

Foster Carers Training, Learning & Development Brochure June 2019 – March 2020



Welcome and introduction

I am pleased to introduce you to the latest edition of the Training Plan for foster carers in Sandwell Children's Trust.

As a fostering service we recognise the important role you play in caring for our children and young people (CYP). We have provided you with a range of training and development opportunities to develop your skills in meeting the needs of looked after children.

I would encourage you to look through the pages and plan your training and attendance with your fostering social worker as part of your personal development plan. There are a range of opportunities for both new and experienced carers.

At Sandwell Childrens Trust we serve the purpose of improving the lives of children and young people by:

- Listening, learning and caring
- Being ambitious and confident
- Encouraging innovation
- Acting with openness and transparency

I would like to take this opportunity to thank you on behalf of Sandwell Children's Trust for the commitment and care you provide on a daily basis for our children and young people.

Sue Applegate – IFA Registered Manager

Our Expectations

Following approval from Panel, Foster Carers are expected to complete the Training and Development Standards (TDS's) which are set out by the Department for Education and show the areas of skills and knowledge that all carers need to achieve and evidence in the first 12 months of their Fostering journey (18 months for Family and Friends Carers). **It is a statutory requirement that these are completed as laid down in Fostering regulations.**

During the first 12 months Carers will have the opportunity to attend a number of courses which make up the core training offer. Each of these courses will provide evidence to assist in meeting the TDS's as well as providing specific knowledge and skill development in a variety of areas. There are 7 face-face courses that need to be completed by all Carers. Mainstream carers must have completed these within the first 12 months of approval and connected carers within 18 months of approval. There are 6 e-learning modules that support the core training and there is a requirement that you complete these alongside the face-face training.

All Carers will be expected to complete “core training” every 3 years.

Following your first review, all carers will be required to attend a minimum of 3 “additional training” courses per year. These must be discussed and agreed with your Supervising Social Worker.

Our Expectations

On pages 33-35 you will find a core training log and a learning & development activity log to keep a record of your learning. There is also as a reflective learning log which you should complete after each learning activity, this will help support you in your supervision discussions around how you can use what you have learnt to improve outcomes for children & young people you care for.

Reflective practice is of vital importance to all professionals, including Foster Carers and will ensure that the training you receive can be put into practice when working with young people. It will support you to develop and think about different ways of working as well as looking back on what you have done previously. The reflective log on page 35 will help you to think about each course in a critical way and develop your practice based on this.

We offer over 150 e-learning modules at both intermediate and advanced levels and access to Research in Practice to support self-directed learning. There are 30 e-learning modules aimed at children & young people age 10 upwards, these can be completed either by themselves or with the support of an adult. Although this e-learning is optional, it will support your professional development and help you to improve outcomes for the children and young people in your care.

Carers can use their Supervisions and Annual reviews to discuss training they have attended as well as any bespoke training they feel that would benefit them.



Safeguarding training is run by **Sandwell's Children's Safeguarding Partnership** and can be booked via their website;

<https://training.sandwellscb.org.uk/>

Evening & Weekend Training

We understand that due to work and other commitments, sometimes it may be difficult to attend training during the day on weekdays. So to make our training more accessible to all, we are working closely with our Quality Early & Childcare colleagues who provide training during evenings and weekends. To find out what training is available please use the link below:

<https://bookwhen.com/sandwellearlyyears>

Dates for evening and weekend training are advertised on the "request for training form". These are available from Learning & Development or your Supervising Social Worker.

If you don't have access to a computer please contact the Workforce Development Team for support

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Artemis e-learning

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- Child protection level 1
- Understanding child attachment
- Working with parents
- Caring for children & young people (CYP) with disabilities
- A Signs of Safety approach to working with families

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01

Core Training (Mandatory)

We have developed a core offer of what we consider to be essential learning for all carers. Mainstream carers must complete these within the first 12 months of their Fostering journey (18 months for Family and Friends Carers). All carers must complete Core Training every 3 years.



Foster Carer Quote

“I really learnt a lot and its good for my fostering role. I really like how it was delivered”

01

Core Training (Mandatory)



Artemis e-learning

Artemis online training provides flexible learning that is convenient to you and the needs of the service. You must complete all 6 modules which will take you approximately 1-2 hours per module.

You can book on this training at any time by contacting:

artemis_advice@sandwell.gov.uk or
calling Jenny Tarrant on 0121 569 8257

Courses

- Children's workforce induction
- Child protection level 1
- Understanding child attachment
- Working with parents
- Working with children & young people (CYP) with disabilities
- A Signs of Safety approach to working with families

Attachment and child development

(Three ½ day course)

Everyone who works with children and young people must have an understanding of attachment and child development in order to promote healthy development and understand the traumatic impact of abuse, separation and loss on a child or young person.

(This training will run 3 times per year)

Dates: 19th, 25th, 26th September 2019
24th, 28th, 29th January 2020
12th, 19th, 20th May 2020

Venue: Coneygre

Time: 10:00 – 2:30 each day - **You must attend all 3 days**

Learning Outcomes

- Understand the attachment process
- Know how to promote positive attachment relationships
- Know about the impact of trauma, separation and loss on child development

01

Core Training (Mandatory)



Challenging behaviour (One ½ Day Course)

It can be tremendously difficult for a young person to find a place in the world. This course provides tools for communicating with them, managing their behaviour and keeping them safe.

(This training will run 7 times per year)

Dates: 25th September 2019
14th November 2019
5th February 2020
2nd April 2019
13th May 2020
19th June 2020

Venue: Connor Education Centre **Time:** 10:00 – 2:30

Learning Outcomes

- Develop an understanding of the difficulties in the attachment process
- Understand behaviour is a form of communication
- Know strategies to support a range of challenging behaviours
- Consider strategies to help children understand and manage their emotions

Exploitation

(One ½ Day Course)

Exploitation is one of the fastest growing crimes in the world. Many children who are exploited may have experienced sexual abuse as part of being controlled or because they are vulnerable. This course enables learners to gain knowledge and awareness of the issues that surround this topic and the impact that organised abuse has on Children & Young People.

(This training will run 4 times per year)

Dates: 13th September 2019
8th November 2019
20th February 2020

Further dates planned for April 2020

Venue: Coneygre Arts Centre **Time:** 10:00 – 2:30

Learning Outcomes

- To understand what exploitation is
- Identify key signs and indicators of risk/vulnerability
- Understand the different types of exploitation
- Understand the impact of exploitation on Children & Young People
- Gain knowledge of how and where to get help and support

01

Core Training (Mandatory)



Paediatric first aid

(Three ½ day course)

In order for Children & Young People to be safe in your care, it is essential that you know how to manage an infant/child in an emergency and with suspected injuries and/or illness safely and promptly.

(This training will run 7 times per year)

Dates: 24th, 25th, 26th September 2019
14th, 15th, 16th October 2019
4th, 5th, 6th November 2019
12th, 13th, 14th November 2019
18th, 19th, 20th December 2019
20th, 21st, 22nd January 2020

Further dates planned for February & March 2020

Venue: West Bromwich Town Hall

Time: 10:00– 2:30 each day - **You must attend all 3 days**

Learning Outcomes

- Understand the role and responsibilities of the paediatric first aider
- Be able to assess an emergency situation safely
- Be able to provide first aid to an infant/child in a variety of different emergency situations

Record keeping and sharing information

(One ½ Day Course)

Everyone who works with Children & Young People must know how to keep and share information. In foster care this can involve unique challenges. This course enables you to understand the principles that underpin good record keeping, and how to apply rules of confidentiality within your own work.

(This training will run 4 times per year)

Dates: 27th September 2019
17th October 2019
11th November 2019
15th January 2020
7th February 2020
23rd March 2020

Venue: Metsec **Time:** 10:00– 2:00

Learning Outcomes

- Importance of foster carer records & reasons for recording information
- Clarity about roles in recording and what should be recorded
- Consider legal & other issues in receiving, giving and storing information
- Local and national guidance and best practice
- Reflect on own practice
- Know how to enable children and young people to participate in record keeping and keep memorabilia

01

Core Training (Mandatory)



Safeguarding Children & Young People (2hr Course)

Everyone who works with Children & Young People must know how to keep them safe. This course enables you to understand child protection and what to do if you suspect a child or young person is being harmed. It will help you to reflect on your own role in safeguarding children, and to understand how to work with other agencies.

(This training will run 7 times per year)

Dates: 16th September 2019
12th November 2019
21st January 2020
18th March 2020
21st April 2020

Further dates planned for April 2020

Venue: Coneygre **Time:** 10:00-12:00

Learning Outcomes

- Identify definitions and categories of abuse
- Recognise and act on the signs and symptoms of abuse.
- Identify the referral pathways/process including POT allegation procedures
- Understand the need for effective recording.

Safer Caring (One ½ Day Course)

One of the most important responsibilities of a foster carer is to keep children and young people safe. At the same time, foster carers must keep themselves and their families safe from any harm that could arise through fostering.

(This training will run 7 times per year)

Dates: 11th September 2019
8th October 2019
13th November 2019
11th December 2019
27th January 2020
25th February 2020
24th March 2020

Further dates planned for April, May, June 2020

Venue: Coneygre **Time:** 10:00-2:30

Learning Outcomes

- Identify how trauma impacts on the needs and behaviours of children and what they therefore need from foster care to feel safe
- Considered the various aspects of the foster carers role and responsibilities in relation to the provision of protective care, safeguarding and the importance of working in partnership
- Considered realistic and proportionate approaches to risk which enable children and young people to grow and learn.
- Understand the impact of stress trauma on both the foster child and the fostering household in relation to risk management
- Revisited the importance of recording and reporting significant events in the context of agency policy and best practice

02

Caring for Looked After Children

Every child that is placed in foster care will have been subjected to some form of neglect, trauma or possibly abuse and may be suffering from some form of attachment disorder which can be challenging to address. These courses will give you the vital skills to ensure that every child feels safe, looked after and cared for so they are able to heal and develop.



Foster Carer Quote

“Really good, enjoyable course.
Good trainers who know what they
are talking about”

02

Caring for Looked After Children



ADHD - Awareness and management

(One ½ Day Course)

Attention Deficit Hyper-activity Disorder (ADHD) is a complex neurobiological condition that has been increasingly diagnosed in young children in Western cultures over the last decade. ADHD is the most common child mental health disorder affecting as much as 30% of looked after children.

(This training will run 2 times per year)

Dates: 23rd January 2020
11th June 2020

Venue: Connor Education Centre **Time:** 10:00 – 12:30

Learning Outcomes

- Understand what ADHD is
- Explore diagnosis and medication
- Explore practical strategies for the home

Life Story

(One ½ Day Course)

The overall goal of Life Story Work is to help children and young people (CYP) to piece together a complete narrative of their lives. This includes their life history and information about relatives, friends, carers, places lived and key life events as well as personal achievements. Life Story Work may also help CYP to plan for their future as a result of understanding their past and the effect that it has had on them.

(This training will run 2 times per year)

Dates: 5th November 2019
10th February 2020

Venue: Metsec **Time:** 10:00-2:00

Learning Outcomes

- Understand the definition of, and theory supporting Life Story Work
- Understand the potential benefits of Life Story Work
- Know how to use a range of approaches to Life Story Work
- Understand your role as a carer in supporting life story work

02

Caring for Looked After Children



Makaton

(One ½ Day Course)

Being able to communicate is one of the most important skills we need in life. Makaton is a language programme using signs and symbols to help people to communicate. It is designed to support spoken language and the signs and symbols are used with speech, in spoken word order

(This training will run 4 times per year)

Dates: Dates will be available between Sept 2019-March 2020

Venue: Metsec **Time:** 10:00-200

Learning Outcomes

- Understand Makaton's place in the signing world
- Develop confidence in using signs, in fun practical sessions
- Learn how to select personalised vocabulary
- Simplify messages using appropriate signs or symbols
- Identify how Makaton can be used to meet the needs of different users vocabulary

Making sense of adolescence

(2 ½ hr Course)

Working with adolescents can be challenging. This course enables you to understand the challenges of being an adolescent in the 21st century, the particular challenges facing vulnerable children in adolescence, and how to work effectively with young people as they face these challenges.

(This training will run 2 times per year)

Dates: 16th January 2020
20th May 2020

Venue: Metsec **Time:** 10:00-12:30

Learning Outcomes

- Consider the physiological changes of puberty and their effect on emotional well-being
- Explore why adolescents take risks and how to help them keep safe
- Reflect on your role in supporting adolescents in your care through this major transition point in their life

02

Caring for Looked After Children



Mental health awareness

(One ½ Day Course)

Through this course, you will gain a better understanding of the mental health needs of children and young people in care. The course will examine what mental health is, and will look at some of the possible reasons for mental health issues.

(This training will run 4 times per year)

Dates: 2nd October 2019

4th December 2019

22nd January 2020

4th March 2020

Venue: Please contact training_sct@sandwellchildrenstrust for venue info. **Time:** 10:00-200

Learning Outcomes

- Understand what is meant by the term Mental Health
- Have a deeper understanding of some of the most common mental health conditions – such as stress, anxiety, depression, self-harm and eating disorders
- Understand and learn coping strategies and mechanisms to support children and young people with their mental health
- Understand the impact social media can have on children and young people

Mind of My Own

(1 hr Course)

Mind Of My Own is a one-way communication app, accessible on Android and Apple devices. Children & Young People can create a statement expressing their wishes and feelings quickly and easily 24/7.

(This training will run 3 times per month between July-March)

Dates: Please e-mail: Participation_Team@sandwellchildrenstrust.org for dates.

Venue: Wellman Building **Times:** 10:30-11:30

Learning Outcomes

- Learn how to download and use the Mind of My Own APP
- Understand the benefits of using the App
- Know how to introduce the App to children & young people
- Know where to get support with the app

02

Caring for Looked After Children



Moving onto adoption/ permanency

(One ½ Day Course)

Moving a child into a new family is a life-altering event for the child, it can also be an emotional time for you as a carer. This course will help you to support the child transition smoothly through the process supporting a successful adoption/ permanency.

(This training will run 4 times per year)

Dates: TBC

Venue: Metsec **Time:** 10:00 – 2:00

Learning Outcomes

- Know the procedures involved in the adoption process
- Be able to support successful contact meetings and communication
- Be able to support the successful transition of looked after children
- Explore your own emotions during the adoption process

Online safety

(2 ½ hr Course)

The internet is an ever increasing and developing part of young peoples lives and the internet is rapidly becoming an essential tool for learning, communication, self-expression and the forming of personal identity and peer groups. It is therefore necessary for carers to understand the risks and responsibilities of using the internet.

(This training will run 2 times per year)

Dates: 1st April 2020
24th June 2020

Venue: Connor Education Centre **Time:** 10:00 – 12:30

Learning Outcomes

- Develop your confidence and understanding of online safety
- Promote your ability in identifying and minimising online risks of Children & Young People in your care
- Provide you with strategies for managing online behaviour in the home

02

Caring for Looked After Children



Promoting positive contact

(One ½ Day Course)

Contact between looked after children and young people and their families can be particularly challenging. This course enables you to develop knowledge and skills to play your part in promoting positive contact with confidence.

(This training will run 4 times per year)

Dates: 5th September 2019

10th December 2019

17th March 2020

Venue: Metsec **Time:** 10:00 – 2:00

Learning Outcomes

- Understand contact between looked after children and their families
- Explore the knowledge and skills required to promote positive contact

Raising early achievements in literacy

(Two ½ Day Course)

Parents/carers are a child's first and most enduring educators. They have the greatest influence over them, particularly in their early years. What you do at home with your very young children has a major impact on social, emotional and intellectual development.

(This training will run 4 times per year)

Dates: 26th Sept & 3rd October 2019

14th & 21st November 2019

6th & 13th February 2020

Venue: Cape Hill Children's Centre **Time:** 10:00 – 2:30

Learning Outcomes

- Identify your strengths and start to think about areas for development
- Gain knowledge about the early home learning environment
- Develop your knowledge of two strands of early literacy.

02

Caring for Looked After Children



Total Respect

Total Respect is a national award winning training resource delivered by care experienced trainers. It supports the full implementation of the United Nations Convention on the Rights of the Child. The next 3 modules form part of this training.

Children's rights and participation

(One ½ Day Course)

This module will provide you with a thorough understanding of children's rights, including the right to participation.

(This training will run 2 times per year)

Dates: 12th September 2019
16th January 2020

Venue: Metsec Building

Time: 10:00 – 2:00

Learning Outcomes

- Identify ways to provide more opportunities for Children & Young People to participate in day-day decision making
- Identify the barriers that prevent Children & Young People making decisions
- Understand why it's important to promote participation
- Understand how Children & Young People feel when they experience being treated unfairly

02

Caring for Looked After Children



Total Respect Communicating with children and young people

(One ½ Day Course)

In this module, you will explore assumptions made about Children & Young People, the importance of listening to young people, and the experience of being a child in care.

(This training will run 2 times per year)

Dates: 22nd October 2019
9th January 2020
20th February 2020

Venue: Metsec Building **Time:** 10:00 – 2:00

Learning Outcomes

- Explore the experiences and feelings of Children & Young People when faced with change
- Recognise the importance of clearly listening to Children & Young People
- Consider the thoughts and feelings behind the presenting behaviour of a Child or Young Person
- Recognise the importance of having personal information about the Children & Young People you look after

Total Respect Promoting independent living skills

(One ½ Day Course)

In this module will focus on how you can support Children & Young People to move from care to independence through support and promoting independent living skills.

(This training will run 2 times per year)

Dates: 21st November 2019
12th March 2020

Venue: Metsec Building **Time:** 10:00 – 2:00

Learning Outcomes

- Explore different approaches to ensure care leavers have the same opportunities as other young people when transitioning from care to independence

02

Caring for Looked After Children



Understanding anxiety & depression in looked after children (LAC)

(2 ½ hr Course)

Almost half of children in care have a diagnosable mental health need and two-thirds have special educational needs. Delays in identifying and meeting their emotional well-being and mental health needs can have far reaching effects on all aspects of their lives, including their chances of reaching their potential and leading happy and healthy lives as adults. (This training will run 2 times per year)

Dates: 3rd December 2019
12th May 2020

Venue: Connor Education Centre **Time:** 10:00 – 12:30

Learning Outcomes

- Explore the concepts of mental health, well-being and resilience in Children & Young People
- Understand how to recognise signs of anxiety or depression in Children & Young People
- Consider ways in which you can provide support and containment for Children & Young People in distress
- Know who to ask for additional support

Understanding and Managing Autism Spectrum Disorder (ASD)

(One ½ Day Course)

Approximately 1 in 100 children are on the Autistic Spectrum. Each child will have specific support needs to assist in their social, emotional and educational development. This course enables you to gain knowledge and skills that will prepare you for a role supporting a child on the Autistic Spectrum or with Asperger's Syndrome.

(This training will run 2 times per year)

Dates: 10th December 2019
5th May 2020

Venue: Connor Education Centre **Time:** 10:00 – 2:30

Learning Outcomes

- Know the implications of the quad of impairments and the challenges underpinning the autism spectrum
- Understand how behaviour is communicated and the links to sensory needs
- Know how to build sensory stimulation
- Identify triggers for behaviours that challenge

02

Caring for Looked After Children



Understanding bereavement and loss for Looked After Children

As a carer it's imperative that you understand the effects of loss and bereavement on looked after children and young people in your care so that you can support them in the right way.

(This training will run 2 times per year)

Dates: 18th November 2019
18th March 2020

Venue: Connor Education Centre

Time: 10:00 – 12:30

Learning Outcomes

- Consider the terminology of bereavement and loss
- Consider developmental understanding of loss
- Understand the stages of grief
- Consider your approach to dealing with CYP experiencing loss
- Know the skills you need to provide the emotional containment necessary to enable children to make sense of their loss
- Consider yourself too

Understanding the role of the health service and Looked After Children

(One ½ Day Course)

Promoting health and development is a high priority for everyone who works with children and young people. This course enables you to understand how you can help children and young people to be healthy and to stay healthy.

(This training will run 4 times per year)

Dates: 13th September 2019
14th November 2019
23rd January 2020
19th March 2020

Venue: Metsec **Time:** 10:00 – 2:30

Learning Outcomes

- Understand the different roles of health professionals
- Know how to promote the health of children & young people in your care
- Understand how good health care can support better life outcomes

02

Caring for Looked After Children



Understanding the role of the Local Authority Designated Officer (LADO)

In order to manage allegations against child care professionals, every Local Authority appoints a Local Authority Designated Officer (LADO). The LADO should be alerted to all cases in which it is alleged that a person who works with children has:

behaved in a way that has harmed, or may have harmed, a child possibly committed a criminal offence against children, or related to a child, or behaved towards a child or children in a way that indicates s/he may pose a risk to children (Working Together 2018).

This session will provide you with an overview about the changes in the LADO referral process and procedures as well as the management of Position of Trust (POT) allegation/concerns in relation to your role.

(This training will run 3 times per year)

Dates: 4th March 2020
15th July 2020
4th November 2020

Venue: Metsec Building

Time: 10:00 – 1:00

Learning Outcomes

- Raise awareness regarding LADO Thresholds
- Raise awareness of LOWER LEVEL of concerns
- Highlight Blind loyalty
- Malicious Referrals
- If you are subject to a Position of Trust (POT) process – what happens and why
- Your role in capturing child's voice – RECORDING EVIDENCE
- Partnership Working/building:
- Clarification of roles – who does what

03 Safeguarding



Everyone in the children's workforce must be able to meet national and local standards in working with children and young people and their families. These safeguarding courses raise awareness of key issues surrounding the need to identify abuse, protect children and young people and support those who care for them.



Foster Carer Quote

"Really useful training, lots of relevant information to help me in my role as a foster carer"

03

Sandwell Children's Safeguarding Partnership



Safeguarding training is multi-agency training for all professionals working with children & young people in Sandwell.

This training is delivered by
Sandwell's Children's Safeguarding Partnership (SCSP)

Some dates and times are advertised here.
To book a place or see further dates and times click the link below:

<https://training.sandwellscb.org.uk/>

Core Working Together - Level 3 safeguarding Children & Young People (CYP)

(One Day Course)

As carer it's important that you know how to work together with other agencies to safeguard CYP in your care. Before attending this course you must have completed either a face to face or on-line introductory course in safeguarding CYP

Dates: 4th September 2019
14th November 2019
22nd January 2020

Venue: Coneygre Arts Centre

Time: 9:30 - 4:30

Learning Outcomes

- Be aware of your role and responsibilities for safeguarding CYP
- Consider key areas of safeguarding practice including information sharing, consent, confidentiality and escalation
- Consider how to demonstrate professional curiosity and a questioning stance in practice with children and families

03

Sandwell Children's Safeguarding Partnership



Modern Day Slavery

(2 hr Course)

Modern slavery is a heinous and often hidden crime. It includes slavery, servitude, forced and compulsory labour and human trafficking. The impact can be devastating for the victims

Dates

& Times: 16th July 2019 – 10:00-12:00
27th August 2019 – 10:00-12:00
25th September 2019 1:30-3:30

Venue: Roway Lane

Please check website for further dates and times

Learning Outcomes

- To understand the different manifestations of Modern Day Slavery
- To be able to identify a victim
- To understand what to do if a victim is identified
- Understand the National Referral mechanisms

Signs of Safety

(One ½ Day Course)

Signs of Safety is an innovative, strengths-based approach to working with children and families. This approach is grounded in partnership and collaboration and uses a range of interactive techniques to address risks and concerns while acknowledging strengths which leads to better engagement.

Dates: 4th July 2019
19th September 2019
21st November 2019
9th January 2020
17th March 2020

Venue: Sandwell Council House **Time:** Please check website for times

Learning Outcomes

- What is Signs of Safety
- Understand Danger Statements, Safety Goals and Scaling
- Have a brief overview of Safety Planning



Understanding Extremism (One Day Course)

Understanding Extremism Training will explore and discuss issues relating to the ideology of Global Jihadism and the Far Right. The Training will equip delegates with an ideological understanding that underpins different extremist groups.

Dates: 21st August 2019
11th September 2019
16th October 2019

Venue: Roway Lane

Time: 9:30 – 4:30

Please check website for further dates and times

Learning Outcomes

- Respond to the ideological challenge of terrorism and the threat from those who promote
- To support safeguarding and further embed the referral process for concerns
- To support practitioners who work and interact with young people and communities in Sandwell who may be vulnerable to extremist ideology
- To promote good relations and cohesion between all communities

Workshop to Raise Awareness of Prevent (2 hr Course)

Prevent is part of the government counter-terrorism strategy, it's designed to tackle the problem of terrorism at its roots, preventing people from supporting terrorism or becoming involved in terrorism themselves.

Dates & Times

1st July 2019 – 12:30 - 2:30
7th November 2019 – 10:00-12:00

Venue: Roway Lane

Please check website for further dates and times

Learning Outcomes

- An understanding of the Prevent strategy and your role within it
- The ability to use existing expertise and professional judgment to recognise the vulnerable individuals who may need support
- Local safeguarding and referral mechanisms and people to contact for further help and advice

04

Self - Directed Learning

To develop a secure sense of identity, children need to grow up in an environment where they feel loved and secure. There needs to be a sufficient range of carers who have the skills or potential to care for different groups of looked-after children and young people. Self-directed learning is the learning and development you engage in outside of formal face-to-face training. Engaging in other forms of training will support you to provide physical placement stability, stability of relationships, educational stability and continuity of contact with family, relatives and friends.



Foster Carer Quote

“ The way the course was taught made all the difference. I was valued for being there, made me want to learn more and put into practice what I have learnt”

04 Self – Directed Learning

To support self-directed learning you will be given access to Research in Practice. This is a website that aims to bridge the gaps between research, practice and service users' lived experiences. All Sandwell Children's Trust staff have access to this resource too.

By providing a range of evidence-informed resources and learning opportunities based on academic research, practice expertise and evidence from service users they aim to improve practice and ultimately outcomes for children and families.

To create a **free** account please follow these simple steps:

1. Create an account by clicking on this link:
<https://www.rip.org.uk/login/create-account/>
2. E-mail training_sct@sandwellchildrenstrust.org to notify them you have created an account
3. You will receive an e-mail to say your account has been activated
4. Log on and utilise the resources to support your role as a carer



04 Self – Directed Learning

We have teamed up with **The Social Care Training Hub** to bring you over **150 on line training courses** at intermediate and advanced levels.

If you would like to access any of these courses please follow the following 6 steps:

www.thefostercaretraininghub.co.uk

- 1) Click on the link above
- 2) Identify a course that will support your development
- 3) Look at the learning outcomes for that course and decide if it is right for you
- 4) If there is an option for either an intermediate or advanced level ensure you choose the right level for you
- 5) Discuss with your supervising social worker the benefits of this course and how it will help improve outcomes for the children and young people in your care
- 6) If agreed contact training_sct@sandwellchildrenstrust.org with your request, you will then receive an e-mail with instructions on how to access the course you have chosen.



The Social Care Training Hub also offers a number of e-learning modules for children & young people (age 10 and upwards) these can be completed either on their own or alongside an adult.

- Social Networking and Internet Safety
- Anti-Bullying
- Attachments
- Becoming Independent for 16-Year-Olds and Young People
- Birth Families and Social Media
- Celebrating Difference
- Complaints -What I Need to Know
- Court Appearances & What to Expect
- Cyberbullying
- All About Sexual Abuse and Exploitation
- Drugs, Alcohol & Psychoactive Substances
- Eating Disorders
- Education - Rights and Entitlements
- Fire Safety
- Food Safety
- Future focus - Where am I Going?
- Gangs and Group Offenders
- Getting the Most out of Education
- Health, Nutrition and Well-being
- Healthy Relationships
- Mental Health in Young People
- Leaving Care – Expectations and Support
- LGBT Youth - Be in the Know
- Managing Anger, Emotions, and Getting Relevant Support
- My Rights as a Care Leaver
- Radicalisation
- Safer Caring and Risk Management
- Self-Harm
- Self-Esteem Building in Children/Young People
- Sexualised Behaviour
- Why is my Sexual Health Important?
- Understanding Labels
- Understanding my Rights as a Looked After Child
- What to do When I Feel Stressed
- What to do When I Turn 18
- Who am I? – Personal Identity
- Who is Who
- Why Carers Get Worried When I Go Missing

If you would like to access any of these courses follow the same 6 steps above:

www.thefostercaretraininghub.co.uk

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Useful information

For all training queries and bookings please contact the Workforce Development Team: :



Training_SCT@sandwellchildrenstrust.org



07901 331735 - **Louise Harris**
07469 575095 - **Christine Foster**
07441 833587 – **Jas Chaunkria**



Wellman Building,
Dudley Road,
Oldbury,
West Midlands,
B69 3DL

Ensure you discuss your training and learning and development needs with your supervising social worker in your 6-weekly supervision sessions.

Training locations and parking

1 **Providence Place**, West Bromwich, West Midlands, B70 8SZ (BT building) (pay & display parking)

Coneygre Arts Centre, Sedgeley Road East, Tipton, DY4 8UH (Free parking)

Connor Road Education Centre, Connor Road, West Bromwich, West Midlands, B71 3DJ (Parking restrictions on Connor Road)

(Free parking available on Charlemont Bowling Club, 46 Charlemont Road, West Bromwich B71 3DU)

Metsec Building, Broadwell Road, Oldbury, West Midlands, B69 4HE

Capehill Childrens Centre, Corbett Street, Smethwick, B66 3PX (Free parking)

Direct 2 Industrial Park, **Roway Lane**, Oldbury, B69 3ES

321 **High Street**, West Bromwich, West Midlands, B70 8LU (opposite West Bromwich Town Hall and Library)

Parking in and around West Bromwich can cost up to £4 per day. This can be claimed back along with your car mileage/bus/train fare. Please keep any receipts or parking tickets and give them to your Supervising Social Worker.

Core Training Log

Name: _____

Course Title	Date Completed/Attended	Refresher Due Month/Year
Artemis – Childrens Workforce Induction		
Artemis – Child Protection Level 1		
Artemis – Understanding Child Attachment		
Artemis – Working with Parents		
Artemis – Working with CYP with Disabilities		
Artemis – A Signs of Safety Approach		
Attachment & Child Development		
Challenging Behaviour		
Exploitation		
Paediatric First Aid		
Recording & Reporting		
Safeguarding Children & Young People		
Safer Caring		

My Reflective Learning Log

Use this Reflective Learning Log to reflect on any learning activities to support your Training Development Standards portfolio (TDS) and your Personal Development Plan (PDP)

Title of Learning Activity:

Name:

Date:

Key areas of learning for me were:

1.

2.

3.

One thing that I will take away from this L&D activity that I will do differently and will make a positive difference to children & young people:

Other improvements that I want to make in my role as a foster carer:

1.

2.

3.

By when?

Areas I wish to explore further are?

Examples of Learning & Development Activities

Category	Examples
Self-Directed Learning	<ul style="list-style-type: none"> • Reading articles in books, magazines, newspapers or on a website that relate to caring children & young people and/or understanding their needs • Watching/listening to a television programme/film, documentaries podcast, radio programme, any of which could have content that supports your understanding and increases awareness of children & young peoples lived experiences • On-line learning modules e:g The Social Care Training Hub • Voluntary work you do that supports your understanding of children in your care
Your role as a foster carer	<ul style="list-style-type: none"> • SCT Core/additional training • Attending meetings at school • Attending LAC reviews • Learning by doing – Everyday care of children & young people • Supporting other foster carers (peer support)
Formal and educational	<ul style="list-style-type: none"> • Attending conferences • Academic courses resulting in qualification relating to children & young people • Further education courses • Co-facilitating training • Distance or on-line learning

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Useful information

Training schedule – Core (Mandatory)

Course	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Attachment & Child Development 3 x ½ days			19 th 25 th 26 th				24 th 28 th 29 th		
Challenging Behaviour 1 x ½ day	2 nd		21 st		14 th			5 th	
Exploitation 1 x ½ day			13 th		8 th			20 th	
Paediatric First Aid 3 x ½ day	17 th 18 th 19 th		24 th 25 th 26 th	14 th 15 th 16 th	12 th 13 th 14 th	18 th 19 th 20 th	20 th 21 st 22 nd	12 th 13 th 14 th	2 nd 3 rd 4 th
Record Keeping & Information Sharing 1 x ½ day	18 th		27 th	17 th	11 th		15 th	7 th	16 th
Safeguarding CYP 2 Hrs	15 th		16 th		12 th		21 st		18 th
Safer Caring 1 x ½ day			11 th	8 th	13 th	11 th	27 th	25 th	24 th

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Useful information

Training schedule – Additional Training

Course	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Raising Early Achievements in Literacy 2 x ½ days	4 th 11 th		26 th	3 rd	14 th 21 st			6 th 13 th	
Total Respect Childrens rights 1 x ½ day			12 th				16 th		
Total Respect Communicating with CYP 1 x ½ day				22 nd				20 th	
Total respect Promoting Independence 1 x ½ day					21 st				12 th
Promoting positive contact 1 x ½ day	5 th		5 th			10 th			17 th
Moving onto adoption/permanency 1 x ½ day	20 th		19 th		4 th			17 th	
Mind of my own 1 hr	2 nd 9 th 16 th	6 th 13 th 20 th	3 rd 17 th 24 th	3 rd 5 th 12 th	1 st 3 rd 8 th	5 th 7 th 12 th	7 th 9 th 14 th	4 th 6 th 11 th	3 rd 5 th 10 th

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Useful information

Training schedule – Additional Training

Course	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Understanding the role of health and looked after children 1 x ½ day			13 th		14 th		23 rd		20 th
Online Safety 2.5 hrs		Training available in April & June 2020							
ADHD awareness 2.5 hrs							23 rd		
Managing Autism 1 x ½ day						10 th			
Understanding Adolescence 2.5 hrs							16 th		
Understanding anxiety & depression 2.5 hrs						3 rd			
ADHD - Awareness and management 2.5 hrs							23 rd		
Mental health awareness 1 x ½ day				2 nd		4 th	22 nd		4 th

Your Suggestions

If you have any suggestions for training, learning or development not mentioned within this brochure, please contact us.

All suggestions welcomed



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