

Foster Carers & Kinship Carers



Training Calendar 2026-2027

F⁴OSTER

Sefton Council

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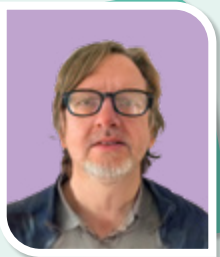


Welcome to the Training Calendar 2026-2027



“Hello, I’m delighted to join Sefton Fostering as your new Head of Service. Our carers are the heart of everything we do, and your commitment changes lives every day. This year’s training calendar is designed with you in mind in offering practical tools, therapeutic approaches, and opportunities to connect with others. Training isn’t just a requirement; it’s an investment in your confidence and the children you care for. Please take time to explore the sessions and book early. Together, we can strengthen skills, share knowledge, and continue building safe, nurturing homes for our children. Thank you for all you do.”

Ben Ottaway
Head of Service



“We are delighted to share our new fostering training calendar with you. This year, we continue to build on the strong foundations of trauma-informed practice. Many of you have told us how impactful Karen Treisman’s training has been, helping staff and carers alike to see our families and relationships through a trauma lens. This approach is shaping the way we support children and each other, and we are excited to keep that momentum going.

We are also proud that the co-production work between our service and the Foster Carer Association was recognised in our recent Ofsted inspection, contributing to our GOOD rating. This achievement reflects the power of working together and listening to carers’ voices.

Looking ahead, we are committed to developing our practice even further and supporting you in the amazing work you do every day. Thank you for your dedication, resilience, and care. You make a real difference.”

Simon Fisher
Service Manager - Fostering and Adoption and Responsible Individual for in-house Children’s Homes



“We had amazing training opportunities in 2025 and a highlight was being able to learn alongside our kinship carers at the Karen Treisman Trauma Training. Karen’s training has reshaped the approach of the team and kinship carers. It has led to some amazing direct work being completed by our kinship carers, support workers and social workers. The whole team are looking forward to this coming year, to working together “as a village” to build on the training and develop our skills and knowledge further.”

Michelle Tomlinson

Team Manager - Family and Friends Supervision and Support Team



“Thank you for the amazing work you do to create loving homes for our children. As Team Manager for the Support Service, I encourage you to take advantage of this year’s training opportunities. These sessions are designed to strengthen your knowledge, confidence, and connections, helping you support children to thrive. Thank you for working with my team to book on training that is meaningful and valuable for you and your support network. Together, we aim to build, and where needed, repair, strong foundations for effective care.”

Maria Spatuzzi

Team Manager - Mainstream Support



Training Update

New and improved Personal Development Plan

The Personal Development Plan for 2026 has been redeveloped to fit with Sefton Fostering Services progression scheme. We listened to our carers from the Foster Care Association who said as it the carers development plan they should complete it first to take more ownership of their training journey. From 2026 Social workers will advise and oversee it but the first section invites carers to map their training, with prompts from the service of how to progress to meet requirements.

Foster4Hub

Sefton Fostering collaborates with 8 neighbouring Local Authorities in Cheshire and Merseyside to support the recruitment of new foster carers. This initiative is called Foster4. There is an agreement between the Local Authorities to work together on training. In the spirit of collaboration, we will be opening some of our courses up to carers from neighbouring authorities. You may see foster carers from other areas present in our training spaces. You will also be offered access to training delivered by the Foster4Hub as some stage in 2026. If you are a registered Foster carer, expect to receive a log in to help you access courses across the Merseyside region. We will be in touch with further specifics when we know more.

NVR is now a progression course.

We know that words matter and for some of our families that have accessed the NVR group programme (originally known as Non-Violent Resistance) have told us that the title was off putting. We think the name New Vision for Relationships is a better fit for us as Sefton Fostering.

From 2026, we have three options for how you can meet the therapeutic parenting element of the progression scheme.

For **new carers** this helps you to achieve level 2 payments. We offer a choice of one of the progression courses on life work or therapeutic parenting each term.

For our **established foster carers**, feel free to invest in some time to book on any of these courses. We encourage you to rediscover how you can practice therapeutic parenting in this phase of your family life and in the lives of your children. Feel free to take advantage of being part of one of the NVR group programmes.

Level 2 Progression Mentors

In 2025-2026 we began piloting a new initiative for new carers looking after children who are not family members. This involves linking them to an experienced foster carer mentor to help them undertake the workbook required within their first year of fostering.

“We want to make sure that no-one feels overwhelmed by working through this. I did when I started. We want to help new carers to feel supported not stressed as they prepare and begin fostering and complete their induction”

The mentors will offer support and guidance in completing the workbook (Training Support and Development Standards - TSDS). It will be signed off by the Training Development Officer.

Courses from partners

Check out our new courses from Partners. If you wish for an **external** course you have attended to be counted as one of your training events for the year, please provide us with details (date, title, name of course and name of the organisation that delivered it).

To find more details, add the search terms below into your search engines (eg Google)

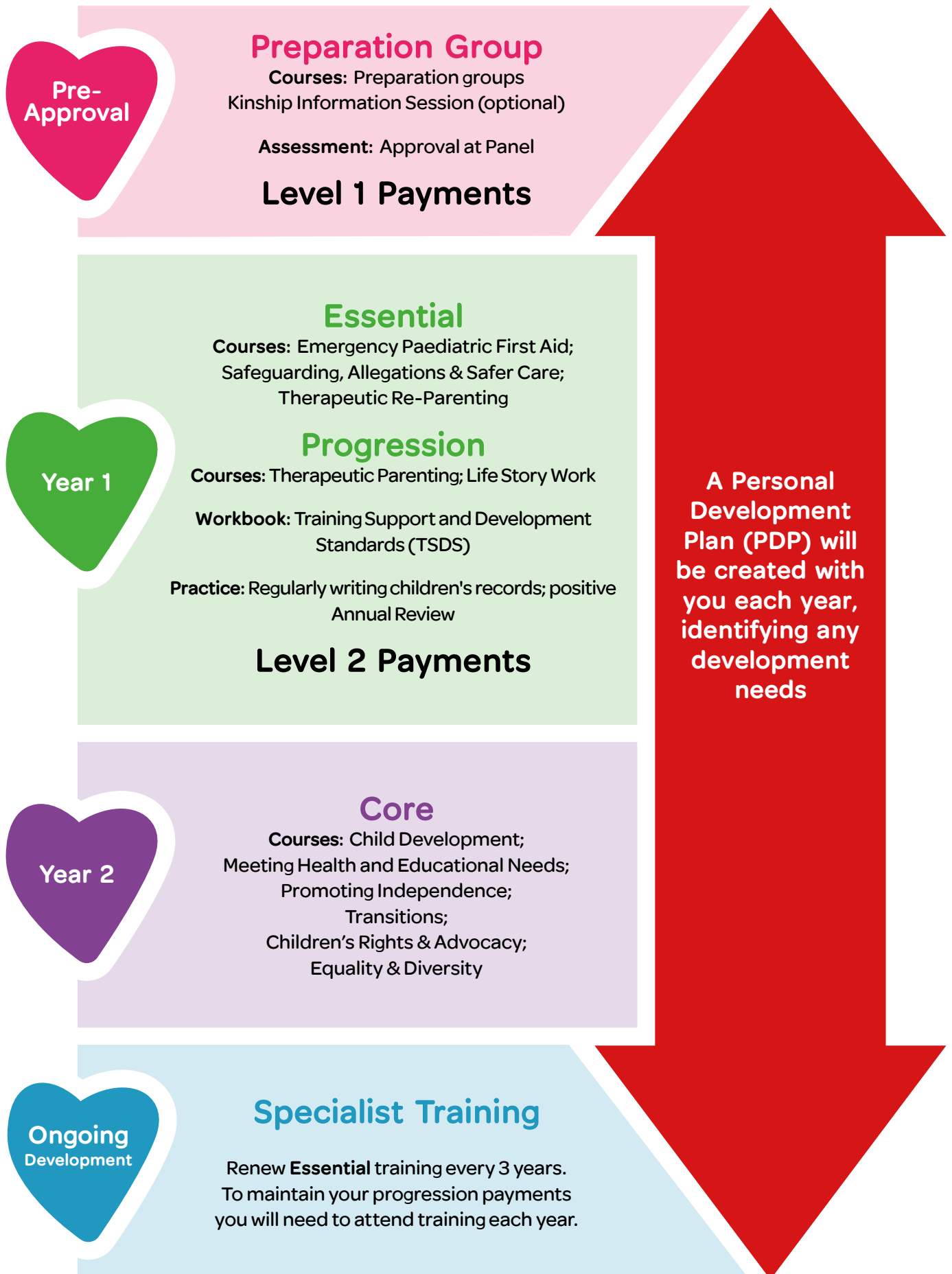
Sefton Safeguarding Children Partnership Training - for a range of courses about keeping children safe.

Liverpool CAMHS training - for courses on children and young peoples mental health.

ADDvance Solutions Sefton - for support and advice for those caring for neurodivergent children.



Foster Carers Progression Programme



Sefton's kinship training and support offer



A few words from one of our carers

I am a volunteer peer support group leader for over 50 kinship families in Sefton and have cared for two wonderful girls under a Special Guardianship Order for eight years. One of the biggest needs I hear from kinship carers is access to high-quality information and training.

Working with Sefton's training team over the past four years has been invaluable. These courses make a real difference to children's outcomes and help carers feel equipped for the challenges they face. The 'Attachment and Therapeutic Parenting' course transformed my understanding of what our children need, and 'Life Story Work' helped me support them in making sense of their journey.

The training offer is wide-ranging—covering confidence-building, complex situations, and self-care. It also connects you with other carers, creating friendships and shared support.

For more resources, visit Kinship, which offers national training developed with carers. I found sessions on 'Managing Contact' and 'Dealing with Emotional Challenges' especially helpful.

Keith Whittaker,
Special Guardian



Sefton Children's Services is committed to providing support, advice, and guidance to all our Kinship Foster Carers and Special Guardians and for that reason Sefton Fostering Service Team 4 has been specifically formed to support you.

We have offered support to Kinship Foster Carers and Special Guardians for over 3 years now and we are continuing to develop our offer. Our team is called the 'Family and Friends Supervision and Support Team', which is in line with the National Minimum Standards.

You are known as a Family and Friends carer if you are a grandparent, aunt, uncle, brother, sister or family friend looking after a child who can't be cared for by their birth parents. Our offer is currently for those Family and Friends carers who are Foster Carers and Special Guardians.

Within this training calendar we would like to share the main support and resources available to our Family and Friends Carers. 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.

Kinship Support Groups

Independent Peer Support Groups

We currently have 2 peer support groups. One that has been established for some time now in Southport and a new group that started in November 2024, in Bootle. Both groups are supported by the charity Kinship and are independent of the local authority. The groups provide an opportunity for all types of kinship carers to come together. They offer a chance to meet, listen, share, and support one another. Further details of when the three groups run can be gained from the kinship advice line on 0151 934 4520.

Kinship Peer Face to Face Support Groups

Southport: The volunteer coordinator Keith Whittaker is a Special Guardian. Contact Keith Whittaker on 07486 668870 or email southportkinshipgroup@gmail.com for more details. This group meets at monthly The Family Life Centre Ash Street, Southport, PR8 6JH (not in August)

THURSDAYS (Southport) 2026	16th April 10am-12noon	14th May 10am-12noon
11th June 10am-12noon	9th July 10am-12noon	10th September 10am-12noon
8th October 10am-12noon	12th November 10am-12noon	10th December 10am-12noon

Bootle: Kindfulness Café, Carol Sibbald leads this group on a voluntary basis. She is a Special Guardian. For more details contact Carol on 07949 713710. It is held at 160 Knowsley Road, Bootle L20 4NR.

FRIDAYS (Bootle) 2026	17th April 11am-1pm	22nd May 11am-1pm
19th June 11am-1pm	17th July 11am-1pm	11th Sept 11am-1pm
9th October 11am-1pm	13th November 11am-1pm	12th December 11am-1pm

Sefton Kinship Support Group

Our Support Workers have also set up a support group/forum that provides an opportunity for carers to not just meet other carers but also to seek advice or assistance from members of the team and raise queries or concerns. 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.

This takes place at the Feelgood Factory, 30, Glovers Lane, Netherton, L30 5QW between 11am and 1pm on first Monday of every month. Please contact Emma Ashcroft Support Worker on 07870 379578; Tara Gardiner on 07817823639 or the kinship advice line on 0151 934 4520 for more details.

MONDAYS (Netherton) 2026	13th April 11am-1pm	11th May 11am-1pm
1st June 11am-1pm	6th July 11am-1pm	7th September 11am-1pm
5th October 11am-1pm	2nd November 11am-1pm	7th December 11am-1pm

Education Advice and Guidance

For children who are 'Cared For' by the local authority advice and guidance will be provided through the termly PEP meetings. Any additional advice can be given by the child's Virtual School coordinator.

If you are a kinship carer looking after a child within any other circumstances, you can still get advice and guidance from the Virtual School. Emma Stewart Deputy Head of the Virtual School has strategic responsibility for the education of children in kinship families. Contact email Admin.VirtualSchool@sefton.gov.uk

Children's Activities

Our Support Workers are organizing fun activities in term time for children of different age groups living with Kinship Foster Carers or Special Guardians. This is an opportunity for children to meet other children who are living in a similar family setting to them. Our Support Workers in the past have also run after school clubs, which we hope to repeat in 2026.

Please contact Emma Ashcroft Support Worker on 07870 379578; Tara Gardiner on 07817823639 or kinship advise line on 0151 934 4520 for more details.

Kinship

Kinship is a national Kinship care charity. Kinship wants kinship carers and the children they are raising to be recognised, valued and supported. You can find all their information and offer on their website: <https://compass.kinship.org.uk>. This includes:

- 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 carer
- Range of free workshops: <https://compass.kinship.org.uk/training-and-events>
- Support groups: <https://compass.kinship.org.uk/groups> or someone like me service: <https://compass.kinship.org.uk/connect-with-other-kinship-carers/talk-to-another-kinship-carer>
- Information hub for kinship carers

Tel: 0300 123 7015 Mon - Fri 9.30am - 2pm



Yoga

Yoga sessions are offered to all foster carers and Special Guardians by one of the social workers from Family and Friends Support and Supervision 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. Supple 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 does not start or end on your mat, but is present in every breath you take." - Evita Ochel



Riding the Rapids

This course is offered to the parents and carers of children with additional needs. Our Support Worker Emma is part of delivery team and that is why our can always get a spot on the training.

Riding the Rapids (RTR) is a course for carers/parents of neurodivergent children and young people. Carers can attend if their child is autistic or on a waiting list for assessment of autism and/or has a learning/intellectual disability. RTR consists of 10 weekly sessions followed by a booster session 3 months later. The course aims to support carers to understand their child, reduce distress for children, support carers to make environmental changes and support carers and child emotional wellbeing. Carers will learn skills to take on their journey and the aim is to improve quality of life at home.

RTR has been developed by practitioners who work directly with neurodivergent young people and their families. The programme has been shaped by research, clinical excellence and national guidance; it has equally been shaped by the voices of families.

The programme is 10 weeks and runs twice a year in January and September. It is split into Primary age 5-10 yrs and The Teenage Years 11-16 yrs. You will set a SMART goal with /for your young person in week 1 which you will work towards each week.

The programme covers

- an introduction to neurodivergence
- understanding what distress / behaviour we see might really be communicating
- the sensory environment, communication, supporting wellbeing through play (primary)/ strengthening relationship and wellbeing (teens)
- managing stress
- responding to crisis situations.

The course uses home practice to help embed skills that are learnt. The teenage programme covers the same with the addition of emotional wellbeing and puberty.

The course runs in the Family Wellbeing Hubs in North, South and Central Sefton Mon-Thurs 10am-12pm.

If you would like a space on this course, please ask your Supervisory Social Worker or contact Emma directly for enquiries or contact the kinship advice line at 0151 234 4520.

Do I need to do training as a kinship carer?

The preparation groups are required training for kinship fostering applicants, to book on them please ask your assessing social worker or contact trainingfa@sefton.gov.uk. Whether you need to attend training depends on whether you are classed as a foster carers or a special guardian. The information below explains the differences

I am currently a foster carer

As a Kinship Carer, under the fostering regulations, you need to complete the Preparation Group. Paediatric First Aid, Safeguarding Allegations & Safer Care, and Therapeutic Re-Parenting need to be completed every three years as essential training, in addition to a minimum of two courses every year to keep up with your registration. If you remain a foster carer, then you will be subject to Fostering Requirements going forward.

If you would like to know more about Fostering Training Requirements and the Progression Payments Scheme, please contact your Supervisory Social Worker.

I am a Special Guardian

No courses are essential 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.

Online resources from Beacon House

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. These resources are good way of doing training in your own time, you can watch and pause videos whenever it suits you and come back to it as many times as you need.

You can choose from:

- 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)
- Developmental Trauma – for professionals
- Building Emotional Regulation Skills in Children and Teens
- The Power of the Senses

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 courses are commissioned externally and attendance is a requirement of their registration.



Sefton Fostering Service Conference 2026



Memory Matters: Building Roots, Nurturing Connections

We are delighted Katie Wrench will guide us to explore:

THE NATURE OF MEMORY

Ideas for helping children record and reflect on their experiences.
How creative tools can help carers to safeguard memories.

BELONGING AND IDENTITY

Supporting children to build a coherent sense of self in our care

14th October 2026

Waterfront Southport Hotel,
Promenade, Southport
9:30am - 2pm

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Sefton Council



About Katie Wrench

Katie is a therapeutic social worker with 18 years' experience managing a local authority team. She is now Head of Clinical Services at BUSS Model (www.bussmodel.org), and is also a qualified art psychotherapist, life story trainer, and supervisor. Based in West Yorkshire, Katie and her family provided short breaks as foster carers for over 15 years

Katie has authored several practical resources on life story work and therapeutic approaches for vulnerable children. Her publications include *Life Story Work with Children who are Fostered or Adopted* (2013), *Helping Vulnerable Children & Adolescents to Stay Safe* (2016), *Creative Assessments with Vulnerable Children and Families* (2018), and her latest, *Skills and Knowledge for Life Story Work with Children and Adolescents* (2024).

Places will go quickly so book your place now!

Email trainingfa@sefton.gov.uk

[Book your 2026-2027 training](#)



Essential Courses

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.

2026

Day	Date	Time	Venue / Platform
Sat*	16 May	10am – 4pm	SING Plus, Seaforth
Monday	22 June	10am – 4pm	Ainsdale CLC
Monday	24 August	10am – 4pm	Ainsdale CLC
Tuesday	15 September	10am – 4pm	Ainsdale CLC
Saturday*	10 October	10am – 4pm	SING Plus, Seaforth
Thursday	26 November	10am – 4pm	Ainsdale CLC

2027

Day	Date	Time	Venue / Platform
Thursday	11 February	10am – 4pm	Ainsdale CLC

Trainer: Kevin Newman Approved Quasafe First Aid Trainer

Safeguarding, Allegations & Safer Care (NEW)

- As foster carers, you have a safeguarding role for the children in your care.
- Learn how children may be harmed by others and how to spot the signs of abuse.
- Understand the reporting role of the foster carer and how to respond to a disclosure.
- Learn about the processes involved when an allegation is made and what support is available to foster carers through this difficult time.
- Discuss why children make allegations.
- How to formulate your families safer care plan.
- This course will also provide you with resources available to support you to safeguard your child(ren).

2026

Day	Date	Time	Venue / Platform
Tuesday	14 April	10am – 1pm	Teams
Tuesday	12 May	10am – 2pm	Crosby Lakeside
Saturday	4 July	9:30am – 12:30pm	Teams
Tuesday	18 August	10am – 1pm	Teams
Monday	21 September	6pm – 9pm	Teams
Friday	23 October	10am – 1pm	Teams
Tuesday	17 November	10am – 2pm	Formby PDC

2027

Day	Date	Time	Venue / Platform
Saturday	30 January	9:30am – 12:30pm	Teams
Tuesday	16 March	6pm – 9pm	Teams

Trainer: Kathryn Johnston Foster Carer and Associate Trainer and Sefton Fostering Team

Therapeutic Re-Parenting (NEW)

- For children and young people to recover from early traumatic experience, whether caused by maltreatment or serious neglect, they need to replay the DVD of their earlier life with a safe parenting person. This helps them to rewire their brain for a productive and satisfying life. Learn about:
- The impact of trauma on a child's brain development.
- The consequences of trauma for the child – and how it gets replayed in different environments.
- The foster carers task.
- Re-parenting on a day-to-day basis.

2026

Day	Date	Time	Venue / Platform
Friday	8 May	10am – 1pm	Zoom
Saturday	20 June	9:30am – 12:30pm	Zoom
Tuesday	25 August	10am – 1pm	Zoom
Thursday	24 September	6pm – 9pm	Zoom

2027

Day	Date	Time	Venue / Platform
Thursday	28 January	10am – 1pm	Zoom
Thursday	4 March	6pm – 9pm	Zoom

Trainer: Liza Lomax, Dyadic Developmental Psychotherapist, foster carer and trainer



Progression Courses

Foster carers working towards level two payments please choose one course from section A and one from section B to complete initial requirements for Level 2 Progression Payments.

Special guardians are welcome to book on any of the following courses. Please note that the progression scheme is only applicable for registered foster carers.

A. Therapeutic Parenting Level 2

Foundations to Therapeutic Parenting (NEW)

Foundations to Therapeutic Parenting is a six-week programme to help parents and carers to nurture attachments with their child. Kim Golding designed the group work specifically for those caring for children whose capacity to emotionally connect has been compromised due to attachment problems, trauma, and loss or separation. Informed by attachment theory and Dyadic Developmental Psychotherapy (DDP), it consists of three core modules:

Module 1 Understanding the challenges of parenting a child impacted by trauma

- What blocks trust and openness to shared experiences in relationships?
- Why do children impacted by trauma- miscue-send off confusing signals?
- The challenges of parenting children living in shame

Module 2 Therapeutic Parenting

Building connections

- Noticing -are our children and are we open and engaged?
- How we maintain an attitude of PACE (Playfulness, Acceptance, Curiosity & Empathy)

Supporting behaviour

- Why do traditional behaviour management methods need adapting for children impacted by trauma?
- What is 'Connection with Correction'?
- How can emotional regulation using PACE and mind minded parenting be combined to promote positive behaviour.

Module 3 Looking after Self

Understanding Attachment History

- Reflecting on the importance and relevance of early relationship experience when parenting children
- Exploring the importance of maintaining resilience as a parent
- Reflect on blocked care and the possible impact for you

6 week programme

Day	Date	Time	Venue / Platform
Mondays	8, 22 February 1, 8, 15, 22 March 2027	10am – 2pm	Formby PDC

Trainer: Sefton Fostering Team - Angela Siteo Training Development Officer, Rebecca Cross Assessing Social Worker, Kathryn Johnston, Foster Carer and Associate Trainer

"It helps you understand so you can deal with things in a different way."

Sefton Foster Carer



Therapeutic Parenting for Traumatised Children - 6 module programme covered in 9 evening sessions

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
Wednesday evenings (for 9 weeks)	15, 22, 29 April & 6, 13, 20 May, 3, 10, 17 June	6pm - 8pm	Zoom

Trainer: Liza Lomax, Child Psychologist Attachment and Trauma Specialist

NVR – New Vision for Relationships - 10 Week Group Programme

Expression of interest required

Caring for children who have experienced trauma can be both deeply rewarding and incredibly demanding. When behaviours show up as intense anxiety, controlling behaviour, explosive meltdowns or ongoing power struggles, it can leave carers feeling exhausted, stressed and unsure how to respond without escalating the situation.

This programme is designed to support you.

The NVR New Vision for Relationships programme offers a clear, practical framework for parenting with greater presence, confidence and calm. It is particularly helpful for foster carers and kinship families.

NVR principles help reduce stress, lower escalation and protect the relationship between caregiver and child at all costs. Many carers find it supports bonding and attachment, while also having a positive impact on birth children, partners and the wider family.

The programme is grounded in trauma informed therapeutic parenting principles and is based on Haim Omer's Non-Violent Resistance approach, adapted specifically for foster and kinship families. New carers find it invaluable to learn new parenting methods designed to help looked after children, while experienced carers often attend as a refresher to reconnect with core principles and rebuild confidence and emotional steadiness.

Over the 10 weeks you will be supported to

- Explore the impact of trauma on a child development and relationships
- Recognise the emotional impact that caring for a child who has experienced trauma can have on your and others in your family
- Identify when children are adopting survival responses which are harmful to their wellbeing and the wellbeing of you and your family
- Understand the role of therapeutic parenting in creating a foundation of emotional safety so that behavioural corrections or redirections can take place
- Observe and map what escalations look like in your home
- Develop techniques to de-escalate and establish safe boundaries for yourself
- Break the cycle of shame and silence
- Learn strategies which help reduce distress for you and the children you care for
- Take a firm stance against violence and resistant behaviour
- Apply strategies to increase your positive influence and presence in your child's life
- Mobilise support which will raise your parental presence and reduce shame response from your child
- Prioritise behaviours which are damaging to your relationship or harmful for the child or others in your household and strategically plan to adapt your response to them
- Repair relational ruptures
- Develop supportive relationships with other carers trying out the NVR approach

This is an interactive group work programme. Over the ten-week programme group members learn about the model, try out techniques and are invited to share their experience with others. We have learned it is helpful to reflect with your supervising social worker about your families set up or a member of our NVR teams and then submit an expression of interest. From there one of our NVR team will have a chat with you and advise you of what to expect and what is involved.

Day	Date	Time	Venue / Platform
Wednesdays	16, 23, 30 September 7, 21 October 4, 11, 18, 25 November 2026	10am - 12.30pm	Formby PDC
Wednesdays	13, 20, 27 January 3, 10, 24 February 3, 10, 17, 24 March 2027	10am - 12.30pm	Crosby Lakeside Adventure Centre

Trainer: Sefton Fostering service

Foster carers have told us:

"NVR changed me from burned out kinship foster carer who felt like a completely hopeless failure to a confident carer. The NVR framework and the supportive nature of the group format meant I didn't feel alone, reduced shame and empowered me to make better parenting choices. I feel less stressed, my children are happier and we are progressing with our SGO, confident in our family's future."

"I wasn't new to caring for children, but I was new to fostering. This gave me a good grounding."

"I love fostering but I was exhausted. The NVR group process gave me a space to recommit to what I was doing, see my child in a different more compassionate light, and been seen myself."

"It is so worthwhile. Do it! Don't wait to be in crisis. Re-define how you do family."

"NVR empowered me and helped me keep my sanity. "

"It was a life saver for me. I was about to give up fostering and then NVR showed me a way, I could recreate that balance in my family."

"I have been to the NVR group more than once. It helps me to reset myself and begin again."

"I find myself using it with friends, colleagues and my partner too. It gives you a new vision for relationships. It is the best course I have ever been on."

"I told my granddaughter, this was my club that I went to. She goes to clubs. This one was for me."

B. Life Story Work

Life Story Work (2 session course) (NEW)

Katie Wrench outlines her therapeutic Life Story Work model in two interactive sessions. The 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.

The course covers

- Supporting children to build a sense of safety.
- Techniques to promote emotional literacy.
- Supporting children to build resilience and self-esteem.
- The importance of information sharing in identity integration.
- Looking to the future, whilst keeping safe happy special memories.

Day	Date	Time	Venue / Platform
Wednesdays	4 & 11 November 2026	10am - 1pm	Zoom
Wednesdays	3 & 10 March 2027	10am - 1pm	Zoom

Trainer: Katie Wrench, Director Blossom Social Care Training
<https://www.blossomsocialcaretraining.co.uk/life-story-work/>

"The course was really good, I have a child now in placement who is getting life story work done and the course really helped."

"Katie helped me feel like I can do it. Its not so scary. She made me realise I was doing it already. I just needed to be a bit more confident, lean into it and use the team when it feel like it is getting a bit hairy."

"I had put off talking to my nephew about why he lived with me as I didn't know where to begin. This broke it down into chunks. I now feel I can begin and start."

Sefton Foster Carers



Core Courses

Equality, Diversity and Inclusion

- Introduce the basics of equality, diversity and inclusion in foster care.
- Explore how culture and identity influence children's experiences.
- Explain cultural competence and cultural humility.
- Share simple, practical ways to provide inclusive and culturally aware care.

Day	Date	Time	Venue / Platform
Thursday	30 April	10am – 12pm	Formby PDC

Trainer: Angela Siteo (Training Development Officer) and Kate Kerwin-Jones (Equality, Diversity and Inclusion Team Manager)

Child Development

- Reflect on the child of today- Ready to Learn.
- Building Babies Brains and Beyond.
- Introduction to the 7 areas of learning.
- Discuss the 3 prime areas of learning and how important they are in children's development.
- Embrace the role of the adult in children's learning and what to do if you have concerns.

Day	Date	Time	Venue / Platform
Tuesday	30 June	10am – 12pm	Crosby Lakeside

Trainer: Heather Pearce and Sue Kirk, School Improvement Officers



Promoting Independence

- Key roles of foster parents in promoting independence.
- Care experienced young people's advice for carers based on their life experience.

Day	Date	Time	Venue / Platform
Thursday	17 September	10am – 1pm	The Hub

Trainer: Lauren Crook (Team Manager) and Seftons Care Experienced Team

"I feel more inspired to see my practice as a carer as an opportunity to coach and prepare our children for adulthood."

"It was an interesting course especially hearing from care experienced people. A lot of information in a short time but it promoted a lot of discussion. Made me aware about how planning for independence needs to start earlier than later. "

"To me, hearing other people's experience and shared knowledge from different people working our young people is valuable. It is never a waste of time."

Child's Voice

- 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.
- Your role in Meetings (Looked after Children's reviews, Care Planning).
- Understanding your role in decision making for young people.
- The legal and policy context in relation to children's rights and making complaints.

Day	Date	Time	Venue / Platform
Monday	23 November 2026	10am – 12pm	The Hub

Trainer: Young people's participation team and National Youth Advocacy Service (NYAS)



Managing Transitions

- Explore and acknowledge the child's journey of grief and the many form of loss they may experience.
- Help you as carers prepare and tune into your child as they are encountering a transition storm.
- How to build trust with your child's next carers to help them see that it will be safe to move into their care.
- How to acknowledge and deal with the emotions the foster family experience when a child leaves.
- Support carers with practical skills to prepare children when they move from their homes.
- Practical activities to try with your young people to help a child to articulate feeling they experience
- Strategies to help foster carers manage the loss they and their families experience when a child moves on from their family home

Day	Date	Time	Venue / Platform
Tuesday	1 December 2026	10am – 2pm	Formby PDC

Trainer: Kathryn Johnston (Foster Carers and Associate trainer)
& Sefton Fostering Team

Meeting the Education and Health Needs of Cared for Children

- Roles and responsibilities of foster carer in relation to health and education of children in their care.
- Process to monitor the progress/gaps in cared for children's health/education plans.
- Contacts for support with health issues and education.
- Role of Virtual School.

Day	Date	Time	Venue / Platform
Tuesday	9 March 2027	10am – 1pm	Teams

Trainer: Natasha Sandland Virtual Head teacher and Victoria Jennings, Named Nurse for Cared for Children



Specialist courses

Introduction to Caring for a Child with Complex Needs

The course covers

- Understand what “complex needs” means and why our children require special care.
- Explain PEG feeding – what it is, why it’s used, and how to do it safely.
- Know how to respond to a seizure calmly and safely.
- Understand why oxygen might be needed and how to give it safely.
- Identify signs of problems or emergencies and know who to contact for help.
- Feel more confident supporting children with these medical needs in everyday care.

Day	Date	Time	Venue / Platform
Monday	13 April 2026	10am – 2pm	Formby PDC

Trainer: Victoria Jennings- Named Nurse for Cared for Children

School Readiness (NEW)

The course covers

- What school readiness looks like for children whose development has been impacted by trauma
- How to choose a pre-school provider that feels safe and supportive for your child
- Practical ways you can help your child feel secure and confident about starting pre-school

Day	Date	Time	Venue / Platform
Thursday	16 April 2026	12.30pm – 1:30pm	Teams

Trainer: Cristina Brett- Sefton Virtual School Early Years Coordinator

Sensory Series (NEW) Extended to 6 sessions

These sessions will provide you with an understanding of sensory processing difficulties and 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. The course covers

Session 1: Getting Started – Sensory Processing & Thinking Skills (Executive Function)

- What does sensory processing mean?
- A quick look at the 8 senses (not just the usual five!).
- How difficult life experiences (ACEs) can affect how children respond to sensory input.
- How sensory processing connects to thinking and self-control (executive function).

Session 2: Balance & Body Signals

- What the balance system (vestibular) does for movement and coordination.
- What is interoception? (Noticing signals inside the body like hunger, thirst, or feelings.)
- Simple ways to help children who struggle with these senses.

Session 3: Body Awareness & Touch

- How knowing where your body is (proprioception) helps with movement and emotions.
- Touch sensitivity: too much (hypersensitive) or too little (hyposensitive).
- Practical tips for home and school.

Session 4: Eating & Oral Sensory Needs

- How mouth sensitivity affects eating habits.
- Why some children are picky eaters or avoid certain foods.
- Helpful ideas for mealtimes at home and school.

Session 5 and 6: Putting It All Together

- How all the senses work together in everyday life.
- How sensory needs affect play, learning, and routines.
- You choose the focus! (Examples: strategies to meet your child's sensory needs, tips to support your child at home.)
- Real-life case studies and group problem-solving.

Day	Date	Time	Venue / Platform
Mondays (6 session series)	20, 27 April, 11, 18 May 1 & 8 June 2026	10am – 12pm	Formby PDC

Trainer: Lisa Hamer, Specialist Occupational Therapist, Director Shine Therapy

Foster Carer quotes

"It helps us understand behaviours better. Lisa has vast amounts of experience and hands on knowledge."

"Lisa didn't use powerpoints, she gave examples and showed us even bouncing on balls, rocking and jumping."

Getting your child ready to move up to high school (NEW)

- How schools prepare to help children transition from one school to another
- Exploring Transition Packs and how they can help
- Exploring Practical ideas of what foster carers can put in place at home

Day	Date	Time	Venue / Platform
Thursday	7 May 2026	12.30pm – 1:30pm	Teams

Trainer: Sam Keen - Sefton Virtual School Transitions Coordinator

Mindfulness Based Holding Space

4 week course + taster session

Time to take a moment for you, to replenish, restore and support you in your caring role.

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
Thursdays	21st May (Taster session) 4, 11, 18, 25 June	10:30am – 11.30am 10.30am - 12pm	Zoom

Trainer: Elspeth Soutar, Accredited member of the Mindfulness Association, Senior Supervising Social Worker and Sue Wright Qualified Post Incident Stress Debrief Facilitator and Psychological First Aider.

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.

Carers told us

"I enjoyed having the opportunity of guilt free time out for myself and how to process it all to bring it into everyday life."

Journey Forward - Empowering Foster Carers Through NVR: Supporting High School Transitions and beyond (NEW)

Session 1: Foundations of NVR and Transition Support

- Understand the principles of New Vision for relationships (NVR) and its relevance in fostering resilience during adolescence.
- Identify common challenges faced by fostered teens during high school transitions and explore trauma-informed strategies to address them.
- Develop practical skills to strengthen parental presence and maintain connection without escalation in times of conflict.

Session 2: Applying NVR Beyond Transitions

- Apply NVR techniques to support ongoing emotional regulation and autonomy in adolescents beyond school transitions.
- Practice collaborative approaches for building networks of support (schools, peers, professionals) to sustain positive outcomes.
- Create an action plan for integrating NVR principles into everyday caregiving to promote long-term stability and empowerment.

Day	Date	Time	Venue / Platform
Friday	5 & 12 June 2026	10am – 1pm	Formby PDC

Trainer: Kathryn Johnston Foster carer and Associate trainer. Angela Siteo Training Development Officer and NVR Practitioner

We know some of our children struggle to be in school. Our carers tell us they are exhausted and at times at a loss to know what to do and how to help. This course is to help you to help them.



Safe Medication Practice

The course covers

- Importance of safe medication practice
- Following instructions (labels, dosage, timing)
- Safe storage of medication
- Recording medication accurately
- Recognising side effects & when to seek help
- Emergency actions related to medication

Day	Date	Time	Venue / Platform
Tuesday	16 June 2026	10am – 12.30pm	Formby PDC

Trainer: Victoria Jennings Named Nurse for cared for children

School Avoidance (NEW)

The course covers

- Why consistent attendance at school matters
- The reasons why children may find it difficult to attend school
- Practical strategies to help children feel safe and confident about going to school.

Day	Date	Time	Venue / Platform
Thursday	11 June 2026	12.30pm – 1:30pm	Teams
Thursday	14 January 2027	12.30pm – 1:30pm	Teams

Trainer: Emma Stewart & Lianne Bates - Sefton Virtual School Deputy Head teachers

We know some of our children struggle to be in school. Our carers tell us they are exhausted and at times at a loss to know what to do and how to help. This course is to help you to help them.

We have put this on twice to give you options as we know this can be anxiety provoking if you are facing this as a carer.

Introduction to NVR – New Vision for Relationships

The course covers

- What is NVR?
- How can the approach support carers to raise their parental presence?
- How can NVR help carers to prioritise what issues need addressing of their child's responses?
- How to formulate clear communication about behaviours that are causing relational ruptures in your family?
- How to use NVR to mobilise your support network and reduces shame responses?

Day	Date	Time	Venue / Platform
Monday	29 June 2026	7pm-8.30pm	Teams

Trainer: Angela Siteo Training Development Officer, NVR practitioner, Gemma Ray Foster Carer



Recording Refresher

The course covers

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

Day	Date	Time	Venue / Platform
Thursday	2 July 2026	10am – 1pm	Teams

Trainer: Sefton Fostering Team

Sefton Foster Carer told us

"It has given me confidence to do daily recording and understand what is required."

Happy Holidays? (NEW)

The course covers

- Why children may become dysregulated during school holidays
- Spotting early indicators that a child is struggling without school routines.
- How to build in calming techniques and predictable activities to reduce anxiety.
- How to create routines that balance fun with stability to prevent relational ruptures.
- How to apply approaches that maintain positive relationships and emotional safety.

Day	Date	Time	Venue / Platform
Friday	10 July 2025	10am – 11.30am	Teams

Trainer: Angela Siteo Sefton Fostering Training Development Officer Emma Stewart and Lianne Bates Virtual School Deputy Headteachers

Responding to lying and stealing (NEW)

The course covers

- The research on the development of morality in children.
- What influences lying and stealing behaviour in children in foster care.
- How foster carers can respond to these behaviours to help children to understand their impact and to learn how to cope with challenging situations which may trigger these behaviours.

Day	Date	Time	Venue / Platform
Monday	13 July 2026	6pm – 9pm	Zoom

Trainer: Dr Christina Enright, Child Psychologist, Attachment and Trauma Specialist

Making the most of your child's PEP (Personal Education Plan) (NEW)

The course covers

- How can you help capture your child's voice within their PEP
- Opportunities for communication Participation survey
- How can pupil premium plus funds support children to achieve
- A young person's perspective of how their PEP helped them progress

Day	Date	Time	Venue / Platform
Thursday	10 Sept 2026	12.30pm – 1:30pm	Teams

Trainer: Lee Murphy Virtual School Training Coordinator & Young Peoples participation team



Building Trust and Connection through PACE (NEW)

This training introduces the PACE approach—Playfulness, Acceptance, Curiosity, and Empathy—developed by Dr. Dan Hughes as part of Dyadic Developmental Psychotherapy (DDP). PACE helps build emotional connection and psychological safety for children who have experienced relational trauma, supporting trust and recovery. The session offers practical opportunities to apply PACE in your lives, with your children and families.

Understand PACE: Learn what PACE means and how it helps create trust and emotional safety for children.

Relationships Matter: Explore why strong, safe relationships are essential for children who have experienced trauma.

PACE in Practice: Discover how PACE fits within the Dyadic Developmental Practice (DDP) approach and why it works.

Making PACE Useful: Learn how PACE can support both children and adults in everyday interactions.

Using PACE Every Day: Practice applying PACE strategies in real-life situations with children.

Day	Date	Time	Venue / Platform
Friday	11 Sept 2026	10am – 2pm	Crosby Lakeside Adventure Centre

Trainer: Angela Siteo, Training Development Officer and Rebecca Cross, Assessing Social Worker



Domestic Abuse Awareness

The course covers

- How develop your understanding of domestic abuse.
- The impact of domestic abuse on children.
- Methods and strategies that support children's needs.

Day	Date	Time	Venue / Platform
Monday	14 September 2026	10am – 2pm	Formby PDC

Trainer: Maria Morgan, Social worker and Fostering Panel Member

Carers told us

"This course is fabulous. It is informative, interactive and Maria was great. She not only delivered the content well but also allowed space for us all to reflect and discuss at our pace. Quite a few people shared that this was the best course they had been on in a long time."

"Maria has such a knack of helping you to explore difficult issues and yet still feel safe. Her knowledge from working in this area means she is really well equipped to lead discussions in this sensitive area."

Help to reach my teen with developmental trauma (NEW)

The course covers

- How the teenage brain changes and why risk-taking and control issues arise.
- How trauma affects thinking and perception.
- Why power dynamics matter in relationships and parenting.
- Exploring our own relationship with power and control.
- How you can respond to adolescents resistant, angry or coercive behaviour and promote both your sense of agency and gain cooperation.

Day	Date	Time	Venue / Platform
Monday	28 September 2026	6pm - 9pm	Zoom
Monday	9 November 2026	10am - 1pm	Zoom

Trainer: Dr Christina Enright

Aiming High for Higher Education (NEW)

The course covers

- How to support your children to consider higher education as a real option for them.
- Support with navigating the choice of courses and universities and how to apply.
- Understanding how universities can accommodate lived experience for cared for young people (grades, pastoral support, travel support, grants).
- Signposting to open days and additional learning.

Day	Date	Time	Venue / Platform
Thursday	1 Oct 2026	12.30pm – 1:30pm	Teams

Trainer: Charlie Smith and Ashley Toner, Sefton Virtual Schools Post 16 Coordinators



Supporting Family Time

The course covers

- Reflecting on the purpose of family time for your foster children and its role in maintaining a child's identity and emotional well-being.
- Identifying your responsibilities in preparing and supporting children before and after family time.
- How to applying practical strategies to manage challenges and promote positive experiences during family time.
- How to communicate effectively with social workers and birth families to ensure sessions align with the child's care plan.
- How to recognise and respond to signs of emotional distress in children and know when to seek additional support.

Day	Date	Time	Venue / Platform
Tuesday	20 October 2026	10am – 1pm	Teams

Trainer: Angela Siteo Training Development Officer and Kathryn Johnston Foster Carer and Associate trainer



SEND, inclusion and cared for children (NEW)

The course covers

- How to get support for children and young people with special educational needs and disabilities.
- (SEND) and understanding the graduated response
- When are Educational, and Health Care Plans (EHCP's) needed and what is the process?

Day	Date	Time	Venue / Platform
Thursday	5 November 2026	12.30pm – 1:30pm	Teams

Trainer: Jenny Dinning Sefton Virtual Schools SEND & Inclusion Coordinator

Protecting our Children Series (NEW) 4 Sessions

The course covers

Day 1: Definition of Child Sexual Abuse, barriers to disclosure trauma and sexual development.

Day 2: Children impacted by Child Sexual Exploitation and online abuse.

Day 3: Harmful sexual behaviour, sibling sexual abuse, sex offenders and the law.

Day 4: Myths & truths about children and sexual violence ,incel culture, healthy & unhealthy relationships. How to Build resilience and deal with disclosures.

Day	Date	Time	Venue / Platform
Thursdays	5, 12, 19, 26 November 2026	10am - 12pm	Crosby Lakeside

Trainer: Sarah Wood RASA Merseyside Sexual Violence Services Centre Manager



Planning for their Future (NEW)

The course covers

- Understanding the importance of early career conversations.
- How difficulties with planning, organisation, and decision-making affect career choice conversations (executive function).
- Practical ways carers you can support children to discover interests and options.
- Approaches to help children manage deadlines and choices confidently.

Day	Date	Time	Venue / Platform
Thursday	3 December 2027	12.30pm – 1:30pm	Teams

Trainer: Laura Tickle & Natasha Sandland. Sefton Virtual Schools AQA (Assessment and Qualification Alliance) Coordinator and Headteacher



Combating isolation - supporting young people to thrive (NEW)

The course covers

- How to help teens find an interest that will build their sense of self and combat their sense of aloneness
- Understand the role of the strive to thrive grants and how they can boost other funding sources.

Day	Date	Time	Venue / Platform
Thursday	25 February 2027	12.30pm – 1:30pm	Teams

Trainer: Laura Tickle & Natasha Sandland. Sefton Virtual Schools AQA (Assessment and Qualification Alliance) Coordinator and Headteacher

Supporting and young person when they are questioning their gender (NEW)

The course covers

- The difference between gender identity and sexual orientation.
- The meaning of different terms commonly used to describe sexuality, gender and gender expression.
- Ways to talk to young people about identity and gender, especially those questioning their gender, so they feel safe, heard and acknowledged.
- The potential impact of questioning gender on young people's emotional, physical and social health, and where to go for specialist support
- Further guidance and support for parents / carers and professionals.

Day	Date	Time	Venue / Platform
Friday	26 February 2027	10am - 1pm	Zoom

Trainer: Vanessa Rogers - Youth work trainer and consultant



2026/27 Fostering Training

[Book your 2026-2027 training.](#)

Course dates and times correct at time of publication. If you have booked on a course you will be informed of any changes.

Email queries to Trainingfa@sefton.gov.uk

Key: E = Essential, P = Progression, C = Core, *evening/weekend training/school holidays

April 2026						
Day	Date	Title	Time	Trainer	Location	Level
Mon	13	Introduction to Caring for Children with Complex Needs	10am-2pm	Victoria Jennings - Named Nurse for Cared for Children	Formby PDC	
Tues	14	Safeguarding Safer Care and Allegations	10am-1pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E
*Wed	15 22 29	Therapeutic Parenting for traumatised children (Sessions 1, 2, 3 of 9)	6pm-8pm	Liza Lomax Psychotherapist	Zoom	P
Thurs	16	School Readiness	12.30-1.30pm	Christina Brett, Virtual School Early Years Coordinator	Teams	
Mon	20 27	Sensory Series (Sessions 1 & 2 of 6)	10am-12pm	Lisa Hamer Shine Therapies	Formby PDC	
Thurs	30	Equality, Diversity and Inclusion	10am-12pm	Angela Siteo, Bobbi Forshaw and Kate Kerwin - Jones Equality, Diversity and Inclusion Team Manager	Formby PDC	C

May 2026						
Day	Date	Title	Time	Trainer	Location	Level
*Wed	6 13 20	Therapeutic Parenting for traumatised children (Sessions 4, 5 & 6 of 9)	6pm-8pm	Liza Lomax Psychotherapist	Zoom	P
Thurs	7	Getting your child ready to move up to High School	12.30-1pm	Sam Keen, Virtual School Transition Coordinator	Teams	
Fri	8	Therapeutic reparenting	10am-1pm	Liza Lomax Psychotherapist	Zoom	E
Mon	11 18	Sensory Series (Sessions 3 & 4 of 6)	10am-12noon	Lisa Hamer Shine Therapies	Formby PDC	
Tues	12	Safeguarding Safer Care and Allegations	10am-2pm	Kathryn Johnston Foster carer / Fostering Service	Crosby Lakeside	E
Sat	16	Emergency Paediatric First Aid	10am-4pm	Qualified First Aid Trainer	SING plus	E
Thurs	21	Mindfulness Holding Space (Taster session)	10.30am 11.30am	Elspeth Soutar and Sue Wright - This time Mindfully	Zoom	



June 2026						
Day	Date	Title	Time	Trainer	Location	Level
Mon	1 8	Sensory Series (Sessions 5 & 6 of 6)	10am-12pm	Lisa Hamer Shine Therapies	Formby PDC	
*Wed	3 10 17	Therapeutic Parenting for traumatised children (Sessions 7, 8 & 9 of 9)	6pm-8pm	Liza Lomax Psychotherapist	Zoom	P
Thurs	4 11 18 25	Mindfulness Holding Space (Sessions 1-4 of 4)	10.30am- 12 noon	Elspeth Soutar and Sue Wright- This Time Mindfully	Zoom	
Fri	5 12	Journey Forward - Empowering Foster Carers Through NVR: Supporting High School Transitions and beyond	10am-1pm	Kathryn Johnston, Foster carer & Associate Trainer & Angela Siteo (Training Development Officer, NVR Practitioner	Formby PDC	
Thurs	11	School Avoidance	12.30-1.30	Emma Stewart and Lianne Bates, Virtual School Deputy Head teachers	Teams	
Tues	16	Safe Medication Practice	10am- 12:30pm	Victoria Jennings- Named Nurse for Cared for Children and Karen Roberts Sefton Foster Carer	Formby PDC	
*Sat	20	Therapeutic Reparenting	9.30am- 12.30pm	Liza Lomax, Psychotherapist	Zoom	E
Mon	22	Emergency Paediatric First Aid	10am-4pm	Qualified First Aid Trainer	Ainsdale	E
Mon	29	Introduction to New Vision for Reparenting (NVR)	7.00pm- 8.30pm	Angela Siteo, Training Development Officer	Teams	
Tues	30	Child Development	10am-12noon	Sue Kirk and Heather Pearce	Crosby Lakeside	C

July 2026						
Day	Date	Title	Time	Trainer	Location	Level
Thurs	2	Recording Refresher	10am-1pm	Kathryn Johnston Sefton Foster Carer & Angela Sitoe	Teams	
*Sat	4	Safeguarding Safer Care and Allegations	9.30am- 12.30pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E
Fri	10	Happy Holidays?	10am-11.30am	Angela Sitoe & Virtual School	Teams	
*Mon	13	Responding to stealing and lying	6pm-9pm	Dr Christina Enright, Child Psychologist	Zoom	

August 2026						
Day	Date	Title	Time	Trainer	Location	Level
*Tues	18	Safeguarding Safer Care and Allegations	10am-1pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E
Mon	24	Emergency Paediatric First Aid	10am-4pm	Kev Newman Qualified First Aid Trainer	Ainsdale CLC	E
Tues	25	Therapeutic Reparenting	10am-1pm	Liza Lomax, Psychotherapist	Zoom	E



September 2026						
Day	Date	Title	Time	Trainer	Location	Level
Thurs	10	Making the most of your child's PEP	12.30-1.30pm	Lee Murphy- Training Co-ordinator Young People's Participation Team	Teams	
Fri	11	Building trust and Connection though PACE	10am-2pm	Angela Siteo Training Development Officer and Rebecca Cross Assessing Social Worker	Crosby Lakeside	
Mon	14	Domestic Abuse	10am-2pm	Maria Morgan, Social Worker, Panel Member	Formby PDC	
Tues	15	Emergency Paediatric First Aid	10am-4pm	Kev Newman QualSafe First Aid Trainer	Ainsdale CLC	E
Wed	16 23 30	New Vision for Relationships (NVR) Sessions 1, 2, 3 of 10)	10am-12.30pm	Fostering Service	Formby PDC	R
Thurs	17	Promoting Independence	10am-1pm	Lauren Crook- Care Experienced Manager	The Hub	C
*Mon	21	Safeguarding Safer Care and Allegations	6pm-9pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E
*Thurs	24	Therapeutic Reparenting	6pm-9pm	Liza Lomax, Psychotherapist	Zoom	E
Mon	28	Help to Reach my Teen with Developmental Trauma	6pm-9pm	Dr Christina Enright Child Psychologist	Zoom	

October 2026						
Day	Date	Title	Time	Trainer	Location	Level
Thurs	1	Aiming High for Higher Education	12.30pm -1.30pm	Charlie Smith and Ashley Toner Virtual School Post 16 Coordinators	Teams	
Wed	7 21	New Vision for Reparenting (NVR) (Sessions 3 & 4 of 10)	10am-12.30pm	Fostering Service	Formby PDC	R
Sat	10	Emergency Paediatric First Aid	10am-4pm	Qual-safe accredited First Aid Trainer	SING Plus	E
Wed	14	FOSTERING SERVICE CONFERENCE	9.30am-2pm	Katie Wrench Therapeutic Social worker and Art Psychotherapist	Waterfront Hotel Southport	
Tues	20	Supporting family Time	10am-1pm	Angela Siteo, Training Development Officer and Kathryn Johnston, Foster carers and Associate Trainer	Teams	
Fri	23	Safeguarding Safer Care and Allegations	10am-1pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E



November 2026						
Day	Date	Title	Time	Trainer	Location	Level
Wed	4 11 18 25	New Vision for reparenting (NVR) (Sessions 4, 5, 6, 7 of 10)	10am-12.30pm	Fostering Service	Formby PDC	R
Wed	4 11	Life Story Work (Sessions 1 & 2 of 2)	10am-1pm	Katie Wrench, Therapeutic Social worker and Art Psychotherapist	Zoom	P
Thurs	5 12 19 26	Protecting our Children	10am-12pm	Sarah Wood, RASA Centre Manager	Crosby Lakeside	
Thurs	5	SEND Inclusion and Cared For Children	12:30pm -1:30pm	Jenny Dinning, SEND and Inclusion Co-ordinator Virtual School	Teams	
Mon	9	Developmental Trauma/ Help to reach my teen	10am-1pm	Child Psychologist Dr Christina Enright	Zoom	
Tue	17	Safeguarding Safer Care and Allegations	10am-2pm	Kathryn Johnston Foster carer / Fostering Service	Formby PDC	E
Mon	23	Childs Voice	10am-12pm	Cheryl Yates & Jo Sword	The Hub	C
Thu	26	Emergency Paediatric First Aid	10am-4pm	Kev Newman Qualified First Aid Trainer	Ainsdale CLC	E

December 2026						
Day	Date	Title	Time	Trainer	Location	Level
Tues	1	Managing Transitions	10am-2pm	Angela Siteo & Kathryn Johnston	Formby PDC	C
Thurs	3	Planning for their future	12.30pm -1.30pm	Laura Tickle, Virtual School Accredited Qualification Assessor	Teams	

January 2027						
Day	Date	Title	Time	Trainer	Location	Level
Wed	13 20 27	New Vision for Reparenting (NVR) (Sessions 1, 2, & 3 of 10)	10am-12.30pm	Fostering Service	Crosby Lakeside	R
Thurs	14	School Avoidance	12.30pm-1.30pm	Emma Stewart and Lianne Bate Deputy Head Teachers, Virtual School	Teams	
Thurs	28	Therapeutic reparenting	10am-1pm	Liza Lomax, Psychotherapist	Zoom	E
*Sat	30	Safeguarding Safer Care and allegations	9.30am-12.30pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E

February 2027						
Day	Date	Title	Time	Trainer	Location	Level
Wed	3 10 24	New Vision for Relationships (NVR) (Sessions 4, 5, & 6 of 10)	10am-12.30pm	Fostering Service	Crosby Lakeside	R
Mon	8 22	Foundations to therapeutic parenting (weeks 1 & 2 of 6)	10am-2pm	Fostering Service	Formby PDC	P
Thurs	11	Emergency Paediatric First Aid	10am-4pm	Kev Newman- Qual-safe First Aid Trainer	Ainsdale CLC	E
Thurs	25	Combating Isolation - Supporting Young People to Thrive	12:30m-1:30pm	Laura Tickle, Sefton Virtual Schools Accredited Qualification Assessor	Teams	
Fri	26	How to Support a Young Person when they are Questioning their Gender	10am-1pm	Vanessa Rogers, Youth Worker and Trainer, consultant,	Zoom	

March 2027						
Day	Date	Title	Time	Trainer	Location	Level
Mon	1 8 15 22	NEW Foundations to Therapeutic Parenting weeks 3-6	10am-2pm	Fostering Team	Formby PDC	P
Wed	3 10	Life Story Work (Sessions 1 & 2 of 2)	10am-1pm	Katie Wrench, Social Worker & Arts Psychotherapist	Zoom	P
Wed	3 10 17 24	New Vision for Relationships (NVR) (Sessions 7, 8, 9 & 10 of 10)	10am-12.30pm	Fostering Service	Crosby Lakeside	R
*Thur	4	Therapeutic Reparenting	6pm-9pm	Liza Lomax	Zoom	E
Tues	9	Meeting Educational and Health Needs	10am-1pm	Natasha Sandland, Virtual School Head Teacher and Victoria Jennings Named Nurse for Cared For Children	Teams	C
*Tues	16	Safeguarding, Safer Care and Allegations	6pm-9pm	Kathryn Johnston Foster carer / Fostering Service	Teams	E

Venues

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

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

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

The Hub, 9 Crosby Rd South, Waterloo, L22 1RG

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

Waterfront Southport Hotel, Promenade, Southport, PR9ODZ

Email enquiries to trainingfa@sefton.gov.uk

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