

Foster Care Training



**Foster
NOW**



West Berkshire
COUNCIL

2 Day MI Training

For children and family services staff AND foster carers

This course:

- supports participants by reflecting upon how they can embed MI into their practice.
- looks at the key principles and techniques used within MI
- considers how participants are able to support clients within the cycle of change by using open questions

21-22 October 2020

09:30-16:30

16-17 February 2021

09:30-16:30

3 Hour Paediatric First Aid

For anyone but is principally aimed at foster carers

This is a 3 hour paediatric first aid course.

This course is designed to teach basic lifesaving skills should a child collapse or have airway/ and or breathing difficulties.

06 October 2020

10:00-13:00

08 December 2020

10:00-13:00

02 March 2021

10:00-13:00

Allegations for Carers

For foster carers

This training is for foster carers on allegations. It is aimed at all foster carers, not just those who are undergoing an allegation. The course will be of considerable benefit for both new and experienced foster carers.

The course aims to ensure that foster carers remain aware of the potential for an allegation to be made against them and what measures they can take to try to minimise these and what they can expect in the event of an allegation.

11 February 2021

10:00-13:00

Autism Awareness

For foster carers

This course will take place online via Microsoft Teams.

This is a Psychological Perspectives in Education & Primary Care (PPEPCare) course. It has been designed to help foster carers to recognise and understand mental health difficulties and offer appropriate support and guidance to children and young people.

PPEPCare courses have been developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts. They are delivered by specialist CAMHS practitioners.

This course covers:

- Information to develop a broad understanding of children and young people on the Autism spectrum
- Helping you to better understand the world through the eyes of a child or young person with ASD
- Understand how best to support a child, with a number of practical strategies.

07 December 2020

10:00-13:00

Caring for Children in the digital age

For foster carers

This course covers the notion of 21st century children and includes:

- The opportunities they have
- The technology, apps and services they use
- Managing risk and harm
- The positive action that foster carers can take

09 November 2020

10:00-13:00

Child Sexual Exploitation Training

For foster carers

This training covers responding effectively to issues of child sexual exploitation and how this impacts on missing from care and other forms of abuse. This course is aimed at foster carers who are caring for children and young people in both the local authority and statutory sectors. The course provides an opportunity for foster carers to gain confidence and efficacy in dealing with this often complex and difficult field.

16 March 2021

10:00-14:00

Managing Behaviour – Boundary Setting

For anyone working with young people

This course is designed to help develop boundaries and keep them in place.

This course covers

- Understanding that boundaries make people feel safe. A young person's job description is to push boundaries – as a carer we are there to help them discover them. When people have boundaries in place it enables them to explore life more positively.
- Finding practical ways in developing and maintaining boundaries that work for carers and young people alike.
- Discovering the various ways that boundaries can be implemented.
- Understanding on how we can help young people to take responsibility for their actions and how to deal with unwanted behaviour.

This course is part of the Foster Carers' Training Programme but is open to anyone working with young people.

This course is compulsory for all Foster Carers and Foster Carers are expected to attend every 2 years.

18 September 2020

09:30-14:45

Mental Health and Young People

For anyone working with young people

This course will take place online via Zoom.

This course is designed to increase delegates' awareness of mental health issues in young people and the recognise signs of mental distress.

This course covers:

- Understanding and exploring the myths and stereotypes surrounding mental ill health
- The definitions and levels of distress, particularly around young people's understanding of unhappiness, stress and worry
- The differences between mental illness, learning disability and personal disorder
- Provision of knowledge around prevalence
- Identification of some causes of mental ill health
- Recognising the signs of mental ill health in young people
- Looking at some strategies for intervention and when to refer

This course is part of the Foster Carers' Training Programme but is open to anyone working with young people. It is compulsory for all Foster Carers and Foster Carers are expected to attend every 2 years.

05 August 2020

13:30-16:30

Motivational Interviewing Refresher

For children and family services staff AND foster carers

This half-day Motivational Interviewing (MI) refresher course will be delivered virtually on some dates and its objectives are:

- To support participants by reflecting upon how they have embedded MI into their practice.
- To assist in the further development of MI skills
- To revisit the key principles and techniques used within MI

- To consider how participants are able to support clients within the cycle of change by using open questions

09 July 2020 (via Microsoft Teams)	13:30-16:30
18 September 2020	09:30-12:30
17 November 2020	13:30-16:30
18 January 2021	13:30-16:30
16 March 2021	09:30-12:30

NOW – Having Constructive Conversations with Distressed Young People

This is a Psychological Perspectives in Education & Primary Care (PPEPCare) course. It has been designed to help foster carers to recognise and understand mental health difficulties and offer appropriate support and guidance to children and young people.

PPEPCare courses have been developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts. They are delivered by specialist CAMHS practitioners.

This course covers:

- How to recognize distress and how it may present in young people
- How to respond in the moment.
- How the changes to the teenage brain impact on the young person.
- Identify the barriers to effective communication
- Provide a structure known as ‘NOW’ to facilitate helpful and constructive conversations

30 September 2020	10:00-13:00
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Overcoming Childhood Anxiety

For foster carers

This course will take place online via Microsoft Teams.

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This course covers:

- This session is aimed at managing anxiety in children under 12.
- Highlighting when anxiety might be a problem as opposed to a 'normal' developmental phase
- Describing different anxiety disorders and how these can be recognised
- Exploring why treatment is important and giving a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents.

13 November 2020

10:00-13:00

Staying Put

For foster carers

This Staying Put Workshop provides in-depth information on all aspects of Staying Put, including eligibility, process, expectations and implications as well as all matters concerning finances.

25 January 2021

10:00-12:00

Supporting Young People who Self-Harm

For foster carers

This course will take place online via Microsoft Teams.

This is a Psychological Perspectives in Education & Primary Care (PPEPCare) course. It has been designed to help foster carers to recognise and understand mental health difficulties and offer appropriate support and guidance to children and young people.

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This course covers:

- What self-harm is and how it might present
- Why young people might self-harm; challenging commonly held assumptions
- Guidance around talking to young people who may be self-harming, confidentiality, dealing with your own feelings and supporting young people with alternative strategies

13 October 2020

10:00-13:00

Supporting Young People with Anxiety

For foster carers

This course will take place online via Microsoft Teams.

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PPEPCare courses have been developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts. They are delivered by specialist CAMHS practitioners.

This course covers:

- Exploring the presentation of anxiety in adolescence and how to talk with young people about this
- Highlighting the difference between appropriate levels of anxiety and when additional help might be needed.
- Exploring what might keep anxiety going
- Providing an overview of Cognitive Behavioural Therapy (an evidence-based treatment for anxiety) as well as a number of other useful techniques

30 November 2020

10:00-13:00

Supporting Young People with Low Mood

For foster carers

This is a Psychological Perspectives in Education & Primary Care (PPEPCare) course. It has been designed to help foster carers to recognise and understand mental health difficulties and offer appropriate support and guidance to children and young people.

PPEPCare courses have been developed following consultation with primary healthcare professionals (including GPs), teachers and other school staff. Teaching materials have been written by national and international experts. They are delivered by specialist CAMHS practitioners.

This course covers:

- Exploring what depression is and how it may present in young people
- How low mood and depression may be maintained and some useful techniques that can be used to break the maintenance cycles.

19 January 2021

10:00-13:00

Tax and Benefits Q&A Session

For foster carers

At this unprecedented time and we have put together Tax & Benefits Q&A sessions, as we feel that we can ease any concerns or anxieties, your carers might be having.

This course covers:

- Brief refresher of FosterTalk's services
- Overview of Tax helpline service and tax return service
- Detailed presentation on self-employment and taxation for Foster carers –covers how to register with HMRC, using qualifying care relief for Foster carers (detailed discussion around enhanced expenses and partnerships etc)
- Discussion of other aspects of Tax returns –employment, pensions, rental income and how the whole system fits together
- What to do when things go wrong –dealing with revenue correspondence and penalties
- National Insurance-the special rules for Foster carers
- The benefits system for Foster carers –how Universal credit works for Foster carer Families –with detailed examples .The legacy benefits (working tax credit and Income support) and the move to universal credit
- Problems with benefits claims –what to do

- How the FosterTalk tax team can help carers
- Questions and answers

This is an online course that will be delivered via Webex.

11 August 2020

10:00-11:30