |
| Fri               | 22             | <a href="#">Emergency Paediatric First Aid</a>   | 9.30am-4.30pm    | Kevin Newman / Qualified First Aid Trainer                          | Ainsdale                 | M     |
| Sat*              | 23             | <a href="#">Allegations and Safer Care</a>   | 9.30am-12.30pm   | Angela Siteo/TDO  | Teams                    | M     |
| Wed               | 27             | <b><u>FOSTERING CONFERENCE</u></b>   | 9:30am-2pm       | Smashlife & Dramatic Recovery                                       | The Bold Hotel Southport |       |
| Thu               | 28             | <a href="#">Moving to adoption</a><br>REQUIRED COURSE (If care for children short term under 8)      | 10am-1pm         | Angela Siteo/TDO  | Teams                    | R     |

## October

| Day | Date | Title | Time | Trainer/ Role | Location | Level |
|-----|------|-------|------|---------------|----------|-------|
|-----|------|-------|------|---------------|----------|-------|

|                   |               |   |               |   |                          |   |
|-------------------|---------------|---|---------------|---|--------------------------|---|
| Wed               | 4             | <a href="#">NEW Building on strengths and motivating positive changes</a>   | 10am-11:30am  | Dr Hannah Francis / Emma Barrow Ed Psychology Service               | Teams                    |   |
| Fri               | 6             | <a href="#">Workbook Workshop</a>   | 10am-12noon   | Angela Siteo/TDO  | Ainsdale CLC             |   |
| Mon               | 9             | <a href="#">Emergency Paediatric First Aid</a>  | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer                          | Ainsdale CLC             | M |
| Tue<br>Tue<br>Tue | 3<br>10<br>17 | <a href="#">Therapeutic Parenting for Traumatized Children Sessions 4, 5 &amp; 6 (6 week course)</a>                | 10am-1pm      | Dr Christina Enright/ Psychologist Attachment and Trauma Specialist | Zoom                     | 2 |
| Mon               | 16            | <a href="#">NEW It takes a village Introduction to caring for a child affected by trauma (for Support Networks)</a> | 10am-1pm      | Angela Siteo /TDO<br>Michelle Clarke/ Supervising Social Worker     | Formby PDC               |   |
| Thu               | 19            | <a href="#">Safeguarding</a>  | 10am-1pm      | Angela Siteo TDO  | SCLC<br>Seaforth         | M |
| Sat<br>*          | 21            | <a href="#">Emergency Paediatric First Aid</a>  | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer                          | SING<br>Plus<br>Seaforth | M |

## November

| Day      | Date | Title  | Time           | Trainer/ Role  | Place        | Level |
|----------|------|--|----------------|--|--------------|-------|
| Wed      | 1    | <a href="#">NEW Happy Christmas?</a>                                 | 10am-11.30am   | Angela Siteo /TDO  | Teams        |       |
| Fri      | 3    | <a href="#">Workbook Workshop</a>                                    | 10am-12 noon   | Angela Siteo/TDO   | Teams        |       |
| Tue      | 7    | <a href="#">Emergency Paediatric First Aid</a>                       | 9.30am-4.30pm  | Kevin Newman / Qualified First Aid Trainer                               | Ainsdale CLC | M     |
| Sat*     | 11   | <a href="#">Safeguarding</a>   | 9.30am-12.30pm | Angela Siteo/TDO   | Teams        | M     |
| Wed<br>* | 15   | <a href="#">Introduction to attachment and therapeutic parenting</a> | 6.30pm-9pm     | Chris Taylor/ Writer, Consultant and Independent Trainer                 | Teams        | 1     |
| Thu      | 16   | <a href="#">Safety in the home</a>                                   | 10am-1pm       | Angela Siteo/TDO<br>Sarah Cassidy Bell/ Merseyside Fire & Rescue Service | Formby PDC   | 1     |
| Thu      | 16   | <a href="#">Recording</a>  | 1.30pm-4.30pm  | Angela Siteo/TDO   | Formby PDC   | 1     |
| Fri      | 17   | <a href="#">Helping children to understand their story</a>           | 10am-1pm       | Angela Siteo/TDO   | Formby PDC   | 1     |
| Fri      | 17   | <a href="#">Managing Transitions</a>                                 | 1.30pm-4.30pm  | Angela Siteo/TDO   | Formby PDC   | 1     |
| Thu<br>* | 30   | <a href="#">Allegations and Safer Care</a>                           | 6pm-9pm        | Angela Siteo/TDO   | Teams        | M     |

## December

| Day | Date | Title  | Time          | Trainer/ Role                              | Place        | Level |
|-----|------|--|---------------|--|--------------|-------|
| Fri | 1    | <a href="#">Workbook Workshop</a>              | 10am-12noon   | Angela Siteo/TDO                           | Ainsdale CLC |       |
| Thu | 7    | <a href="#">Emergency Paediatric First Aid</a> | 9.30am-4.30pm | Kevin Newman / Qualified First Aid Trainer | Ainsdale CLC | M     |

## Venues

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

The Bold Hotel, 583 Lord St, Southport PR9 0BE

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 and Sefton Community Learning Centre, 53 Cambridge Road, Seaforth L21 1EZ

## Updating your training record

If you book on any courses with external training providers, 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 [trainingfa@sefton.gov.uk](mailto:trainingfa@sefton.gov.uk).

Email enquiries to [trainingfa@sefton.gov.uk](mailto:trainingfa@sefton.gov.uk)

Visit [seftonfostering.co.uk/training](http://seftonfostering.co.uk/training)

## Partners offering training in Merseyside

Young people and Mental health



[Book here Training - Liverpool CAMHS](#)

## Neurodiversity- Differently Wired Children

Courses for parents and carer who present with behaviours common with autism, ADHD and sensory processing



[Book here What's on in Sefton | What's on | ADDvanced Solutions](#)

Keeping children safe





[Book here](#) [Sefton SCP Events](#)