

Training and Development Brochure

Continuous professional development for foster carers, family and friends foster carers, and special guardians

April 2023 - March 2024





A message from Nji Oranu, Head of Service, Regulated Services and Resources

Welcome to Tower Hamlets Council's Training and Development Brochure 2023 – 2024. I am delighted to let you know that I have been appointed as Head of Service. I look forward to working with you in the years ahead. I want to extend my thanks to our foster carers and special guardians for providing our children with wonderfully loving and supportive homes.

I am excited to introduce to you all '**Better Together**'. This is our new way of working and is based on Restorative Practice as well as drawing on some systemic and trauma-informed ideas. We have identified 6 Cs that we could all do – Connect, Be Curious, Build a community around the child, Co-produce any plans with those affected by them, Collaborate to bring about change and Check back to see whether what we are doing is making a difference. I urge all our carers to join these sessions to learn about this way of working and caring for children and young people together.

For our **special guardians**, you can now join foster carers in accessing a wide range of additional courses including therapeutic courses. Please refer to the special guardians section on page 14 to read about all the opportunities open to you.

For our **foster carers**, we have achieved so much already in our aim to be a Therapeutic Fostering Service offering a trauma-informed approach to caring for our children and young people. Well done to our 63 carers who have successfully completed our 6-week 'Foundations for attachment' parenting course. May I encourage our remaining carers to complete this valuable training as soon as possible. There are four courses available including an evening option so everyone should be able to join for one of these.

One of my top priorities this year is to ensure all our children and young people can benefit from a long-term home as quickly as possible. It is heart-breaking for everyone when placements break down. My challenge for all of us is to consider what more we can do to ensure that we are achieving high levels of placement stability. I would like all foster carers to join for our day of training and discussion about this on 25 November 2023.

We continue to provide flexible learning environments and great training opportunities so that you are empowered to meet your training needs and enhance your skills. via a mixture of online and in-person provisions. a reminder that foster carers must attend a minimum of 5 courses per year including e-Learning. You can discuss your needs with our training coordinator, Hilary Cheyne, and your supervising social worker as to which courses will benefit you most. Foster carers are also required to refresh their knowledge of the essential/mandatory courses every three years. Your completed training will form part of your Annual Review and you may be asked about it if you are attending panel.

We hope you enjoy the learning and development opportunities available and look forward to seeing you soon.

Best Wishes
Nji Oranu

Contents

Training information	6
Training for pre-approved foster carers and temporary family and friends foster carers	
Skills to Foster	8
Safeguarding	10
Reporting and Recording	11
Professionalism in foster care	12
Further learning opportunities	13
Training for special guardians only	14
List of available courses for special guardians	15
Self-care and resilience	16
Life story work	17
Contact for kinship carers	18
Coffee Mornings	19
Essential training for foster carers and family and friends foster carers only	
Training, Support and Development Standards (TSDS)	20
Paediatric first aid	22
Record keeping/reporting and recording	23
Safer care	24
Safeguarding and child protection	25
Child development	26
Understanding attachment and trauma	27
Working with the department	28
Raising aspirations in education	29
Managing allegations	30
Equality, diversity, and identity	31
Training delivered by the Therapeutic Fostering and Care Team for foster carers and special guardians	32
Foundations for attachment parenting group	33
Understanding attachment and trauma	34
Therapeutic parenting	35
Managing challenging behaviour	36
Young people and harmful sexual behaviour	37
Training courses for foster carers and special guardians	
Better Together, C Change	38
Moving forward with delegated authority	39
Understanding play for children	40
Babies withdrawing from addictions	41
Keeping children safe online	42
Gaming and gambling awareness	43

Living life with attention deficit hyperactivity disorder/ADHD	44
Autism	45
Healthy Families	46
Understanding teenagers	47
Preventing placement breakdown	48
Child sexual exploitation	49
Safer sleep for babies/SIDS	50
LGBTQIA+	51
Understanding black cultural awareness for BME children and young people	52
Nurture Academy hair braiding	53
Men in foster care	54
Parental substance misuse and substance misuse	55
Knife crime prevention	56
Life story work	57
Self-harm awareness	58
Radicalisation awareness	59
Self-care and resilience	60
Toxic trio/quad	61
Social media, sexting, and selfies	62
Missing from care	63
Managing conflict	64
Appropriate adult	65
Transitions and endings	66
Setting boundaries for toddlers	67
Promoting and supervising contact	68
Promoting positive mental health for children and young people	69
Emotional abuse, neglect, and the impact on children	70
Supporting children who are self-harming webinar	71

Training courses for nominated carers only

The role of the nominated carer	72
Safeguarding for nominated carers	73
Safer care for nominated carers	74

Online training for all carers 76

The Training Hub

Support groups 78

Other learning opportunities 80



Training information

- Read and review the learning outcomes to ensure the course is the most suitable one for you
- Create a Personal development plan with your Supervising social worker in terms of skills you need to develop and any learning gaps you wish to fill
- Think about which courses would most benefit you and the child or young person you care for. You can email your Social worker/Training coordinator for advice
- Book your course on-line by emailing hilary.cheyne@towerhamlets.gov.uk or fostering.training@towerhamlets.gov.uk Telephone: 07415 630281
- Make a note of the course and date in your Training and Development Calendar and set a reminder on your phone calendar
- Places are allocated on a first come first served basis. You will receive joining instructions via email
- We will do our best to find a space for you, but some courses book up quickly so in that case, you will be put on a waiting list and invited to attend in case of a cancellation
- If you can no longer attend a booked course, please email us as we can then offer the space to another carer who needs it

When joining an online course, if you are sharing a device,, both carers' names need to show accurately on the screen and carers need to ensure that they are added to the register for the training

Our learning environments are based on mutual trust and respect. Please, follow the guidance for training as appropriate, for example mobile phones switched to silent, and cameras and mute switched on for Zoom/Teams courses, as requested by the trainer. Give your honest views and opinions about the training on offer by evaluating your training and contact the Training coordinator should you have any concerns or additional requirements.

Joining courses

- Please arrive 15 minutes prior to the start of the course, this is for registration purposes to ensure that your Training record is updated once you complete. This also ensures that any technology such as Wifi, Zoom/Teams links are working well. For courses that start at 10 am, please arrive at 9:45 am to ensure you have been marked in on the register.
- There is a cut-off point in terms of arriving late, so if you join ten minutes or more after the start time, you risk not being admitted. This is to ensure that the Trainer and other Carers are not disrupted by late arrivals.
- Our courses are often fully booked so we sometimes ask that you confirm your space as if you cannot attend, we can offer it to someone who needs it.

Survey and Evaluation:

- This is an essential part of the training process for us all, it allows you to evidence what you have learned as well as giving us your views and opinions of the course and trainer
- For the survey and evaluation to really count, we ask that you are constructive and honest feedback of the learning
- We will make the survey and evaluation as easy as possible for you, so please ensure that you complete your course by doing this essential stage in the process

Carer Identification:

- For our in-person courses, please make sure you have your Carer ID badge to enter any Council building or alternatively show your email course confirmation
- For the Zoom/Teams courses, please make sure that anyone attending has their name shown correctly for the Trainer – this is so that the course is credited to your Training Record and for couples, it is essential that both names are visible

Training for pre-approved foster carers and temporary family and friends foster carers

Skills to foster

For: pre-approved/temporary approved foster carers

To give prospective foster carers and family and friend foster carers an understanding of what their role involves and what to expect. There are six sessions which run over three days and aim to prepare you for all the different stages of your fostering journey.

Session 1: What foster carers do

- To consider what foster carers do
- To explain why children come into foster care
- To explore how children's development may be affected by their previous experiences

Session 2: Identity and life chances

- To understand the concept of identity
- To understand the foster carer's role in helping children develop a positive sense of identity

Session 3: Working together

- To consider how foster carers work as part of the team around the child
- To outline the legal and planning framework
- To consider contact for children in foster care
- To introduce the concept of confidentiality

Session 4: Understanding and caring for children and young people

- To provide a basic understanding of child development and attachment, and how these can be affected by past experiences
- To help participants understand and deal with challenging behaviour
- To help participants understand how they can provide a secure base to build resilience and self-esteem

Session 5: Safer caring

- To discuss the nature and consequences of child abuse and how foster carers can begin to respond to the needs of children who have been abused
- To review what changes will be necessary in family life to take account of the demands of being a foster carer

Session 6: Transitions

- To consider the impact of some common transitions on fostered children
- To explore how foster carers can help children and young people to cope with transitions.
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Trainer/agency: Assessing social worker - Fostering Recruitment and Assessment Team

To enrol and request dates, please email fostering.fps@towerhamlets.gov.uk

Safeguarding for pre-approved foster carers and temporary family and friends foster carers

For: pre-approved/temporary approved foster carers

Safeguarding and promoting the welfare of children is everyone's responsibility. In taking a child centred and coordinated approach to safeguarding, everyone should consider what is in the best interests of the child. This training course will ensure carers have up-to-date knowledge and skills to inform safeguarding and child protection practice. The course covers processes and procedures relevant to safeguarding and child protection in relation to the legislative framework which underpins it. This is one of the mandatory courses for foster carers.

Learning aims and objectives

- To gain a clear understanding of what child abuse and neglect is as outlined in the updated version of 'Working Together to Safeguard Children' (2018)
- To identify the possible signs and indicators of child abuse and neglect
- To explore how to respond to a 'disclosure' by a child
- To identify the possible signs and indicators of bullying, including cyber-bullying, and considered strategies for dealing effectively with these
- To develop internet safety guidelines for children and young people in the home
- To become familiar with anti-bullying and online safety websites and apps in their safeguarding role
- To consider how best to safeguard children and young people when they are using social media

Agency/trainer: The Training Hub (e-learning)

Reporting and recording for pre-approved foster carers and temporary family and friends foster carers

For: pre-approved/temporary approved foster carers

This course is a comprehensive guide to reporting and recording. The course explains why recording is so essential for the well-being and future of children and young people and who is responsible for the different aspects of recording and reporting. There is also guidance on ensuring reports are confidential and private.

Learning aims and objectives

- To know the who and why of good recording
- To be aware of the National Minimum Standards
- To hone your report writing skills
- To understand reflective practice and analytical skills
- To understand the importance of confidentiality and data protection
- To understand the importance of safeguarding when recording

Agency/Trainer: The Training Hub (e-learning)

Professionalism in fostering (assessment and temporarily approved)

For: approved foster carers, family and friends' carers

This course considers the role of carers in providing loving and supportive homes for children and young people, as well as the continued professional development needed to ensure the highest possible standards of care.

Learning aims and objectives

- To understand the role of carer and professional boundaries
- To be aware of the support available
- To develop an emotional professional tool-kit
- To understand continued professional development

Date(s) Thursday 21 September 2023

Times 10 am – 1 pm

Agency/trainer Eammon Walsh, The Youth Worker Ltd

Further learning opportunities for pre-approved and temporary foster carers

To further support those in the fostering assessment process including pre-approved, temporarily approved and Regulation 24 foster carers, therapeutic short courses to sit alongside Skills to Foster training is available.

These sessions are introductory only. Carers who go on to gain approval for fostering will need to complete the full course to achieve the certificate.

Therapeutic

Understanding attachment	Monday 26 June 2023	11 am – 12 pm
Trauma	Tuesday 19 Sept 2023	2 pm – 3 pm
Therapeutic parenting	Tuesday 7 November 2023	11 am – 12 pm
Young people and challenging behaviour	Tuesday 5 Dec 2023	11 am – 12 pm
Harmful sexual behaviour	Tuesday 6 February 2024	11 am – 12 pm

Raising aspirations in education

Introduction to the Tower Hamlets Virtual School	Wednesday 19 July 2023	10 am – 11 am
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Training for special guardians

We would like to extend our thanks to all our special guardians for providing our children with wonderfully loving and supportive homes. We want our children and young people to achieve great things. With you, we aim to support our children in reaching their full personal potential so that they can lead happy and fulfilling lives. With this in mind, we have invested in courses that will continue to stretch, challenge, and develop carers' skills in a wide range of areas to help children thrive whilst they move forward into adulthood.

We encourage you to access our training and development offer. Attending training can really help support you in your role. Training can help you understand some of the key issues our children have experienced and how best you can support them.

We continuously strive to improve our training offer and we have some great courses this year. You will find a range of new and innovative opportunities available virtually and face to face. There will also be summer and winter parties, and we will be sending promotional material out to you. As always, we encourage all of you to let us know of any other ideas on what training we could provide to best support you.

Finally, we wish you all a successful year of caring. There will be challenges as always but we are confident that, together, we can succeed in supporting our fantastic children.

Silvius Brasville and **Casey Guilbeau**

Team Managers Permanency Assessment and Support,

Available courses

Special guardians can access a wide range of courses. In addition to the courses set out in the 'development' section of this brochure, the following two courses are only available to special guardians. A full list of all courses available to guardians can be found below.

Better Together C Change	Thursday 18 May 2023 Wednesday 24 January 2024	10 am – 12.30 pm
Toxic trio and Toxic quad – the impact on children	Tuesday 25 April 2023	10 am – 1 pm
Understanding play for children	Wednesday 26 April 2023	10 am – 2 pm
Babies withdrawing from addictions	Thursday 11 May 2023	10 am – 2 pm
Parental substance misuse and substance misuse	Tuesday 23 May 2023 and Thursday 11 January 2024	10 am – 1 pm
Knife crime prevention	Thursday 7 June 2023	10 am – 2 pm
Autism	Saturday 17 June 2023	10 am – 1 pm
Living life with attention deficit hyperactivity disorder	Wednesday 5 July 2023	10 am – 1 pm
Young people and harmful sexual behaviour	Thursday 6 July 2023 Thursday 7 March 2024	9.45 am – 12.45 pm
Understanding attachment	Thursday 13 July 2023 Thursday 18 January 2024	9.45 am – 12.45 pm
Contact for Kinship carers	Wednesday 13 September 2023	10 am – 2 pm
Self-care and resilience	Tuesday 26 September 2023 Monday 11 December 2023 Wednesday 20 March 2024	10 am – 1 pm
Emotional abuse and neglect	Wednesday 4 October 2023	10 – 1 pm
Therapeutic parenting	Thursday 5 October 2023 Thursday 25 January 2024	9.45 am – 12.45 pm
Black cultural awareness	Saturday 7 October 2023 Thursday 29 February 2024	10 am – 2 pm
Radicalisation awareness	28 February 2024	10 – 1 pm
Understanding teenagers	Wednesday 8 November 2023	10 am – 2 pm
LGBTQIA+	Thursday 12 October 2023	10 am – 2 pm
Managing challenging behaviour	Thursday 19 October 2023 Thursday 1 February 2024	9.45 am – 12.45 pm
Safer sleep for babies/SIDS	Thursday 16 November 2023	10 am – 1 pm
Healthy Families	Monday 27 and Tuesday 28 November 2023 from	10 am – 2 pm
Managing conflict	Wednesday 6 December 2023	10 am – 1 pm
Social media, sexting, and selfies	Tuesday 30 January 2024	10 am – 2 pm
Setting boundaries for toddlers	Wednesday 7 February 2024	10 am – 2 pm
Life story work	Thursday 14 March 2024	10 am – 1 pm
Promoting positive mental health	Tuesday 29 November 2023	10 – 2 pm

Self-care and resilience

For: special guardians

This course provides an opportunity for participants to identify sources of stress and how these can best be managed. The course will give participants an understanding of stress and its effects. It will also cover the physical and psychological impact for us of stress.

Learning aims and objectives

- To identify the signs and indicators of stress
- To develop a clear understanding of what happens physically and psychologically to us when stressed
- To identify the specific nutrients the body needs and uses when responding to stress
- To understand mindfulness and its value in managing stress
- To gain a clear understanding of the strategies to manage stress

Date(s) Tuesday 26 September 2023

Times 10 am – 1 pm

Agency/Trainer: Lucinda Ansah, Tower Hamlets Permanency and Support Team

Life story work

For: special guardians and family and friends foster carers

This course is an introduction to life story work. Children separated from their birth families are often denied information about their past. Providing such information in a child focused and sensitive way can help them understand how events and relationships in their past have helped to shape their lives. Life story work can help children to access and incorporate such information. In using a range of skills and tools, life story work can support children to move towards a healthy and stable future.

Learning aims and objectives

- To explore the meaning of life story work
- To gain skills to effectively communicate with children using a variety of methods
- To learn about different ways life story material can be assembled
- To consider Tower Hamlets procedures and support with relation to undertaking life story work

Date(s) Thursday 14 March 2024

Times 10 am – 1 pm

Agency/Trainer: Sandra Garner, Life Story Worker

Contact for kinship carers

For: special guardians and family and friends' carers

This course is a comprehensive guide to understanding kinship care as a responsibility taken on by a family member, such as a grandparent, aunt, uncle, sibling, or other connected adults to the child such as godparents, or close friends of the family. The course explains what these placements are and why they are such an important alternative to a child or young person going into foster care. The impact and implications on families, the carer and the child are also explored including the complexities of managing contact with the birth parents.

Learning aims and objectives

- To know the legal requirements and use of kinship care
- To be aware of the impact and implications of kinship care on children and carers
- To understand the role of social workers

Date(s) Wednesday 13 September 2023 10 am – 2 pm

Times 10 am – 2 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Special guardians coffee mornings

Coffee mornings provide Special guardians with an opportunity to connect with others who may be going through similar experiences. These will be held bi-monthly with a mixture of virtual on Teams, as well as some being held face to face for which promotional material will be sent to Special guardians with venue details included.

Tuesday 23 May 2023	10 am – 12 pm
Tuesday 25 July 2023 Therapeutic	10 am – 12 pm
Tuesday 26 September	10 am – 12 pm
Tuesday 21 November 2023	10 am – 12 pm
Tuesday 30 January 2024 Therapeutic	10 am – 12 pm
Tuesday 26 March 2024	10 am – 12 pm

For further information, email: eric.obeng@towerhamlets.gov.uk

Essential/mandatory training for foster carers and family and friends foster carers

Training, Support and Development Standards (TSDS)

For: All newly approved foster carers are required to complete the Training, Support and Development Standards below within 12 months (18 months for family and friends foster carers).

The TSDs workshops and courses in this section are essential/mandatory for all newly approved foster carers. Attendance for as many workshops as needed is mandatory to produce a portfolio of evidence to show how you meet the seven standards to care for children and young people. Social workers and the Training Coordinator will not sign off the Portfolio unless it has been regularly checked at the workshops and your continuation of approval is dependent on completion.

Carers will complete a typed portfolio of evidence which gives practical examples of their knowledge, skill and learning achievements to show a clear understanding of the role and responsibilities of a carer for looked after children. The portfolio is submitted to the Training and development team to be signed off within a month of receipt at which point a request will be made to adjust your payment to reflect Tier 1 completion in our Fostering career pathway.

Foster carers must evidence all the standards under each of the following seven headings:

1. Understand the principles and values essential for fostering children and young people
2. Understand your role as a foster carer
3. Understand health and safety, and health care
4. Know how to communicate effectively
5. Understand the development of the children and young people
6. Keep children and young people safe from harm
7. Develop yourself

There are ten essential/mandatory courses which are designed to assist you in completing the standards and attending these is one way of providing evidence for your portfolio.

The benefits of attending these workshops are:

- Carers receive advice and guidance from Fostering team social workers in order to produce a high-quality Portfolio which achieves the Standards
- Carers can bring their portfolio monthly to check if they are on the right track and gain feedback so that work is manageable, and deadlines are met
- Carers have an ideal opportunity to get peer support by sharing any issues and challenges in a supportive environment with others who are also working to achieve the standards

The monthly workshop is designed in partnership with our training provision to assist carers to complete their TSDS. The standards also assist supervising social workers to assess the skills, knowledge and experience of foster carers and identify any training and development needs. Please ensure you are on the mailing list with the Fostering team to receive reminders.

These sessions are drop in – there is no need to book (flexible format, so held as Teams meeting or in-person) .

Date	Time
Tuesday, 19 April 2023	5.30 pm – 7.30 pm
Tuesday, 16 May 2023	10 am -12 pm
Tuesday, 20 June 2023	5.30 pm – 7.30 pm
Tuesday, 18 July 2023	10 am -12 pm

No workshops over the summer break

Tuesday, 19 September 2023	10 am - 12 pm
Tuesday, 17 October 2023	5.30 pm – 7.30 pm
Tuesday, 21 November 2023	10 am -12 pm
Tuesday, 19 December 2023	5.30 pm – 7.30 pm
Tuesday, 16 January 2024	10 am - 12 pm
Tuesday, 20 February 2024	5.30 pm – 7.30 pm
Tuesday, 19 March 2024	10 am – 12 pm

Trainer/agency Supervising social workers/Fostering team

Paediatric first aid

For: approved foster carers, family and friends' carers (1 of 10 essential/mandatory courses)

This course will equip participants with the skills to deal with emergency situations and to administer basic first aid, particularly focusing on children and young people. It is essential to update your qualification every three years. This course involves being assessed in the practical use of first aid and everyone will be taking a multiple-choice test at the end of the course.

Learning aims and objectives

- How to resuscitate
- Dealing with an unconscious patient or airway obstruction
- The treatment of bleeding and shock
- How to attend to asthma, diabetes, epilepsy, and sickle cell patients in an emergency
- How to respond to emergency situations involving head injuries, fractures, wounds and burns, allergic reactions, and poisoning

Date(s) Saturday 16 September 2023
Tuesday 27 March 2024

Times 10 am – 2 pm

Agency/trainer Specialist from The Big Initiative

Record keeping and standards

For: approved foster carers, family and friends' carers (2 of 10 essential/mandatory courses)

This course is designed to enable carers to gain a clear understanding about the expectations and requirements of them in terms of recording and documentation. Course content includes the importance of effective recording and management of administration in line with National Minimum Standards and legislative requirements. Participants will examine the difficulties they face in effective recording and can develop skills and knowledge to improve their practice.

Learning aims and objectives

- To understand record keeping and the expectations of professional recording and documentation and secure storage of information
- To discuss what may be difficult about recording
- To explore the legal framework that underpins recording including The Children Act 1989, National Minimum Standards and the Data Protection Legislation
- To consider key principles of keeping records on a computer
- To consider the importance of record keeping supporting work with children and young people
- To distinguish fact from opinion
- To consider what records and documents foster carers should receive from placing social workers
- To gain an understanding of the purpose and use of key documents for children in care, including matters relating to confidentiality and who has access to records
- To consider what records foster carers should keep and the expected standards of record keeping using case studies and examples

Date(s) Thursday 22 June 2023
Thursday 22 February 2024

Times 10 am – 2 pm

Agency/trainer The Big Initiative

Safer care

For: approved foster carers, family and friends carers (3 of 10 essential/mandatory courses)

This course is designed to ensure participants consider safe practice in the homes and externally; and to develop strategies to keep children, young people, and family members safe. It will enable participants to increase their understanding, review current practice and consider strategies to manage the risks inherent in foster care; taking into consideration the new approach to managing risk that encourages a risk sensible rather than a risk-averse attitude.

Learning aims and objectives

- To develop a good understanding of the link between safer caring and minimising the risk of allegations occurring
- To reflect on and evaluate their own safer caring planning and practice
- To gain an understanding of some of the behaviours, actions and conduct that could lead to an investigation
- To develop practical ways of maintaining effective boundaries therefore minimising the risk of allegations being made

Date(s) Monday 30 October 2023
Wednesday 6 March 2024

Times 10 am – 2 pm

Agency/trainer Jonathan Epps, Curve Solutions

Safeguarding and child protection

For: approved foster carers, family and friends carers (4 of 10 essential/mandatory courses)

Safeguarding and promoting the welfare of children is everyone's responsibility. In taking a child centred and coordinated approach to

safeguarding, everyone should consider what is in the best interests of the child. This training course will ensure carers have up-to-date knowledge and skills to inform safeguarding and child protection practice. The course covers processes and procedures relevant to safeguarding and child protection in relation to the legislative framework which underpins it. Learning aims and objectives

- To gain a clear understanding of what child abuse and neglect is as outlined in the updated version of 'Working Together to Safeguard Children' (2018)
- To identify the possible signs and indicators of child abuse and neglect
- To explore how to respond to a 'disclosure' by a child
- To identify the possible signs and indicators of bullying, including cyber-bullying, and considered strategies for dealing effectively with these
- To develop internet safety guidelines for children and young people in the home
- To know anti-bullying and online safety websites and apps in order to safeguard

Date(s)

Wednesday 20 September 2023

Monday 8 January 2024

Times

10am - 1pm

6pm - 9pm

Agency/trainer

Tim Bower and Lesley Bower, LA Training

Child development

For: approved foster carers, family and friends' carers (5 out of 10 essential/mandatory courses)

This course enables foster carers to explore and learn about the development of children from birth, the early years of childhood and up to pre-teenage years; through the key theories and what children need to reach their milestones.

Learning aims and objectives

- How development impacts on children's emotions, understanding and behaviour
- To explore the various stages of development from birth to 11years.
- To explore the strategies, you can use with children to help understand their needs and emotions
- To explore factors that affect the development of children such as trauma, attachment styles, physical, sexual, emotional abuse, and neglect
- To explore recent developments in neuroscience and child development

Date(s) Monday 3 July 2023
Wednesday 17 January 2024

Times 10 am – 1 pm

Agency/trainer Tim and Lesley Bower, LA Training

Understanding attachment and trauma

For: approved foster carers, family and friends foster carers (6 out of 10 essential/mandatory courses)

This course will cover attachment theory and how important attachments are for later functioning and mental health. It will also explore the impact of early childhood trauma (abuse and neglect) on development and behaviour. We will end with an introduction to therapeutic parenting and with thinking about ways to manage sometimes challenging behaviour that children present with. This course is one of the mandatory courses for foster carers. Carers who have not done this course for the past three years need to revisit it.

Learning aims and objectives

- Gain an understanding of attachment theory
- Develop an understanding of the different types of attachment styles and how this impact on behaviour, relationships, and mental health
- Gain an understanding of early childhood trauma and how this impacts on child development
- Explore and understand therapeutic parenting and how to care for children who have experienced trauma and disrupted attachments

Date(s) Saturday 13 July 2023
Thursday 18 January 2024

Times 9.45 am – 12.45 pm

Agency/trainer Clinical psychologists from Therapeutic Fostering and Care Team

Working with the department

For: approved foster carers, family and friends foster carers (7 out of 10 essential/mandatory courses)

This course will be delivered in partnership with a specialist trainer and the Fostering department, as it leads on from initial preparation training and supports carers post approval to gain knowledge and understanding of how the Fostering department works. The course content includes the role of the supervising social worker and statutory visits to carers as well as the legislation relevant to fostering. This is an essential course for carers who are new to fostering as well as longer term carers who should refresh the training after a three-year period in order to have an in-date certificate.

Learning aims and objectives

- To consider the role of the Children's Placement team and how it works with other Fostering and children's teams
- Understand the documentation – forms and paperwork used
- To know how Tower Hamlets supports carers and what is expected from carers in return
- To know the process for allegations and the legislation
- To consider carers' responsibilities in terms of delegated authority, training and development and being proactive in the role to effectively work in partnership with the department

Date(s)

Wednesday 21 June 2023

Monday 25 March 2024

Times

6pm - 9 pm

10 am – 1 pm

Agency/trainer

Tim and Lesley Bower, LA Training and supervising social workers, fostering team

Raising aspirations in primary, secondary and further education

For: approved foster carers and family and friends' foster carers (8 out of 10 essential/mandatory courses)

EYFS refers to the Early Years Foundation Stage curriculum for pupils aged 0-5. The Virtual School work with carers to ensure smooth transitions for pupils moving into reception class and advise on activities to support learning at home. The workshops are targeted to help carers better understand the educational system and the support needs of looked after children. They focus on a child's school life from primary through to post 16 further education. Get top tips on what carers should take responsibility for and what support can be expected from the school and from the Virtual school team. Carers are welcome to book the age range that best suits the children and young people in their care so when caring for children at each stage of their educational journey, carers are encouraged to book for all. Carers can communicate and work directly with the Virtual school team to support looked after children to have high aspirations in education.

Learning aims and objectives:

- To know the procedure for admissions to schools and colleges to ensure a smooth transition for the young person
- To know the exclusions process and where you can get support
- To know the procedures for children and young people with special educational needs (SEN)
- To know about the Personal Education Planning Process (PEP)
- To understand changes to exams, assessment, curriculum and learning that have recently been introduced to all schools and how they will affect the young person in your care
- To consider the applications process for Further education

Date(s)

Wednesday 12 July 2023 (EYFS)

Wednesday 17 May 2023 (Primary Years)

Wednesday 15 November 2023 (Secondary Years)

Thursday 21 March 2023 (Post 16/Further Education)

Times

11 am -12 pm

10 am – 12 pm

10 am – 12 pm

10 am – 12 pm

Agency/trainer

Teachers from the Tower Hamlets Virtual School team

Managing allegations

For: approved foster carers, family and friends foster carers (9 out of 10 essential/mandatory courses)

This course is particularly helpful for those who are new to fostering or any carer who wishes to refresh knowledge and good practice in this area. Either this course or the role of the Local Authority Designated Officer can be used towards completion of the essential/mandatory courses. Complaints and allegations can come directly from a child or parent, be made by a partner, family member, or member of staff. Other information can come from police, the local authority, or the general public. Allegations and complaints can be a very emotive area for carers which bring up difficult experiences for some people so this course will boost carers understanding of the steps and actions that are taken to manage these.

Learning aims and objectives

- To understand types of allegations and complaints and how they can be resolved
- To gain understanding of some of the behaviours, actions and conduct that could lead to an allegation and subsequent investigation
- To develop practical ways of improving safer care and minimising risk

Date(s)	Saturday 13 May 2023
Times	10 am – 2 pm
Agency/trainer	Eamonn Walsh, The Youth Worker Ltd

Equality, diversity, and identity

For: approved foster carers, family and friends' foster carers (10 out of 10 essential/mandatory courses)

This course will explore the importance and effect of equality, diversity and identity for children and young people in foster care or have been adopted. It will also cover the effects of discrimination, prejudice, and stereotyping, taking into consideration the legal framework and relevant legislation. This course is one of the mandatory courses for foster carers.

Learning aims and objectives

- To explore the definitions such as equality, diversity, discrimination, equity, prejudice, stereotyping and victimisation
- To review the legislation and legal framework surrounding equality and diversity for looked after children and those being adopted
- To identify why it is important to provide care which provides equality of opportunity embracing each child's gender, sexuality, disability, ethnic origin, religious, cultural, and linguistic background
- To consider the reasons why some people might discriminate
- To explore ways to promote and celebrate children and young people's identity
- To review scenario's relating to discrimination and inequality and how to address these situations

Date(s)

Monday 16 October 2023

Wednesday 21 February 2024

Times

10 am – 1pm

6 pm – 9 pm

Agency/trainer

Tim and Lesley Bower, LA Training

Training delivered by the Therapeutic Fostering and Care Team (TFACT)

The Therapeutic Fostering and Care Team (TFACT) is a clinical psychology led service dedicated to working with Tower Hamlets foster carers, special guardians and social workers to ensure that they receive a high level of therapeutic support in order to improve the well-being of looked after children and children under special guardianship orders.

The service offers advice, guidance, and training to assessing and supervising social workers, foster carers and special guardians, and in more complex cases, therapeutic support to carers and their families.

TFACT bridges health and social care. It has strong links with the Tower Hamlets CAMHS in social care team (CISC) and sits within the Tower Hamlets Fostering teams. It also has links with the Fostering, Recruitment, Assessment and Training Team (FRAT) and the Permanency Assessment and Support Team (PAST).

Read on to discover the exciting array of courses this service provides.

Foundations for attachment parenting group

For: approved foster carers and family and friends foster carers with Tier 1, TSDs certification

An essential/mandatory 6-week parenting group based on DDP (Dyadic Developmental Psychotherapy), attachment theory, and an understanding of the impact of trauma on children's development and relationships. This group helps foster carers to nurture attachments with their child, to improve trust in relationships, increase skills and confidence in foster carers and to promote understanding of the importance of the relationship between them and the child. The group will include a mixture of presentations, group activities, small and large group discussions. This course is part of the progression route to Tier 2 with an enhanced payment in the Tower Hamlets Fostering career pathway. All dates must be attended to achieve your certificate, carers must attend a minimum of 5 sessions, or we will not be able to issue the certificate for this.

All dates must be attended in order to achieve your certificate

Group dates	Time(s)
GROUP 1 – online course Thursday, 27 April, 4, 11, 18, 25 May, 8 June 2023	9.45 am – 12.45 pm
GROUP 2 – in-person course Tuesday, 19, 26 Sept and 3, 10, 17, 31 Oct 2023	9.45 am – 12.45 pm
GROUP 3 – online course Thursday, 9, 16, 23, 30 Nov and 7, 14 Dec 2023	9.45 am – 12.45 pm
GROUP 4 – evening course online Thursday, 20, 27 Feb and 5, 12, 19, 26 March 2024	5.30 pm – 8.30 pm
Agency/Trainer:	Clinical psychologists, Therapeutic Fostering and Care Team

Understanding attachment and trauma

For: approved foster carers, family and friends foster carers and special guardians

This course will cover attachment theory and how important attachments are for later functioning and mental health. It will also explore the impact of early childhood trauma (abuse and neglect) on development and behaviour. We will end with an introduction to therapeutic parenting and with thinking about ways to manage sometimes challenging behaviour that children present with. This course is one of the mandatory courses for foster carers. Foster carers need to revisit this course after a three-year period to hold an in-date certificate for it.

Learning aims and objectives

- To gain an understanding of attachment theory
- To develop an understanding of the different types of attachment styles and how these impact on behaviour, relationships, and mental health
- To gain an understanding of early childhood trauma and how it impacts on child development
- To start to explore and understand therapeutic parenting and how to care for children who have experienced trauma and disrupted attachments

Date(s) Thursday 13 July 2023
Thursday 18 January 2024

Times 9.45 am – 12.45 pm

Agency/Trainer: Clinical psychologists,
Therapeutic Fostering and Care Team

Therapeutic parenting

For: approved foster carers, family and friends foster carers and special guardians

This course follows on from the earlier course on 'Understanding Attachment and Trauma' and will aim to explore therapeutic parenting and positive behaviour strategies in more detail. We will discuss some of the behaviours that children who have experienced early childhood trauma may present with. We will explore therapeutic parenting based on the DDP (Dyadic Developmental Psychotherapy) model of PACE (Playfulness, Acceptance, Curiosity and Empathy). We will also cover the DDP model of 'Connection with Correction' which will involve looking at positive behaviour strategies for managing challenging behaviour. We will end with thinking about self-care for carers and how to ensure you are paying attention to your own needs.

Learning aims and objectives

- To understand some of the behaviours that children who have experienced early childhood trauma might present with
- To understand therapeutic parenting and the PACE model, including parenting with Connection then Correction
- To gain an understanding of positive behaviour strategies and effective communication with children
- To consider self-care and to think about ways of ensuring time and space is left for this

Date(s) Thursday, 5 October 2023
Thursday, 25 January 2024

Times 9.45 am – 12.45 pm

Agency/Trainer: Clinical psychologists,
Therapeutic Fostering and Care Team

Managing challenging behaviour using therapeutic strategies

For: approved foster carers, family and friends foster carers and special guardians

This course follows on from earlier courses on Understanding attachment and development trauma and Therapeutic parenting and positive behaviour strategies. The course will explore how to apply a therapeutic parenting approach and positive behaviour strategies in the moments when behaviour is challenging to manage. We explore the link between developmental trauma and challenging behaviour. We will introduce regulation-based parenting and will think about how to adapt responses to challenging behaviour depending on how significantly distressed or dysregulated the child is. We will be thinking about self-care for carers throughout the training.

Learning aims and objectives

- To explore the link between developmental trauma and challenging behaviour
- To gain an understanding of the principles of regulation-based parenting and strategies for when children present with behaviour that is difficult to manage
- To consider the impact of self-care and to establish strategies for this

Date(s) Thursday, 19 October 2023
Thursday, 1 February 2024

Times 9.45 am – 12.45 pm

Agency/Trainer: Clinical psychologists,
Therapeutic Fostering and Care Team

Young people and harmful sexual behaviour (HSB)

For: approved foster carers, family and friends foster carers and special guardians

Between one fifth and one third of all child sexual abuse in the UK involves other children and adolescents as perpetrators. Most children with HSB have themselves experienced trauma, including abuse or neglect. This course will cover what is normal and non-normative sexual behaviour. It will define what is harmful sexual behaviour and explore the reasons why children might engage in this behaviour. It will end in thinking about how you as carers can help children who are displaying harmful sexual behaviour and to signpost you to where you can go for further help.

Learning aims and objectives

- To explore what is non-normative sexual behaviour and development
- To think about how you can manage Harmful sexual behaviour as carers
- To explore the personal impact of working with children and young people with sexualised behaviours
- To think about where you can get more help if you are concerned

Date(s) Thursday, 6 July 2023
Thursday, 7 March 2024

Times 9.45 am – 12.45 pm

Agency/Trainer: Clinical psychologists,
Therapeutic Fostering and Care Team

Development training for foster carers, family and friends foster carers and special guardians

Better Together

For: approved foster carers, family and friends foster carers, special guardians

For quite a long time we have known that we wanted to put relationships at the heart of what we do, so in summer 2022 we launched the 'Better Together' framework that sets out how we want to work with children, young people, carers, and each other. This is based on Restorative Practice as well as drawing on some systemic and trauma-informed ideas. As part of this, we have identified 6 Cs that we should all do our C-Change approach): Connect, Be Curious, Build a Community around the child, Co-produce any plans with those who are most affected by them, Collaborate to bring about change and Check back to see whether what we are doing is making a difference.

Learning aims and objectives

- Understand the background to the Better Together framework
- Understand what each of the "6 Cs" are
- Be aware of how those working in the Supporting Families Division (social workers, supervising social workers, Independent Reviewing Officers, edge of care practitioners etc) should be working with you and those you are caring for
- Have thought about how you are already putting these ideas into practice in your role as a carer and have some ideas about where you could strengthen this further

Date(s) Thursday 18 May 2023
Wednesday 24 January 2024

Times 10 am – 12.30 pm
Agency/Trainer: Marie Larvin, TH Better Together

Moving forward with delegated authority

For: approved foster carers, family and friends foster carers and special guardians

This course gives participants a comprehensive overview of the legislative context of delegated authority and allows them to explore this from different perspectives. The training also gives an overview of delegated authority practice issues.

Learning aims and objectives

- To increase your understanding of delegated authority and the legislative context
- To consider the issues around the sharing and balancing of responsibilities when delegating authority
- To consider the implications for care planning and practice in your service
- To explore the practical implementation in everyday life

Date(s) Thursday 25 May 2023

Times 10 am – 2 pm

Agency/Trainer: The Big Initiative

Understanding play for children

For: approved foster carers, family and friends foster carers and special guardians

Play is essential for children. By exploring, tasting, and manipulating, children process new information and construct their own sense of order. In this course, learners will find out more about play therapy, the theories behind it, and how to facilitate play.

Learning aims and objectives

- To understand the meaning of play
- To know the various types of play
- To be aware of why play time has declined
- To know how we can support children's play

Date(s) Wednesday 26 April 2023

Times 10 am – 2pm

Agency/Trainer: The Big Initiative

Babies withdrawing from addictions

For: approved foster carers, family and friends foster carers and special guardians

This course explores the issues that arise when a mother consumes alcohol or drugs whilst pregnant. The course explains how and why babies are affected in the womb and the problems that are likely to develop for the child when it is born.

Learning aims and objectives

- To understand how babies are affected in the womb
- To understand the effects on the nervous system
- To know what this means for those caring for a drug or alcohol addicted baby
- To know how to support these babies
- To be aware of the support for carers

Date(s) Thursday 11 May 2023

Times 10 am – 2 pm

Agency/Trainer: The Big Initiative

Keeping children safe online

For: approved foster carers, family and friends foster carers and special guardians

This course introduces carers to a child's online world and raising awareness of how children can become vulnerable to bullying, explicit and extremist activity online.

Learning aims and objectives

- Find out how to talk to children and young people about being online
- Gain tips for safe use of social media and the internet and how to use parental controls
- Learn about sources of information and support for children and carers

Date(s) Monday 19 June 2023

Times 10 am – 12 pm

Agency/Trainer: The Parental Engagement Team, Tower Hamlets Parent and Family Support Service

Gaming and gambling awareness

For: approved foster carers, family and friends foster carers and special guardians

This course introduces carers to why children and young people might game and/or gamble and the blurred lines between the two. It will raise carers awareness of signs which could help prevent harm and provide early intervention for children and young people in this area.

Learning aims and objectives

- Why children and young people might game and/or gamble
- The additional vulnerabilities children in care might face
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Where carers can seek help and support

Date(s) Thursday 23 November 2023

Times 10 am – 1 pm

Agency/Trainer: YGAM

Living life with attention deficit hyperactivity disorder (ADHD)

For: approved foster carers, family and friends foster carers

Through exploring what ADHD is and its impact upon a child's emotional well-being, carers will increase their capacity to promote a positive identity, recognise positive behaviour and develop positive relationships.

Learning aims and objectives

- To gain an understanding of ADHD
- To increase awareness of the challenges associated with ADHD
- To effectively understand the child's perspective
- To gain a better understanding of triggers and behaviours

Date(s) Wednesday 5 July 2023

Times 10 am – 1pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Autism

For: approved foster carers, family and friends' foster carers and special guardians

It is important that society understands Autism Spectrum Disorder is a lifelong developmental disability which can impact on how a young person perceives the world and how to interact effectively with others. All young people on the autism spectrum can learn, develop and with the right sort of support, they can be helped to live a more fulfilling life.

- To increase awareness of the challenges associated with ASD
- To look at ways of using praise and positive strategies to improve relationships and behaviour
- To effectively support and understand the perspective of young people and gain a better understanding of triggers and behaviours
- To understand the positive strategies to support communication and emotional well-being

Date(s) Saturday 17 June 2023

Times 10 am – 1 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Healthy Families (2-part course)

For: approved foster carers, family and friends foster carers and special guardians

This course offers a non-judgemental, practical approach which supports families to make small changes with a positive impact on family health. These are delivered in informal, practical, and accessible to all formats.

Learning aims and objectives

- To look at lifestyle to identify strengths and areas of change with a whole family approach
- To learn about healthy eating and hidden sugars
- To explore ways to encourage the family to become more active and find out more about cooking on a budget

Date(s) Monday 27 November 2023 and
Tuesday 28 November 2023

Times 10 am – 2 pm

Agency/Trainer: The Parental Engagement Team, Tower Hamlets
Parent and Family Support Service

Understanding teenagers

For: approved foster carers, family and friends' foster carers, and special guardians

This course will explore a range of assumptions and theories about teenagers and consider the most effective ways to empower them to reach their full potential.

Learning aims and objectives

- To explore the considerable pressures that a teenager experiences in society today
- Consider a range of theories about adolescent development and explore these in day-to-day practice
- Gain an understanding of adolescent developmental milestones
- Gain an understanding of the recent research findings that highlight the significant changes that occur in the brain during adolescence

Date(s) Wednesday 8 November 2023

Times 10 am – 2 pm

Agency/Trainer: Jonathan Epps, Curve Solutions

Preventing placement breakdown

For: foster carers and special guardians

We all begin a new foster placement with high hopes that a "forever" family has been created. Yet, at times, fostering families find that despite everyone's best efforts, the foster placement is not going to work, and the placement breaks down.

Learning aims and objectives

- To explore the causes of placement breakdown
- To recognise underlying factors of placement breakdown
- To look at events leading up to placement breakdown
- To identify actions, you can take to minimise placement breakdown and its impact

Date(s) Saturday 25 November 2023

Times 10 am – 1 pm

Agency/Trainer: The Big Initiative

Child sexual exploitation

For: approved foster carers

The course enables participants to gain a clear understanding of the link between missing episodes and modern slavery and to look at the support needs of groups in this light including unaccompanied asylum-seeking children, children with learning difficulties and working with boys and young men.

Learning aims and objectives

- To understand the specific needs of unaccompanied and asylum-seeking children and those who have been internationally trafficked and how best to support them
- To consider internal trafficking including criminal exploitation and the 'county lines' phenomenon and how to support children at risk or experiencing such exploitation
- To learn more about working with boys and young men and those with learning difficulties who are at risk of or experiencing exploitation
- To increase knowledge and confidence in responding to missing episodes for the above groups and where to go for support

Date(s) Thursday 14 September 2023

Times 10 am – 12.30 pm

Agency/Trainer: Sarah Hall, Tower Hamlets Exploitation Team

Safer sleep for babies/SIDS

For: approved foster carers, family and friends' foster carers and special guardians

To provide carers looking after babies with information and knowledge about safer sleep for babies and how to reduce the risk factors associated with sudden infant death syndrome. Carers will get an opportunity to share their own good practice techniques with others and consider ways to lower the risks, practice safer sleep and discuss why some babies are at higher risk for sudden infant death syndrome.

Learning aims and objectives

- To identify specific risks associated with sudden infant death syndrome (SIDS)
- To explore ways of creating safer environments for babies when sleeping
- To obtain an overview of what to do to prevent sudden infant death syndrome
- To know the safer sleep practices
- To consider the impact of associated factors such as social deprivation, poor housing, and poverty

Date(s) Thursday 16 November 2023

Times 10 am – 1 pm

Agency/Trainer: Vishnee Gadiagellan and Hilary Cheyne
Tower Hamlets Fostering Team

LGBTQIA+

For: approved foster carers, family and friends' foster carers and special guardians

This course is an introduction to the LGBTQIA+ community, the challenges that young people face and what you can do to support them. Carers will gain knowledge and understanding of correct definitions, terminology for the LGBTQIA+ community, and understanding of how to create safe spaces for the children and young people in your care.

Learning aims and objectives

- To understand what LGBTQIA+ means
- To know what gender identity and gender expression is
- To understand non-binary genders in more detail
- To be aware of the issues that LGBTQIA+ people face
- To be aware of the extra issues children and young people in care may face
- To know what you can do to provide support

Date(s) Thursday 12 October 2023

Times 10 am – 2 pm

Agency/Trainer: The Big Initiative

Understanding black cultural awareness for BME children and young people

For: approved foster carers, family and friends' foster carers and special guardians

The Fostering Development Team has merged the Cultural awareness course with Black carers support group. We want to offer multiple opportunities for all carers to learn how important it is that we work to help looked after children preserve their identity and ethnicity. Also, so that carers have a deeper awareness of how to promote and support the heritage and traditions of each child including looking after hair and skin when caring for BME and dual heritage children. These courses will cover Caribbean and African cultures including learning about the food and traditions from these areas. Courses will include a theme so the October course will focus on Black History Month and as well as great learning opportunities, visitors who bring specialist knowledge will be attending each course.

Learning aims and objectives

- To consider ways to promote a positive sense of ethnicity, culture and belonging for BME children and young people
- To recognise physical care routines for skin and hair care
- To know and discuss products and useful tools for skin and hair care
- To explore health related skin and hair conditions relevant for BME children
- To discuss hair braiding and styling
- To explore black history month

Date(s) Saturday, 7 October 2023
Thursday 29 February 2024

Times 10 am – 2 pm

Agency/Trainer: Sonia Richardson and Claudette Blake,
Tower Hamlets Fostering Service

Nurture Academy

For: approved foster carers, family and friends foster carers and special guardians

Nurture Academy is a social enterprise in East London who teach the art of hair braiding and natural hair styling for Afro-Caribbean hair, to people of all backgrounds and ages leaving a legacy for generations to come.

Learning aims and objectives

- Learn the art of hair braiding and natural hair styling for Afro-Caribbean hair

Date(s) 6-week in-person course, expressions of interest to hilary.cheyne@towerhamlets.gov.uk

Agency/Trainer: Portia Louis, Nurture Academy

Men in foster care (2-part evening course)

For: approved foster carers, family and friends' foster carers

This course will explore and develop male carers understanding of their role and the positive role model a male carer can be in a child's life. This is a two-part course so carers must attend both evenings for their certificate to be issued.

Learning aims and objectives

- To understand what a positive male role model is and how this can benefit a child in care
- To develop strategies to develop carers and family members confidence to support children in a safe manner
- To understand how to support a child's development through positive attachments with male carers
- To develop an understanding of the importance of an effective safer care policy

Date(s) Monday 2 October and Tuesday 3 October 2023

Times 6 pm – 8 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Parental Substance misuse and the effects on children and substance misuse

For: approved foster carers, family and friends' foster carers and special guardians

Substance misuse amongst parents is a major issue for society, with significant minority of children exposed to the consequences of this parental behaviour. This training allows learners to become aware of the scope of the problem. Parental substance misuse adversely affects attachment, family dynamics and relationships and significantly increases the risk of physical and emotional neglect. It looks at strategies and practical tools for effective work with children and families.

Substance misuse is a very prevalent issue in Tower Hamlets and often goes unrecognised and untreated. More than 2000 adult individuals receive drug and alcohol treatment interventions in Tower Hamlets per year. Substance misuse has a far-reaching impact which includes children, families, and the wider society.

Learning aims and objectives

- Help to identify substance misuse related matters and the nature of addiction and identify subtle hidden signs/triggers that usually go unnoticed
- Greater insight into the impacts of substance misuse on the individual and wider society
- Give confidence and tools to raise concerns with service users and individuals impacted by substance misuse
- What is available and how to signpost individuals

Date(s) Tuesday 23 May 2023 Thursday 11 January 2024

Times 10 am – 1 pm

Agency/Trainer: Hamida Khanam, Tower Hamlets Drugs and Alcohol Team

Knife crime prevention

For: approved foster carers, family and friends' foster carers and special guardians

This course aims to increase carers knowledge of knife crime so that they feel confident in recognising the dangers, reporting concerns, and promoting good personal safety to children and young people.

Learning aims and objectives

- To define knife crime and serious youth violence
- To know the myths and facts surrounding knife crime
- To understand the cycle of revenge and reprisals
- To know how to effectively talk to children and young people when you have concerns

Date(s) Thursday 7 June 2023

Times 10 am – 2 pm

Agency/Trainer: Specialist from The Big Initiative

Life story work

For: approved foster carers,

This course is an introduction to life story work. Children separated from their birth families are often denied information about their past. Providing such information in a child focused and sensitive way can help them understand how events and relationships in their past have helped to shape their lives. Life story work can help children to access and incorporate such information. In using a range of skills and tools, life story work can support children to move towards a healthy and stable future.

Learning aims and objectives

- To explore the meaning of life story work
- To gain skills to effectively communicate with children using a variety of methods
- To learn about different ways life story material can be assembled
- To consider Tower Hamlets procedures and support with relation to undertaking life story work

Date(s) Thursday 7 December 2023 (foster carers only)

Times 10 am – 1pm

Agency/Trainer: Sandra Garner, Life Story Worker

Self-harm awareness

For: approved foster carers, family and friends' foster carers and special guardians

Self-harm awareness helps carers to understand and identify the ways in which a young person might harm themselves or put themselves at risk to cope with difficult thoughts, feelings, or experiences. It is important that carers recognise the signs and know how to support a child or young person who is self-harming.

Learning aims and objectives

- To be clear what it can be and what it is not
- To understand what might cause a child to self-harm
- To understand ways to help a child to control self-harming behaviour
- To be aware of other useful resources

Date(s) Wednesday 14 June 2023

Times 10 am – 2 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Radicalisation awareness

For: approved foster carers, family and friends' foster carers and special guardians

This course provides carers with an understanding of extremism, radicalisation and terrorism including how this can happen using the internet and social media. It will show carers how to spot potential signs of radicalisation and look at how we can help children and young people to avoid becoming radicalised. Participants will gain an understanding of recent police and government measures and how these can support them, alongside various support networks available through the local council.

Learning aims and objectives

- To understand what PREVENT is and it's aims
- To differentiate between terrorism, extremism, and radicalisation
- To identify types of extremist threats, locally
- To think about who may be vulnerable to the influence of extremism
- To understand why some people can influence and manipulate others to commit crimes
- To recognise when a vulnerable individual may need help and what you need to do
- To be clear on what help, and support is available in Tower Hamlets and identify referral pathways

Date(s) Wednesday 28 February 2024

Times 10 am – 1 pm

Agency/Trainer: Mace Hoque, Tower Hamlets Prevent team

Self-care and resilience

For: approved foster carers

This course provides an opportunity for participants to identify sources of stress and how these can best be managed. The course will give participants an understanding of stress and its effects. It will also cover the physical and psychological impact for us of stress.

Learning aims and objectives

- To identify the signs and indicators of stress
- To develop a clear understanding of what happens physically and psychologically to us when stressed
- To identify the specific nutrients the body needs and uses when responding to stress
- To understand mindfulness and its value in managing stress
- To gain a clear understanding of the strategies to manage stress

Date(s) Monday 11 December 2023
Wednesday 20 March 2024

Times 10 am – 1 pm

Agency/Trainer: Lucinda Ansah, Tower Hamlets Permanency and Support Team

Toxic trio and toxic quad

For: approved foster carers, family and friends' carers and special guardians

This course will give carers the opportunity to consider some of the problems families may face. These can be problems which can lead to children and young people coming into care as parental capacity is affected by a combination of mental ill-health, domestic abuse, and violence, as well as substance misuse.

Learning aims and objectives

- To understand the link between toxic trio/quad and child protection
- To know about child centred practice in relation to parental behaviour and issues
- To consider the issues in assessing parenting capacity and identifying risk factors
- To know how to apply trauma informed practice to support children and young people who have experienced toxic trio/quad

Date(s) Tuesday 25 April 2023

Times 10 am – 1 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Social media, sexting, and selfies

For: approved foster carers

Social media is an ever-increasing part of children and young people's lives. It is necessary for all those caring for children and young people to understand the misuse of social media platforms such as Facebook, Instagram, Twitter, and Snapchat and the potential risks of making, sharing, and receiving inappropriate 'selfies' and intimate videos as well as the dangers of sexting.

Learning aims and objectives

- To understand how children and young people use the internet and social media
- To know the risks of using the internet unsafely
- To know how you can help children and young people be safe online
- To know what cyberbullying is and how you can get help

Date(s) Tuesday 30 January 2024

Times 10 am – 2 pm

Agency/Trainer: The Big Initiative

Missing from care

For: approved foster carers and family and friends' carers

This course will look at both Tower Hamlets and the Met Police's procedures for dealing with looked after children who go missing from care, as well as considering the reasons children and young people may run away. Carers will gain advice on the steps to take if a child in your care goes missing.

Learning aims and objectives

- To learn about the procedures to follow and reasons a young person may go missing
- To consider the risks involved for young people who go missing
- To gain an understanding of what to do when a young person goes missing
- To learn about how to support a young person who goes missing

Date(s) Thursday 15 June 2023

Times 10 am – 1 pm

Agency/Trainer: Gursel Bekcan, Tower Hamlets Exploitation team and April McAllister, Missing Persons Coordinator from The Met

Managing conflict

For: approved foster carers, family and friends' carers and special guardians

The course is designed to support carers to understand the use of multiple approaches to reduce challenging behaviour. This can be done through changing interactions, altering environments, and enabling carers to teach skills and coping abilities to the children and young people.

Learning aims and objectives

- Be able to recognise, prevent and de-escalate flashpoint situations
- Be able to increase their capacity to understand the causes of challenging behaviour
- Be able to create and use effective coping strategies for children
- Be able to recognise the opportunities and limitations of their role in dealing with challenging behaviour

Date(s) Wednesday 6 December 2023

Times 10 am – 1 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Appropriate adult

For: approved foster carers

This course aims to ensure that carers can represent the child or young person and the Fostering Department in a professional and responsive manner to ensure that the rights of a detained person are observed.

Learning aims and objectives

- To provide caregivers with thorough knowledge of the role of an Appropriate adult in respect of the Police and Criminal Evidence Act 1984
- To ensure carers are aware of the rights of the child or young person whilst in police custody
- To assist carers to provide children and young people with the right level of support whilst in police custody

Date(s) Wednesday 31 January 2024

Times 10 am – 2 pm

Agency/Trainer: The Big Initiative

Transitions and endings

For: approved foster carers

This training course is designed for carers with children and young people who are preparing to move on from placement. The course will consider care planning options for children in care as well as the emotions and practicalities involved for the child, the birth family, foster carers, and their family during the transition process. Carers will also learn about support strategies for all those involved.

Learning aims and objectives

- To understand the planning process in supporting the preparation for transition to the next placement
- To recognise the separation and loss issues for all those involved
- To be aware of loyalty issues, contact arrangements and how magical thinking can affect a child's understanding of moving on
- To explore the feelings, thoughts and concerns about the child or young person in foster care moving on
- To know how and when to talk to children and young people about moving on
- To know the key tasks and issues in preparing children and young people for the transition process and the ending of placements

Date(s) Saturday 9 March 2024

Times 10 am – 1 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Setting boundaries for toddlers

For: approved foster carers, family and friends' foster carers and special guardians

This course introduces the importance of setting boundaries for toddlers and carers will gain a better understanding and knowledge of how to set appropriate boundaries for toddlers.

Learning aims and objectives

- To understand why we need to set boundaries
- To understand how children can test your limits
- To know how to set boundaries
- To know how to reward your toddler's behaviour

Date(s) Wednesday 7 February 2024

Times 10 am – 2 pm

Agency/Trainer: The Big Initiative

Promoting and supervising contact

For: approved foster carers

This course will explore the benefits and challenges of facilitating contact within fostering.

Learning aims and objectives

- To define what is meant by contact and have a greater understanding of the importance of contact for fostered children
- To know how to develop strategies for facilitating a positive relationship during contact with the foster child's birth family
- To understand the legal framework underpinning contact
- To have a thorough understanding of the 2011 National Minimum Standards requirement for promoting and supervising contact
- To be clear about when and how contact ought to be supervised

Date(s) Wednesday 13 March 2024

Times 10 am – 2 pm

Agency/Trainer: Jonathan Epps, Curve Solutions

Promoting positive mental health for children and young people

For: approved foster carers, family, and friends' carers, special guardians

This course provides an opportunity for carers to develop their understanding of how best to promote the mental health of looked after children and young people. Participants will be able to define what is meant by 'good mental health' and be introduced to the definitions used by the Mental Health Foundation and the National Association for Mental Health.

Learning aims and objectives

- Be able to identify risk and adversity factors that may result in some children and young people being prone to develop poor mental health
- A range of theories about adolescent development and learn to explore the value of these in day-to-day practice
- An understanding of adolescent developmental milestones
- How attachment theory can help make sense of adolescent behaviour
- The recent findings that highlight the significant changes that occur in the brain during adolescence

Date(s) Tuesday 29 November 2023

Times 10 am – 2 pm

Agency/Trainer: Jonathan Epps, Curve Solutions

Emotional abuse, neglect, and the impact on children and young people

For: approved foster carers, family, and friends' carers, special guardians

The impact of emotional harm and neglect should not be under-estimated upon children and young people, whether they are living with or without their family. Deliberately attempting to scare or humiliate a child, or excluding, isolating, or ignoring them can have devastating consequences on behaviour, self-esteem, and mental health.

Learning aims and objectives

- Increased understanding of what emotional abuse and neglect are
- Increased awareness of the signs of the impact of these upon children and young people
- Ways to provide support to victims of these forms of abuse

Date(s) Wednesday 4 October 2023

Times 10 am – 1 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Supporting children who are self-harming webinar

For: approved foster carers, family, and friends' carers, special guardians

This webinar will explore practical ideas for supporting young people's feelings of distress within the home including young people affected by trauma and emotional distress, care experienced children, and focus on suicide prevention. This will be facilitated by a specialist in the field of behaviours of looked after children and young people affected by trauma and mental health difficulties. After working within education, children's services, police teams (specifically in sexual crime) and with vast experience as a foster carer, the Trainer's understanding, and knowledge of how these children work is crucial to how he delivers his engaging and eye-opening training/workshops.

Learning aims and objectives

- Sensory seeking alternatives to self-harm
- Safety planning
- Staying safe
- Managing contagion and removal of means

Date(s) Monday 24 April 2023

Times 10.30 am – 11.30 am

Agency/Trainer: Mike Armiger, for AC Education

Training for nominated carers

The role of the nominated carer

For: adult children and nominated carers of foster carers

This course will cover essential training for those who have taken on the role of Nominated carer to provide support and assistance to approved foster carers. The role involves caring for looked after children in order to support a friend or family member who is fostering. Those doing the role need to know the responsibilities that come with it, the requirements of the local authority and have a good understanding of safeguarding. Foster carers are also responsible for ensuring that their nominated carers are fully trained for this role.

Learning aims and objectives

- To gain an understanding of the role of nominated carer
- Develop an understanding of responsibilities for nominated carers
- To gain an understanding of the Fostering Department's requirements for carers
- To understand the importance of safer care to minimise the risk of allegations
- To have a good understanding of safeguarding and confidentiality

Date(s) Wednesday 15 November 2023

Times 6 pm – 8 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Safeguarding for nominated carers

For: adult children and nominated carers of foster carers

This course will cover safeguarding for nominated carers who are providing a support network for foster carers. This course should be completed along with the Nominated carer training to ensure all responsibilities of the role are fully understood. Foster carers are also responsible for ensuring their nominated carers are fully trained for this role.

Learning aims and objectives

- To be aware of the different types of abuse and their symptoms or indicators
- To be able to support a child or young person who discloses they are being or have been abused
- To understand the duty of care for carers
- To know the agencies involved in the protection of children and young people

Date(s) Thursday 8 February 2024

Times 6 pm – 8 pm

Agency/Trainer: Eamonn Walsh, The Youth Worker Ltd

Safer care

For: adult children and nominated carers of foster carers

This course is designed to ensure participants consider safe practice in the homes and externally; and to develop strategies to keep children, young people, and family members safe. It will enable participants to increase their understanding, review current practice and consider strategies to manage the risks inherent in foster care; taking into consideration the new approach to managing risk that encourages a risk sensible rather than a risk-averse attitude.

Learning aims and objectives

- To develop a good understanding of the link between safer caring and minimising the risk of allegations occurring
- To reflect on and evaluate their own safer caring planning and practice
- To gain an understanding of some of the behaviours, actions and conduct that could lead to an investigation
- To develop practical ways of maintaining effective boundaries therefore minimising the risk of allegations being made

Date(s) Wednesday 19 July 2023
Monday 5 February 2024

Times 6 pm – 9 pm

Agency/Trainer: Tim and Lesley Bower, LA Training



Online (e-learning)

The Training Hub, our provider for online learning

We offer access to a comprehensive range of e-learning courses provided by The Training Hub through their e-learning portal:
thefostercaretraininghub.co.uk.

These courses are recommended for pre-approved and temporarily approved carers as well as those who may find it difficult to attend the trainer-led courses due to work commitments or through living a greater distance to Tower Hamlets. There are many more topics available than listed here, so let us know if you need any course not shown as we can usually provide it or a similar topic. You can use a phone, tablet, or any other IT device to complete courses so this is a very flexible and convenient method of completing training requirements. All handbooks and certificates are held on your account so that you can log in and show these as needed to your social worker.

To request a course allocation or to register please email hilary.cheyne@towerhamlets.gov.uk or fostering.training@towerhamlets.gov.uk

Online training topics available

ADHD Adult and Well-Being Course	Caring for Sexually Abused Children
Advanced Safer Caring and Risk Management	Caring for Traumatized Children
Advocacy Training Fostering	Child abuse and neglect
Alcohol Awareness Adult and Well-Being	Child Development Advanced Level
Anger Management	Child Sexual Exploitation
Anxiety Adult and Well-Being Course	Child Trafficking Advanced Level
Attachment and Loss	Children and Domestic Abuse Advanced Level
Autistic Spectrum Disorder	Children and Domestic Violence
Babies Withdrawing from Addiction	Children's Rights
Being Active Adult and Well-Being Course	Cognitive Behavioural Therapy Adult and Well-Being
Being Impulsive Adult and Well-Being Course	Communicating with Children Advanced Level
Bereavement and Loss Adult and Well-Being	Complaints and Allegations
Building on Strengths Adult and Well-Being	Contact and Birth Families
Building Resilience and Managing Risk	Coronavirus Outbreak
Bullying (how to help)	
Caring for Asylum-Seeking and Refugee Children Advanced Level	

Counselling Adult and Well-Being Course
 Court Appearances and What to Expect, Young person's course
 Creative Writing Adult and Well-Being
 Cultural Awareness
 Dealing with Bereavement and Loss
 Dealing with Trauma
 Delegated Authority
 Depression and Suicide
 Depression and Suicide Adult and Well-Being
 Dialectical Behaviour Therapy Adult and Well-Being
 Drugs and Alcohol Awareness Adult and Well-Being
 Eating Disorders Advanced Level
 Effective Home Working Adult and Well-Being
 Emotion Coaching
 Ending of Foster Placements
 Engaging People in Education
 Epilepsy and Seizure Management
 Equality and Diversity
 Female Genital Mutilation Awareness
 Female Genital Mutilation Level 1 & 2
 Fire Safety
 Fire Safety
 First Aid Emergency
 First Aid Essential
 First Aid Refresher
 Food Safety and Hygiene Advanced
 Food Safety and Hygiene Foundation
 Food, Nutrition and Associated Behaviours
 Fostering Regulations
 Fostering Skills
 General Data Protection Regulation
 Health and Nutrition
 Health and Safety
 Improving Your Mental Health Adult and Well-Being
 Internet Safety
 Internet Safety
 Knife Crime and Serious Youth Violence
 Knife Crime and Serious Youth Violence Parents and Carers
 Learning New Skills Adult and Well-Being
 Learning Together – Early Years and Infants (Key Stage 1)
 Learning Together – Junior (Key Stage 2)
 Learning Together – Lower Secondary Learning (Key Stage 3)
 Learning Together – Upper Secondary Learning (Key Stage 4 And Key Stage 5)
 Paediatric First Aid
 Parent and Child Arrangements
 Play Therapy
 Post-Traumatic Stress Disorder (PTSD)
 Preventing and Managing Substance and Alcohol Abuse
 Putting Yourself First Adult and Well-Being
 Racism, Discrimination, and Intolerance
 Radicalisation and Extremism
 Reflective Practice and Listening Skills Part 1
 Reflective Practice and Listening Skills Part 2
 Reporting and Recording
 Reporting and Recording Advanced Level
 Rewards and Sanctions Positive Behaviour Management Part 1
 Rewards and Sanctions Positive Behaviour Management Part 2
 Risk Management and Safer Caring
 Safeguarding Children Advanced Level
 Safeguarding Children Foundation
 Safeguarding Children with Learning Disabilities
 Self-Harming Behaviours
 Setting Boundaries Part 1 Online Course
 Setting Boundaries Part 2 Online Course
 Setting Boundaries Part 3 Online Course
 Social Media and Apps Online Course
 Supporting Adults at Risk of Domestic Abuse and Violence Female
 The Prevent Duty
 The Role of a Foster Carer
 The Virtual School
 Training Support and Development Standards
 Transgender Diversity
 Transitions and Vulnerability
 Understanding Attachment Foundation
 Understanding Behaviour in Downs Syndrome Children
 Understanding Dyslexia and Dyspraxia
 Understanding HIV and AIDS

Support groups and Special Guardians coffee mornings

Foster carer support group

Foster carer support group is held every month for all approved foster carers and family and friends' carers. It is alternately chaired by the Tower Hamlets Foster Carer Association (FCA) and the Fostering Team. Guests are invited to join every month, there is a carer space for open discussions of any issues or challenges as well as relevant updates of upcoming events. Attending this group as frequently as possible is an excellent way for carers to get the most current information on what is happening for carers and the Department. **It is a Tower Hamlets requirement that foster carers attend 5 support groups per year.**

Tuesday 9 May 2023	10 am – 12 pm	6 pm – 8 pm
Tuesday 13 June 2023	10 am – 12 pm	6 pm – 8 pm
Tuesday 11 July 2023	10 am – 12 pm	6 pm – 8 pm
No August group is held		
Tuesday 12 September 2023	10 am – 12 pm	6 pm – 8 pm
Tuesday 10 October 2023	10 am – 12 pm	6 pm – 8 pm
Tuesday 14 November 2023	10 am – 12 pm	6 pm – 8 pm
Tuesday 12 December 2023	10 am – 12 pm	6 pm – 8 pm
Tuesday 9 January 2024	10 am – 12 pm	6 pm – 8 pm
Tuesday 20 February 2024	10 am – 12 pm	6 pm – 8 pm
Tuesday 12 March 2024	10 am – 12 pm	6 pm – 8 pm

Skills support group

Skills support group is facilitated by the Fostering Team to provide support and encouragement to all carers who would like to further develop their skills set and carer toolkit, including a better understanding of ICT or conversational English.

Sons and daughters support group

For foster carers birth children aged 7-18 years.

Sons and daughters foster carers support group is facilitated by the Tower Hamlets Fostering Team to offer advice, support and signpost the birth children of carers. This group happens once every six months so please take this opportunity to join us for discussion and an activity.

Baby carers' support group

Baby foster carers' support groups facilitated by Tower Hamlets Fostering Team in the Community and at Meath Gardens Children's Centre. The group is open to foster children, and anyone looking after foster children aged 0-3 years. Foster children aged 0-3 years may attend with their foster carers.

Should you wish to be part of any of the Support groups, please email your social worker who will make arrangements for you.

Special guardians coffee mornings

Coffee mornings provide Special guardians with an opportunity to connect with others who may be going through similar experiences. These will be held bi-monthly with a mixture of virtual on Teams, as well as some being held face to face for which promotional material will be sent to Special guardians with venue details included.

Tuesday 23 May 2023	10 am – 12 pm
Tuesday 25 July 2023 Therapeutic	10 am – 12 pm
Tuesday 26 September	10 am – 12 pm
Tuesday 21 November 2023	10 am – 12 pm
Tuesday 30 January 2024 Therapeutic	10 am – 12 pm
Tuesday 26 March 2024	10 am – 12 pm

For further information, email: eric.obeng@towerhamlets.gov.uk

Other learning opportunities

WorkPath

WorkPath is a service for all Tower Hamlets residents, providing support for people at all levels of work, skills, or experience. Currently WorkPath are in partnership with Idea Store Learning to provide ESOL & functional skills courses which can be accessed by carers if you meet the eligibility criteria. If you do not meet the criteria the team can help you look for alternatives near you to meet your needs.

Eligibility Requirements:

- aged 19 or older
- resident in London
- a citizen of a country within the European Economic Area (EEA) or have settled status or the right to abode in the UK and have been ordinarily resident in the EEA for at least the previous three years

To register interest, please email workpath@towerhamlets.gov.uk or call 020 7364 3727

Young WorkPath

Careers advisors help and support young people at all levels of education, skills or experience including those who want to apply for colleges, specialist schools and sixth forms. Advice and guidance is given to young people on jobs and careers as well as employment and training initiatives.

Eligibility Requirements:

- Up to 19 years of age or 25 years of age if you have an Education Health and Care Plan (EHCP)
- Young people with special educational needs or disabilities

To register interest, please email youngworkpath@towerhamlets.gov.uk or mario.kyriacou@towerhamlets.gov.uk or call 020 7364 3727

Notes

Notes





Fostering Service
Children's Reulated Services and Resources
London Borough of Tower Hamlets
160 Whitechapel Road, London E1 1BJ

Email: hilary.cheyne@towerhamlets.gov.uk or fostering.training@towerhamlets.gov.uk
Telephone: 07415 630281

