
Learning and Workforce Development

Foster Carer Courses
Courses 2017/18



Reading
Borough Council
Working better with you

Contact Information

Call L&WFD on 72102 (0118 937 2102).
Email us at training@reading.gov.uk

Booking details

For up to date information about course availability please contact the L&WFD team. To book a place on any course send a complete an online [application form](#).

Foster Carer Courses:

Course	Date	Times	Venue
Autism Awareness	20 June 17 12 Oct 17 29 Jan 18	13.30-16.30 09:30-13:30 13.30-16.30	South CAT The Avenue Centre The Avenue Centre
Advanced Autism	11 May 17 18 Jul 17 30 Nov 17 22 Mar 18	09:30-13:30 09:30-13:30 09:30-13:30 09:30-13:30	The Avenue Centre The Avenue Centre South CAT The Avenue Centre
Caring for Vulnerable Babies	11 th & 18 Oct 17 Must attend both sessions	09:30 - 12:30	The Avenue Centre
Children's Mental Health Matters (CMHM)	11 Jul 17 15 Feb 18	09.30-16.30	South CAT
CMHM Advanced - Mood & Anxiety Disorders	27 Feb 18	14:30 - 16:30	South CAT
CMHM Advanced - Self Harm & Suicide	06 Mar 18	13:30 - 16:30	South CAT
CMHM Advanced - Trauma	14 Mar 18	14:30 - 16:30	South CAT
CP & the Role of the LADO	21 Jun 17 21 Sep 17	09:30-12:30	The Avenue Centre
Delegated Authority	31 Oct 17 22 Feb 18	10:00 - 14:00	The Avenue Centre
Emergency First Aid with Foster Carer module	8 Jun 17 14 Oct 17 24 Jan 18	09:30 - 16:00	The Avenue Centre
E-PEP Training	20 Jun 17 27 Jun 17	10:00 - 12:00 19:00 - 21:00	The Avenue Centre
Fire Awareness	14 Jun 17 03 Jul 17 12 Sep 17 04 Oct 17	09:30 - 12:30 13:00 - 16:00 09:30 - 12:30 13:00 - 16:00	Royal Berkshire Fire & Rescue Services Whitley Wood Fire Station, 270 Whitley Wood Road, Reading RG2 8FS
Introduction to Child Sexual Exploitation	12 Jun 2017 14 Sept 2017 13 Dec 2017 14 Mar 2018	09:30 - 15:30	The Avenue Centre
Legal Training	05 Oct 2017	10:00 - 14:00	The Avenue Centre
LSCB - Effective Multi Agency Working	10 May 2017 2 Nov 2017	09:30 - 16:30	The Avenue Centre
LSCB E-Safety	05 Dec 2016	09:30 - 12:30	The Avenue Centre
LSCB Safeguarding Disabled Children	03 Oct 2017	09:30 - 12:30	The Avenue Centre

Course	Date	Times	Venue
LSCB Sexual Abuse (including Children with Sexually Harmful Behaviours)	12 July 2017	09:30 - 16:30	The Avenue Centre
LSCB Toxic Trio	06 Feb 2018	09:30 - 16:30	The Avenue Centre
LSCB Working with Resistance (including Disguised Compliance)	20 June 2017	09:30 - 16:30	The Avenue Centre
Promoting Health of LAC - 0-5	16 Nov 17	09:30 - 12:30	The Avenue Centre
Promoting Health of School Age Children	9 Nov 17	09:30 - 12:30	The Avenue Centre
Research in Practice Resources	Online resources	N/A	See end of brochure for details
Relationships & Sexual Health	4 Jul 17	18:30 - 21:30	The Avenue
Universal Safeguarding NB These training dates are only available to Foster Carers who have never received any safeguarding training in Reading previously.	24th Apr 17 15th May 17 15th Jun 17 12th Jul 17 15th Sep 17 30th Sep 17 (Sat) 10th Oct 17 11th Nov 17 (Sat) 14th Dec 17 11th Jan 18 5th Feb 18 7th Mar 18	09:30 - 12:30 09:30 - 12:30 13:00 - 16:00 18:30 - 21:30 09:30 - 12:30 09:30 - 12:30 13:00 - 16:00 09:30 - 12:30 13:00 - 16:00 18:30 - 21:30 09:30 - 12:30 13:00 - 16:00	The Avenue Centre
Universal Safeguarding Refresher	Online course. For login details please contact training@reading.gov.uk		

Autism Awareness

(1/2 day)

The aim of this course is to increase knowledge and understanding of autism. It will also increase confidence in being able to support Autistic people and promote inclusion for Autism

Learning Aims

By the end of the session you will be able to

- identify the key difficulties Autistic people experience
- Identify ways to support Autistic people
- understand the support services available

Who Will Benefit

All Carers

Trainer/ Facilitator

Jenna Redmond, Autism Advisor RBC

Advanced Autism

(1/2 day)

The aim of this course is to further develop understanding of autism. It will also aid application of strategies and promote positive support for Autistic individuals and their carers

Learning Aims

By the end of the session you will

- Have refreshed knowledge of areas in which individuals with an ASC characteristically have difficulties
- Develop understanding of ASC through case study work
- Be confident in using positive ways to communicate with Autistic young people

Who Will Benefit

All Carers who have attended the 'Autism Awareness' or are able to demonstrate similar training or experience before you attending this course.

Trainer/ Facilitator

Jenna Redmond, Autism Advisor RBC

Caring for Vulnerable Babies

(2 x1/2 day sessions)

A two part training course covering the key issues in caring for vulnerable infants. Delegates must attend both sessions.

Learning Aims

The training will include the impact of drugs and alcohol on the babies and those caring for them

Who Will Benefit

Baby carers

Trainer/ Facilitator

Specialist Nurses for Looked After Children

Children's Mental Health Matters

(1 day)

The aim is to raise the awareness of the Mental Health needs of children and young people. The course supports staff to recognise and identify the indicators of Mental Health issues in children and young people leading to early intervention and promotion of positive psychological & emotional well-being.

Learning Aims

This one day course will ensure that participants can:

- Understand the link between children's development and mental health.
- Explain a range of mental health issues affecting children.
- Explain the range of risk factors and protective 'resilience' factors which can influence the mental health of children.
- Identify what helps and which interventions are proven successful for common mental health problems.
- Confidently identify pathways to support for children with mental health concerns and make appropriate referrals.
- Plan changes in your own practice and implement these after the training.

Who Will Benefit

All Carers

Trainer/ Facilitator

Primary Mental Health Workers from the CAT Teams

Children's Mental Health Matters Advanced - Mood & Anxiety Disorders

(2 hour)

This short course builds on the one day 'Children's Mental Health Matters' course to give those working with children and their families a better understanding of Mood and Anxiety Disorder so that they can identify and secure appropriate support early.

Learning Aims

By the end of this course, you will:

- Describe the range of different Mood & Anxiety Disorders
- Identify their prevalence in children and the impact on their lives
- Explain the signs and symptoms that professionals and families might notice in some of the common Mood & Anxiety Disorders including Depression, Bi-Polar Disorder, Mania, Anxiety Disorders and Phobias.
- Describe the links between childhood neurological development and risk factors
- Explain some of the difficulties in diagnosing children and young people
- Identify support and treatment for the child and make appropriate referrals

Who Will Benefit

All Carers who have attended the 1 day Children's Mental Health Matters

Trainer/ Facilitator

Primary Mental Health Workers from the CAT Teams

Children's Mental Health Matters Advanced - Self Harm & Suicide

(2 hour)

This short course builds on the one day 'Children's Mental Health Matters' course to give those working with children and their families a better understanding of Self Harm and Suicide so that they can identify and secure appropriate support early

Learning Aims

By the end of this course, you will be able to:

- Describe what is meant by Self-Harm and the range ways in which this presents in children and young people.
- Identify the prevalence of Self Harm and Suicide in Children and Young People.
- Explain the signs, symptoms and risk factors around Self Harm and Suicide and how to identify those who need support.
- Identify support and treatments for those at risk and how to make appropriate referrals.

Who Will Benefit

All Carers who have attended the 1 day Children's Mental Health Matters

Trainer/ Facilitator

Primary Mental Health Workers from the CAT Teams

Children's Mental Health Matters Advanced - Trauma

(2 hour)

Learning Aims

This short course builds on the one day 'Children's Mental Health Matters' course to give those working with children and their families a better understanding of Trauma so that they can identify and secure appropriate support early

By the end of this course, you will be able to:

- Identify the prevalence of Trauma in children and the impact on their lives including the impact on brain development.
- Describe different types of trauma.
- Explain the impact of Trauma on behaviour and signs and symptoms that professionals might look for.
- Practical responses for professionals working with children and young people who are suffering or have suffered trauma.
- Identify support and treatment for the child and make appropriate referrals.

Who Will Benefit

All Carers who have attended the 1 day Children's Mental Health Matters

Trainer/ Facilitator

Primary Mental Health Workers from the CAT Teams

CP and the Role of the LADO

(2 hour)

Learning Aims

The session will cover the following:

- The role of LADO
- Allegations against Foster Carers from children, parents
- Processes that follow such allegations and make appropriate referrals.

Who Will Benefit

All Carers

Trainer/ Facilitator

Sean Capewell - Local Authority Designated Officer (LADO)

Delegated Authority

(4 hours)

Learning Aims

By the end of this session delegates will have sufficient understanding of RBC's Delegated Authority Policy to be able to implement it effectively

During the session participants will have the opportunity to:

- Build trust and confidence across teams and roles - better working together.
- Understand and be more confident in applying the new legal context which is supportive of delegated authority
- Consider the reasons why this area of practice is crucial to children's experience of foster care.
- Recognise the links between the delegated authority agenda and the status and role of foster carers.

Who Will Benefit

Foster Carers, Supervising Social Workers, Children's Social Workers and ATMs

Trainer/ Facilitator

Sally Mylton - Smith & Angelita Francisco

Emergency First Aid with Foster Carer Module

(1 day)

This course has been specifically designed to suit Foster Carers. The exact course content is flexible, allowing it to be adapted to the needs of the particular group. You will have the opportunity to learn the key First Aid skills in a relaxed and enjoyable atmosphere, and be encouraged to share First Aid stories so you can learn from one another's life experiences.

Learning Aims

Core Content:

- First Aid Kits
- Recording Incidents
- Incident Management
- Unconsciousness
- Recovery Position
- Cardiopulmonary Resuscitation (CPR) - adult
- Choking - adult
- Wounds and Bleeding
- Shock

Plus, Foster Carers Module Content:

- Choking - child
- Choking - baby (if relevant)
- Cardiopulmonary Resuscitation (CPR) - child
- Cardiopulmonary Resuscitation (CPR) - baby (if relevant)
- Minor Injuries (nose bleeds, splinters, grazes etc.)
- Head Injuries
- Key points of the following:
 - Asthma
 - Anaphylaxis
 - Epilepsy
 - Diabetes (if relevant)
 - Fractures

Who Will Benefit

All Carers

Trainer/ Facilitator

Whiteleaf Training

E PEP (Electronic Personal Education Plan) Training

(1/2 day)

It is a statutory duty for all Looked after Children to have a Personal Education Plan three times a year. The aim of this course is to increase knowledge and understanding of the e PEP system from Early Years to Post 16 . It will also enable Foster Carers to access the e PEP so they can play an active role in the Personal Education Plan process and PEP meetings.

Learning Aims

By the end of the session you will be able to

- Log in and access the e PEP system
- Navigate the sections of the e PEP system
- Understand how the system supports, enhances and promotes the child's educational journey, incorporating the voice of the child.

Who Will Benefit

Foster Carers

Trainer/ Facilitator

The Virtual School

Fire Awareness

(3 Hours)

Learning Aims

The course provides instruction and practical experience in the competent and confident use of portable fire extinguishers and awareness of fire risk and preventive measures.

By the end of the course delegates will be able to:

- Outline their role
- Appreciate the risk posed by fire and the unique nature of fire and smoke damage
- Understand basic fire safety principles
- Outline the common causes of fire
- Recognise different types of extinguisher and how to use them
- Understand the classification of fire
- Recognise the importance of effective fire evacuation procedures.
- Understand what is expected of them when the fire alarm is activated
- Practical Use of Fire Extinguishers - This session provides each delegate with the opportunity to use various types of extinguishers.

Who Will Benefit

Anyone with responsibility for use of a fire extinguisher or fire blanket in the event of a fire.

Trainer/ Facilitator

Royal Berkshire Fire & Rescue Services

Introduction to Child Sexual Exploitation

(1 day)

Learning Aims

At the end of this course participants will:

- Understand what Child Sexual Exploitation is
- Know typical indicators of CSE
- Know commonly used grooming tactics, the child's perspective and behaviour
- Recognise factors that increase vulnerability to CSE
- Build trust and promote engagement with children, young people and families
- Know how to respond to concerns

Who Will Benefit

All Carers

Trainer/ Facilitator

Becky Tyler

LSCB Effective Multi Agency Working

(1 day)

Participants must have attended the 'UNIVERSAL SAFEGUARDING CHILDREN' course

Learning Aims

At the end of this course participants will:

- have an understanding of partnership working within multi agency safeguarding.
- have increased confidence, ability and advocacy skills in day to day to ensure effective interagency working.
- explore the professional and personal dilemmas and decision making in safeguarding
- consider assessment of thresholds including CAF, strategy meetings, Section 47, assessment and conference and core group in line with changes in Working Together to Safeguard Children 2013.
- consider information sharing communication and collaboration between professionals in different agencies with a focus on best interests of the child.
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Who Will Benefit

All Carers

Trainer/ Facilitator

Kingsley Knight

LSCB E-Safety

(1 day)

Course content

- Understanding the risks and benefits of modern technology
- Explore the different types of technology, including popular website and apps, how they are used by young people and by potential perpetrators
- Explore the issue of Sexting and the emotional and legal implications for young people
- Identify good practice in reducing risks to young people and how to respond to incidents

Who Will Benefit

All Carers

Trainer/ Facilitator

Becky Herron

LSCB Safeguarding Disabled Children

(1 day)

By the end of this course participants will:

- Have explored the existence of myths and stereotypes in relation to child abuse and children who are disabled
- Have examined the particular vulnerability of disabled children to all types of abuse
- Have learned effective ways to remain focused on the needs of disabled children
- Have learned how to encourage mutual respect and joint working between professionals and specialist staff
- Learn how to develop strategies to keep disabled children safe from harm

Who Will Benefit

All Carers

Trainer/ Facilitator

Kingsley Knight

LSCB Sexual Abuse(Including Children with Sexually Harmful Behaviour)

(1 day)

By the end of this course participants will have explored:

- The tensions in defining child sexual abuse
- Identifying factors leading to concerns for victims and perpetrators of child sexual abuse
- The effects of child sexual abuse who might help the victims in what ways
- The issues relating to perpetrators - who they are and how they are managed
- The issues relating to female genital mutilation

Who Will Benefit

All Carers

Trainer/ Facilitator

In-Trac Training & Consultancy Ltd

LSCB Toxic Trio

(1 day)

The term 'Toxic Trio' is used to describe the issues of domestic abuse, mental ill health and substance misuse. These have all been identified as common features of families where harm to children occurs.

- Identify how the risk factors of parental mental illness, substance misuse and domestic abuse co-exist within families and the implications for child protection
- Understand how the cumulative issues impact on children and young people, in relation to immediate risk, and long term harm.
- Explore the learning from Serious Case Review findings and current research to inform evidence based assessments.
- To review best practice for planning and service delivery to complex families

Who Will Benefit

All Carers

Trainer/ Facilitator

In-Trac Training & Consultancy Ltd

LSCB Working with Resistance (including Disguised Compliance)

(1 day)

By the end of this course participants will have explored:

- Consideration of the behaviour of avoidant and resistant families including the nature of disguised compliance and how such behaviour can render the child invisible
- Gaining greater understanding regarding the reasons parents may engage in resistant behaviour and the part professionals play in effective engagement
- Recognition of how such circumstances may have a paralysing effect on practitioners, hampering their ability to make judgments, act clearly and follow through on assessments & planning
- Consideration of ways of engaging with chaotic families in order to remain child-centred

Who Will Benefit

All Carers

Trainer/ Facilitator

In-Trac Training & Consultancy Ltd

Universal Safeguarding

(3 Hours)

Learning Aims

The training will cover the following topics:

- Have an improved understanding of signs and indicators of abuse
- Understand local Child Protection procedures and what to do if they are concerned about abuse
- Be clear about sharing information with others
- Have developed confidence in dealing with child protection issues appropriately

Who Will Benefit

All Carers.

Trainer/ Facilitator

Various RBC Staff

Research in Practice - Resources for foster carers

For almost 20 years Research in Practice has supported children's services workers in their efforts to improve the lives of children and families. We aim to make research and evidence accessible and easy to apply, to enable safer decision-making and robust child-centred practice.

As a foster carer, the support and nurturing you give to children is invaluable. We understand that your role is both challenging and rewarding so keeping up-to-date with shifting policy and practice, understanding research, gaining insights into what is working well and what's not, can be extremely time consuming and often daunting. Research in Practice can support you with this.

As a foster carer employed by Reading Borough Council you can gain access to the Research in Practice website.

Resources

You can download any of our resources at no cost. All of our publications and tools are jargon-free and give practical examples of how to apply research messages to practice.

In particular you may be interested in our **Frontline briefings and tools**. These provide a concise and practical summary of research and theory with pointers for action.

Topics include:

- Communicating with children under 5
- Attachment in children and young people
- Promoting resilience in children, young people and families
- Child development

Each briefing has an accompanying tool which condenses some of the key information.

Once logged on, you can access these resources here:

<https://www.rip.org.uk/resources/publications/frontline-resources/>



e-learning

Accessible online learning modules which help you to understand the headline points on key topics.

Topics include:

- Neglect
- Safeguarding in the 21st century
- Play in outdoor spaces.

Once logged on, you can access the e-learning here:

<https://www.rip.org.uk/events-and-online-learning/e-learning-modules/>

What Works for Troubled Children?

This comprehensive database provides information on a range of evidence-based interventions for children and young people with emotional, behavioural and mental health difficulties.

Once logged on, you can access this resource here:

<https://www.rip.org.uk/resources/what-works-for-troubled-children-content/>

How do I sign up?

If you would like to access these resources please contact **Linda Grover** (Linda.Grover@reading.gov.uk) with your name and email address. Shortly after this you will receive an email from Research in Practice with instructions on how to create your account.

You may also want to sign up to receive our monthly e-bulletin. This is a useful way of keeping informed of Research in Practice's latest resources, events and news from across the sector.

Fostering and adoption mini-site

In addition to resources available on the Research in Practice website, there is also a host of training resources and materials targeted at people working in fostering and adoption on our freely accessible mini-site: www.fosteringandadoption.rip.org.uk

This website hosts key research messages on a number of relevant topics including:

- Attachment theory and research
- Child development
- Early brain development and maltreatment
- Early childhood trauma
- Impacts of delayed decision making
- Communicating effectively with children and young people
- Placement stability and permanence
- Managing risks and benefits of contact