



# **Lambeth Foster Care Training Programme**

## **2022-2023**

## Dear Carers,

Welcome to the Lambeth 2022/23 Foster Carer Training Manual.

This training manual is designed to meet the training and development needs all our carers as we believe your professional development is closely linked to the success of your placements. Our training offer is designed to meet the needs and requirements of newly approved and experienced carers.

As a Lambeth Foster Carer, you will have a huge impact on the life of the children placed in your care, helping to improve their self-esteem, keeping them safe and helping them to make good choices, going on to have a safe and happy future.

You are a professional in your own remit and will treat you as such. You are the expert in the care of the child and an equal partner in our skilled team, therefore we aim to provide you with the skills, knowledge, direction and support required to provide the very best care for our children. With the provision of a range of therapeutic training that you are offered, this will ultimately benefit and develop the children in your care and build on the qualities, skills and life experiences you bring with you to this role.

Being confident and secure in your role, we will work with you to identify your training needs through our comprehensive programme of training.

It is recommended that you discuss your training needs with your Supervising Social Worker and attend as many courses to enhance your daily practice as a professional foster carer.

If you haven't yet completed your TSD portfolio following your approval as a foster carer, attendance at the TSDS training workshops are deemed as mandatory; you should aim to complete your portfolio within your first year of approval.

We continue our offer of online training available for you to access as well as the Virtual training events as opposed to Face to Face training which continues to be under review.

With the above in mind, please take time to complete your mandatory Personal Development Plan with your Supervising Social worker. This is an agreement between each foster carer and their SSW, outlining your agreed trainings events that you will attend during the of the year.

Finally, Lambeth Fostering would like to take this opportunity to thank you for **'your efforts and often going above and beyond expectations for the sake of our children'** especially during the last 2 years. It has been a testing time for us all. In particular

you have continued to endeavour to look after and keep safe the children entrusted in your care. It's you who provide the care for our children day to day and the Fostering Team want to say thank you for your efforts which are duly noted and applauded – so on behalf of the Team, the Department and most importantly our children, we want to say well done for keeping up despite the challenges. , ***a very big thank you!!!***



## Understanding Your Training

In Lambeth, we are constantly aiming to provide an excellent service to the children and young people in our care. We consider that taking advantage of training and development opportunities are central to a carer's own development and to achieving this aim.

We also need to comply with the National Minimum Standards for Fostering Services that state in the outcome for Standard 20, 'foster carers receive the training and development they need to carry out their role effectively' and that 'a clear framework of training and development is in place; this is used as the basis for assessing foster carers' performance and identifying their training and development needs'. In addition, we need to comply with the requirement that 'all foster carers, including all members of a household who are approved foster carers, are supported to achieve the Training, Support & Development Standards for Foster Care (Standard 20.2)'.

### **What are the benefits of attending training?**

By attending the training on offer you will be able to further your development by enhancing your knowledge and skills. You will have an opportunity to discuss areas of common interest and concern and to learn from one another as well as from the trainer. It is important for you to keep up to date with your learning as policies and procedures change.

You will be given a certificate of attendance for any training course that you complete, and a reflection sheet to fill in to help you identify what you've learned, and to think about how you will put this learning into practice. This paperwork will help you to build up your training portfolio.

### **How much training do I need to attend?**

This will be dependent on your individual needs. Some carers may need more support than others. But remember, no matter how experienced you are there is always something new to learn.

Therefore, we provide no upper limit to how much training you can attend. However, as training is such a crucial part of your fostering role, you should be attending at least 3 courses per year.

New carers are required to complete the Training, Support & Development Standards for Foster Care within the first 12 months of their approval. They must also attend all core training within their first 2 years of approval.

### **Core Induction Level Training Courses**

The courses listed below are core training courses and cover key areas of your role as a foster carer. As a minimum, we would expect you to attend at least 3 of these core training courses within your first year of fostering.

- Child Development and Attachment
- Safeguarding  
Delegated Authority
- First Aid (need to attend every 3 years)
- Recording for new & experienced foster carers
- Safer Caring (need to attend every 2 years)

Your supervising social worker/support worker will discuss with you which of these courses you will be expected to attend in your first year and you should aim to have attended them all within your first 2 years of fostering.

**New carers are also required to complete the Training, Support & Development Standards for Foster Care.**

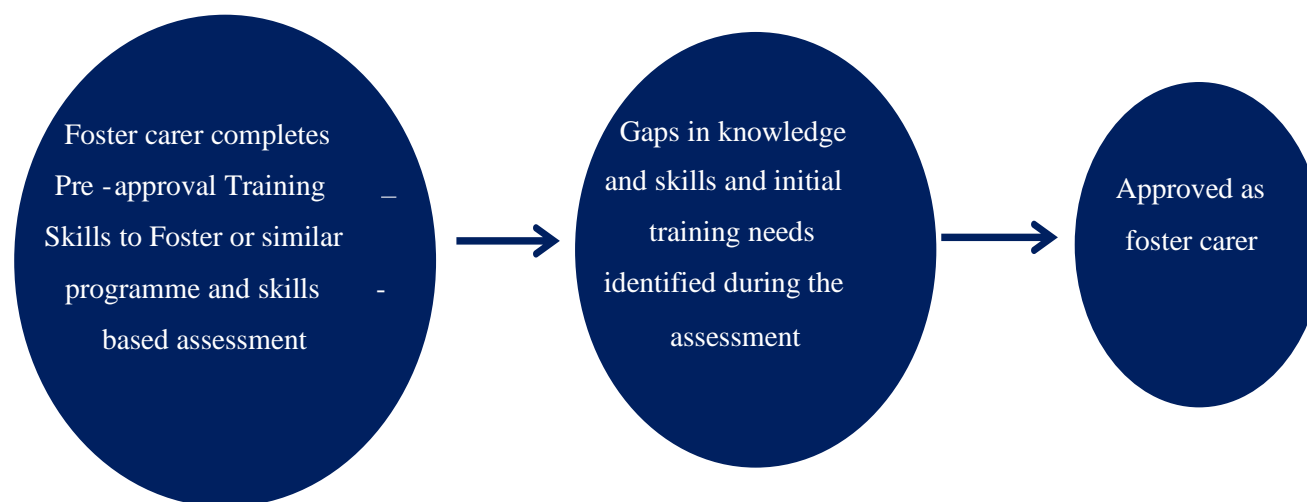
All carers need to attend safeguarding children and safer caring training every 2 years and the first aid course must be refreshed every 3 years.

### **Developmental Level Courses (Continuing Professional Development)**

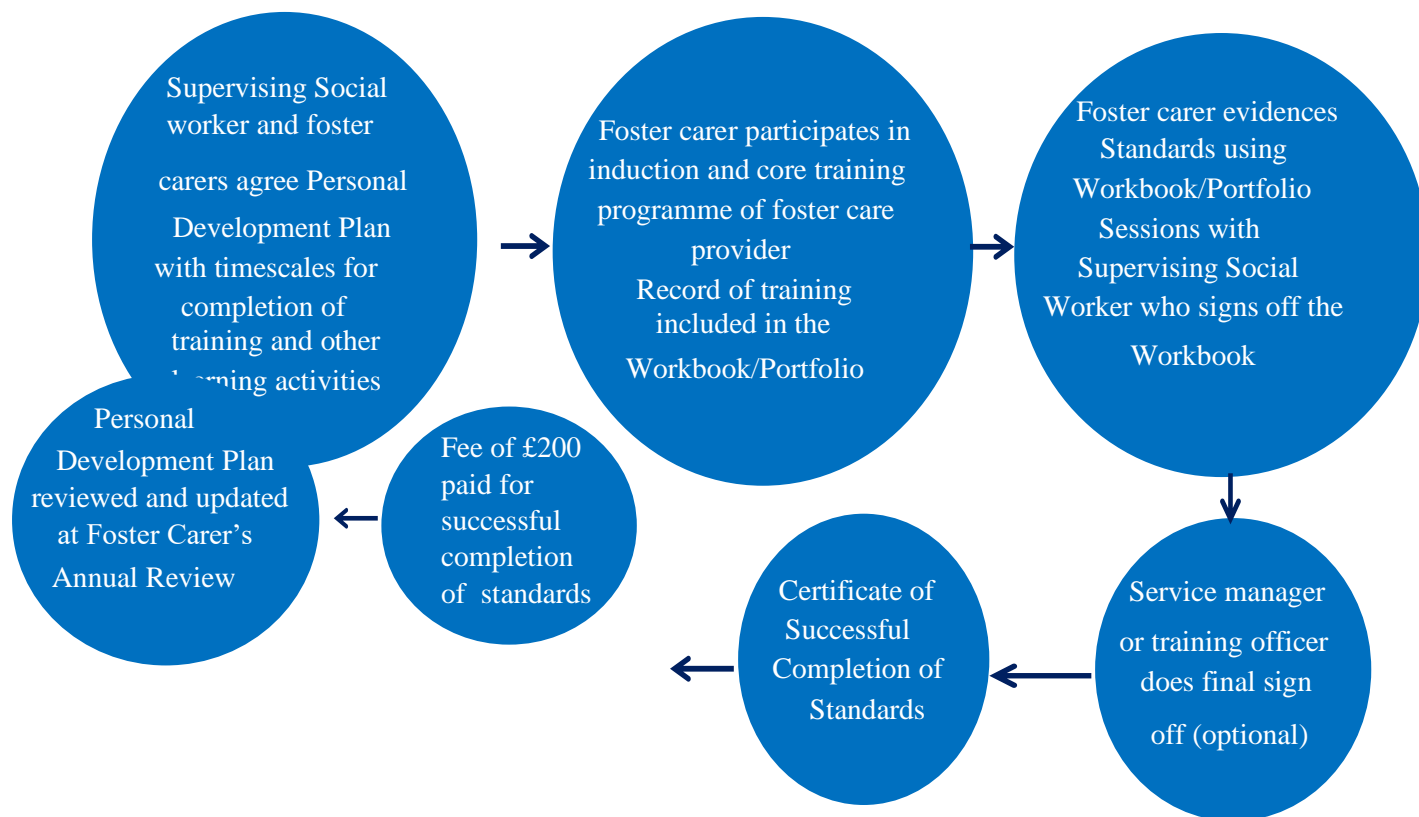
Your supervising social worker/support worker will discuss your training needs with you on a regular basis and you should also consider any training needs that are identified at your annual foster carer's review.

## The Training and Development pathway foster carers

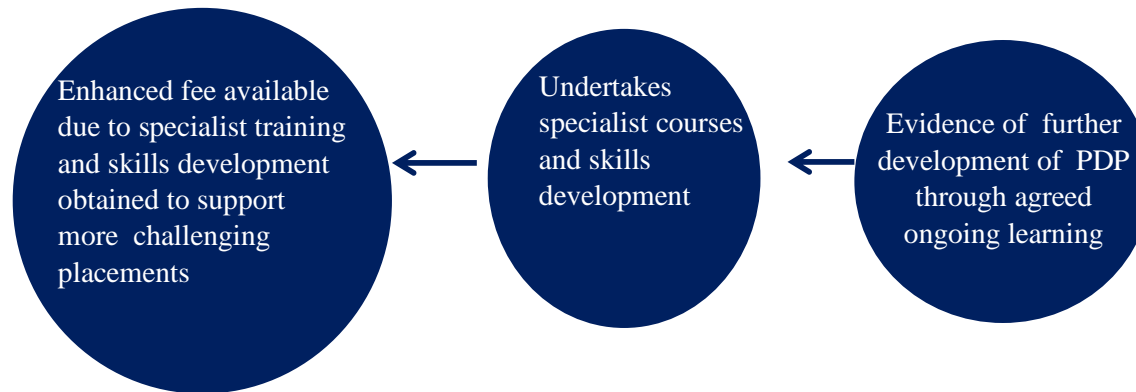
### Pre-approval: 6 months



## Induction: Within 12 months of approval



### Foster Carer Development: Within 2 years of approval



## Parenting Styles and Techniques

### Therapeutic Care Giving

The aim of Lambeth Fostering is to assist children and young people in accessing equal opportunities to build a successful life. By its very nature, having to be fostered usually means that the child is already significantly disadvantaged in having an equal chance alongside their peers who have grown up from birth in a stable, nurturing home. To be placed 'in care' signals the loss of a basic birth right - to be nurtured and raised by sensitive, consistent parents who are attuned to your needs and can meet them.



Neglect or abuse during the formative years, when the brain and mind are 'wiring up' to understand the world, is traumatic, particularly if the experience has featured consistent abuse and/or neglect. When traumatic experiences are over, the symptoms are not, and a child could be consumed by the impact of their trauma well into their adulthood if they do not receive the right help. In Lambeth, we are training our carers to ensure that they are able to help heal the trauma of abuse, neglect, loss, and rejection. Our Foster parents are in training to become a vital component of our care model.

Therapeutic fostering isn't about becoming a therapist, it is a way of parenting a child who missed out on healthy emotional development and milestones in their early years. Traumatized children need a lot of help and encouragement to develop the positive self-esteem and confidence they need to do well in education and life in general. So just doing what you do as foster carers every day has some therapeutic value.

We have a responsibility to help each other to maintain the values and principles of our organisational culture which seeks to ensure our children are looked after to the best of a carers' ability.

With your commitment to self-development and learning we feel that our continued effort in this brochure will provide you with the knowledge, skills, and confidence to offer an enhanced level of care, to meet the increasing complex needs of Looked After Children.

## **Reflective Parenting**

Foster Carers are supported to identify within their own practice the stages of events happening, identifying the feelings they have around specific events, reflecting on the event, evaluating, drawing lessons, and learning.

It is hoped that by understanding your approach to reflective practice you will be more in control of what is happening around events as they occur, more in control, more confident, and less shocked by events as they unfold. This practice allows you more space.

If, for example a child being out of control, carers can recount feelings before an event of everything being normal and calm, but feelings of anxiety, confusion, stress, and sadness as a child acts out, and feelings of tiredness disappointment, and disbelief, after an event will also be taken into consideration.

On reflection, you can grow in confidence and consider that if a situation occurred you will have had personal learning which would help you deal more effectively with a similar situation.

Our program of learning events will support your personal experience as outlined above to help you to achieve this as you continue your journey as a Foster Carer for Lambeth.

**Please see over for our Training Offer for 2022 to 2023:-**

Date	Name of course	Venue	Facilitator	Time
11/05/22	<b>National Insurance and Tax Advice`</b> <ul style="list-style-type: none"> <li>• An introduction to the income tax scheme</li> <li>• How to calculate your tax threshold</li> <li>• Preparation of Self-assessment tax return</li> <li>• Calculate Tax and NI contributions</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• William Giles</li> </ul>	10.30 – 12.00
12/05/22	<b>Impact of Trauma on Children and Young People</b> <ul style="list-style-type: none"> <li>• How does childhood trauma affect a child 's brain</li> <li>• Why are children vulnerable to trauma?</li> <li>• What is early childhood trauma</li> <li>• Can trauma show down development</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Anna Tharia</li> </ul>	10.00-1.00
25/05/22	<b>TSD Workshop</b> <ul style="list-style-type: none"> <li>• To understand and grasp the meaning of the concept of Training and Development Standards</li> <li>• To grasp its broad purpose and principles (such as with child development, policies).</li> <li>• To provide evidence of an area of work</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30

8/06/22	<b>The Care and Law of Asylum Seeking Children</b> <ul style="list-style-type: none"> <li>• Understand the impact of the journey to the UK and the challenges of integrating into a new society</li> <li>• Understand the impact of seeking asylum on unaccompanied children</li> <li>• Understand the impact of seeking asylum seeking processes and the impact it has on unaccompanied children</li> <li>• Understand the role of foster carers in supporting unaccompanied children</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Richard Dickson</li> </ul>	10.30-2.30
16/06/22	<b>Supporting Children and Adolescents to Learn to Mentalize</b> <ul style="list-style-type: none"> <li>• Develop an understanding of what mentalization is and how it develops?</li> <li>• Learn the importance of being able to mentalize ourselves before being able to do it for other people.</li> <li>• Learn how foster carers can help children who have poor mentalization skills to develop this important social ability.</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Christina Enright</li> </ul>	10.00-1.00

23/06/22	<b>Safeguarding Training</b> <ul style="list-style-type: none"> <li>• An introduction to the background and legal basis for safeguarding vulnerable children</li> <li>• Recognition and required response to concerns around children at risk of harm</li> <li>• Explore the Definitions of abuse and who has a Duty of care to safeguard and promote the welfare of children</li> <li>• An understanding the Models of Intervention and the different levels at which risk is managed</li> <li>• Identifying themes of Serious Case Review Outcomes and the implications for foster care.</li> <li>• Contextual Safeguarding and the missing protocol.</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Anneta Pinto Young</li> </ul>	10.00-1.00
29/06/22	<b>TSD Workshop</b> <ul style="list-style-type: none"> <li>• To understand and grasp the meaning of the concept of Training and Development Standards</li> <li>• To grasp its broad purpose and principles (such as with child development, policies).</li> <li>• To provide evidence of an area of work</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30

14/07/22	<b>Adverse Childhood Experiences and Attachment</b> <ul style="list-style-type: none"> <li>• To increase your understanding of patterns of attachments</li> <li>• To help you explore ways to build more secure attachments and to manage children's behaviour</li> <li>• To discuss adverse childhood experiences and explore ways to help children who have been affected by these</li> <li>• To have an improved understanding of attachment</li> <li>• To have some strategies and ideas to support building relationships with children who have attachment difficulties</li> <li>• To have an increased understanding of how adverse childhood experiences impact children</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Anna Tharia</li> </ul>	10.00-1.00
20/7/22	<b>TSD Workshop</b> <ul style="list-style-type: none"> <li>• To understand and grasp the meaning of the concept of Training and Development Standards</li> <li>• To grasp its broad purpose and principles (such as with child development, policies).</li> <li>• To provide evidence of an area of work</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30

13/9/22	<b>Understanding Autism Spectrum Disorder and Attention Deficit Hyperactivity Disorder</b> <ul style="list-style-type: none"> <li>• Understand what ADHD looks like and how it is diagnosed</li> <li>• Understand what Autism looks like and how it is diagnosed</li> <li>• To consider the overlap with developmental trauma in children who are looked after</li> <li>• To consider some recommendations for supporting these children</li> <li>• An awareness of the challenges in identifying children who have these difficulties</li> <li>• How to adapt your care of these children</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Jasbir Dhillon</li> </ul>	10.00-1.00
14/9/22	<b>Personal Education Plans</b> <ul style="list-style-type: none"> <li>• Facilitating good home and school communication</li> <li>• Impact of moves on a child in school</li> <li>• Understanding Pupil Premium</li> <li>• Emotional and Wellbeing of child/young person</li> <li>• Who Should Be Present at a PEP meeting</li> <li>• Use of Acronyms - Language</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sandra Luke</li> <li>• Maria Elahee</li> </ul>	10.00-12.00

22/9/22	<b>Blocked Care</b> <ul style="list-style-type: none"> <li>• What is blocked care.</li> <li>• How blocked care happens in the parent-child relationship.</li> <li>• Recognise how blocked care affects parents and foster carers, as well as how it impacts on the relationship with the child.</li> <li>• How to recognize signs of compassion fatigue and secondary trauma.</li> <li>• Explore how the risks of blocked care can be prevented and the importance of support and self-care for foster carers if it begins to develop.</li> <li>• Important and effective strategies for self-care</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Christina Enright</li> </ul>	10.00-1.00
28/9/22	<b>TSD Workshop</b> <ul style="list-style-type: none"> <li>• To understand and grasp the meaning of the concept of Training and Development Standards</li> <li>• To grasp its broad purpose and principles (such as with child development, policies)</li> <li>• To provide evidence of an area of work</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30



5/10/22	<b>Life Story</b> <ul style="list-style-type: none"> <li>• To understand the importance for life story work for looked after children, and the emotional impact on children, their carers, and workers.</li> <li>• To allow the child to make sense of her/his past and present life and to move into the future with confidence.</li> <li>• Life Story work is a structured time-limited piece of work undertaken with a child</li> <li>• Discover a child's understanding of what has happened to her/him in the past and to put right the misperceptions of her/his history.</li> <li>• Find out the wishes/feelings of the child about the past/future and to aid the child to understand realistic possibilities for the future.</li> <li>• Promote attachment to the carer so that the carer can act as a secure 'bridge' to the future to minimise grief/loss following the separation from familiar figures/places.</li> <li>• Participants will be more familiar with policy and good practice guidelines.</li> <li>• Understand the importance for Life story work for looked after children, and the emotional impact on children, their carers, and workers</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.00-12.00
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12/10/22	<b>Speech and Language Therapy</b> <ul style="list-style-type: none"> <li>• Understanding the implications for when language difficulties are present</li> <li>• Strategies to support communication</li> <li>• What is communication/why communication?</li> <li>• What are the fundamentals of Speech, Language and Communication Needs?</li> <li>• Communicating with young people</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Kay Gillett</li> </ul>	10.00-12.00
19/10/22	<b>TSD Workshop</b> <ul style="list-style-type: none"> <li>• To understand and grasp the meaning of the concept of Training and Development Standards</li> <li>• To grasp its broad purpose and principles (such as with child development, policies).</li> <li>• To provide evidence of an area of work</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30

15/11/22	<b>Caring for Child Exposed to Domestic Violence</b> <ul style="list-style-type: none"> <li>• What the research into child's exposure to domestic violence says about how it impacts on a child's cognitive, emotional and social development.</li> <li>• About how exposure to domestic violence affects children's behaviour.</li> <li>• how you can help children who have been exposed to domestic violence in their birth family.</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Christina Enright</li> </ul>	10.00-1.00
TBC	<b>The Role of the Youth Offending Service</b>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Shaun Gray</li> </ul>	10.00-12.00
23/11/22	<b>TSD Workshop</b> <ul style="list-style-type: none"> <li>• To understand and grasp the meaning of the concept of Training and Development Standards</li> <li>• To grasp its broad purpose and principles (such as with child development, policies).</li> <li>• To provide evidence of an area of work</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30

13/12/22	<b>Understanding and Supporting Children and Young People with Self-Harm and Suicide Risk</b> <ul style="list-style-type: none"> <li>To share ideas about how to manage difficult situations and access additional help</li> <li>To apply the learning to real life scenarios</li> <li>To help to make potentially very frightening situations to feel a little more manageable</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>Jasbir Dhillon</li> </ul>	10.00-1.00
18/1/23	<b>The Role of the LADO/Allegations</b> <ul style="list-style-type: none"> <li>Allegations/Standards of Care</li> <li>Quality of Care</li> <li>Form F/Connected Person Assessments (gaps in information)</li> <li>Fostering Review meetings (the importance of)</li> <li>Carers who refrain from training (the impact on placements)</li> <li>Panel role reviewing paperwork/reviews (scrutiny)</li> <li>Safer Care documents</li> <li>Transferable Risk</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>Andrew Zachariades</li> <li>Natasha King</li> </ul>	10.00-1.00

26/1/23	<b>Supporting Traumatised Children and Adolescents to Learn to regulate their own Emotions and Behaviour</b> <ul style="list-style-type: none"> <li>• why traditional behaviour management strategies are not always adequate or effective with children in foster care</li> <li>• the concept of 'Behaviour as a Communication</li> <li>• about the problems with communication which can be experienced by children with emotional and mental health problems.</li> <li>• Communication styles and strategies that build trust and cooperation between children/adolescents and their carers.</li> <li>• The brain changes and behavioural manifestations of emotional triggers and how to intervene effectively to prevent escalation and to calm a distressed child or adolescent.</li> <li>• What emotional coaching is and the research base for how effective it is in helping children who cannot regulate themselves.</li> <li>• Practice strategies of emotional coaching to respond to challenging behaviour in a way that will empower you and effectively deescalate the high emotional arousal of children who struggle to self-regulate their emotions and behaviour.</li> <li>• Utilising curiosity as part of your practice</li> </ul>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Christina Enright</li> </ul>	
25/1/23	<b>TSD Workshop</b>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>• Sharon Parkes</li> </ul>	10.30-12.30

7/2/23	<b>Therapeutic Parenting and PACE</b>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li>Jasbir Dhillon (CAMHS)</li> </ul>	10.00-1.00
20/2/23	<b>Recording/Daily Logs</b>	Virtual	<b>TRAINER(S)</b> <ul style="list-style-type: none"> <li></li> </ul>	10.30-12.30
1/3/23	<b>Delegated Authority</b> <ul style="list-style-type: none"> <li>What delegated authority</li> <li>Why it's important to understand as a foster carer</li> <li>Who is involved in making decisions regarding Delegated authority</li> <li>When discussion about delegated authority should take place and how decisions are recorded and reviewed.</li> </ul>	Virtual	<b>TRAINER(S)</b>	10.30-12.30
TBC	<b>Men Who Foster</b> <ul style="list-style-type: none"> <li>Exploring the role of men in society</li> <li>Evaluating how male carers are seen by professionals</li> <li>Examining the risks to male foster carers</li> <li>Examining how to develop effective risk management and safer caring strategies</li> </ul>	Virtual	<b>TRAINER(s)</b> <ul style="list-style-type: none"> <li>Richard Dickinson</li> </ul>	10.00-1.00



**First Aid** is an online course available to carers over several periods throughout the year. Please liaise with your SSW in order to discuss access to this training.

## Safer Care



An online course designed to help carers understand the challenges in caring for children and young people safely in order to avoid allegations. You will gain knowledge of approaches to safe caring, which will include the process for managing allegations. Please contact [sparkes2@lambeth.gov.uk](mailto:sparkes2@lambeth.gov.uk) we can then register your interest in completing this online course.

## How do I apply to attend a course?

Apply now

- Liaise with your Supervising Social Worker to discuss courses from the Training Brochure and to decide which courses are relevant to the children in your care
- Review the course outcomes and learning objectives
- Certificates will be allocated to you on completion of each learning event.
- If you are unable to attend a learning event, please do notify the Training and Development Manager or your Supervising Social Worker at your earliest opportunity.

Applications for attending learning events can be sent via email to [SParkes2@lambeth.gov.uk](mailto:SParkes2@lambeth.gov.uk) as well as your Supervising Social Worker

You will receive confirmation of your interest to attend the course and will receive login details closer to the date of delivery.



## RECORD OF TRAINING REGISTERED FOR AND ATTENDED

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*Please ensure that you complete the table below as a record of training which you have registered to attend. This should be done in agreement with your Supervising Social Worker; a copy of your Certificate of Attendance should be sent to your Supervising Social Worker to be located on your Personal Record N.B. SSW note a copy to be placed in Mosaic*

NAME OF TRAINING	DATE	ATTENDED Y/N (Virtual or Online)	CERTIFICATE/DATE RECEIVED

## Training Partnerships

We appreciate that our foster carers will have different approaches to their learning and we are continuously revising our ways of developing our carers. As we all continue to adjust to new ways of working, our online training offers have become more appealing as we endeavour to ensure our carers are able to continue having a continuous professional development attitude.

We therefore continue to offer **online training** to all carers, working in partnership with **AC Online Education**

Work in collaboration with your SSW to discuss the available courses which are relevant to your stage of learning. Ensure that this approach is an ongoing part of your supervision schedule and your Professional Development Portfolio

Click below to see a range of courses available to you and a selection of You Tube videos to support you learning.

[AC Education Online Courses](#)

They have also launched a YouTube Channel providing free webinars to support parents and carers during this time. Click the link below to access this Channel.

[AC Education YouTube](#)



Department  
for Education

## Training, Support & Development Standards for Foster Care

The Training, Support & Development Standards for Foster Care have been designed to support foster carers through their first year of fostering. The standards set out what foster carers should know and be able to do in a clear way.

### **There are seven standards to complete:**

Standard 1: Understand the principles & values essential for fostering children & young people

Standard 2: Understand your role as a foster carer

Standard 3: Understand health and safety, and healthy care

Standard 4: Know how to communicate effectively

Standard 5: Understand the development of children and young people

Standard 6: Keep children and young people safe from harm

Standard 7: Develop yourself



## Lambeth Safeguarding Children Partnership

The Lambeth Safeguarding Children Partnership (LSCP) brings together a range of statutory and voluntary organisations who are working with and for children and young people in Lambeth. The LSCP are all united in a common goal: for every child to realise their talents, achieve their full potential, have healthy lives and be safe.

The Lambeth Safeguarding Children Partnership have an ongoing offer of training via a multi-agency approach. They will have face to face and online training.

You will receive regular updates of these dates and the dates as and when they become available, however, please click on the link below to view their training offer

**N.B.** Please note that you will have to register with the LSCP in order to undertake their training courses which is separate to the Fostering Service training offer

Lambeth child and adolescent mental health services (CAMHS) are provided by the **South London and Maudsley NHS Foundation Trust** who believe that every child has a right to be healthy. This includes all forms of health, including emotional and mental health.

The provision of a variety of training offers are available to our carers. Please look out for training updates via your weekly newsletter, and direct flyers.

## FEEDBACK AND EVALUATION OF YOUR LEARNING EXPERIENCE

As a result of your training, we measure the assessment of competency learning, therefore we require course participants to undertake a short evaluation at the end of each training event which they have attended. This will establish for us whether the training material has been learned.

At this level we can assess participants' reactions and increased understanding. Reactions are important because, if participants react negatively to a course, they are less likely to transfer what they have learned to their work. *\*Increased understanding in terms of new or improved knowledge, skills and abilities is the primary aim of any training event.*

We require information about competency learning to determine the effectiveness of the training delivery and approach. Information concerning the overall effectiveness of training procedures, media and instruction methods and other issues relating to possible revisions in instructional design may prove to be very valuable to us and will assist us in better serving the needs of yourselves as well as the organisation. Therefore, please do bear this in mind when requested to complete the evaluation questionnaire...tell us about your learning event experience!!



### Certificates

Participants who attend their training will receive a certificate to confirm attendance at the relevant course

### **Future Learning Updates**

As the year progresses, you will be receiving email updates on upcoming courses as well 5emails regularly to ensure that you do not miss out on future training opportunities as well as relevant information which may relate to yourself or your spouse.

### **PDP (Personal Development Plan)/ Reflective Discussion**

As part of your ongoing development as a foster carer it is important that you are able to think about how to apply to the 'real world' what is presented to you in a learning environment. As such you will be asked to undertake a reflective log when you have attended training or engaged in some other learning experience. This reflective discussion will take place with your supervising social worker shortly after the event has taken place and will assist you in developing your PDP as well as focussing on the 'doing' of fostering from a hopefully greater informed position as a result if of what you have learnt.

### **Your Feedback**

We value your opinion.....Please do feedback your views to your Supervising Social Worker or to Sharon Parkes at [SParkes2@Lambeth.gov.uk](mailto:SParkes2@Lambeth.gov.uk) and give us your input. We thank you for your commitment to your ongoing continuing professional development to be the best carer offering the best care to our children in care.

We do hope that you will find learning which is relevant to you at each stage of your fostering journey with us in Lambeth and that you will learn to appreciate the complex needs of our children placed in your care.

Lambeth Fostering Service

ONLINE RESOURCES	
ADVICE/CHILDREN'S RIGHTS/ADVOCACY	
<b>CITIZEN'S ADVICE</b> <a href="https://www.citizensadvice.org.uk/">https://www.citizensadvice.org.uk/</a>	An online charity to find information about your rights.
<b>CORAM VOICE</b> <a href="https://coramvoice.org.uk/for-professionals/always-heard-the-national-advocacy-helpline-and-safety-net-for-england/">https://coramvoice.org.uk/for-professionals/always-heard-the-national-advocacy-helpline-and-safety-net-for-england/</a>	Always Heard is the only service in England that can provide an Advocate to children and young people who cannot access the local advocacy support they are entitled to. Provides advice and advocacy for Looked After Children, Care Leavers and young people on the edge of care from 0-25 years old. Advocacy Helpline: 0808 800 5792
<b>CORAM CHILDREN LEGAL CENTRE</b> <a href="http://www.childrenslegalcentre.com/">http://www.childrenslegalcentre.com/</a>	Children's rights charity which provides: <ul style="list-style-type: none"> <li>• free legal information, advice and representation to children, young people, families, carers and professionals in immigration, community care, education and family law</li> <li>• training and practice development, policy leadership and research and consultancy on children's rights in the UK and internationally</li> </ul>
<b>JUST FOR KIDS LAW</b> <a href="https://justforkidslaw.org/">https://justforkidslaw.org/</a>	Charity helping children and young people overcome all the difficulties they face, from problems at school and issues with immigration status to trouble with the police.
ASYLUM/IMMIGRATION	
<b>RIGHT TO REMAIN</b> <a href="https://righttoremain.org.uk/">https://righttoremain.org.uk/</a>	Charity which produces accessible resources and deliver community training. Some resource include, the <b>Right to Remain Toolkit</b> – a guide to the asylum and immigration system. They regularly update their Legal Updates blog and have worked with others to produce innovative online learning tools such as the <b>Asylum Navigation Board and the Young Asylum Guide</b> .
<b>REFUGEE COUNCIL</b> <a href="https://refugeecouncil.org.uk/?doing_wp_cron=1648638782.9599769115447998046875">https://refugeecouncil.org.uk/?doing_wp_cron=1648638782.9599769115447998046875</a>	The Refugee Council is a charity working with refugees and people seeking asylum in the UK. They provide crisis advice, mental health counselling and practical support to help people settle and integrate into their new community and are specialists in working with refugee children who arrive in the UK alone.




## DISABILITIES

<b>BILD</b> (British Institute of Learning Disabilities) <a href="https://www.bild.org.uk/">https://www.bild.org.uk/</a>	BILD has a lot of projects concerned with improving the lives of those with learning disabilities. They also offer qualifications and apprenticeships.
<b>BLISS</b> <a href="https://www.bliss.org.uk/">https://www.bliss.org.uk/</a>	A charity providing advice and support for carers of babies with special needs.
BTM (Bradford Talking Media) <a href="https://www.btm.org.uk/resource-category/easy-read/">https://www.btm.org.uk/resource-category/easy-read/</a>	An organisation dedicated to making information accessible for people with learning disabilities or other conditions that affect communication. They work for and with the disabled community. Like Easy Read, they have a range of booklets in simple English, on topics that include staying safe online, using public transport and what to do when someone dies.
<b>THE CHALLENGING BEHAVIOUR FOUNDATION</b> <a href="https://www.challengingbehaviour.org.uk/">https://www.challengingbehaviour.org.uk/</a>	The charity focusses specifically on children, young people and adults with severe learning disabilities whose behaviour challenges and provides practical information for families and professionals about understanding and supporting children, young people and adults whose behaviour challenges.
<b>CHANGE</b> <a href="https://www.changepeople.org/">https://www.changepeople.org/</a>	An organisation led by disabled people promoting the rights of all people with learning disabilities.
<b>CONTACT</b> <a href="https://contact.org.uk/">https://contact.org.uk/</a>	Offers advice and information to families with disabled children. Helpline: 0808 808 3555
<b>EASY READ</b> <a href="http://easyread.info/free-easy-read-resources-accessible/">http://easyread.info/free-easy-read-resources-accessible/</a>	A resource for people with learning disabilities, with a huge range of topics described and explained in simple language.
<b>MAKATON</b> <a href="https://makaton.org/">https://makaton.org/</a>	Contains information about the sign language Makaton.
<b>MENCAP</b> <a href="https://www.mencap.org.uk/">https://www.mencap.org.uk/</a>	A leading charity focused on learning disabilities. Provides information ranging from medical to financial support, as well as how you can get an advocate for your child. Helpline: 0808 808 1111



<b>NHS</b> <a href="https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/how-to-care-for-a-disabled-child/">https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/how-to-care-for-a-disabled-child/</a>	The NHS website is always a good source of information. We recommend you read their advice on "How to care for a disabled child".
<b>PEOPLE FIRST</b> <a href="https://peoplefirstltd.com/">https://peoplefirstltd.com/</a>	An organisation run by disabled people to raise awareness and promote the rights of people with learning disabilities.
<b>PHOTO</b> <a href="https://www.photosymbols.com">https://www.photosymbols.com</a>	An online photo library designed to help people with learning disabilities.
<b>RESPOND</b> <a href="https://respond.org.uk">https://respond.org.uk</a>	A charity supporting people with learning disabilities, autism or both who has experienced trauma.
<b>SCOPE</b> <a href="https://www.scope.org.uk/">https://www.scope.org.uk/</a> <a href="https://www.scope.org.uk/advice-and-support/special-educational-needs-support-at-school-sen-ehcp/">https://www.scope.org.uk/advice-and-support/special-educational-needs-support-at-school-sen-ehcp/</a>	Disability equality charity who provide advice and has forums and chat groups for parents and carers of children with disabilities, as well as for the children themselves.  Scope also has a good webpage explaining what SEN and EHC plans are and how to access them.
<b>DRUGS AND ALCOHOL</b>	
<b>TALK TO FRANK</b> <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	Offers information, advice and support about drugs to parents/carers.
<b>EDUCATION</b>	
<b>CHILD LAW ADVICE</b> <a href="https://childlawadvice.org.uk/education/">https://childlawadvice.org.uk/education/</a>	Child Law Advice is operated by Coram Children's Legal Centre. They provide specialist advice and information on child, family and <b>education law</b> to parents, carers and young people in England.
<b>THE GOOD SCHOOLS GUIDE</b> <a href="https://www.goodschoolsguide.co.uk/">https://www.goodschoolsguide.co.uk/</a>	The Good Schools Guide is the UK's number one school guide, helping parents in every aspect of choosing the best education for their children.


## EXTREMISM/RADICALISATION

<b>BARNARDO'S</b>	<p>Indicators of trafficking and the National Referral Mechanism (NRM):</p>  <p>ICTG Presentation.pdf</p>
<b>EDUCATE AGAINST HATE</b> <a href="http://www.educateagainsthate.com">www.educateagainsthate.com</a>	<p>Provide practical advice, support and resources to protect children from extremism and radicalisation.</p>
<b>HATE CRIME AWARENESS</b>	<p>Presentation by Sharon Kilborne, Community Engagement Co-ordinator:</p>  <p>Hate Crime Awareness Presenta</p>
<b>PREVENT</b> <a href="https://www.counterterrorism.police.uk/what-we-do/prevent/">https://www.counterterrorism.police.uk/what-we-do/prevent/</a> <a href="https://www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty">https://www.gov.uk/government/publications/protecting-children-from-radicalisation-the-prevent-duty</a>	<p>Prevent is a government led programme which aims to safeguard vulnerable people from being drawn into terrorism.</p> <p>Video: <a href="#">Extreme Dialogue – Daniel Gallant (Clean) – YouTube</a></p> <p>Training slides:</p>  <p>Croydon Council WRAP Presentation.</p>

## HEALTH AND SAFETY

<b>LONDON FIRE BRIGADE</b> <a href="https://www.london-fire.gov.uk/">https://www.london-fire.gov.uk/</a>	<p>The website provide information on safety in the home, specifically fire safety and has a home fire safety checker tool.</p> <p><b>They offer a free home fire safety visit and will even fit free smoke alarms during the visit if you need them.</b></p> <p>You can request a visit by going onto the website or:          Call free: 0800 028 4428          email: <a href="mailto:smokealarms@london-fire.gov.uk">smokealarms@london-fire.gov.uk</a>          text/SMS: 07860 021 319</p>
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<b>ROSPA</b> <a href="https://www.rospa.com/">https://www.rospa.com/</a>	Charity focussing on accident prevention. Provides advice and information about safety in and out of the home.
<b>(PREPARING FOR) INDEPENDENT LIVING/LEAVING CARE</b>	
<b>BARNADO'S</b> <a href="https://www.barnardos.org.uk/what-we-do/supporting-young-people/leaving-care">https://www.barnardos.org.uk/what-we-do/supporting-young-people/leaving-care</a>	Information for young people leaving care.
<b>BECOME</b> <a href="https://www.becomecharity.org.uk/">https://www.becomecharity.org.uk/</a>	<p>A Charity for children in care and young care leavers. Their aim is to help young people to make sense of the care system when they are in it, and to understand their options and support them when it's time to leave.</p> <p>They work in partnership with young people in care and care leavers to improve their lives and future life chances, giving them a platform to speak from and a place to heal.</p>
<b>CHILD LAW ADVICE</b> <a href="https://childlawadvice.org.uk/information-pages/services-for-children-leaving-care/">https://childlawadvice.org.uk/information-pages/services-for-children-leaving-care/</a>	Child Law Advice is operated by Coram Children's Legal Centre. They provide specialist advice and information on child, family and education law to parents, carers and young people in England. This link provides information on the duties of the local authority to provide services and support for children who are currently looked after or have been looked after once they reach the age of 16.
<b>PREPARING FOR ADULTHOOD</b> <a href="https://www.preparingforadulthood.org.uk/">https://www.preparingforadulthood.org.uk/</a>	A Charity specialising in the difficult transition times to independence for young people with learning disabilities. You will find lots of resources on how to best prepare them.
<b>MENTAL HEALTH</b>	
<b>MIND</b> <a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	<p>Charity that provides provide advice and support to empower anyone experiencing a mental health problem.</p> <p><a href="https://www.mind.org.uk/information-support/">https://www.mind.org.uk/information-support/</a></p> <p>Mind Infoline: 0300 123 3393  Legal line: 0300 466 6463 (For questions about legal issues, for example, discrimination or mental capacity)</p>

<b>OFF THE RECORD</b> <a href="https://www.talkofftherecord.org/">https://www.talkofftherecord.org/</a>	Charity providing confidential counselling, life coaching, support and activities for young people aged 14 -25.
<b>YOUNG MINDS</b> <a href="https://www.youngminds.org.uk/">https://www.youngminds.org.uk/</a>	<p>Provides young people with tools to look after their <b>mental health</b>. Their website offers advice and information on what to do if you're struggling with how you feel. They empower parents and adults who work with young people, to be the best support they can be to the young people in their lives and they give young people the space and confidence to get their voices heard.</p> <p><b>Information on:</b></p> <ul style="list-style-type: none"> <li>Abuse, ADHD, Anger, Anxiety, Autism and mental health</li> <li>Babies and infants under five, Bullying</li> <li>Challenging behaviour, Counselling and therapy</li> <li>Depression and low mood, Divorce, Domestic violence, Drugs and alcohol</li> <li>Eating problems, Exam time</li> <li>Gaming, Gender identity, Getting help for your child, Grief and loss</li> <li>Legal support</li> <li>Mental Capacity Act 2005</li> <li>Parental mental illness</li> <li>Racism and mental health</li> <li>School anxiety and refusal, Self-esteem, Self-harm, Social media Suicidal thoughts</li> <li>Transitions and times of change, Trauma.</li> </ul>
<b>ONLINE SAFETY</b>	
<b>CHILDNET</b> <a href="https://www.childnet.com/">https://www.childnet.com/</a>	<p>Offer information and guidance on a wide range of key online safety topics.</p> <p><a href="https://www.childnet.com/parents-and-carers/">https://www.childnet.com/parents-and-carers/</a></p> <div data-bbox="931 1185 994 1246">  </div> <p>Parents and carers resource sheet.pdf</p>

<b>SAFER INTERNET</b> <a href="http://www.saferinternet.org.uk">www.saferinternet.org.uk</a>	<p>A partnership of three leading organisations: Childnet International, Internet Watch Foundation and SWGfL, with one mission – to make the internet a great and safe place for children and young people.</p> <p>Information relating to online issues as well as guidance and resources.</p> <p><b>Check out the leaflet for foster carers:</b>  <a href="https://saferinternet.org.uk/guide-and-resource/foster-carers-and-adoptive-parents">https://saferinternet.org.uk/guide-and-resource/foster-carers-and-adoptive-parents</a></p>
<b>THINKUKNOW</b> <a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a>	<p><b>Thinkuknow is an education programme from the National Crime Agency's CEOP Command.</b></p> <p>Thinkuknow aims to ensure that everyone has access to this practical information – children, young people, their parents and carers and the professionals who work with them.</p> <p>Videos for all age groups on helping children to understand online safety.</p> <p>Excellent resource about keeping children safe online, offering topics such as:</p> <ul style="list-style-type: none"> <li>• Sex, relationships &amp; young people</li> <li>• Sexual abuse &amp; sexual exploitation</li> <li>• Young people online</li> <li>• Children in care &amp; adopted children</li> <li>• Children with additional needs</li> </ul>
<b>PARENT ZONE</b> <a href="https://www.pzlocal.org.uk/">https://www.pzlocal.org.uk/</a>	<p>Parent Zone is an organisation that sits at the heart of digital family life. They provide expert advice and support to improve outcomes for children and young people online.</p> <p>At Parent Zone Local, you can find resources and events to support your family around a range of online challenges and issues.</p> <p>These include:  Live online events, Guides to apps and online platforms, Video courses, Games and activities to do with your child and much more.</p>
<b>LGBTQ+ CHILDREN AND YOUNG PEOPLE</b>	
<b>THREE CIRCLES FOSTER CARE</b> <a href="https://www.threecirclesfostering.com/resources-1">https://www.threecirclesfostering.com/resources-1</a>	<p>Videos made by young people for LGBTQ and trans young people in care.</p>

<b>GENDERED INTELLIGENCE</b> <a href="https://genderedintelligence.co.uk/">https://genderedintelligence.co.uk/</a>	<p>A charity that exists to increase understandings of gender diversity and improve trans people's quality of life. Provides a non-judgmental service that supports all educational settings to develop and improve their trans inclusion and gender diversity good practices. A lot of information and resources on their website.</p> <p><a href="https://genderedintelligence.co.uk/trans-youth/resources.html">https://genderedintelligence.co.uk/trans-youth/resources.html</a></p>
<b>LGBTQ+ YOUTH IN CARE</b> <a href="https://www.lgbtyouthincare.com/">https://www.lgbtyouthincare.com/</a>	<p>A website dedicated to the acceptance and inclusion of all LGBTQ+ young people in care.</p> <div data-bbox="958 453 1021 512" data-label="Image"> </div> <p>LGBTQ+ Info for FC.pdf</p> <p><b>Link to resources:</b>  <a href="https://www.lgbtyouthincare.com/resources">https://www.lgbtyouthincare.com/resources</a></p>
<b>MERMAIDS</b> <a href="http://www.mermaidsuk.org.uk/">http://www.mermaidsuk.org.uk/</a>	<p>Mermaids supports transgender, non-binary and gender-diverse children and young people until their 20<sup>th</sup> birthday, as well as their families and professionals involved in their care. We also currently offer web chat support to students up to the age of 25.</p>
<b>THE PROUD TRUST</b> <a href="https://www.theproudtrust.org/">https://www.theproudtrust.org/</a>	<p>An LGBT+ organisation that supports LGBT+ young people through youth groups, peer support, mentoring programs and the Proud Connections chat service.</p>
<b>GENERAL INFORMATION ON A WIDE RANGE OF TOPICS RELATING TO CHILDREN</b>	
<b>CHILDLINE</b> <a href="http://www.childline.org.uk">www.childline.org.uk</a>	<p><b>Amazing Videos on a variety of topics done by children/young people</b>  Mental health, Bullying, Self-harm etc.</p> <p>Phone for support for young people – 0800 1111</p> <p><a href="https://www.youtube.com/user/childline/videos">https://www.youtube.com/user/childline/videos</a></p>

<b>CHILD MIND INSTITUTE</b> <a href="https://childmind.org/">https://childmind.org/</a>	<p>The Child Mind Institute is dedicated to transforming the lives of children and families struggling with <b>mental health and learning disorders</b> by giving them the help they need to thrive and operates three Mission Areas that work together for greater impact: Care, Education and Science.</p> <p><b>Information on topics such as:</b>  ADHD &amp; Attention, Anxiety, Autism, Behaviour Problems, Depression &amp; Mood Disorders, Learning Disorders, Screen Time &amp; Technology, Teens &amp; Young Adults...</p> <p><a href="https://childmind.org/resources/">https://childmind.org/resources/</a></p> <p><b>Downloadable guides:</b>  <a href="https://childmind.org/guides/">https://childmind.org/guides/</a></p>
<b>FAMILY LIVES</b> <a href="https://www.familylives.org.uk/">https://www.familylives.org.uk/</a>	Offering advice and information on a huge spectrum of topics, such as education, behaviour, sex and relationships, bullying, health and well-being, boundaries and discipline etc.
<b>NATIONAL AUTISTIC SOCIETY</b> <a href="https://www.autism.org.uk/">https://www.autism.org.uk/</a>	Providing support, guidance and advice on <b>autism</b> .
<b>NSPCC</b> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>	<p>Providing support and advice on how to keep children safe and what to do if you're worried about a child.</p> <p><b>Topics include:</b>  Away from home, keeping children safe online, children's mental health, sex and relationships, talking about drugs and alcohol etc.</p>
<b>SIMON SAYS</b> <a href="https://www.simonsays.org.uk/">https://www.simonsays.org.uk/</a>	<p>Offering information and advice on children experiencing <b>bereavement</b>. Has <b>free downloadable booklets</b> on how to support a child.</p> <p><a href="https://www.simonsays.org.uk/downloads-2018/">https://www.simonsays.org.uk/downloads-2018/</a></p>