Fostering for Brighton & Hove

Foster Carer Training Programme 2013 / 2014

Cover Artwork by: Amy Sharp

Programme meets Fostering Services National Minimum Standard 20: Learning & Development of Foster Carers
CONTENTS

(Click on links to go to each section)

New Mandatory Training Route 2
List of Training Events 3-4
Introduction 5-16
Mandatory Courses 8-11
The Importance of PDP’s 12
How to Apply & Non-Attendance 13
Information Sheets 17-18
Calendar of Events 19-22
Venue Details 23
Training Courses 24-89
IT and Internet-Based Courses 76-84
Improving Life Chances for CinC Programme & Supporting Education Workshops 85-89
Higher Education for CinC – Foster Carers Pilot Event 90
Skills for Life- Developing Your Own Life Skills 91-92
Additional Resources / Useful Information 93-105

Personal Development Plan (to be filled out in conjunction with your Supervising Social Worker) Appendix 1
Training Request Form (to be filled out in conjunction with your Supervising Social Worker) Appendix 2

2013/14 Programme
Training events are listed under the relevant Training, Support and Development Standards for Foster Care headings to help carers identify training needs linked to completing the Standards. Carers are **not** expected to attend all of these events! Speak to your Supervising Social Worker for guidance.

As further course dates are booked, they will be updated in the online version of the Guide so please refer to this for the most up to date information.

Please note all courses have a closing date of six weeks prior to the date of the course.

Please read the confirmation letter for final details as these may change.
New Mandatory Training Route  (Click here for more info)
Following the revised new training route please see below a list of the new mandatory and essential courses that must be completed dependent on carer type. More information can be found on page 8. Please ensure you complete these courses within two years. A clear training route flowchart can be found on page 9.

All Carers must now complete:
1. Positive Interventions (Not Link Plus Short Break)
2. Working Together in Child Protection
3. Safer Caring – Complaints & Allegations (Not Link Plus Short Break)
4. Paediatric First Aid
5. Attachment (Not Link Plus Short Break)

Parent & Baby
6. Promoting Good Mental & Physical Health
7. Supporting BME Children in Care
8. Child Development and Early Learning
9. Drugs and Foster Care
10. Attendance at Parent & Baby support group

0-5 YEARS
6. Preparing Children for Adoption
7. Supporting BME Children in Care
8. Child Development and Early Learning
9. Caring for Under 5’s

5-12 YEARS
6. Special Educational Needs, Resources & Making the Most of PEP’s
7. Supporting BME Children in Care
8. Resilience
9. Promoting Good Mental & Physical Health in LAYP

Teenagers
6. Adolescent Development
7. Preparation for Adult Life
8. Drugs & Foster Care
9. Sexual Health, Teenage Pregnancy & LAYP
10. Facebook, Social Networking and Foster Care

Link Plus Full Time Carers
6. Communicating with Children with LDS / Complex Needs
7. Supporting BME Children in Care

Link Plus Short Break Carers
6. Communicating with Children with LDS / Complex Needs
7. Supporting BME Children in Care

2013/14 Programme
**TRAINING EVENTS LINKED TO TRAINING, SUPPORT & DEVELOPMENT STANDARDS**
*(Click on links to take you to each page)*

<table>
<thead>
<tr>
<th>Standard 1 – Understand the principles &amp; values essential for fostering children and young people</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Principles &amp; Values of Working with Children &amp; Families</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Standard 2 – Understand your role as a Foster Carer</th>
</tr>
</thead>
<tbody>
<tr>
<td>● TBC</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Standard 3 – Understand health &amp; safety and health care</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Food Safety</td>
</tr>
<tr>
<td>➢ Safer Handling of Children - Basic Awareness</td>
</tr>
<tr>
<td>➢ Safer Handling of Children - Refresher</td>
</tr>
<tr>
<td>➢ Mental Health Awareness</td>
</tr>
<tr>
<td>☑ Paediatric First Aid - ☀ ● ◆ ● ○</td>
</tr>
<tr>
<td>☑ Sexual Health, Teenage Pregnancy and Looked After Young People - ◆</td>
</tr>
<tr>
<td>☑ Drugs and Foster Care - ○</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Standard 4 – Know how to communicate effectively</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Autism, Asperger Syndrome, ADHD and Downs Syndrome Conditions Awareness</td>
</tr>
<tr>
<td>➢ Building Relationships and Communicating with Children, Young People &amp; Families</td>
</tr>
<tr>
<td>☑ Communicating with Children with Learning Disabilities / Complex Needs - ● ○</td>
</tr>
<tr>
<td>➢ Family Group Conferences – An Introduction</td>
</tr>
<tr>
<td>➢ Makaton for Beginners</td>
</tr>
<tr>
<td>➢ Makaton Follow-up</td>
</tr>
<tr>
<td>☑ Preparing Children for Adoption - ●</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Standard 5 – Understand the development of children and young people</th>
</tr>
</thead>
<tbody>
<tr>
<td>☑ Adolescent Development - ◆</td>
</tr>
<tr>
<td>☑ Attachment - ☀ ● ◆ ● ○</td>
</tr>
<tr>
<td>➢ Attachment in Schools – How to Support CiC With Their Attachment Needs</td>
</tr>
<tr>
<td>☑ Caring for Under 5’s - ●</td>
</tr>
<tr>
<td>☑ Child Development and Early Learning – It’s Never Too Early to Start - ◆ ●</td>
</tr>
</tbody>
</table>
### Standard 5 contd. – Understand the development of children and young people

- **Helping Your Child with Reading & Writing – What Works?**
- **Improving Life Chances For Children in Care Programme**
- **Personal Relationships & Sexuality – YP with Learning Disabilities**

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊</td>
<td>Preparation for Adult Life</td>
</tr>
<tr>
<td>😊</td>
<td>Promoting Good Mental &amp; Physical Health for Looked After Children</td>
</tr>
<tr>
<td>😊</td>
<td>Special Educational Needs, Resources and Making the Most of Personal Education Plans</td>
</tr>
<tr>
<td>😊</td>
<td>Supporting Health Behaviour Change</td>
</tr>
<tr>
<td>😊</td>
<td>Supporting Families of Prisoners – Hidden Sentence</td>
</tr>
<tr>
<td>😊</td>
<td>Supporting LGBT Young People: Exploring Sexual Orientation and Gender Identity</td>
</tr>
<tr>
<td>😊</td>
<td>Children &amp; Young People’s Development</td>
</tr>
<tr>
<td>😊</td>
<td>Resilience</td>
</tr>
<tr>
<td>😊</td>
<td>Separation and Loss</td>
</tr>
</tbody>
</table>

### Standard 6 – Keep Children and Young People Safe From Harm

- **Caring for Children who have been Sexually Abused**
- **Sexually Harmful Behaviour of Children & Young People**
- **Court Work Skills Part 1 & Part 2**
- **Court Work Park 3 - Skills in Written Evidence**
- **Domestic Violence & Abuse – The Impact on Children & Young People**

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊</td>
<td>Facebook, Social Networking and Foster Care</td>
</tr>
<tr>
<td>😊</td>
<td>Internet Safeguarding – A Practical Guide to Keeping Children Safe Online</td>
</tr>
<tr>
<td>😊</td>
<td>Positive Interventions</td>
</tr>
<tr>
<td>😊</td>
<td>Preventing &amp; Disrupting Sexual Exploitation of Children &amp; YP</td>
</tr>
<tr>
<td>😊</td>
<td>Safe Sleeping for Babies – Reducing the Risk of SIDS</td>
</tr>
<tr>
<td>😊</td>
<td>Safer Caring – Complaints and Allegations</td>
</tr>
<tr>
<td>😊</td>
<td>Safeguarding Children with Disabilities</td>
</tr>
<tr>
<td>😊</td>
<td>Working Together in Child Protection</td>
</tr>
<tr>
<td>😊</td>
<td>Young People and Self Harm</td>
</tr>
</tbody>
</table>

### Standard 7 – Develop yourself

- **Online Basics**
- **On-line learning (e-learning courses)**
- **QCF Level 3 Diploma for Children & Young People**
- **Skills for Life**

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>😊</td>
<td>Supporting BME Children in Care</td>
</tr>
<tr>
<td>😊</td>
<td>Training Support &amp; Development Standards</td>
</tr>
<tr>
<td>😊</td>
<td>Train the Trainer</td>
</tr>
</tbody>
</table>
Dear Carer,

Welcome to the Brighton & Hove City Council Carer Training Programme for April 2013 - March 2014.

Organisation and Distribution of the Training Programme

The training programme now runs for 12 months, from April to March each year.

To save on printing costs, and to acknowledge the number of carers who now use e-mail and internet communication, we no longer produce printed copies of the training programme but email the training programme to all carers for whom we have an email address.

Alternatively, carers will be able to access the training programme online, via the Brighton and Hove fostering website: www.fosteringinbrightonandhove.org.uk or the Brighton & Hove Foster Care Association website: www.bhfca.co.uk Staff are also able to access the Council’s intranet the ‘Wave’ http://wave.brighton-hove.gov.uk/supportingyou/learning/Pages/FosterCarers.aspx

For any carers who do not have an email address, or cannot access the programme online, they can request a printed copy from their supervising social worker, but we would like to keep these requests to a minimum if possible.
Management of Foster Carer Training

John Donnelly, Practice Manager, Fostering Team, and Lynne Rimmer manage the training programme jointly. Lynne is a Workforce Development Officer based at Kings House and is responsible for organising training for Children’s Services staff and foster carers. Lynne is currently covering for Clare Tasker, who has managed the foster carer programme for several years but is currently on secondment to another post. Lynne works Tuesdays-Thursdays and can be contacted on 01273 291594.

Melanie Whitaker is the Workforce Development Administrator and is based at Kings House. She is responsible for identifying suitable training venues, dealing with training request forms from carers and maintaining a foster carer training database. Melanie is contactable on 01273 290371.

The training programme for foster carers continues to be monitored by a working party which meets quarterly. It consists of social workers from the Fostering, 16 Plus Support and Barnardos Link Plus teams and foster carers, including parent and baby and teenage carers, and a representative from the BHFCA. Its remit is to evaluate the current training programme and to discuss how to develop training for foster carers in the future. We are keen to have more foster carers on the working party, particularly recently approved carers, so if you are interested please contact John on 01273 295545.

1. Training, Support & Development Standards for Foster Care

The Children’s Workforce Development Council (CWDC) was a Government organisation responsible for ensuring that all people who work with children have the best possible knowledge, information and training to help them care for children and young people.

The CWDC introduced a set of Training, Support & Development Standards for foster carers, effective from April 2008, to ensure that fostering agencies have properly prepared foster carers for their work with children and their families.

These Standards are to ensure that foster carers have a good understanding of the key tasks in caring for children i.e. promoting healthy eating, managing behaviour etc, as well as the key policies, for example, confidentiality and legislation i.e. National Minimum Standards for Fostering Services affecting their work as foster carers.

The CWDC Council no longer exists but all foster carers are still required to demonstrate they have met the 7 CWDC Standards now called TSD Standards, via completing a CWDC workbook, which is available online from the Department for Education.
Completion of the CWDC Workbook by foster carers is also monitored and evaluated by OFSTED when they inspect Fostering Services.

All foster carers are expected to complete the Standards within one year of being approved.

The workbook is divided into 7 sections, covering the 7 Standards.

**The 7 TSD Standards are:**

**Standard 1** - Understand the Principles and Values essential for Fostering Children and Young People

**Standard 2** - Understand your Role as a Foster Carer

**Standard 3** - Understand Health and Safety and Health Care

**Standard 4** - Understand how to Communicate Effectively

**Standard 5** - Understand the Development of Children & Young People

**Standard 6** – Keep Children and Young People Safe from Harm

**Standard 7** - Develop Yourself

Help in completing the Standards is available from your supervising social worker, and through attending relevant training (the training programme outlines which TSD Standard each training course meets) and attending workshops on individual standards, facilitated by members of the Fostering Service, which will take place over the next 12 months, see Page 73.
2. Changes to Mandatory Training for Foster Carers for 2013-14

For a number of years, we have had a mandatory programme of 9 courses that foster carers need to complete in the two year period after they have been approved.

However, we have become increasingly aware that, although we have a mandatory programme, limited numbers of carers are actually completing it within the two year timescale.

Given this, during the last six months, the foster carer training working party has reviewed the mandatory programme and has decided to change the foster carer mandatory programme from being the same 9 courses for all carers, to make it more tailored to the type of fostering the carer is doing.

We have therefore agreed that, from April 2013, there will be a new training route involving a core set of 5 mandatory courses for all carers, as follows;

1. Positive Interventions
2. Working Together in Child Protection
3. Safer Caring – Complaints & Allegations
4. Paediatric First Aid
5. Attachment

In addition to this there are further “essential” courses depending upon the type of fostering the carer does. For example, preparation for adoption course for foster carers for under 5s. The details of these essential courses are contained in the flowchart overleaf.

We expect all foster carers to complete their core and essential training courses within a two year period for both newly approved and experienced carers, which we feel remains an achievable timescale for carers.

We hope, through this change, and making the training more specific to the carer’s type of fostering, we can increase attendance at training which we are aware is significantly lower than in neighbouring local authorities.

This is a significant change, so if you have any views and feedback on it, please contact Lynne or myself.

Finally, we would like to remind you that the fee/skills element of your fostering payment is linked to the expectation that you attend the mandatory training courses, depending upon the number of years that you have been approved (details in the Foster Carers Handbook).
MANDATORY TRAINING ROUTE FOR ALL CARERS

1. Positive Interventions
2. Working Together in Child Protection
3. Safer Caring – Complaints & Allegations
4. Paediatric First Aid
5. Attachment

ESSENTIAL COURSES BASED ON FOSTER CARER’S AGE RANGE

PARENT & BABY
- Promoting Good Mental & Physical Health
- Supporting BME Children in Care
- Child Development and Early Learning
- Drugs and Foster Care
- Attendance at Parent & Baby support group

0-5 YEARS
- Preparing Children for Adoption
- Supporting BME Children in Care
- Child Development and Early Learning
- Caring for Under 5’s

5-12 YEARS
- Special Educational Needs, Resources & Making the Most of PEP’s
- Supporting BME Children in Care
- Resilience
- Promoting Good Mental & Physical Health

TEENAGERS
- Adolescent Development
- Preparation for Adult Life
- Drugs & Foster Care
- Sexual Health, Teenage Pregnancy & LAYP
- Facebook, Social Networking and Foster Care

OTHER ESSENTIAL COURSES DEPENDING ON INDIVIDUAL NEEDS OF CHILD/YP IN PLACEMENT

- Makaton
- Caring for Children who have been Sexually Abused
- Communicating with Children/YP with Learning Disabilities/Complex Needs
- Domestic Violence and Abuse and its impact on Children and Young people
- Supporting BME Children in Care
- Groupwork Skills
- Safeguarding Children with Disabilities
- Sexually Harmful Behaviour in Children & Young People
- Caring for Babies
- LGBT Children and YP – Exploring Sexual Orientation and Gender identity

2013/14 Programme
Barnardos Brighton & Hove Link Plus Carers

Lisa Giles, Children’s Service Manager, has recently reviewed the current mandatory programme and feels that the programme continues to contain courses that remain essential for all carers, both in developing their knowledge of fostering and meeting the Training, Support and Development Standards.

All newly approved full time carers are expected to meet the Foster Carer Standards within one year of being approved (for a full list of these Standards please see page 7).

Short break carers must demonstrate that they are able to meet the outcomes of the short break Standards listed below.

**The 6 Standards are:**

- Standard 1 - Understand your role as a short break carer
- Standard 2 - Provide a safe environment and healthy care
- Standard 3 - Communicate effectively
- Standard 4 - Understand the development of children and young people
- Standard 5 - Keep children and young people safe from harm
- Standard 6 - Develop yourself

Both full time and short break carers will complete the short break Workbook to demonstrate their knowledge and competence in these standards. The Workbook is divided into 6 sections, covering the 6 Standards. The extra Standard 1 in the full time foster carer list will be covered separately.

In conjunction with completing the workbook, all carers should complete the following mandatory training courses.

**Mandatory training courses for Link Plus full time carers**

**Link Plus full time carers** need to complete the following 7 mandatory courses:

(i)  **Paediatric First Aid** (Renewed every 3 years)

(ii) **Positive Interventions**

(iii) **Attachment**

(iv) **Safer Caring - Complaints and Allegations**

(v) **Communicating with Children with Learning Disabilities / Complex Needs**

(vi) **Working Together in Child Protection** - Alternatively you can undertake the Safeguarding Children e-learning, or ‘Safeguarding Disabled Children’ which is available through our own training programme.

(vii) **Supporting Black & Minority Ethnic (BME) Children in Care**
Mandatory training courses **Link Plus short break carers**

**Link Plus short break carers** need to complete the following 4 mandatory courses:

1. **Paediatric First Aid** (Renewed every 3 years)
2. **Communicating with Children with Learning Disabilities/Complex Needs**
3. **Working Together in Child Protection** - Alternatively you can undertake the Safeguarding Children e-learning, or ‘Safeguarding Disabled Children’ which is available through our own training programme.
4. **Supporting Black & Minority Ethnic (BME) Children in Care**

All the above courses can be applied for through your supervising social worker who will complete a training request form for you (where applicable) and forward it to the relevant team for processing. A copy of the form can be found at the back of this guide.

We welcome any feedback on the courses you do attend and if there are any courses that aren’t addressed in the programme that you feel you need, please inform your supervising social workers. **Trina Hilton** is the Link Plus representative on the training working party.

---

MANDATORY TRAINING ROUTE FOR ALL BARNADOS LINK PLUS CARERS

---

**FULL TIME CARERS**
- Paediatric First Aid
- Positive Interventions
- Attachment
- Safer Caring – Complaints and Allegations
- Communicating with Children with Learning Disabilities / Complex Needs
- Working Together in Child Protection
- Supporting BME Children in Care

**SHORT BREAK CARERS**
- Paediatric First Aid
- Communicating with Children with Learning Disabilities / Complex Needs
- Working Together in Child Protection
- Supporting BME Children in Care
3. Foster Carer Personal Development Plans (PDP)

Standard 20.5 of the Fostering Services National Minimum Standards (2011) states that “Foster carer’s personal development plans set out how they will be supported to undertake ongoing training and development and are reviewed with their Annual Review”

To ensure we meet this requirement we designed a PDP form that was distributed to all carers. The PDP form is enclosed within this Programme.

However, since we introduced PDPs in 2011-12, we have received limited completed PDPs from foster carers so please ensure you complete it with your supervising social worker. See Appendix 1 at the back of this guide.

The information from the PDPs is invaluable in helping Lynne and I to design the foster carer training programme in terms of how many times we may need to run certain training courses, depending on demand for places, identifying gaps in training provision and developing new courses etc.

It also enables you to directly feedback to us your and your family’s individual training needs and your views about the training programme so you can directly influence the development of training for foster carers.

I would therefore be grateful if you could ensure that you complete your PDP, either individually or in discussion with you supervising social worker, and return them to Lynne or I.

I will also be asking SSWs to follow up with you regarding completing PDPs during home visits.

4. Non-Mandatory Courses in the New Programme

In addition to the mandatory training path, the programme has a number of additional courses that have been developed from discussions at the working party meetings as well as courses from the Children’s Services programme. These include Facebook, Social Networking and Foster Care, Caring for Children that have been Sexually Abused and Caring for Under 5’s to name a few.

We are also hoping to provide some training opportunities for the sons and daughters of foster carers in regards to issues such as attachment and safe caring over the next few months (details to follow).

We are very open to ideas from carers regarding courses that you would like us to put on in the future so if you have any suggestions please contact John Donnelly on 295545 or Lynne Rimmer on 291594.
5. **Supporting Foster Carers to Attend Training**

Where possible the times of training have been altered to take place within school hours to make it easier for carers to attend.

Foster carers with pre-school age children can apply to the Fostering Team for a contribution towards the costs of arranging childcare to enable them to attend training. The budget for this is limited and details are available from your supervising social worker.

We would also draw your attention to the growing number of e-learning courses available in this programme to provide additional training opportunities to carers who have practical difficulties in attending training in person.

6. **How to apply for a Training Course**

In order to apply for a course you will need to complete a foster carer training request form with your SSW, details of which can be found at the back of this programme or accessed here.

Completing the form in full ensures that the Workforce Development Team have all the information they require to contact you with dates and confirmations of courses/cancellations, and also to prioritise places on courses where oversubscription applies.

7. **Course Non-Attendance / Late Cancellation**

There have been a number of occasions where courses have been undersubscribed on the day due to non-attendance without notification. This has led to many carers being unable to attend who were on the waiting list when places were available on the day and so miss this opportunity.

*Late withdrawal (within 5 working days before the course start date) or non-attendance on the day may incur a charge of £50 to your fostering team / organisation, irrespective of reason for absence.*

*If you are unable to attend a course you should contact Melanie Whitaker, Administrator, on 290371 to cancel your place at the earliest possible opportunity.* If you do this before the day, your application will be kept for a future date otherwise your SSW will have to send a new training request form.

When a course is oversubscribed or someone calls to cancel their place on a course with at least 5 working days notice, they will be transferred to the next provisional date. **However, if a person does not show for a course or cancels on the day of the course, their application will NOT be rolled over to the next available date and they will need to RE-APPLY for the course.**
8. **Foster Carer’s Participation in Training**

At present Brighton & Hove foster carers participate in the pre-approval training courses (Prep Groups) for prospective foster carers and their knowledge and experience is greatly valued by people attending the course.

We would like to develop the involvement of foster carers in training further by encouraging experienced carers to deliver training to other carers on areas where they have knowledge and expertise, such as life story work and preparing young people for independence.

If you are interested in being involved in delivering training please contact John Donnelly or Lynne Rimmer.

9. **Training Partnerships with Other Local Authorities**

We continue to maintain a training partnership with East and West Sussex, which enables Brighton & Hove foster carers to access the East and West Sussex foster carer training programmes and vice versa.

This provides Brighton & Hove foster carers living a distance from Brighton with an opportunity to attend local training and to train together with, and learn from, foster carers from East and West Sussex.

Details of the West Sussex and East Sussex programmes have been circulated to your supervising social worker, so please speak to them if you are interested in attending a West or East Sussex training course.

It has been agreed that there will be a limit of two courses per carer per year, and applications should be discussed with your supervising social worker as per usual. **Please state clearly on your Training Request Form whether you are applying for a West or East Sussex course.**
10. **QCF Level 3 Diploma for the Children and Young People’s Workforce**

Brighton & Hove foster carers can access this formal qualification to acknowledge their skills and abilities as foster carers.

This course was previously known as the NVQ Level 3 Health & Social Care (Caring for Children and Young People) but is now called the **QCF Level 3 Diploma for the Children & Young People’s Workforce (Social Care pathway)**. The qualification covers units on: communication, safeguarding children and young people, supporting positive outcomes for children & young people, understanding development, duty of care, developing positive relationships etc.

The next QCF Programme will be run in **September 2013** and will be delivered at Brighton and Hove venues by Central Sussex College.

A flyer and application pack will be sent to carers in April 2013 advertising the programme and the closing date for applications is **31st July 2013**.

11. **Artwork Competition for next year’s front cover**

Is your foster child/young person a budding artist? Each year we will invite B&HCC looked after children and young people to enter their artwork to take pride of place on the following year’s front cover of the training programme. Please encourage your child/young person to enter and see their work of art displayed for all to see on the cover of the programme for the year ahead. They will also be presented with a £20 gift voucher which can be spent in a variety of high street shops. Please check consent/permission is obtained and mention who to credit when you send your entries in.

**And the winner is** ……. Congratulations to this year’s winner who is Amy Sharp, whose foster carers sent her entry in and was then selected by the Foster Carer Training Working Party to receive the £20 high street voucher.

To be in with a chance to win next year, artwork must be emailed to lynne.rimmer@brighton-hove.gov.uk or posted to Lynne Rimmer, Workforce Development Team, 4th Floor, Kings House, Grand Avenue, Hove, BN3 2LS, by **1 November**.
Finally we would like to encourage you again to attend the carers’ training programme.

We received many positive comments from carers that attended the previous programme. Carers feel that, through training, they get support and ideas from other carers, they meet and make friends and, most importantly, they have an opportunity to explore new areas of fostering and learn different strategies.

We hope you enjoy the programme.

John Donnelly  
Practice Manager  
Fostering Team  
Tel. 295545

Lynne Rimmer  
Workforce Development Officer  
Workforce Development Team  
Tel. 291594
COMPETENCIES NEEDED FOR FOSTER CARE

1. **Caring for Children**
   1.1 An ability to provide a good standard of care to other people’s children, which promotes healthy emotional, physical and sexual development as well as their health and educational achievement.
   1.2 An ability to work closely with children’s families and others who are important to the child.
   1.3 An ability to set appropriate boundaries and manage children’s behaviour within these without the use of physical or other inappropriate punishment.
   1.4 Knowledge of normal child development and an ability to listen to and communicate with children appropriate to their age and understanding.

2. **Providing a Safe and Caring Environment**
   2.1 An ability to ensure that children are cared for in a home where they are safe from harm and abuse.
   2.2 An ability to help children keep themselves safe from harm or abuse and to know how to seek help if their safety is threatened.

3. **Working as Part of a Team**
   3.1 An ability to work with other professional people and contribute to the department’s planning for the child/young person.
   3.2 An ability to communicate effectively.
   3.3 An ability to promote equality, diversity and rights of individuals and groups within society.

4. **Own Development**
   4.1 An ability to appreciate how personal experiences have affected themselves and their families and the impact fostering is likely to have on them all.
   4.2 An ability to have people and links with the community which provide support.
   4.3 An ability to use training opportunities and to improve skills.
   4.4 An ability to sustain relationships and maintain effective functioning through periods of stress.

*Ref. Code of Practice on the recruitment, assessment, approval, training, management and support of foster carers (National Foster Care Association 1999)*
A key feature of training courses is the value placed on the knowledge, experience & skills that each participant brings to the course - both from their work and their everyday lives. If we are to benefit from this, it is important that participants feel equal, and are able to make a contribution to the course.

In order to encourage this level of participation, we suggest we agree to work within the following framework, although you may wish to add or explore further any of these points before we begin any training events:

- Respect the diversity of the people attending the course & ensure everyone is encouraged and given the opportunity to contribute.
- Do not use offensive or discriminatory language or behaviour.
- Take responsibility for your own learning needs, but help others to develop their own confidence, skills and knowledge.
- Listen to what others have to say and try not to interrupt their train of thought.
- Aim to have reasoned discussion & make your own comments relevant and constructive.
- Be prepared to share your own experience and knowledge, but make your own contribution as clear & concise as possible and try not to monopolise the discussion.
- Try not to use jargon, but if you have to, then please explain what it means.
- Respect the confidentiality of what you hear and see on the courses and do not share this information with others in a way that will identify the source of the information or disclose other personal information.
- Finally, during the programme, case studies & other exercises will be used which may sometimes refer to difficult and stressful incidents in people’s lives. If any of these touch upon something that has happened to you, find the easiest way to deal with the situation including excusing yourself from the room if necessary.
<table>
<thead>
<tr>
<th>CALENDAR OF TRAINING EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL 2013</td>
</tr>
<tr>
<td>2</td>
</tr>
<tr>
<td>12</td>
</tr>
<tr>
<td>16</td>
</tr>
<tr>
<td>19</td>
</tr>
<tr>
<td>22</td>
</tr>
<tr>
<td>22 &amp; 23</td>
</tr>
<tr>
<td>24</td>
</tr>
<tr>
<td>24</td>
</tr>
</tbody>
</table>

| MAY 2013                  |
| 1  | First Aid - Emergency          |
| 7 & 8 | Makaton Follow-up            |
| 2  | Food Safety - Level 2          |
| 13 | Autism, Asperger Syndrome, ADHD and Downs Syndrome Conditions Awareness |
| 15 | Safer Handling of Children – Basic Awareness |
| 20 | Domestic Violence and Abuse – The Impact on Children & Young People |
| 21 | Food Safety – Level 2          |
| 21 | First Aid - Emergency          |
| 29 | Food Safety – Level 2          |

| JUNE 2013                  |
| 5  | Helping your Child with Reading & Writing – What Works |
| 5  | Court Work Skills – Parts 1 & 2 |
| 6  | Food Safety – Level 2          |
| 14 | Food Safety – Level 2          |
| 14 | Safer Caring – Complaints & Allegations |
| 13 & 14 | Makaton for Beginners |
| 20 | Separation & Loss             |
| 24 | Sexual Health, Teenage Pregnancy & looked after YP |
| 25 | Food Safety – Level 2          |
| 28 | Young People & Self Harm      |

(Click on Course Title for link to course)
<table>
<thead>
<tr>
<th>JULY 2013</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; 2</td>
<td>First Aid - Paediatric</td>
</tr>
<tr>
<td>4</td>
<td>Caring for Children Who Have Been Sexually Abused</td>
</tr>
<tr>
<td>8</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>11</td>
<td>Domestic Violence and Abuse – The Impact on Children &amp; Young People</td>
</tr>
<tr>
<td>11 &amp; 12</td>
<td>Supporting Health Behaviour Change</td>
</tr>
<tr>
<td>16</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>18</td>
<td>Train the Trainer</td>
</tr>
<tr>
<td>19</td>
<td>Court Work 3 - Skills in Written Evidence</td>
</tr>
<tr>
<td>23</td>
<td>Preparation for Adult Life</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEPTEMBER 2013</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>11 &amp; 12</td>
<td>Makaton Follow-up</td>
</tr>
<tr>
<td>12</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>12</td>
<td>Domestic Violence and Abuse – The Impact on Children &amp; Young People</td>
</tr>
<tr>
<td>16</td>
<td>Safer Handling of Children – Basic Awareness</td>
</tr>
<tr>
<td>17 &amp; 18</td>
<td>First Aid - Paediatric</td>
</tr>
<tr>
<td>19 &amp; 20</td>
<td>Makaton for Beginners</td>
</tr>
<tr>
<td>20</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>24</td>
<td>Child Development &amp; Early Learning – It’s never too early to start</td>
</tr>
<tr>
<td>25 &amp; 26</td>
<td>Positive Interventions</td>
</tr>
<tr>
<td>26</td>
<td>Principles &amp; Values of Working with Children &amp; Families</td>
</tr>
<tr>
<td>28 (Sat)</td>
<td>First Aid - Emergency</td>
</tr>
<tr>
<td>30</td>
<td>Building Relationships &amp; Communicating with Children, Young People &amp; Families</td>
</tr>
<tr>
<td>30</td>
<td>First Aid - Emergency</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OCTOBER 2013</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>First Aid - Emergency</td>
</tr>
<tr>
<td>2 &amp; 3</td>
<td>Makaton for Beginners</td>
</tr>
<tr>
<td>4 &amp; 11</td>
<td>Attachment</td>
</tr>
<tr>
<td>7</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>8</td>
<td>Special Educational Needs, Resources and Making the Most of Personal Education Plans</td>
</tr>
<tr>
<td>9</td>
<td>Working Together in Child Protection</td>
</tr>
<tr>
<td>15</td>
<td>Communicating with Children with LDS / Complex Needs</td>
</tr>
<tr>
<td>16</td>
<td>Adolescent Development</td>
</tr>
<tr>
<td>16</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>17 &amp; 18</td>
<td>Supporting Health Behaviour Change</td>
</tr>
<tr>
<td>21</td>
<td>Resilience</td>
</tr>
<tr>
<td>24</td>
<td>Promoting Good Mental &amp; Physical Health for Looked After Young Children</td>
</tr>
</tbody>
</table>
**NOVEMBER 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 &amp; 12</td>
<td>Children &amp; Young People’s Development</td>
</tr>
<tr>
<td>12</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>13 &amp; 14</td>
<td>First Aid - Paediatric</td>
</tr>
<tr>
<td>14</td>
<td>Domestic Violence and Abuse – The Impact on Children &amp; Young People</td>
</tr>
<tr>
<td>15 &amp; 22</td>
<td>Preparing Children for Adoption</td>
</tr>
<tr>
<td>18</td>
<td>Autism, Asperger Syndrome, ADHD and Downs Syndrome Conditions Awareness</td>
</tr>
<tr>
<td>19</td>
<td>Train the Trainer</td>
</tr>
<tr>
<td>23 (SAT)</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>26</td>
<td>Attachment in Schools – How to Support CiC with their Attachment Needs</td>
</tr>
<tr>
<td>28</td>
<td>Caring For Under 5’s</td>
</tr>
<tr>
<td>29</td>
<td>Facebook, Social Networking and Foster Care (New Date)</td>
</tr>
<tr>
<td>tbc</td>
<td>Supporting Families of Prisoners – Hidden Sentence</td>
</tr>
</tbody>
</table>

**DECEMBER 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Sexually Harmful Behaviour in Children &amp; Young People</td>
</tr>
<tr>
<td>4</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>5</td>
<td>First Aid- Emergency</td>
</tr>
<tr>
<td>5 &amp; 6</td>
<td>Supporting Health Behaviour Change</td>
</tr>
<tr>
<td>9 &amp; 10</td>
<td>Makaton Follow-up</td>
</tr>
<tr>
<td>12</td>
<td>Food Safety – Level 2</td>
</tr>
</tbody>
</table>

**JANUARY 2014**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>20</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>23</td>
<td>Separation &amp; Loss</td>
</tr>
<tr>
<td>30</td>
<td>Young People &amp; Self Harm</td>
</tr>
</tbody>
</table>

**FEBRUARY 2014**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>6</td>
<td>First Aid - Emergency</td>
</tr>
<tr>
<td>12</td>
<td>Safer Handling of Children – Basic Awareness</td>
</tr>
<tr>
<td>13</td>
<td>Principles &amp; Values of Working with Children &amp; Families</td>
</tr>
<tr>
<td>13 &amp; 14</td>
<td>Makaton for Beginners</td>
</tr>
<tr>
<td>25</td>
<td>LGBT Young People: Exploring Sexual Orientation &amp; Gender Identity</td>
</tr>
<tr>
<td>26</td>
<td>Mental Health Awareness</td>
</tr>
<tr>
<td>27</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
</tr>
<tr>
<td>-------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>4</td>
<td>Court Work Skills Parts 1 &amp; 2</td>
</tr>
<tr>
<td>5</td>
<td>Safer Handling of Children - Refresher</td>
</tr>
<tr>
<td>5 &amp; 12</td>
<td>Drugs and Foster Care</td>
</tr>
<tr>
<td>6</td>
<td>Train the Trainer</td>
</tr>
<tr>
<td>7</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>8 &amp; 15(Sat)</td>
<td>First Aid - Paediatric</td>
</tr>
<tr>
<td>12</td>
<td>Court Work Part 3 – Skills in Written Evidence</td>
</tr>
<tr>
<td>18</td>
<td>Food Safety – Level 2</td>
</tr>
<tr>
<td>25</td>
<td>Promoting Good Mental &amp; Physical Health for LAC</td>
</tr>
<tr>
<td>26</td>
<td>Preparation for Adult Life</td>
</tr>
<tr>
<td>27 &amp; 28</td>
<td>Supporting Health Behaviour Change</td>
</tr>
</tbody>
</table>
VENUE DETAILS

BMECP Centre
10a Fleet Street
Brighton
Tel: 0300 3031171

Brighton Town Hall
Bartholomew Square
Brighton
Tel: 01273 291052

55 Drove Road
Children’s Disability Service
Portslade
Tel: 01273 295530

Friends Meeting House
Ship Street
Brighton
Tel: 01273 770258

Kings House
Training Room 1, 2 & 3 (1st Floor)
Grand Avenue
Hove
Tel: 01273 295282

Brighthelm Centre
North Road
Brighton
Tel: 01273 821512

Downsview Link College
Surrenden Road
Brighton
Tel: 01273 507719

Friends Centre
Brighton Junction
Isetta Square
35 New England Street
Brighton
Tel: 01273 810210

Jubilee Library
Jubilee Street
Brighton
Tel: 01273 292872

Montague House
Manual Handling Room
Montague Place
Brighton
Tel: 01273 295454
Adolescent Development

Overview
Adolescence is a time of great change and transition for young people and parents alike. Young people move through a number of complex biological, social and psychological stages during this time which can vary according to cultural context. For some, it can be a period of great stress and anxiety as teenagers face many questions about their identity and where they fit in their world.

Outcomes/Benefits to you and child/ren you care for:

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

- Explain adolescent development within its historical and cultural context
- Know about the key developmental biological, psychological, cognitive and social tasks of adolescence
- Recognise Marcia’s four identity stages and apply this to young people you are currently working with
- Explore the impact that your own background and experiences may have on work with adolescents
- Know how to support an adolescent who may be exploring and questioning their sexual identity
- Demonstrate strategies to promote self-esteem and positive outcomes in direct work with adolescents

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 October 2013</td>
<td>10.00 am - 4.30 pm</td>
</tr>
</tbody>
</table>

Further Resources
- The New Guide to Relationships & Sex – DVD
- Adolescence – Positive Approaches for Working with Young People
  Available at: Learning Resource Centre, 4th Floor, Kings House, Hove. Tel. 291403
- How We Feel: An Insight into the Emotional World of Teenagers
  Available at: Fostering & Adoption Library – Contact Jacquie Douglas on 295444
- Websites: www.youngminds.org.uk
  www.mind.org.uk/help/people_groups_and_communities/young_people

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Attachment

Overview
This is a 2 day course which will help carers and adopters explore and understand why the theory of attachment is so important and how the quality of the attachment the child/young person has experienced impacts on the placement.

There will also be an opportunity to share and reflect on the experiences of the carers who attend.

Outcomes/Benefits to you and the child/ren you care for:

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

- Develop an understanding and use of various methods of communicating with children & young people that includes verbal and non-verbal methods.
- Increase your understanding of a child’s development and how attachment and trauma impact on development.
- Develop your understanding of the vulnerable child & young person’s particular needs when making judgements about their safety and well being and increase confidence in reporting concerns.
- Develop confidence in working with other professionals and help children & young people understand the roles of other professionals.
- Understand how to share appropriate information, in formal & informal settings, that will promote the safeguarding and wellbeing of children in your care.

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 &amp; 11 October 2013</td>
<td>10.00 am – 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Attachment In Schools – How To Support CiC With Their Attachment Needs

Overview
Part of the Improving Life Chances for Children in Care Programme, this is a course designed to support foster carers’ awareness of school systems and how to work with schools to support the attachment needs of children in your care.

Outcomes/Benefits to you and the child/ren you care for:

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

- Understand the school system and what processes are in place for schools to support children’s attachment needs
- Discuss how attachment issues may impact on the progress of children in your care at school
- Identify the roles of foster carers in supporting children’s progress and how to support attachment needs of children in your care at school
- Explain how taking a proactive role in supporting your children’s attachment needs can improve their future life chances

Links to: Fostering Services: National Minimum Standard 20.9 Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 November 2013</td>
<td>10.00am – 12.00pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

This introductory course will offer greater understanding of Autism, Asperger, ADHD and Downs Syndrome conditions and provide information about strategies and helpful approaches when dealing with children and young people with these conditions. Autism spectrum condition is a developmental disorder which includes high-functioning Autism, and Asperger Syndrome. Children and young people on the autism spectrum typically have difficulty with understanding the world around them, including the sensory environment; understanding the rules of social interaction; thinking flexibly; and playing and learning in the social context.

Children and young people with ADHD find concentrating and attending very difficult. They may also experience difficulties related to sensory integration, social skills and learning. Children and young people with Downs Syndrome experience a wide range of difficulties. However their profile of strengths and weaknesses will inform us on how to be more effective in reaching their full potential.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Recognise and understand the common features of Autism & Asperger Syndrome
- Have an introductory knowledge of strategies that can help support social interactions and communication for children and young people with autistic spectrum conditions
- Have an understanding of ADHD and how it affects children and young people
- Be aware of strategies and interventions to be able to manage challenging behaviours
- Be aware of the learning profile and some of the strategies to use when interacting with a person with Downs syndrome

Links to: Training, Support & Development Standard 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 May 2013</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>18 November 2013</td>
<td></td>
</tr>
</tbody>
</table>


Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: [Application Form](#)

2013/14 Programme
Overview
This course aims to provide practitioners and carers with a basic overview of the skills and knowledge required when communicating with children & young people and their families.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Recognise the main barriers to communicating with children and young people
- Describe effective ways of communicating with children, young people and families
- Respond appropriately to what children and young people are communicating
- Explain the valuable role families and carers play in supporting children so they can achieve positive outcomes
- Review the principles of assessment and planning
- Recognise the purpose of record keeping and know how to undertake accurate record keeping

Links to: Training, Support & Development Standard 2.3a, 2.5 Standard 4.1, 4.2, 4.3, 4.4 Standard 5.3a

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 September 2013</td>
<td>9.30 am – 2.30 pm</td>
</tr>
</tbody>
</table>

Further Resources
- CWDC Handbook – Building Relationships & Communicating with Children, Young People & Families
- https://www.thecommunicationtrust.org.uk/

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Overview

This course will give carers an overview of the impact of child sexual abuse on children in care, and on those looking after them.

Outcomes/Benefits to you and the child/ren you care for:

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

- Have a better understanding of the impact of sexual abuse and the possible triggers for children
- Be aware of the issues for looked after children
- Have skills to handle disclosures about abuse
- Have coping strategies for difficult behaviours

Links to: Fostering Services: National Minimum Standard 4.6 Safeguarding Children

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 July 2013</td>
<td>9.30 am – 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Caring for Under 5’s

Overview
This one day course will enable carers to promote the health and emotional wellbeing of looked after babies and Children under 5. It will enable carers to understand some key issues affecting their emotional and physical health and development and to consider the important role of carers in supporting them to reach their full potential.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Demonstrate a clear understanding of statutory guidance around promoting health needs of babies and young children and be aware of the carer’s role and responsibilities within this.
- Describe some of the evidence about the impact of substance and alcohol misuse on babies.
- Discuss what carers can do to support the positive health and development of babies and young children.
- Explain any changes in health advice/guidance given in relation to children under a year.
- Review any infection control measures within the home.
- Express an understanding of Blood Borne Virus transmission and knowledge of neonatal screening and immunisation programmes to reduce the risk of infection.
- Illustrate a clear understanding of issues of consent to treatment.

Links to: Fostering Services: National Minimum Standard 20.9 Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 November 2013</td>
<td>9.30 am – 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
Part of the Improving Life Chances for Children in Care programme, this is a course aimed at foster carers who support babies and children under 5 years to enhance early learning experiences. This course is also suitable for foster carers who support ‘mother and baby’ placements.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Discuss the importance of developing learning experiences from the earliest opportunity
- Define how Foster Carers who support babies and children under 5 can enhance early learning experiences of these Children in Care
- Understand how different areas of learning and development might impact on the progress of children in your care and their future life chances
- Identify the tools that foster carers can use to support “mother and baby” placements in developing the learning experiences of the baby and supporting the mother in doing so also
- Recognize how being pro-active in enhancing children’s learning from an early age will improve their future life chances

Links to: Fostering Services: National Minimum Standard 20.9 Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 September 2013</td>
<td>10.00am – 12.00pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
This 1½ day course aims to provide a basic overview to practitioners and carers of the skills and knowledge that will help them understand child & young person development, exploring human need and attachments, as well as learning about a range of behaviours that may be presented.

Outcomes/Benefits to you and the child/ren you care for:

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

- Explain that children and young people’s development includes social, emotional, behavioural, physical, intellectual and moral development
- Describe human needs and strategies that can be used to support change and development including self-esteem, self-control, motivation and play
- Explain Maslow’s hierarchy of human needs
- Recognise Prochaska and DiClemente’s stages of motivation and change
- Describe a basic understanding of how babies and children form attachments
- Define how attachments can affect the formation of boundaries within children

Links to: Training, Support & Development **Standard 5.1, 5.2, 5.3, 5.4**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 &amp; 12 November 2013</td>
<td>9.30 am – 2.30 pm both days</td>
</tr>
</tbody>
</table>

Further Resources
CWDC Handbook – Understanding Children & Young People’s Development

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: [Application Form](#)
Overview

Aiming High for Disabled Children: Better Support for Families sets out the government’s aims for children with disabilities and includes improving outcomes and allowing disabled children to benefit from equality as individuals. The ability to communicate with children who have a disability is key to achieving this vision.

This course is a basic introduction to effective communication with children with learning disabilities and considers the range of different ways in which they communicate and creative strategies to ensure their participation. It will also give an overview of Alternative and Augmentative Communication systems including signing, picture communication, PECS and communication aids.

Outcomes/Benefits to you and the child/ren you care for:

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

- Recognise a range of different ways in which disabled children communicate
- Demonstrate strategies to ensure participation of disabled children so that their views can be taken into account in decisions which affect their lives
- Identify barriers to communication and the strategies to overcome them

Links to: Fostering Services: National Minimum Standard 4.6 Safeguarding Children

Links to: Training, Support & Development Standard 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 October 2013</td>
<td>9.30 am – 1.00 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

In order to make decisions regarding the steps that should be taken to secure the safety and well-being of a particular child, practitioners need a sound understanding of the law as it pertains to children, particularly that which governs the Family Courts. This course offers an introduction to the main principles, orders and legal processes that relate to children including the Children Act 1989 and the Adoption and Children Act 2002. Communicating effectively within this context is also crucial and this course provides an opportunity to practice oral evidence giving in a safe and supportive environment.

Outcomes/Benefits to you and the child/ren you care for:

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

- Demonstrate an understanding of ‘significant harm’ and the ‘threshold criteria’
- Identify the range of Orders available in child protection and their application within the court
- Demonstrate an understanding of the law relating to adoption and permanency planning, particularly the Adoption and Children Act 2002
- Explain the significance of case law and its importance for the legal process
- Describe how to prepare for a hearing
- Recognise how to conduct yourself around the court room
- Demonstrate skills in giving evidence in a confident manner, using clear and simple language
- Understand how to avoid pitfalls and withstand cross-examination

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 March 2014</td>
<td>9.30 am – 4.30 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

Practitioners who attend court are required to submit a range of written evidence in support of their plans for a particular child. This can include statements, chronologies, assessments and care plans that are available to all parties involved in the proceedings. This course aims to equip practitioners with the skills to submit written evidence of a high standard to the court.

This course is particularly relevant for Parent & Baby Carers.

Outcomes/Benefits to you and the child/ren you care for:

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

- Identify the information to include in a chronology and how to compile this effectively
- Write a clear and concise statement which incorporates a convincing analysis
- Identify the importance of the core assessment to the Court and demonstrate skills in completing one
- Write a care plan for a particular child
- Recognise the difference between facts, inference and opinion
- Demonstrate appropriate layout, format and style of all written evidence

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBC 2013</td>
<td>9.30 am – 1.00 pm</td>
</tr>
<tr>
<td>12 March 2014</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Domestic Violence and Abuse – The Impact on Children & Young People

Overview

This course will enhance participants’ knowledge of the impact of domestic abuse on children and young people and develop greater potential for interagency working.

Outcomes/Benefits to you and the child/ren you care for:

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

- Confidently use skills to work with families where domestic abuse is occurring
- Understand the knowledge base regarding the impact of domestic abuse on children and young people
- Understand interagency developments around domestic abuse
- Work more effectively with other agencies

Links to: Fostering Services: National Minimum Standard 4 Safeguarding Children

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 May 2013</td>
<td></td>
</tr>
<tr>
<td>11 July 2013</td>
<td></td>
</tr>
<tr>
<td>12 September 2013</td>
<td>9.30 am - 4.30 pm</td>
</tr>
<tr>
<td>14 November 2013</td>
<td></td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Overview

This is a 2 part session, which will help carers to learn about drugs, including alcohol, and substance use issues, to help them understand how they can best support the child/young person they care for.

Outcomes/Benefits to you and the child/ren you care for:

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

- Have thought about people’s motivation and vulnerability relating to drug use
- Have knowledge of the appearance of commonly misused substances
- Be aware of recent developments in substances, use and sales and know about the laws, signs and symptoms of substance use
- Be aware of mental health concerns related to taking substances
- Have considered the role of carers and obligations on them and be aware what local resources are available to them
- Know how to raise this issue and work with young people and professionals

Links to: Training, Support & Development Standard 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 &amp; 12 March 2014</td>
<td>10.00 am – 2.00 pm</td>
</tr>
</tbody>
</table>

Further Resources

- Headin for a Hangover: [http://www.youtube.com/watch?v=NEQRg-fdhGQ](http://www.youtube.com/watch?v=NEQRg-fdhGQ)
- Jamie Gets Drunk: [http://www.youtube.com/watch?v=iOr13kbUamY](http://www.youtube.com/watch?v=iOr13kbUamY)
- Toby Gets Busted: [http://www.youtube.com/watch?v=OHJqiPy-Dsk&feature=related](http://www.youtube.com/watch?v=OHJqiPy-Dsk&feature=related)
- Course: Hidden Harm – the effect of parental drug & alcohol misuse on children e-learning from the Safeguarding Children e-Academy contact: coursesforcare@brighton-hove.gov.uk

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Family Group Conferences – An Introduction

Overview
Family Group Conferences (FGCs) are a family based decision making and planning process, where the needs and wishes of the child are central to the process.

They bring together the wide extended family and friends with service providers to make plans and decisions about children and young people; parents may need more support to care well for their children, there may be decisions needed about where children should live (including children at risk and looked after children) or who they have contact with, there may be problems at school or with offending or violence.

Recent changes in the guidance about family court proceedings have recommended FGCs as a way of planning alternative family solutions for children at risk of coming into care. In Brighton & Hove the FGC service is delivered by Daybreak Family Group Conference, a voluntary sector organisation commissioned by Children’s Services. This training event, delivered by Daybreak, introduces the model so that you understand the principles and process of FGCs.

Outcomes/Benefits to you and child/ren you care for:

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

- Understand the values and principles of the FGC model
- Be familiar with the FGC process
- Understand the importance of partnership within the FGC process
- Be familiar with the indigenous roots of the FGC model along with the way it has been used locally in Brighton & Hove, in the UK and internationally
- Be familiar with key research findings and local outcomes

Links to: Training, Support & Development Standard 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>tbc</td>
<td>9.30 am - 1.00 pm</td>
</tr>
</tbody>
</table>

How to book:
If you have any queries or to apply for a place please ring Daybreak FGC (Brighton & Hove) on 01273 384900 or email admin@daybreakbhove.fsworld.co.uk Places are allocated on a first-come-first-served basis.
First Aid - Emergency

Overview
This one day course enables first aiders to give emergency first aid to someone who is injured or becomes ill. It is suitable for those working with children over the age of 5.

Course assessment
It includes both theory and practical sessions and is designed to boost candidate confidence. There is no final exam but candidates are assessed throughout the course and certificates, valid for three years, are issued to those who have reached the required standard after the course. Each candidate will be provided with a First Aid manual.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:
- Describe the role and responsibilities of the First Aider
- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency
- Administer First Aid to a casualty who is unconscious (including seizure)
- Administer cardiopulmonary resuscitation
- Administer First Aid to a casualty who is choking, wounded and bleeding
- Administer First Aid to a casualty who is suffering from shock
- Provide appropriate First Aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 April 2013</td>
<td>3 May 2013</td>
</tr>
<tr>
<td>10 April 2013</td>
<td>5 June 2013</td>
</tr>
<tr>
<td>18 April 2013</td>
<td>17 June 2013</td>
</tr>
<tr>
<td>22 April 2013</td>
<td>26 June 2013</td>
</tr>
<tr>
<td>30 April 2013</td>
<td>30 July 2013</td>
</tr>
<tr>
<td>1 May 2013</td>
<td>17 August 2013</td>
</tr>
<tr>
<td>3 May 2013</td>
<td>21 August 2013</td>
</tr>
<tr>
<td>7 May 2013</td>
<td>17 September 2013</td>
</tr>
</tbody>
</table>

Further Resources

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: [Application Form](#)
Overview

This 2 day course is mandatory for all those working with children from birth to 5 years, but also suitable for those working with children and adolescents.

Course assessment:

Certification is dependant upon successful continuous assessment of the delegate. There is no final examination.

See also First Aid - Emergency course details for those working with older children/adolescents.

Participants must attend both days to achieve the qualification

Outcomes/Benefits to you and the child/ren you care for:

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

- Recognise an emergency situation
- Identify how to activate the Emergency Service
- Develop and practice skills in life saving methods for babies, juniors and adults
- Demonstrate confidence in delivering first aid procedures
- Achieve a Certificate in Paediatric First Aid, a recognised qualification valid for three years

Links to: Fostering Services: National Minimum Standard 6.7 & 10.3 Promoting Good Health & Wellbeing & Providing a Suitable Physical Environment for the Foster Child

Links to: Training, Support & Development Standard 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 &amp; 2 July 2013</td>
<td></td>
</tr>
<tr>
<td>17 &amp; 18 September 2013</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>13 &amp; 14 November 2013</td>
<td></td>
</tr>
<tr>
<td>8 &amp; 15 March 2014 (Sat)</td>
<td></td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Food Safety - Level 2

Overview

The CIEH Foundation Certificate in Food Hygiene will ensure that you meet the training requirements of the Food Safety (General Food Hygiene) Regulations 1995 and are fully conversant with the practical procedures and methods of applying food hygiene in the workplace.

The course is of **6 hours** duration and is followed by a thirty question multiple-choice examination paper, which may be conducted orally. Candidates achieving twenty or more correct answers will be awarded the CIEH Level 2 Certificate in Food Safety in Catering.

**N.B. Participants will be required to provide photo ID (e.g. Passport/Driving Licence) and their date of birth as proof of identity.**

Outcomes/Benefits to you and the child/ren you care for:

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

- Recognise causes, signs and symptoms of food poisoning
- Explain how to prevent contamination
- Identify good and bad personal hygiene
- Discuss the importance of hygiene in premises, use of equipment and pest control
- Explain cleaning regimes and state the purpose and effect of disinfection

**Links to:** Fostering Services: National Minimum **Standard 10.3**
**Providing a Suitable Physical Environment for the Foster Child**

**Links to:** Training, Support & Development **Standard 3**

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 April 2013</td>
<td>16 July 2013</td>
</tr>
<tr>
<td>22 April 2013</td>
<td>9 September 2013</td>
</tr>
<tr>
<td>24 April 2013</td>
<td>12 September 2013</td>
</tr>
<tr>
<td>2 May 2013</td>
<td>20 September 2013</td>
</tr>
<tr>
<td>21 May 2013</td>
<td>25 September 2013</td>
</tr>
<tr>
<td>29 May 2013</td>
<td>7 October 2013</td>
</tr>
<tr>
<td>6 June 2013</td>
<td>16 October 2013</td>
</tr>
<tr>
<td>14 June 2013</td>
<td>24 October 2013</td>
</tr>
<tr>
<td>25 June 2013</td>
<td>12 November 2013</td>
</tr>
<tr>
<td>8 July 2013</td>
<td>15 November 2013</td>
</tr>
</tbody>
</table>

9.30 am - 4.30 pm

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - **FREE**
- Independent Fostering Agencies – **£120 per person per day.**
- **£50 Late cancellation fee applies to all external bookings**

Click here to apply: [Application Form](#)

2013/14 Programme
Overview
Part of the Improving Life Chances for Children in Care Programme. Learning is an emotional as well as an intellectual process. This course considers what works to promote children’s reading and writing skills, how to build on these and how to overcome any barriers.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Illustrate a greater understanding of what works in promoting childrens reading and writing skills for Children in Care
- Discuss how to build on each of these areas of learning and development and the impact on the progress of children in your care, and their future life chances
- Identify the roles of foster carers in children’s progress and how to support the specific individual learning needs of children in your care at home and at school
- Demonstrate how to overcome barriers in supporting your children’s reading and writing skills
- Recognize how taking a pro-active role in enhancing your childrens reading and writing skills will improve their life chances in the future

Links to: Fostering Services: National Minimum Standard 20.9 Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 June 2013</td>
<td>10.00am – 12.00pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Lesbian, Gay, Bisexual & Transgender (LGBT) Young People: Exploring Sexual Orientation & Gender Identity

Overview
In this course, we hear the voices of LGBT young people and find out how to support them in their struggle to develop a strong sense of identity in the face of multiple marginalisation. We will learn ways to make our services safe by exploring creative ways of challenging homophobia, bi and trans-phobia at home, school, college or work.

Outcomes/Benefits to you and the child/ren you care for:

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

- Examine how to aid young people in developing a positive sense of sexual orientation and gender identity
- Examine the issues (e.g. social and family pressures) experienced by young people exploring their sexual orientation and gender identity
- Review the services and support systems available to young people
- Recognise the impact of homophobia, trans/biphobia and heterosexism on young people who are lesbian, gay, bisexual, transgender or unsure of their sexual orientation and/or gender identity
- Implement ways to make environments safe for LGBT young people including how to challenge homophobic, trans and bi-phobic behaviour and language

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 February 2014</td>
<td>9.30 am – 4.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Makaton for Beginners

Makaton is a language programme involving speech, manual signs, and graphic symbols, developed to help people for whom communication is very difficult.

This 2 day course is for those working with people with learning disabilities who want to develop skills in using Makaton. Please note, this is not the professional route.

Outcomes/Benefits to you and the child/ren you care for:

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

- Demonstrate a clear understanding of what Makaton is and how it sits alongside other forms of communication e.g. BSL (British Sign Language)
- Use signs and symbols from key stages 1-4 of the Makaton Vocabulary
- Share ideas and action plan ways to use Makaton at home or work

Participants must attend both days to gain the certificate of attendance. The course starts promptly at 9.30am.

Links to: Training, Support & Development Standard 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 &amp; 23 April 2013</td>
<td></td>
</tr>
<tr>
<td>13 &amp; 14 June 2013</td>
<td></td>
</tr>
<tr>
<td>19 &amp; 20 September 2013</td>
<td>9.30 am – 3.30 pm</td>
</tr>
<tr>
<td>2 &amp; 3 October 2013</td>
<td></td>
</tr>
<tr>
<td>13 &amp; 14 February 2014</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
Makaton is a language programme involving speech, manual signs, and graphic symbols, developed to help people with communication difficulties, especially people with learning disabilities. By the end of this 2 day workshop participants will have improved and developed their skills using Makaton signs & symbols from stages 5-8.

Please note, this is not the professional route.

Outcomes/Benefits to you and the child/ren you care for:

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

- Recognise all 450 signs and symbols in the Makaton Core Vocabulary
- Explain how to teach these to children and young people
- Demonstrate how to incorporate Makaton alongside other communication techniques as part of an overall plan to enhance the lives of children and young people

Participants must attend both days to gain the certificate of attendance.

The course starts promptly at 9.30am.

Links to: Training, Support & Development Standard 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 &amp; 8 May 2013</td>
<td>9.30 am – 3.30 pm</td>
</tr>
<tr>
<td>11 &amp; 12 September 2013</td>
<td></td>
</tr>
<tr>
<td>9 &amp; 10 December 2013</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

In Brighton and Hove there is a need to better promote, protect and appropriately treat the mental and emotional health of children and young people. Those working with children and young people need the skills and knowledge necessary to support them, to seek advice and refer on if necessary.

Outcomes/Benefits to you and the child/ren you care for:

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

- Demonstrate increased knowledge about children’s mental health issues and their causes
- Examine children’s own experiences of mental health
- Recognise when to contain mental health difficulties and when to seek further advice
- Apply skills in managing challenging feelings and behaviours

Links to: Training, Support & Development Standard 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 February 2014</td>
<td>9.30 am – 4.30 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: [Application Form](#)
Overview
The main aim of this training is to clarify and explore practice issues around personal relationships and sexuality (PRS) and learning disabilities focusing on increasing staff skills and knowledge in this area. This course aims to build confidence and competence in addressing and responding to issues arising in a practical way, covering topics such as public versus private behaviours, appropriate touching and masturbation, forming, developing and maintaining healthy personal relationships, managing emotions, saying no, sexualisation and issues relating to pornography, talking about PRS with young people, contraception needs, STIs, sexual health and sexual orientation.

Outcomes/Benefits to you and the child/ren you care for:

By the end of this course you will be able to:
- Examine attitudes and values to sexuality (in its broadest sense) and learning disability
- Demonstrate a confidence in talking about and acknowledging PRS with young people
- Illustrate a knowledge of the Law in relation to sex and learning disability
- Discuss good practice and skills around issues you may face
- Demonstrate an increased awareness and confidence of your role and responsibility in this context

Links to: Fostering Services: National Minimum Standard 6
Promoting Good Health & Wellbeing

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date to be arranged when minimum applications received</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 am – 1.00 pm</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Positive Interventions

Overview
To provide participants with a range of skills and knowledge, to work effectively with children and young people who may be in crisis and displaying behaviour which may be challenging.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Demonstrate an awareness of yourself and how your behaviour impacts on the children & young people you are caring for
- Display an awareness of the child and their developmental needs
- Identify challenging behaviour and how environmental factors affect this
- Develop skills through the use of some interventions tools to deal with behaviour
- Recognise the importance of recording

Links to: Fostering Services: National Minimum Standard 3.8 Promoting Positive Behaviour and Relationships
Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 &amp; 26 September 2013</td>
<td>10.00 am - 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
If ‘looked after’ young people are to make a successful transition to adult life it is essential that preparation begins well in advance of their 18th birthday. However, the demands of the day to day often leave little time for workers and carers to seriously address these issues, and too often young people leave care insufficiently equipped to cope with the pressures and responsibilities of adult life. This course will explore how to integrate the day to day responsibilities of working with or caring for young people with a positive focus on their future.

This training course is designed for foster/supported lodgings carers and professionals working directly with children in care or care leavers.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:
- Work sensitively with adolescents and recognise and understand the additional support needs for Looked After Children and Care Leavers’
- Discuss the issues for YP as they face transitions and of how to support YP them through these transitions
- Identify ways to help YP to think ahead and to make sure they have a clear idea about what to expect, in terms of budgeting and finance
- Demonstrate how to Support Young People to develop confidence and motivation as they move towards independence
- Describe the range of skills YP need to develop in preparation for leaving care/adulthood and of their role in supporting skills (social, practical and emotional) development
- Explain how to support YP to reach their potential in terms of education, training and employment

Links to: Fostering Services: National Minimum Standard 12.3
Promoting Independence and Moves to Adulthood & Leaving Care

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 July 2013 (rearranged from 27 September 2013)</td>
<td>9.00am – 5.00pm</td>
</tr>
<tr>
<td>26 March 2014</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Preparing Children for Adoption

Overview
Children being placed with new permanent families are often contending with moves from difficult pasts to unknown futures and are likely to experience a range of intense and conflicting emotions. This course is aimed at foster carers who are involved in supporting children through this process.

Outcomes/Benefits to you and the child/ren you care for:

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

- Develop confidence in talking to children about adoption and long-term fostering from planning to placement
- Apply practical tools to help prepare children for adoption
- Recognise grief and loss issues
- Develop further insight into the needs of children according to their developmental level, interests and history
- Demonstrate your knowledge of the planning, introduction and post-placement process

Links to: Training, Support & Development Standard 4

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 &amp; 22 November 2013</td>
<td>10.00 am – 2.00 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Preventing and Disrupting Sexual Exploitation of Children & Young People

Overview
Children and young people who are sexually exploited are the victims of child sexual abuse, and their needs require careful assessment.

They are likely to be in need of welfare services and, in many cases, protection under the Children Act 1989. This workshop will introduce practitioners to what is often a hidden problem and to consider how the needs of these children and young people can be met.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Understand the sexual exploitation of children and young people and what places a young person at risk
- Gain knowledge of prevalence and forms of young people’s sexual exploitation
- Recognise vulnerabilities and risk indicators
- Support young people who are sexually exploited
- Demonstrate awareness of the Sexual Offences Act 2003 and other relevant legislation and guidance
- Help to monitor and record the sexual exploitation of young people

Links to:
Fostering Services: National Minimum Standard 4.6, 20.9
Safeguarding Children, Learning & Development of Foster Carers

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>tbc</td>
<td>1.30 pm – 4.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Principles & Values of Working with Children & Families

Overview
This course provides information on the principles and values essential for those working with children, young people and their families. Main themes include working in a principled way and promoting equality, diversity and inclusion.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:
- Show how you promote the principles and values essential for work with children, young people and families
- Identify the legal context of promoting equality, diversity and inclusion
- Recognise legislation and policy relating to children and young people
- Use the knowledge evidence towards the outcomes in the Children’s Services Common Induction Standards workbook

Links to: Fostering Services: National Minimum Standard 1
The Child’s Wishes and Feelings and the Views of those Significant to Them

Links to: Training, Support & Development Standard 1.1, 1.2, 1.3a Standard 5.8

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 September 2013</td>
<td>Details Tbc</td>
</tr>
<tr>
<td>13 February 2014</td>
<td>Details Tbc</td>
</tr>
</tbody>
</table>

Further Resources
CWDC Handbook – Principles, Values & Legislation

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
This 1 day course will enable carers to understand some of the key issues regarding the physical and mental health of Looked After Children, and to consider the important role of carers in promoting healthy care.

Outcomes/Benefits to you and the child/ren you care for:
By the end of the course participants will be able to:

- Describe some of the evidence about physical and mental health
- Share information about the role and responsibility of carers to fulfil the statutory obligations regarding health care
- Discuss what carers can do to promote positive health for children and young people
- Report about the safe administration of medicines
- Demonstrate infection control measures within the home and learn about Blood Borne Virus (HIV & Hepatitis) transmission
- Explain some facts about the management of common health conditions such as asthma and enuresis, and some less common conditions such as epilepsy and soiling
- Recognize some emotional and mental health difficulties for Looked After Children and identify what services are available and how to refer for consultation or therapy

Links to: Fostering Services: National Minimum Standard 6.7 & 6.10 Promoting Good Health & Wellbeing
Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 October 2013</td>
<td>9.30 am - 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
The NVQ3 in Health and Social Care (CYP) has been replaced by the QCF Level 3 Diploma for the Children and Young People’s Workforce.

The Diploma assesses the skills, knowledge and ability needed by Home Care Support Workers, Foster Carers, Early Years Visitors and Learning Mentors, Education Welfare Officers working in Children’s Services.

By the end of the programme you will:

- Achieve the QCF Level 3 Diploma for the Children and Young People’s Workforce
- Meet National Occupational Standards
- Demonstrate competency in care provision and awareness of service issues, including:
  - Communicating with children in your care
  - Record keeping
  - Health & Safety of yourself and children in your care
  - Supporting the care, protection and well-being of individuals

Dates:

<table>
<thead>
<tr>
<th>Taught underpinning knowledge sessions will begin in <strong>September</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Closing date for applications:</strong> 31 July 2013</td>
</tr>
</tbody>
</table>

Further information:

- Application packs are available on the Council’s internal Wave [http://wave.brighton-hove.gov.uk/supportingyou/Learning/Pages/Children%27sServicesVocationalQualifications.aspx](http://wave.brighton-hove.gov.uk/supportingyou/Learning/Pages/Children%27sServicesVocationalQualifications.aspx) or via your supervising social worker or workforce development on 01273 295103
- Where there are more applicants than available places selection criteria will apply (see application pack for details).
- For further information on qualifications please contact Lindsey Cockram, Qualifications Coordinator 01273 296177 Email: Lindsey.cockram@brighton-hove.gov.uk

This programme is only open to Brighton & Hove City Council foster carers.
Resilience

Overview
Resilience is the ability to survive and bounce back from hardships and adversity, strengthened and more resourceful.

Finding ways to boost a child’s ability to respond resiliently when life is tough can help them to do better than you might have thought they would. This workshop offers an introduction to the concept of resilience and resilience theory and provides the opportunity to consider those things we can do that help to build resilient capital. It will outline ways of supporting children and parents that aim to build their capacity to manage life’s challenges more resiliently.

Outcomes/Benefits to you and the child/ren you care for:

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

- Examine your understanding of the resilience evidence base
- Examine why and how some children bounce back better than others
- Identify resilience building principles and techniques
- Apply ‘resilience’ with your own work with children and parents
- Review Resilient Therapy, an approach that aims to turn resilience theory into practice for all to use

Links to: Fostering Services: National Minimum Standard 2 Promoting a Positive Identity, Potential and Valuing Diversity Through Individualised Care

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 October 2013</td>
<td>9.30 am - 4.00 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Restorative Justice

Overview
Restorative Justice is a value based approach to responding to wrongdoing and conflict. It focuses on the person harmed, the person causing the harm and the affected community. Restorative Justice focuses on transforming wrongdoing by healing the harm that is caused, particularly to relationships, by all participants working together to identify and address harm and examining what can be done to repair the relationship.

This course explores the principles that underpin restorative justice and provides some practical examples of how it can be used. The approach can be used in a wide range of situations including peer to peer conflict, adult to child conflict, damage to property etc.

Outcomes/Benefits to you and the child/ren you care for:

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

- Understand the values, ethos and principles of restorative justice
- Understand the skills necessary to undertake restorative justice work
- Know how to undertake a restorative justice enquiry
- Know how to undertake a restorative discussion

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBC</td>
<td>½ day</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Safe Sleeping for Babies – Reducing the Risk of Sudden Infant Death Syndrome (SIDS)

Overview

This new e-learning course aims to promote safe sleeping in babies, to reduce the risk of Sudden Infant Death Syndrome (SIDS).

This interactive, easy to use online e-learning package can be completed at a time, pace and place that suits you. The training has stimulating animations, quizzes and tests to capture and maintain your interest.

Outcomes/Benefits to you and the child/ren you care for:

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

- Understand the risks associated with SIDS
- Recognise how to keep sleeping babies safe
- Help parents struggling to sleep their babies safely
- Locate and provide supplementary resources

Links to: Fostering Services: National Minimum Standard 4.6, 20.9 Safeguarding Children, Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 6

Further Resources

- For a demo visit: www.safeguardingchildrenea.co.uk
- Caring for your baby at night – a guide for parents – UNICEF
- www.fsid.org.uk
- www.bubbalicious.co.uk
- www.nhs.uk
- www.unicef.org.uk/babyfriendly
- www.isisonline.org.uk

Charging information – FREE to access
Overview

All children have the same human rights to be safe from abuse and neglect and to be protected from harm.

Children with disabilities are, however, more vulnerable to abuse or neglect than other children and have additional needs that must be met if they are to be properly safeguarded. This course will provide participants with knowledge of issues in relation to safeguarding children.

Outcomes/Benefits to you and the child/ren you care for:

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

- Identify the factors that make children with disabilities more vulnerable to harm and their safeguarding needs
- Recognise the attitudes and assumptions that can exist in relation to children with disabilities, abuse and neglect
- Identify safe practice in the provision of intimate care
- Have understanding of multi-agency roles in safeguarding children with disabilities
- Gain practice skills in communicating with children with disabilities when investigating abuse or neglect

Links to: Fostering Services: National Minimum Standard 4.6 Safeguarding Children

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>TBC</td>
<td>9.30 am – 4.30 pm</td>
</tr>
</tbody>
</table>

Further Resources
To access free elearning from the Safeguarding Children e-Academy contact: coursesforcare@brighton-hove.gov.uk
Course details: Safeguarding Children with Disabilities

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Safe Caring – Complaints & Allegations

Overview

What You Really Need to Know about Safer Caring……
But were afraid to ask!

Outcomes/Benefits to you and the child/ren you care for:

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

- Demonstrate a balanced and realistic understanding of complaints and allegations in foster care
- Recognise how everyone involved in fostering can play a part in minimising the incidence of allegations of abuse
- Use the booklet ‘Dealing with an Allegation’ and the procedures for managing allegations in Brighton & Hove
- Identify the independent support which is available to Brighton & Hove foster carers

Links to: Fostering Services: National Minimum Standard 4.6, 20.9
Safeguarding Children, Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 June 2013</td>
<td>9.30 am - 2.30 pm</td>
</tr>
</tbody>
</table>

Further Resources
The Fostering Network – If you need help on any aspect of fostering, our experienced and impartial team of advisers can help. https://www.fostering.net/need-advice

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

This is a mandatory course for carers whose role involves lifting and handling of children. The Manual Handling Operations Regulations 1992 came into force in January 1993. This legislation places a duty on employers to implement measures to reduce the risks to the staff who are required to undertake manual handling tasks. This course is designed to increase staff awareness of the possible injuries to themselves and to enable them to carry out transfer operations safely. The course must be completed before undertaking any handling of children in the workplace.

If you require a refresher course in safer handling please look at the course ‘Safer Handling of Children - Refresher’ which needs to be undertaken within 12 months of completing this awareness course.

Outcomes/Benefits to you and the child/ren you care for:

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

- Define what is meant by Safer Handling
- Explain the legal issues and risk assessment process
- Describe the mechanics of back injury and other work related disorders
- Be able to demonstrate safer handling strategies when handling children
- Discuss the importance of reporting in relation to safer handling
- Meet statutory requirements

Links to: Fostering Services: National Minimum Standard 10.3 Providing a Suitable Physical Environment for the Foster Child

Links to: Training, Support & Development Standard 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 April 2013</td>
<td></td>
</tr>
<tr>
<td>15 May 2013</td>
<td></td>
</tr>
<tr>
<td>16 September 2013</td>
<td>9.30 am – 12.30 pm</td>
</tr>
<tr>
<td>12 February 2014</td>
<td></td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview
This is a refresher course for carers whose role involves lifting and handling of children, and who have completed the Basic Awareness course within the last 12 months.

The Manual Handling Operations Regulations 1992 came into force in January 1993. This legislation places a duty on employers to implement measures to reduce the risks to staff who are required to undertake manual handling tasks. This course is designed to refresh staff awareness of the possible injuries to themselves and to enable them to carry out transfer operations safely.

Outcomes/Benefits to you and the child/ren you care for:

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

- Review the legal issues and risk assessment process
- Describe the mechanics of back injury and other work related disorders
- Demonstrate safer handling strategies when handling children
- Discuss the importance of reporting in relation to safer handling
- Meet statutory requirements

Links to: Fostering Services: National Minimum Standard 10.3 Providing a Suitable Physical Environment for the Foster Child

Links to: Training, Support & Development Standard 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 March 2014</td>
<td>9.30 am – 12.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Separation and Loss

Overview

Children and their families can experience a number of separations and losses in their lives such as parents separating, the death of a relative or when someone leaves home. The impact of these experiences will vary from child to child and family to family.

It is important that practitioners working with children and their families have a good understanding of the potential impact and best practice in supporting children and families through these experiences. This is an introductory course.

Outcomes/Benefits to you and the child/ren you care for:

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

- Recognise the stages that children and their families are likely to move through when coming to terms with a separation or loss
- Examine the impact of separation and loss, including divorce and bereavement, on children at different stages of their development
- Demonstrate practical skills and strategies in communicating with children and their families who have experienced a separation and/or loss
- Recognise how your own experiences will influence your responses to other people’s losses, and recognise your personal and professional boundaries and limitations when working in this area
- Recognise that practitioners need to protect themselves, and the importance of supervision and support to do this work in a safe way

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 June 2013</td>
<td>9.30 am – 4.00 pm</td>
</tr>
<tr>
<td>23 January 2014</td>
<td></td>
</tr>
</tbody>
</table>

Further Resources:
www.winstonswish.org.uk
National helpline offering support, information and guidance to anyone caring for a child or young person who has been bereaved – Mon – Fri, 9-5 Tel. 08452 030405

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Sexual Health, Teenage Pregnancy & Looked After Young People

Overview

This course will help carers understand the needs of young people in obtaining clear and practical information around sexual health issues.

Outcomes/Benefits to you and the child/ren you care for:

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

- Identify your own values and attitudes towards young people and sexual health
- Demonstrate more confidence in communicating with young people about sex and in broaching the subject
- Recognise your role and responsibility in promoting sexual health
- Express an awareness of the sexual health screening tool ‘You and Sex’
- Illustrate an awareness of local support and services in relation to sexual health

Links to: Fostering Services: National Minimum Standard 6
Promoting Good Health & Wellbeing

Links to: Training, Support & Development Standard 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 June 2013</td>
<td>9.30 am - 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Sexually Harmful Behaviour in Children & Young People

Overview
Sexually harmful behaviour by children and young people can take many different forms and exists on a continuum. Statistics indicate that children and young people commit between one quarter to one third of alleged sexual abuse or sexual harm. Defining what behaviour is appropriate and what is harmful can be difficult and intervening to reduce risk problematic.

This course provides an introduction to sexually harmful behaviour examining incidence and prevalence, some of the reasons why children and young people display sexually harmful behaviour and the interventions that can help.

Outcomes/Benefits to you and child/ren you care for:

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

- Identify the myths and realities around issues of sexually harmful behaviour
- Distinguish between 'normal' and harmful behaviour
- Examine the reasons why children and young people can develop such behaviour
- Recognise intervention, risk reduction and risk management strategies
- Recognise the feelings, values and personal issues that can arise in this work
- Review multi-agency roles in managing risk

Further Resources
- AIM2 Assessment model of initial assessment (Print et al 2007)
- What works for children and young people with harmful sexual behaviours? (Hackett, 2004)
- Children and young people who sexually abuse (ed. Calder 2005)
- Sexual abuse assessments (ed. Calder 2009)

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 December 2013</td>
<td>9.30 am – 4.30 pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Special Educational Needs, Resources and Making the Most of Personal Education Plans (PEPs)

Overview
Part of the Improving Life Chances for Children in Care Programme, this course is made up of three workshops that will increase Foster Carers awareness of how schools support Children with Special Educational Needs or who might be at risk of exclusion, what resources and concessions are available to support the progress, development and learning of Children in Care and how to help your child get the most from their PEP

- Special Educational Needs – How Do Schools Support Children With SEN or who are at risk of exclusion?
- Special Arrangements In Education For Children in Care – Making The Most Of What Is Available To Raise Educational Achievement.
- Helping Your Child Get The Most From Their PEP

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Discuss what is available for children who have problems with social, emotional, behavioural or learning difficulties
- Use tools to support children who are at risk of exclusion
- Identify resources and concessions that are available to support the progress, development and learning of Children in Care
- Recognise what you need to know about PEPs and how to make them effective for you and the child / children in your care

Links to: Fostering Services: National Minimum Standard 20.9 Learning & Development of Foster Carers

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 October 2013</td>
<td>10.00am – 2.30pm</td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Supporting Black & Minority Ethnic (BME) Children in Care

Overview
Practitioners and foster carers need an awareness of the needs of Black & Minority Ethnic (BME) children and a good understanding of how to support those who are in care. Issues of race and culture need to be integrated into the assessment and decision-making process and the additional support needs of BME children, particularly those in trans-racial placements, and their foster carers need to be addressed.

Outcomes/Benefits to you and child/ren you care for:
By the end of this course you will be able to:

- Familiarise participants with key concepts around race, culture and ethnicity
- Explore the effects of injustice and discrimination from the starting point of personal experience
- Consider the importance of positive self identity in relation to the experiences of young people in care

Links to: Training, Support & Development Standard 7

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>19 April 2013</td>
<td>10.00 am – 2.30 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

Government child welfare policy has paid considerable attention to children who experience poverty and disadvantage. Families of prisoners are one significant group that still remain invisible when it comes to supporting children and their families.

Children who have a parent in prison are more likely to experience poverty, mental ill health, poor housing, get involved in Anti Social Behaviour or crime etc. An estimated 160,000 children in the UK have a parent in prison.

This is twice the number of children in care and six times the number of children on Child Protection Plans (Barnardos). This course aims to raise awareness and specific issues relevant to the children, ensure that you can offer support to help meet any particular needs and help promote the wellbeing of the children and families.

Outcomes/Benefits to you and the child/ren you care for:

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

- Review the context of the Criminal Justice System and the offender’s journey
- Recognise the impact of imprisonment on family members and society
- Recognise the specific issues for children with a family member in prison which may present barriers to their achieving the Every Child Matters outcomes
- Identify the support needs of the family and how these can be met by statutory/voluntary provision and resources (including Family CAF) locally and nationally
- Plan how the insight gained will affect your practice

Links to: Fostering Services: National Minimum Standard 3 Promoting Positive Behaviour and Relationships

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>tbc</td>
<td>9.30 am – 4.30 pm</td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form

2013/14 Programme
Overview
A two-day course (formerly Supporting Behaviour Change) aimed at providing participants with knowledge and skills to support service users wanting to achieve positive outcomes by encouraging behaviour change. These behaviours could be related to substance misuse, sexual health or anti-social behaviour.

The course will enable participants to develop their skills to be able to work confidently with a service user whatever their readiness to change. The course is appropriate for those working with age 12 years – adult. Over the two days, participants will develop their skills in reflective listening and be introduced to some of the principles that underpin motivational interviewing. By the end of the two day course, participants will have developed a toolkit of strategies that they can apply when working with service users to facilitate behaviour change.

Outcomes/Benefits to you and the child/ren you care for:
By the end of this course you will be able to:

- Practice a range of basic skills and techniques for motivating change
- List the principles for motivational interviewing
- Describe two theories about behaviour change and apply the basic concepts to real service user situations
- Demonstrate understanding of what helps and hinders the change process
- Use a range of skills to support client thinking, decision making and active change processes
- Be aware of a range of communication tools

Links to: Training, Support & Development Standard 5

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 &amp; 12 July 2013</td>
<td></td>
</tr>
<tr>
<td>17 &amp; 18 October 2013</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>5 &amp; 6 December 2013</td>
<td></td>
</tr>
<tr>
<td>27 &amp; 28 March 2014</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Train the Trainer

Overview
This course is a one day highly interactive workshop introducing you to the key skills, processes and practices required to train and facilitate groups. For those carers that are interested in helping facilitate foster carer training sessions, this course will give you the necessary skills to do this.

Outcomes/Benefits to you and the child/ren you care for:

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

- Write clear learning objectives
- Prepare a session plan
- Explain learning styles
- Adapt learning materials to meet different learning styles
- Present a training session to colleagues and obtain feedback
- Evaluate training

Links to: Training, Support & Development Standard 7

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 July 2013</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>19 November 2013</td>
<td></td>
</tr>
<tr>
<td>6 March 2014</td>
<td></td>
</tr>
</tbody>
</table>

Please contact Lynne Rimmer on 291594 or John Donnelly on 295444 if you are interested in improving your skills in this area.
The Children’s Workforce Development Council developed a set of 7 Standards to ensure that foster carers are properly inducted into fostering by their Fostering agencies.

The CWDC no longer exists but there is still help available online from the Department for Education on their Foster care standards. The standards are a national minimum benchmark used by Ofsted, who take them into account in the inspection of fostering services.

These Standards have arisen from the ‘Every Child Matters Agenda’ and from consultation with foster carers.

**Implementation of these Standards will be monitored by OFSTED during their inspections of Fostering Services.**

The 7 Training, Support & Development Standards are:

1. Understand the Principles and Values essential for Fostering Children and Young People
2. Understanding 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 Children and Young People
6. Keep Children and Young People Safe from Harm
7. Develop Yourself

Foster carers are required to complete a Workbook to demonstrate that they meet these Standards.

**All foster carers are expected to successfully complete the workbook within 12 months (18 months for Family & Friends carers).**
**Family & Friends Foster Carers**

Brighton and Hove City Council’s Family and Friend’s Care Policy has been published in accordance with Statutory Guidance for Local Authorities on Family and Friends Care 2011. This guidance sets out a framework for the provision of support to family and friends carers as well as detailing some changes to the guidelines around training for family and friends foster carers.

There is now an expectation that family and friends foster carers work towards completion of the Standards. This has been a requirement for unrelated foster carers for some time but under the Family and Friends Statutory Guidance this requirement now applies to family and friends foster carers.

For family and friends foster carers who were approved as foster carers prior to October 2011 the Statutory Guidance required completion of the Standards by April 2012. The supervising social worker is available to discuss and support carers to do this.

**The carers for whom this is relevant are those who are caring for a child whose care plan has been confirmed as long term fostering and are in full time education.**

The Family and Friends Team also offer specific workshops to both foster carers and those caring for children on Special Guardian or Residence orders which relate directly to their role. Details can be found either on the website or by contacting the Family and Friends Team directly.

The guidance is available on our website: [www.fosteringinbrightonandhove.org.uk](http://www.fosteringinbrightonandhove.org.uk)

All carers can demonstrate their knowledge of the Standards in a variety of ways, including attendance at training, attendance at the New Carers Support Group, reading the Foster Carer Handbook etc.

When foster carers have successfully completed the Standards they will receive a Certificate of Completion.
What are the benefits to foster carers?

- Long overdue recognition of the professionalism and expertise of foster carers
- Enhance and update skills
- Creates a clear qualification progression route
- Accessible - can be used creatively
- Direct benefits for the children and young people they care for in relation to the 5 Every Child Matters Outcomes

What are the benefits for the children and young people?

- Placed with foster carers who have high level skills and competencies that have been shown and recognised at a professional level
- Foster carer’s who feel valued and nurtured
- Their foster carers have up to date knowledge and skills

Department for Education (DfE) now has the strategic lead for foster care work since CWDC closed in April 2012.

Further information here: http://www.education.gov.uk/childrenandyoungpeople/families/fostercare/fostercarestand/a00205961/closure-online-systems

Click here for a copy of the Training, Support & Development Standards Workbook

Also see www.fosteringinbrightonandhove.org.uk
The Fostering Team are running new sessions to help you complete the first 6 Standards (there are only 7!):

**Standard 1:** Friday 12th July 9.30am – 12pm

**Standard 2:** Friday 6th September 9.30am – 12pm

**Standard 3:** Tuesday 24th September 9.30am – 12pm

**Standard 4:** Wednesday 23rd October 9.30am – 12pm

**Standard 5:** Wednesday 13th November 9.30am – 12pm

**Standard 6:** Thursday 28th November 9.30am – 12pm

All sessions will be held at the Fostering Team, Moulsecoomb Hub South, Hodshrove Lane.

If you would like to attend, please let Clare Seth know on 01273 295444 or by email: clare.seth@brighton-hove.gov.uk

**Tea, coffee and biscuits** will be provided and we will sign off each section as we go.

Who for:
B&HCC foster carers only

**Links to:** Fostering Services: National Minimum Standard 20
Learning and Development of Foster Carers

**Links to:** Training, Support & Development Standard 7
Overview

This course will provide carers with knowledge of issues in relation to child protection.

Outcomes/Benefits to you and the child/ren you care for:

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

- To recognise signs and symptoms of child abuse
- Have explored why some children are more ‘at risk’ of abuse or neglect than others
- Have considered issues regarding sexual exploitation of children and young people
- Become familiar with the Pan-Sussex Child Protection Procedures and the role of foster carers who have concerns about abuse
- Have considered when and how to discuss a potential concern with a child/young person

Links to: Fostering Services: National Minimum Standard 4.6 Safeguarding Children

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 October 2013</td>
<td>9.30 am – 1.45 pm</td>
</tr>
</tbody>
</table>

Further Resources:
Safeguarding Children elearning
How to apply - email your name and job title to Coursesforcare@brighton-hove.gov.uk

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Overview

Self-harm among young people is a major public health issue in the UK. It affects at least one in 15 young people and some evidence suggests that rates of self-harm in the UK are higher than anywhere else in Europe. Self-harm blights the lives of young people and seriously affects their relationships with families and friends.

It presents a major challenge to all those in services and organisations that work with young people, from schools through to hospital accident and emergency departments. This course is an introduction to understanding self-harming behaviour, exploring the reasons why young people self-harm and offers practical skills and interventions that can help.

Outcomes/Benefits to you and the child/ren you care for:

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

- Describe what constitutes self-harming behaviour and why young people might display this
- Explain national policy, local guidance and procedures in responding to self-harm
- Recognise the demands and difficulties of working with young people who self-harm
- Define multi-agency responsibilities in relation to self-harm
- Demonstrate practical strategies to promote and support a reduction in self-harming behaviour

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>28 June 2013</td>
<td>9.30 am – 4.30 pm</td>
</tr>
<tr>
<td>30 January 2014</td>
<td></td>
</tr>
</tbody>
</table>

Charging information

- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

2013/14 Programme
INFORMATION TECHNOLOGY (IT) & INTERNET TRAINING SECTION

Training available in this section includes:

Face to Face Training Courses:
- Facebook, Social Networking & Foster Care
- Internet Safeguarding – A Practical Guide to Keeping Children Safe Online
- Introduction to IT Skills

E-learning Courses:
- eSafety
- On Line Basics
- Surf2Learn B&HCC elearning courses
Facebook, Social Networking and Foster Care

Overview
This course will provide participants with information and practical guidance on using Facebook and other social media safely, being aware of and protecting themselves and others from potential dangers.

Outcomes/Benefits to you and the child/ren you care for:
By the end of the course you will be able to:

- Be aware of the use and prevalence of social networking websites
- Identify website guidelines/criteria for usage
- Consider the benefits and risks of young people using such sites and develop strategies for managing risks
- Recognise the potential impact for family contact
- Be aware of policy and guidance applicable to foster care
- Know about and where to find additional guidance about safe internet use

Links to: Fostering Services: National Minimum **Standard 4.4**

Safeguarding Children

Links to: Training, Support & Development **Standard 6**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 April 2013</td>
<td>9.45am – 2.30pm</td>
</tr>
<tr>
<td>29 November 2013</td>
<td>9.45am – 2.30pm</td>
</tr>
</tbody>
</table>

Further Resources
- [www.childnet-int.org/safety/parents.aspx](http://www.childnet-int.org/safety/parents.aspx)
- [www.ThinkUKNow.co.uk](http://www.ThinkUKNow.co.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.cybermentors.org.uk](http://www.cybermentors.org.uk) (Beat bullying project)
- [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

2013/14 Programme
Internet Safeguarding – A Practical Guide to Keeping Children Safe Online

Overview
This course will provide participants with information and practical guidance on how children and young people are using the internet, how offenders exploit this and what steps parents/carers can take to prevent and protect children and young people from being exploited/abused online. Participants will also learn about different sources of support from which they/children can seek information and advice.

Outcomes/Benefits to you and the child/ren you care for:
By the end of the course you will be able to:

- Demonstrate how the internet works and how it has changed
- Recognise how young people are using the internet
- Understand how offenders are using the internet
- Explain parental security settings, how they are beneficial and why they are not enough on their own
- Learn practical steps that parents/carers can take to protect children online
- Identify other organisations to support children/parents around internet use

Links to: Fostering Services: National Minimum Standard 4.4 Safeguarding Children

Links to: Training, Support & Development Standard 6

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Further date to be commissioned on receipt of sufficient applications</td>
<td>10.00 am – 1.00 pm</td>
</tr>
</tbody>
</table>

Further Resources
- [www.childnet-int.org/safety/parents.aspx](http://www.childnet-int.org/safety/parents.aspx)
- [www.ThinkUKnow.co.uk](http://www.ThinkUKnow.co.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.cybermentors.org.uk](http://www.cybermentors.org.uk) (Beat bullying project)
- [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
Introduction to I.T. Skills

Overview
This session will provide opportunities for practical experience with word processing, internet use and a chance to ask questions about safe use of social networking websites.

Outcomes/Benefits to you and the child/ren you care for:

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

- Know how to use a word processor to complete basic tasks including use of text and images
- Search the Internet to find information
- Be aware of Internet safety when using social networking
- Review use of Number shark and Word shark

Links to: Training, Support & Development Standard 7

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Further date to be commissioned on receipt of sufficient applications</td>
<td></td>
</tr>
<tr>
<td>10.00 am – 1.00 pm</td>
<td></td>
</tr>
</tbody>
</table>

Charging information
- Brighton & Hove City Council and Barnardos Link Plus foster carers - FREE
- Independent Fostering Agencies – £120 per person per day.
- £50 Late cancellation fee applies to all external bookings

Click here to apply: Application Form
Keeping Children Safe on the Internet/ Mobile Phones

Childnet is a charity whose main purpose is children’s safety using computers – see [www.childnet-int.org/safety/parents.aspx](http://www.childnet-int.org/safety/parents.aspx)

Few parents/carers understand their children’s cyber culture, that is, the way in which their children use the Internet and mobile phone to work, play and socialise. The issues of safety, privacy, on-line predators and cyber bullying are sometimes complex, both technically and psychologically and parents can struggle to keep up.

The issues about being careful online apply equally to mobile telephones.

The following SMART TIPS have been written especially for children aged 8-14 years.

**SAFE** - Staying safe involves being careful and not giving out your name, address, mobile phone no., school name or password to people online.

**MEETING** someone you have contacted in cyberspace can be dangerous. Only do so with your parent's/carer's permission, and then when they can be present.

**ACCEPTING** e-mails or opening files from people you don't really know or trust can get you into trouble - they may contain viruses or nasty messages.

**RELIABLE** - Someone online may be lying about who they are, and information you find on the Internet may not be reliable.

**TELL** your parent or carer if someone or something makes you feel uncomfortable or worried.

**Know IT All** for Parents/carers is a CDROM which has been designed to help parents/carers get the most out of the Internet and mobile phone for themselves and their children. It is currently available to parents/carers through schools.

[www.ThinkUKnow.co.uk](http://www.ThinkUKnow.co.uk) and [www.childline.org.uk](http://www.childline.org.uk) websites also have useful tips re. internet/mobile/chat rooms.
eSafety

Overview
Technology is affecting younger age groups. Boys and girls are armed with games consoles, mobile phones and the monster weapon that is the internet. Children don’t only have access to technologies at home; ICT is embedded across the curriculum, so with such exposure children typically have a lot of confidence. However, their knowledge of the risks and dangers may not be high.

As the internet is available in many places, anyone who works with children has a role to play in providing e-Safety education, as well as supporting parents in providing a safe home environment.

Outcomes/Benefits to you and the child/ren you care for:

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

- Develop awareness of different ways in which children and young people use the internet and mobile technology
- Develop awareness of the possible risks to children and young people when using different methods of online and mobile communication
- Be able to identify key eSafety practices which children and young people should be aware of
- Know how to report abusive behaviour online
- Know what to do if a child discloses an experience of abusive online behaviour
- Be aware of further online eSafety support

Duration: 1-2 hours

How to apply
To access free elearning from the Safeguarding Children e-Academy contact:
coursesforcare@brighton-hove.gov.uk
Course: eSafety – Guidance for Practitioners

Links to: Training, Support & Development Standard 6

Further Resources
- www.childnet-int.org/safety/parents.aspx
- www.ThinkUKnow.co.uk
- www.childline.org.uk
- www.cybermentors.org.uk (Beat bullying project)
- www.saferinternet.org.uk
Online Basics

Overview
Online Basics is a free, easy to use e-learning course that will help you get started using computers and the internet.

There are five short modules which show you how to use a mouse and keyboard, how to email, and how to search for information and stay safe online, ensuring that you have the confidence and skills needed to start enjoying all the fantastic things the internet has to offer.

Once you register you will also have access to a free helpline and UK online help centre to support you.

Outcomes/Benefits to you and child/ren you care for:
By the end of this course you will be able to:

- Start with a keyboard – learn the functions of different keys and practice typing
- Start with a mouse – simple step-by-step instructions to learn how to use a computer mouse
- Use email – learn how to send and receive emails, how to use an address book and how to store emails in folders
- Use the internet safely – learn practical techniques to help you stay safe online
- Use online searches – learn how to search the internet, find websites and bookmark them so you can go back to them quickly

How to apply
To access free e-learning contact: www.onlinebasics.co.uk and register for this course.

Courses also available:
Starting Courses – Starting with computers, Taste of English etc.
Using Courses – Using Facebook, Using a mobile, Using a computer
Understanding Courses – Understanding eBay, Understanding online banking

25 additional free courses are also available at www.go-on.co.uk

If you don’t have a computer, or you’d like some help finding a UK online centre to help you get started, call free on 0800 77 1234

Links to: Training, Support & Development Standard 7
Surf2Learn - your online learning resource.

Many courses available for you to access from any p.c., including Basic I.T. skills, stress management and many more!

To access the Brighton & Hove City Council courses you will need to login using a Surf2Learn username and password.

To access the online learning, you first need to set up a Guest Account (unless you already hold a Brighton & Hove City Council email address, then you should use this).

Advice/Support

If you would like us to set you up with a guest account, please contact Glynis Freeman on 291403 or the elearning team on 291405, 291302 or 291404, or email: elearning@brighton-hove.gov.uk

If you have problems logging in please contact The Learning Pool on 0845 543 6033, email support@learningpool.com or go to the Help and Support section.

Forgotten your Surf2Learn Password?

If you forget your Surf2Learn Password, click; Forgotten your password? on the Surf2Learn login page.

You will be sent a Password via your email account.

Logging in to Surf2Learn

To log in to Surf2Learn click: http://brighton-hove.learningpool.com/

Your original login details will be:
Username: email address
Password: Welcome
You will be prompted to update the Password to something you can remember, the first time you log in.
<table>
<thead>
<tr>
<th>SECTION</th>
<th>COURSE TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Started</td>
<td>Help and Support</td>
</tr>
</tbody>
</table>

**Brighton & Hove City Council Foundation Learning Programme**

- Brighton & Hove City Council
- Introduction to Equality and Diversity
  *(this is also available as a Word document; contact Learning & Development on 01273 292315)*
- Display Screen Equipment
- Sustainability
- Health, Safety & Wellbeing

**Introduction**

- Introduction to Local Government
- Introduction to Children’s Services

**Working With Children**

- Common Assessment Framework
- Safeguarding Children

**Communication Skills**

- Plain English
- Assertive Communication

**Health Safety and Wellbeing**

- Stress Management

**Legislation**

- Freedom of Information
- Freedom of Information Act 2000
- Data Protection Act

**Basic ICT Skills**

- ICT Core Skills
- Introduction to IT Security
- PC 123 Steps Learning Resource Materials

**Microsoft Office**

- Microsoft Office 2007 Resources
- Microsoft Word 2003 Resources
- Microsoft Excel 2003 Resources
- Microsoft Outlook 2003 Resources
- Microsoft PowerPoint 2003 Resources
- Microsoft Publisher 2003 Resources

**Photoshop and Adobe Online Resources**

- Adobe Acrobat
- Adobe Dreamweaver
- Adobe Flash
- Adobe Photoshop
- Adobe Photoshop Elements
Overview

Foster carers have a vital role in engaging with children in supporting them with their early learning, development and educational experiences.

The **Improving Life Chances For CiC Programme** is a series of courses that consider a range of topics relating to child development, learning, education and schools. Each course offers an overview of helpful information relating to these experiences and considers how foster carers can confidently take a proactive role in enhancing children’s learning to improve their future life chances.

**Individual Courses (2 hours):**

- **Attachment In Schools – How To Support CiC With Their Attachment Needs** – 26th November 2013
- **Child Development And Early Learning – It’s Never Too Early To Start!** – 24th September 2013
- **Helping Your Child With Reading And Writing – What Works?** – 5th June 2013

**Combined Course Includes**

- **SENS, Resources & PEPS** – 8th October 2013

- Special Educational Needs – How Do Schools Support Children With SEN?
- Special Arrangements In Education For CiC – Making The Most Of What Is Available To Raise Educational Achievement.
- Helping Your Child Get The Most From Their Personal Education Plan (PEP)

**Outcomes/Benefits to you and the child/children you care for:**
By the end of each of these courses you will be able to:

- Develop a greater understanding of what national and local research tells us about each of these areas of learning and development for Children in Care.
- Understand how each of these learning and development areas impact on the progress of children in your care and their future life chances.
- Identify the roles of foster carers in a child’s progress and how to support the specific individual learning needs of children in your care at home and at school.

**Click here to apply:** [Application Form](#)
Additional workshops can be offered on various topics and themes by request. Please liaise directly with Vivian Fahmy, Acting Senior Practitioner Educational Psychologist from The Virtual School for Children in Care, to express an interest in a particular topic. Vivian will then ensure that workshop ideas are publicised in the monthly newsletter and other forums, to encourage carers to sign up for particular events. Please note that there would need to be a group interest expressed (minimum of 8 carers) to run any workshop. Workshops can vary in length, dependent on the topic. Typically, most of the workshops below would be two hour slots held on a Tuesday, Wednesday or Friday. Timings can be flexible, depending upon demand and availability.

Suggested workshops include:

1) **Helping Children in Care to develop their social skills and friendships**: an opportunity to look at the latest research on the social and emotional understanding, peer relationships and self-perceptions of primary-aged children in care and what helps to develop children’s social understanding and empathy.

2) **Paired Reading: an important technique in supporting children’s literacy development**: This would typically run from 10-2, and there would be follow-up support offered to each Carer, to put this learning into practice with their child. Please note that this is part of the 10-week programme outlined below, so those who want to sign up for the full 10-week programme would need to ensure they do not repeat this workshop!

3) **Exploring the importance and value of story time for Children in Care**.

4) **Promoting positive behaviour**: applying attachment principles and brain research to our approach with children displaying challenging behaviour.

5) **Supporting the speech and language skills of Children in Care**: how can we recognise when children have difficulties and what can we do to help?
6) **Missing links in education and development**: how Foster Carers can support Children in Care where they have missed out on positive early experiences and learning opportunities.

7) **The role of Foster Carers in PEP meetings**: this workshop would involve an Education Advisor from the Virtual School who can offer advice and coaching to Carers on what the PEP is all about, why it is so important and how they can ensure their important voice is heard.

**Longer courses**
There is also an opportunity to sign up for a 10 session course, entitled ‘**Supporting Children’s Learning**’. Each session lasts approximately four hours, apart from Session 5, which is a paired reading practice session and would be shorter; this is a course that was developed by The British Association of Adoption & Fostering (BAAF) and there is strong evidence to support its effectiveness. It fits with the Skills for Life aspect of the Foster Carer’s Programme so speak to your Supervising Social Worker if you are interested, and contact Sarah Guy directly if you would like further details. For this group to run effectively, it needs between 8 and 12 carers who look after children aged between 5 and 11 years. **Topics covered include: barriers to learning and what we can do about them; how to work with schools and support children’s education; paired reading; the use of praise to support learning; supporting self-esteem; promoting emotional literacy; and listening skills.**

**Other areas of support on offer…**

**Tuesday morning consultation slots**
The Acting Senior Practitioner Educational Psychologist also offers weekly consultation slots to all Foster Carers every Tuesday morning. Carers can come alone or bring along their SSW, the child’s SW or anyone else they feel would benefit from talking through concerns about a child in their care, in terms of any issue that relates in some way to the child’s education/schooling. Please contact Vivian Fahmy directly to book an appointment between 10 and 12 on a Tuesday.
'Drop-In' Consultation Service with An Educational Psychologist for Children in Care (2013)

What is the Drop-in Consultation Service?
A confidential service for adults working with Children in Care to have a consultation meeting with an Educational Psychologist.

The service is relatively informal and does not require a referral, but will require an appointment to be booked.

All consultations will be offered by Vivian Fahmy, Acting Senior Educational Psychologist, Children in Care.

Who is this for?
Any Foster Carers, Social Workers, Supervising Social Workers and any professionals working with Children in Care who would like to discuss any concern regarding the social, emotional, behavioural or educational needs of children in care.

Where and When?
All consultations are on Tuesday mornings, 9.30-12.00 throughout term time.

Two appointments are available each morning:
9.30 – 10.30
11.00 – 12.00

All appointments will take place at Seaside View Child Development Centre, Brighton General Hospital, Elm Grove, Brighton, BN2 3EW.

Booking An Appointment
Please contact Lyndsey Grice to make an appointment:
Tel 01273 293 992
lyndsey.grice@brighton-hove.gov.uk

For More Information
Please contact Vivian Fahmy (Acting Senior Practitioner Educational Psychologist, Children in Care):
Tel 01273 296 820 vivian.fahmy@brighton-hove.gov.uk
Foster Carer Coffee Mornings

There are currently three monthly Foster Carer groups, running either via a lead carer or a member of the Fostering Team, where the focus is on Under 5s, mother and baby placements and teenagers. Your Supervising Social Worker can tell you more about these. The Acting Senior Practitioner Educational Psychologist is available to attend any coffee morning on request, as a group facilitator/consultant to talk through issues, or to offer informal training sessions on topics of interest. Please liaise with the contact person for each group (ask your SSW for details) to discuss your ideas and they can then put any requests to Vivian Fahmy.

Support to Foster Carers using Video Interaction Guidance (VIG)

There is also an opportunity for carers to contact the Acting Senior Practitioner Educational Psychologist if they would like 1:1 support to address any issue around their relationship with a child where they would like to see a change. Support will be offered using Video Interactive Guidance (VIG), an intervention where the client is guided to reflect on video clips of their own successful interactions. Adult-child interactions are filmed and edited to produce a short film that focuses on the positives. At the shared review sessions that follow (which can involve others if the carer feels this would be helpful, such as their SSW), the film is studied in micro-detail and reflections can help to identify positive ways forward. If several carers express an interest in this kind of intervention, there is additional availability from within the Educational Psychology Team to offer support from other EPs who are trained in VIG and can work directly with carers and other professionals using this tool.

Contact details for Vivian Fahmy:

Educational Psychology Service, Room 300 King's House, Grand Avenue, Hove, BN3 2LS  Tel: (01273) 293768  (Thursday)

Children in Care, Lavender Street office, Lavender Street, Kemp Town, Brighton, BN2 1JU  Tel: (01273) 296820  (Monday pm, Tuesday, Wednesday)
ONE OFF PILOT EVENT

FOSTER CARERS EVENT

HIGHER EDUCATION FOR Children in Care

THURSDAY 18TH APRIL 2013
SUSSEX UNIVERSITY
ROOM – MEETING HOUSE
10.00 am– 2.00 pm

A DAY TO TALK ABOUT HIGHER EDUCATION OPPORTUNITIES FOR THE CHILDREN YOU CARE FOR, DISCUSSING:

- WHAT IS HIGHER EDUCATION?
- THE APPLICATION PROCESS
- STUDENT SUPPORT
- UNIVERSITY MYTHS AND MORE
- ACCOMMODATION & FINANCE

TEA & COFFEE, LUNCH & PARKING WILL BE PROVIDED.

FOR MORE DETAILS OR TO BOOK EMAIL ross.beard@brighton-hove.gov.uk

IF YOU HAVE ANY DIETARY REQUIREMENTS OR ACCESS NEEDS PLEASE LET US KNOW

This Day is run by the Widening Participation team and Ross Beard, Care Leaver and Graduate.

WE LOOK FORWARD TO SEEING YOU!
Would you like to improve your skills and confidence in maths and English?

Improving your Maths and/or English skills could help you:

- Support your children with homework
- Learn towards a recognised national qualification
- Gain confidence
- Feel better about yourself
- Get a job or go for a promotion
- Enter higher education
- Improve career prospects

Resources

Brighton & Hove City Council provides a resource centre and room for access to e-learning packages and Skills for Life resources or as a quiet place to study.

Learning Resource Centre, 4th Floor, Kings House, Grand Avenue, Hove, BN3 2LS
☎️ 291403
✉️ learning.resources@brighton-hove.gov.uk

Opening times: 9.00 am – 5.00 pm Monday – Friday & Thursday until 6.00 pm
Training Providers

The following providers may be able to provide Literacy, Numeracy, ESOL and IT courses from pre-entry to level 2. Please contact the provider for current information.

<table>
<thead>
<tr>
<th>City College Brighton &amp; Hove</th>
<th>Community Learning Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pelham Street, Brighton BN1 4FA</td>
<td>Web: <a href="mailto:Communitylearning@brighton-hove.gov.uk">Communitylearning@brighton-hove.gov.uk</a></td>
</tr>
<tr>
<td>Tel: 01273 667788</td>
<td>Tel: 01273 294287</td>
</tr>
<tr>
<td>Fax: 01273 667703</td>
<td></td>
</tr>
<tr>
<td>Web: <a href="http://www.ccb.ac.uk">www.ccb.ac.uk</a></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:info@ccb.sc.uk">info@ccb.sc.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Varndean College</th>
<th>Community Learning Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surrenden Campus, Surrenden Road,</td>
<td></td>
</tr>
<tr>
<td>Brighton BN1 6WF</td>
<td></td>
</tr>
<tr>
<td>Tel: 01273 508011</td>
<td></td>
</tr>
<tr>
<td>Fax: 01273 884186</td>
<td></td>
</tr>
<tr>
<td>Web: <a href="http://www.varndean.ac.uk">www.varndean.ac.uk</a></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:office@varndean.ac.uk">office@varndean.ac.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

| Brighton Hove & Sussex Sixth Form     | Sussex Downs College       |
| College                                |                             |
| 205 Dyke Road, Hove BN3 6EG           | 1 Mountfield Road, Lewes,  |
| Tel: 01273 552200                     | BN7 2XH                     |
| Fax: 01273 563139                     | Tel: 01273 483188           |
| Web: www.bhasvic.ac.uk                | Fax:01273 478561            |
| Email: info@bhasvic.ac.uk             | Web: www.sussexdowns.ac.uk |

<table>
<thead>
<tr>
<th>Portslade Adult Learning</th>
<th>Learndirect</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th Form Centre, High Street, Portslade</td>
<td>Tel: 0800 100900</td>
</tr>
<tr>
<td>BN41 2PG</td>
<td>Web: <a href="http://www.learndirect.co.uk">www.learndirect.co.uk</a></td>
</tr>
<tr>
<td>Tel: 01273 422632</td>
<td></td>
</tr>
<tr>
<td>Fax: 01273 422129</td>
<td></td>
</tr>
<tr>
<td>Web: <a href="http://moodle.portslade.org/">http://moodle.portslade.org/</a></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:comed@paca.uk.com">comed@paca.uk.com</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Move On</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>offers a direct approach to</td>
<td></td>
</tr>
<tr>
<td>promotion, engagement and delivery</td>
<td></td>
</tr>
<tr>
<td>that highlights opportunity for all</td>
<td></td>
</tr>
<tr>
<td>rather than need for some. It describes the benefits that learning and qualifications can bring, and encourages people to believe that they can progress. Further information at <a href="http://www.moveon.org.uk">www.moveon.org.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

Definitions:

Literacy: Ability to read and write. The term may also refer to familiarity with literature and to a basic level of education obtained through the written word

Numeracy: an ability to handle numbers and other mathematical concepts

ESOL: English for Speakers of other Languages. If English isn’t your main language, you can do a course to help you improve your English. ESOL courses cover: Speaking and listening, reading and writing, vocabulary, punctuation and grammar.
### ADDITIONAL RESOURCES SECTION

BOOKS & VIDEOS AVAILABLE IN THE LIBRARY, FOSTERING TEAM, MOULSECOOMB HUB SOUTH, HODSHROVE LANE, MOULSECOOMB, BRIGHTON

**Section: Activities with children**

<table>
<thead>
<tr>
<th>TITLE</th>
<th>AUTHOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Things to do when – series of 3 activity books (2 – 5 years)</td>
<td>Julie Nobes</td>
</tr>
<tr>
<td>Star Charts</td>
<td></td>
</tr>
</tbody>
</table>

**Section: Adoption/Permanence**

<table>
<thead>
<tr>
<th>TITLE</th>
<th>AUTHOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Primal Wound – understanding the adopted child</td>
<td>Nancy Newton Verrier</td>
</tr>
<tr>
<td>Linking and Matching – a survey of adoption agency practice in England and Wales</td>
<td>Cherilyn Dance, Danielle Owwejan, Jennifer Beecham and Elaine Farmer</td>
</tr>
<tr>
<td>Enhancing Adoptive Parenting – a test of effectiveness</td>
<td>Alan Rushton and Elizabeth Monk (BAAF book)</td>
</tr>
<tr>
<td>Preparing Children for Permanence - a guide to undertaking direct work for social workers, foster carers and adoptive parents</td>
<td>BAAF - Mary Romaine with Tricia Turley and Non Tuckey</td>
</tr>
<tr>
<td>Novices, Old Hands and Professionals – adoption by single people</td>
<td>Morag Owen</td>
</tr>
<tr>
<td>The Role of Concurrent Planning – making permanent placements for young children</td>
<td>Elizabeth Monck, Jill Reynolds, and Valerie Wigfall</td>
</tr>
<tr>
<td>Preparing Children for Permanence</td>
<td>Mary Romaine, Tricia Turley and Non Tuckey</td>
</tr>
<tr>
<td>Adoption – what it is and what it means - a guide for children and young people</td>
<td>Julia Feast and Terry Philpot</td>
</tr>
<tr>
<td>Searching Questions – Identity, origins and adoption</td>
<td>Marjorie Morrison</td>
</tr>
<tr>
<td>Explaining Adoption to your Adopted Child</td>
<td>Prue Chennells</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>A Younger Child’s Guide to Adoption</td>
<td>Brighton &amp; Hove City Council booklet</td>
</tr>
<tr>
<td>I Wish I had Been Born From You – poems and reflection on Adoption</td>
<td>Karen Lomas</td>
</tr>
<tr>
<td>Communicating Through Play – techniques for assessing and preparing children for adoption</td>
<td>Berni Stringer</td>
</tr>
<tr>
<td>Approaching Fatherhood – a guide for adoptive dads and others</td>
<td>Paul May</td>
</tr>
</tbody>
</table>

**Section: Attachment Issues**

<table>
<thead>
<tr>
<th>Trauma, Attachment and Family Permanence (fear can stop you loving)</th>
<th>Caroline Archer and Alan Burnell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fostering Attachments (long term outcomes in family group care)</td>
<td>Brian Cairns</td>
</tr>
<tr>
<td>Attachment, Trauma and Resilience</td>
<td>Kate Cairns</td>
</tr>
<tr>
<td>Attachment and Separation</td>
<td>Vera Fahlberg</td>
</tr>
<tr>
<td>Attachment Handbook for Foster Care and Adoption</td>
<td>Gillian Schofield and Mary Beek</td>
</tr>
<tr>
<td>The Science of Parenting</td>
<td>Margot Sutherland</td>
</tr>
<tr>
<td>Nurturing Attachments – supporting children who are fostered or adopted</td>
<td>Kim Golding</td>
</tr>
<tr>
<td>The Social Baby - understanding babies’ communication from birth</td>
<td>Lynne Murray and Liz Andrews</td>
</tr>
<tr>
<td>The Social Baby – understanding babies’ communication from birth</td>
<td>NSPCC - 2 x dvd’s</td>
</tr>
<tr>
<td>Building the Bonds of Attachment – awakening love in deeply troubled children</td>
<td>Dan Hughes</td>
</tr>
<tr>
<td>Teenagers and Attachment - helping adolescents engage with life and learning</td>
<td>edited by Andrea Perry</td>
</tr>
<tr>
<td>Attachment</td>
<td>John Bowlby</td>
</tr>
<tr>
<td>Why Love Matters</td>
<td>Sue Gerhardt</td>
</tr>
</tbody>
</table>

**Section: Autism/Aspergers/ADHD**

<table>
<thead>
<tr>
<th>Multi-coloured Mayhem parenting the many shades of adolescents and children with Autism, Asperger Syndrome and ADHD</th>
<th>Jacqui Jackson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freaks, Geeks &amp; Asperger Syndrome – useful guide to Adolescence</td>
<td>Luke Jackson</td>
</tr>
</tbody>
</table>

2013/14 Programme
### Parenting a Child with Asperger Syndrome
Brenda Boyd

### The Curious Incident of the Dog in the Night Time
Mark Haddon

---

**Section: Black & Minority Ethnic (BME)**

There is a list of books also available via Virginia Collison, Recruitment and Publicity Officer for BME foster carers and adopters, based with Fostering Team at Moulsecoomb Hub South, Brighton. Email [Virginia.collison@brighton-hove.gov.uk](mailto:Virginia.collison@brighton-hove.gov.uk) if you would like to access any of these resources.

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>In Search of Belonging</strong> – Reflections by trans-racially adopted people</td>
<td>Perdita Harris</td>
</tr>
<tr>
<td><strong>Looking after our own</strong> – the stories of black and Asian adopters</td>
<td>edited by Hope Massiah</td>
</tr>
<tr>
<td><strong>Race and Racism in Britain</strong></td>
<td>John Solomos</td>
</tr>
<tr>
<td><strong>Black, White or Mixed Race</strong> – race and racism in the lives of young people of mixed parentage</td>
<td>Barbara Tizard and Ann Phoenix</td>
</tr>
<tr>
<td><strong>Working with black children and adolescents in need</strong></td>
<td>BAAF</td>
</tr>
<tr>
<td><strong>Recruiting black and minority ethnic adopters and foster carers</strong></td>
<td>Gwen Rule (BAAF)</td>
</tr>
</tbody>
</table>

---

**Section: Books to Read with Children**

<table>
<thead>
<tr>
<th>Book Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chester and Daisy Move On</td>
<td>Angela Lidster</td>
</tr>
<tr>
<td>Finding a Family for Tommy</td>
<td>Rebecca Daniel</td>
</tr>
<tr>
<td>Helping Children who Bottle up their Feelings (includes storybook &amp; Nifflenoo Called Nevermind)</td>
<td>Margot Sunderland</td>
</tr>
<tr>
<td>The Day the Sea Went Out and Never Came Back</td>
<td>Margot Sunderland</td>
</tr>
<tr>
<td>The Most Precious Present in the World – story book on not looking like your ‘parents’</td>
<td>Becky Edwards</td>
</tr>
<tr>
<td>Where is Poppy Panda – story book on ‘loss’</td>
<td>David Pitcher</td>
</tr>
<tr>
<td>The Huge Bag of Worries</td>
<td>Virginia Ironside</td>
</tr>
<tr>
<td>Spark Learns to Fly – background of Mum &amp; Dad ‘fighting’ and having to come into care with his sister</td>
<td>Judith Foxon</td>
</tr>
</tbody>
</table>
### Section: Contact

| Staying Connected – managing contact arrangements in adoption | Hedi Argent |

### Section: Education

| Connexions at a Glance (Brighton and Hove) | |
| The Education of LAC – A Handbook for Corporate Parents | Fostering team |
| Children First – NSVQ Level 3 – Essential Skills for Child Care and Education | Fostering team |
| Learning Journey - parent’s guide to the primary school curriculum: age 3–7, 7–11, 11–16 | |
| The Learning Challenge – DVD - a resource to be used by teachers with parents and carers re. Secondary National Strategy for school improvement. | |
| Settling your Child in school | Michelle Wallis |

### Section: Emotional/Physical Wellbeing

| Traumatic Stress – the effects of overwhelming experience on mind, body and Society | Bessel van der Kolk, Alexander McFarlane and Lars Weisaeth |
| Care Therapy for Children - Direct Work in Counselling and Psychotherapy | Ken Redgrave |
| Smoking and Reproductive Life - impact of smoking on sexual, reproductive and child health | British Medical Association + others |
| Eating Well for looked after children and young people | Caroline Walker Trust |
| Children in Need and Blood-borne Viruses: HIV and Hepatitis | Department of Health |

---

2013/14 Programme
<table>
<thead>
<tr>
<th>Title</th>
<th>Author/Editor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supporting Change – a guide to helping lone parents quit smoking</td>
<td>South Downs Health NHS Trust</td>
</tr>
<tr>
<td>Substance Misuse in Pregnancy – a resource book for professionals</td>
<td></td>
</tr>
<tr>
<td>What is a Disability – a guide for children</td>
<td></td>
</tr>
<tr>
<td>New Toddler Taming – a parents’ guide to the first four years</td>
<td>Dr. Christopher Green</td>
</tr>
<tr>
<td>Helping The Aggressive Child – how to deal with difficult children</td>
<td>Alan Train</td>
</tr>
<tr>
<td>Children’s Unspoken Language (non-verbal body language)</td>
<td>Gwyneth Doherty-Sneddon</td>
</tr>
<tr>
<td>Understanding and Supporting Children with Emotional and Behavioural Difficulties</td>
<td>Paul Cooper</td>
</tr>
<tr>
<td>Helping Children to Build Self-Esteem (activities book)</td>
<td>Deborah Plummer</td>
</tr>
<tr>
<td>Promoting Resilience in fostered children and young people</td>
<td>SCIE</td>
</tr>
<tr>
<td>Promoting Resilience (a resource guide on working with children in the care system)</td>
<td>Robbie Gilligan, BAAF</td>
</tr>
<tr>
<td>First Steps in Parenting the Child Who Hurts (Tiddlers and Toddlers)</td>
<td>Caroline Archer</td>
</tr>
<tr>
<td>Next Steps in Parenting the Child Who Hurts (Tykes and Teens)</td>
<td>Caroline Archer</td>
</tr>
<tr>
<td>Managing Difficult Behaviour – a handbook for foster carers of the under 12’s</td>
<td>BAAF – Pallett, Blackeby, Yule, Weissman and Scott with Fursland</td>
</tr>
<tr>
<td>A volcano in my tummy – helping children to handle anger</td>
<td>Eliane Whitehouse and Warwick Pudney</td>
</tr>
<tr>
<td>Windows to Our Children</td>
<td>Violet Oaklander</td>
</tr>
<tr>
<td>Helping Children Locked in Rage or Hate</td>
<td>Margot Sunderland</td>
</tr>
<tr>
<td>What works for parents with learning disabilities</td>
<td>Sue McGaw and Tony Newman</td>
</tr>
<tr>
<td>Truancy and Social Welfare</td>
<td>Godfrey Holmes</td>
</tr>
<tr>
<td>They F**** you up – How to Survive Family Life (insight into first six years of life for a child)</td>
<td>Oliver James</td>
</tr>
<tr>
<td>Helping Children Cope with Separation and Loss</td>
<td>Claudia Jewett</td>
</tr>
<tr>
<td>Helping Children with Loss - a</td>
<td>Margot Sunderland, illustrations</td>
</tr>
</tbody>
</table>

2013/14 Programme
### Guidebook (includes a story book for children)
- Helping Children to Cope with Change, Stress and Anxiety – activities book by Deborah M. Plummer
- Troubled Transplants
- Control Freak – story re. branching out on your own after a childhood in care by Henrietta Bond

### Section: Fostering Stories
- A child called It by David Pelzer
- Damaged by Cathy glass

### Section: General

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Going into Care – Dennis Duckling</td>
<td>Barbara Orritt</td>
</tr>
<tr>
<td>Growing up in Foster Care</td>
<td>Gillian Schofield, Mary Beek and Kay Sargent with June Thoburn</td>
</tr>
<tr>
<td>Part of the Family</td>
<td>Gillian Schofield</td>
</tr>
<tr>
<td>Chester and Daisy Move On</td>
<td>Angela Lidster</td>
</tr>
<tr>
<td>Social Justice and Children in Care</td>
<td>Morag Owen</td>
</tr>
<tr>
<td>A child’s journey through placement</td>
<td>Vera Fahlberg</td>
</tr>
<tr>
<td>Family Placement in Childhood and Middle Years Joining New Families–</td>
<td>Quinton, Rushton, Dance and Mayes</td>
</tr>
<tr>
<td>story of adoption and fostering in middle childhood</td>
<td></td>
</tr>
<tr>
<td>Billy says: (series of 6 books aimed at explaining being in foster care)</td>
<td></td>
</tr>
<tr>
<td>‘Fosters Carers can Help’</td>
<td></td>
</tr>
<tr>
<td>‘It’s not your fault’</td>
<td></td>
</tr>
<tr>
<td>‘You should be taken care of’</td>
<td></td>
</tr>
<tr>
<td>‘What you think matters’</td>
<td></td>
</tr>
<tr>
<td>‘Waiting can be hard’</td>
<td></td>
</tr>
<tr>
<td>‘Living as a new family takes practice’</td>
<td></td>
</tr>
<tr>
<td>Foster Care and Social Networking</td>
<td>Eileen Fursland, BAAF</td>
</tr>
<tr>
<td>Are You Listening – Results of 2001 Survey of children and young people in foster care (Brighton and Hove)</td>
<td></td>
</tr>
<tr>
<td>My Life and Me - example of how to help a young person do their own Life Story book</td>
<td>BAAF publication</td>
</tr>
<tr>
<td>Signposts In Fostering - policy, practice and research issues</td>
<td>Malcolm Hill</td>
</tr>
<tr>
<td>Delivering Foster Care</td>
<td>John Triseliotis, Moire Borland, Malcolm Hill</td>
</tr>
<tr>
<td>Title</td>
<td>Author</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>A very private practice - an investigation into private fostering</td>
<td>Terry Philpot</td>
</tr>
<tr>
<td>Thinking of Joining a Fostering Panel – information for prospective new panel members in England</td>
<td>BAAF booklet</td>
</tr>
<tr>
<td>A Guide to Writing Panel Minutes</td>
<td>BAAF booklet</td>
</tr>
<tr>
<td>Undertaking a Fostering Assessment</td>
<td>BAAF</td>
</tr>
<tr>
<td>Picking up the pieces (insight into criminal psychology cases)</td>
<td>Paul Britton</td>
</tr>
<tr>
<td>If you don’t stick with me, who will? (challenges and rewards of foster care)</td>
<td>Henrietta Bond</td>
</tr>
<tr>
<td>The Child Within</td>
<td>Catherine Munroe</td>
</tr>
<tr>
<td>Learning from Disruption – Making Better Placements</td>
<td>Sheila Smith</td>
</tr>
<tr>
<td>Life Story Work</td>
<td>Tony Ryan and Rodger Walker</td>
</tr>
<tr>
<td>People Like Us</td>
<td>Sir William Utting</td>
</tr>
<tr>
<td>Thomas is Different</td>
<td>Gunilla Wolde</td>
</tr>
<tr>
<td>Lost in Care (maintaining links with birth families)</td>
<td>Spencer Millham and others</td>
</tr>
<tr>
<td>Children’s Directory – books 1 – 5</td>
<td></td>
</tr>
<tr>
<td>The New Life Work Model – Practice Guide (re. children separated from birth families – preserving memories, genetic i.d. etc., preparing for life changes)</td>
<td>Edith Nicholls</td>
</tr>
<tr>
<td>Fostering a Child – a guide for people interested in fostering</td>
<td>Henrietta Bond</td>
</tr>
<tr>
<td>Nathan’s Story – Belonging doesn’t mean forgetting</td>
<td>Sheila Byrne and Leigh Chambers</td>
</tr>
<tr>
<td>Tina’s story – Feeling Safe</td>
<td>Sheila Byrne and Leigh Chambers</td>
</tr>
<tr>
<td>Jack’s Story – Hoping for the Best</td>
<td>Sheila Byrne and Leigh Chambers</td>
</tr>
<tr>
<td>Nadia and Rashid’s Story - Living with a new family</td>
<td>Sheila Byrne and Leigh Chambers</td>
</tr>
<tr>
<td>Recipes for Fostering – sharing food &amp; stories – building relationships</td>
<td>Dr Andrewa Warman</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Tia’s Wishes</td>
<td>Helen Kahn</td>
</tr>
<tr>
<td>Tyler’s Wishes</td>
<td>Helen Kahn</td>
</tr>
<tr>
<td>We are fostering – BAAF publication to help a family think about what’s involved when you are fostering</td>
<td>BAAF</td>
</tr>
<tr>
<td>If you don’t stick with me, who will? – the challenges and rewards of foster care</td>
<td>BAAF - Henrietta Bond</td>
</tr>
<tr>
<td>Groupwork practice</td>
<td>Tom Douglas</td>
</tr>
<tr>
<td>Every Parent’s Group workbook (Triple P)</td>
<td>Carol Markie-Dadds, Karen Turner, Matthew Sanders</td>
</tr>
<tr>
<td>Therapeutic Storywriting – a practical guide to developing emotional literacy in primary schools</td>
<td>Trisha Waters</td>
</tr>
<tr>
<td>Climbé Report</td>
<td></td>
</tr>
<tr>
<td>UK National Foster Care Standards</td>
<td></td>
</tr>
<tr>
<td>How to Talk so Kids will Listen and Listen so Kids will Talk</td>
<td>Adele Faber and Elaine Mazlish</td>
</tr>
<tr>
<td>How to Talk so Teens will Listen and Listen so Teens will talk</td>
<td>Adele Faber and Elaine Mazlish</td>
</tr>
<tr>
<td>Quality Matters in Children’s Services – messages from research</td>
<td>Mike Stein</td>
</tr>
<tr>
<td>10 Top Tips – Find Families</td>
<td>Jennifer Cousins (BAAF book)</td>
</tr>
<tr>
<td>10 Top Tips – Making Introductions</td>
<td>Lindsay Dunbar (BAAF book)</td>
</tr>
<tr>
<td>10 Top Tips – Placing Siblings</td>
<td>Hedi Argent (BAAF book)</td>
</tr>
<tr>
<td>10 Top Tips – Supporting Kinship Placements</td>
<td>Hedi Argent (BAAF book)</td>
</tr>
</tbody>
</table>

**Section: Lesbian and Gay Literature**

| Lesbian and Gay Fostering and Adoption | Stephen Hicks and Janet McDermott |
| The Pink Guide to Adoption for Lesbians and Gay Men | Nicola Hill (BAAF book) |

**Section: Mental Health**

| Hoping for the Best – Jack’s story | Sheila Byrne and Leigh Chambers |
### Section: Prisoner’s Families

| Action for Prisoner’s Families – story and info. books to help children whose parents are in prison: |
| Danny’s Mum (story book up to 6 yrs) |
| Tommy’s Dad (story book 4-7 yrs) |
| Information leaflets: |
| National Helpline |
| Living with Separation: guide for partners and families |
| Preparing for Release: guide for partners and families |
| Sent to Prison: guide for partners and families |

### Section: Sexual Abuse

| Feeling Safe – Tina’s story |
| Adopting or Fostering a Sexually Abused Child |
| Creative Responses to Child Sexual Abuse |
| Parenting a child who has been sexually abused – a training programme for foster carers and adopters |
| If Only someone Had Told Me – understanding deprived and abused children |
| Poppies on the Rubbish Heap – Sexual Abuse, the Child’s voice |
| Fostering a Child Who has been Sexually Abused booklets x 5 |

*Sheila Byrne and Leigh Chambers*  
*Catherine Macaskill*  
*Sue Richardson and Heather Bacon*  
*(BAAF) – Jayne Hellett with John Simmonds*  
*Ken Redgrave*  
*Madge Bray*  
*Fostering Network*
### Section: **Teenagers’/Growing up’**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parenting Teenagers</td>
<td>Bob Myers</td>
</tr>
<tr>
<td>How We Feel</td>
<td>Jacki Gordon and Gillian Grant</td>
</tr>
<tr>
<td>9 – 13 – The Forgotten Years?</td>
<td>National Children’s Bureau</td>
</tr>
<tr>
<td>Teenagers and Sexuality</td>
<td>Dr. John Coleman</td>
</tr>
<tr>
<td>Adolescents in Foster Families</td>
<td>Jane Aldgate, Anthony Maluccio and Christine Reeves</td>
</tr>
<tr>
<td>Rehearsing to be Adults</td>
<td>Linda Cockram and Halla Beloff</td>
</tr>
<tr>
<td>The Body Book (aimed at 6-10 yr olds)</td>
<td>Claire Rayner</td>
</tr>
<tr>
<td>Let’s Talk – about girls, boys, babies, bodies, families and friends</td>
<td>Robie Harris</td>
</tr>
<tr>
<td>What’s Happening to my Body? – book for boys</td>
<td>Lynda Madaras</td>
</tr>
<tr>
<td>What’s Happening to Me?</td>
<td>Usborne book</td>
</tr>
</tbody>
</table>

### Section: **Videos**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Author(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Impact of Trauma on Children and How Adoptive and Foster Families Can Help Them</td>
<td>Dan Hughes</td>
</tr>
<tr>
<td>Finding a Way Through – Therapeutic Caring for Children x2 - DVD</td>
<td>Kate Cairns</td>
</tr>
<tr>
<td>Attachment – 3 educational videos</td>
<td>Richard Bowlby</td>
</tr>
<tr>
<td>Interviews with Brighton and Hove Carers 2003</td>
<td></td>
</tr>
<tr>
<td>Not Alone – a children’s guide to care proceedings</td>
<td>Fostering Voices</td>
</tr>
<tr>
<td>Attachment for Foster Care and Adoption – a training DVD</td>
<td>Mark Beek and Gillian Schofield</td>
</tr>
</tbody>
</table>
FURTHER RESOURCES & USEFUL INFORMATION

Brighton & Hove Fostering & Adoption Service – Contact: 01273 295444
Website: http://www.fosteringinbrightonandhove.org.uk/index.cfm?request=a1900


Brighton and Hove Foster Care Association for information, news, events and support.
Website: www.bhfca.co.uk
Email: info@bhfca.co.uk

British Association for Adoption and Fostering for information and support
Website: http://www.baaf.org.uk/info/ BAAF events, workshops and training http://www.baaf.org.uk/training

Tuesday Consultations with Educational Psychologist
Vivian Fahmy, Acting Senior Educational Psychologist for Children in Care, is available every Tuesday morning at Seaside View Child Development Centre, Brighton General Hospital from 10-12 to meet with foster carers to discuss issues causing you concern and to offer advice around children/young people in your care - e.g. could be any issues to do with school, behaviour, learning, etc. Please contact Vivian on: 296820 to book a time with her. You are welcome to bring along your supervising social worker or anyone else that you feel might also benefit from the consultation.

Family Information Service - The Family Services Directory can guide you to a wide range of information on services for children, young people and families in Brighton and Hove. Information includes parenting support, health agencies, fun things to do, community groups, children’s centres, tax credits, and free early learning and much more.

Family Information Service Website: www.brighton-hove.gov.uk/index.cfm?request=c1165312
Help line: 01273 293545
Drop in to Brighton Town Hall - Monday to Friday 9.00am to 5.00pm
Library Services  There are 16 libraries in Brighton and Hove with a wide range of opportunities for families and young people. Services include – toys and musical instruments at Whitehawk, Baby Boogie, story telling, activities for 13+, homework clubs, free study support for 13 -19 year olds and much more.

Website:  www.citylibraries.info  
Email:  libraries@brighton-hove.gov.uk  
Enquiries:  01273 296969

Family Learning  projects have been running in primary schools in Brighton & Hove since January 1999. The aim is to raise standards of literacy and numeracy amongst under-achieving parents/carers and their young children. The courses are run on a Basic Skills Agency model of provision - they work with parents/carers and their children (aged between 3 and 5) for two mornings a week for ten or twelve weeks. During this time parents (or carers, even grandparents) work with an Adult Basic Skills Tutor to brush up their own skills. They also learn about the early stages of literacy and numeracy and look at ways in which they can help their children learn. The children have separate sessions with a primary teacher at this time with literacy or numeracy activities appropriate to their age group. The joint sessions for parents/carers and children often focus on a practical activity, such as cooking or making books - or a visit to the library or local shops; the aim is to encourage early learning whilst having fun!

Enquiries: 01273 294205  
E-mail:  familylearning@brighton-hove.gov.uk

SWISH the Brighton & Hove Sexual Health Website  is designed to provide information about sexual health and relationships for young people, parents and carers, and practitioners in Brighton & Hove. On SWISH you can find local sexual health and contraception services, ask questions about health or relationships, and download useful resources. It includes information for foster carers on the promotion of sexual health of young people placed with foster carers, provision of sex and relationship education by foster carers, contraception advice and information and support to young parents.

Email:  liz.dean@nhs.net  
Telephone: 01273 267575

Website:  http://www.swish.org.uk/?q=parents/foster
FOSTER CARER PERSONAL DEVELOPMENT PLAN

Name of Foster Carer

(Please tick as appropriate) ✓ P&B carer ☐ 0-5 carer ☐ 5-12 carer ☐ 12+ carer ☐ 0-18 carer ☐

Link Plus FT ☐ Link Plus SB ☐ Other (please state) ☐ ..........................

Name of Supervising Social Worker

<p>| Mandatory courses attended post-approval for all Carers (please tick if attended) |
|-------------------------------------------------|-----------------|-------------------------------------------------|
| Name of course                                  | Date completed  | Learning gained from the course                 |
| Positive Interventions                          | ☐               |                                                |
| Working Together in Child Protection            | ☐               |                                                |
| Safer Caring - complaints &amp; allegations (not Link Plus SB) | ☐ |                                                |
| Paediatric First Aid (not Link Plus SB)         | ☐               |                                                |
| Attachment (not Link Plus SB)                   | ☐               |                                                |</p>
<table>
<thead>
<tr>
<th>Date of Essential courses attended postapproval specific to Carer type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please input date of completion where applicable</td>
</tr>
<tr>
<td>Promoting Good Mental &amp; Physical Health</td>
</tr>
<tr>
<td>Supporting BME Children in Care</td>
</tr>
<tr>
<td>Child Development and Early Learning</td>
</tr>
<tr>
<td>Attendance at Parent &amp; Baby Support Group</td>
</tr>
<tr>
<td>Drugs &amp; Foster Care</td>
</tr>
<tr>
<td>Preparation for Adoption</td>
</tr>
<tr>
<td>Caring for Under 5's</td>
</tr>
<tr>
<td>Resilience</td>
</tr>
<tr>
<td>Special Educational Needs, Resources &amp; PEP’s</td>
</tr>
<tr>
<td>Adolescent Development</td>
</tr>
<tr>
<td>Preparation for Adult Life</td>
</tr>
<tr>
<td>Sexual Health, Teenage Pregnancy &amp; LAYP</td>
</tr>
<tr>
<td>Facebook, Social Networking &amp; Foster Care</td>
</tr>
<tr>
<td>Communicating with Children with LDS / CNds</td>
</tr>
</tbody>
</table>

Appendix 1
Other essential courses still to be attended dependent on needs of child & additional training identified to meet Training, Support & Development (TSD) Standards - NB. Previously known as CWDC standards

<table>
<thead>
<tr>
<th>Name of course</th>
<th>Plan to attend mandatory training</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Other learning/development completed in the last 12 months, e.g. support groups, workshops  
(List title & date completed)

- 
- 
- 
- 

Appendix 1
## Progress in completing the TSD (CWDC) Standards
- Completed ☐ Not Completed ☐

If not completed, agreed plan to complete standards within next 12 months:
- 
- 
- 
- 

## Would you be interested in completing the Level 3 Diploma for the Children and Young People’s Workforce Qualification (Page 54)
- Yes ☐ No ☐

## Comments on current foster carer training programme, including suggestions for new courses

## Access Preferences for training (i.e. daytime, evenings, weekends, location, support needs)

<table>
<thead>
<tr>
<th>Signed</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foster Carer</td>
<td></td>
</tr>
<tr>
<td>Supervising Social Worker</td>
<td></td>
</tr>
</tbody>
</table>

Note: National Minimum Standard 20.5 - Foster Carer PDPs set out how they will be supported to undertake ongoing training and development and are reviewed with their annual review.
Complete this application with your Supervising Social Worker and submit by email to: coursesforcare@brighton-hove.gov.uk

<table>
<thead>
<tr>
<th>Course Title</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Date</td>
<td></td>
</tr>
<tr>
<td>Name</td>
<td></td>
</tr>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td></td>
</tr>
<tr>
<td>Home Telephone</td>
<td></td>
</tr>
<tr>
<td>Mobile Telephone</td>
<td></td>
</tr>
<tr>
<td>Supervising Social Worker</td>
<td></td>
</tr>
<tr>
<td>Supervising Social Worker Email</td>
<td></td>
</tr>
</tbody>
</table>

For equalities monitoring we would be grateful if you could complete the questions below

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Age</th>
<th>Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you consider yourself to have a disability?</td>
<td>Do you have any access requirements or additional needs?</td>
<td></td>
</tr>
</tbody>
</table>

If you have answered yes to either of the questions above please provide details so that we can ensure your needs are met.

**Shortlisting:** Supervising Social Workers - Please use this space to detail why the carer needs to attend this training

**Data Protection Act**
By submitting this form you agree to your details being shared with East and/or West Sussex County Council, only in relation to accessing their training

**Independent Fostering Agency Carers only – Charging Policy**
A charge of £120 per day will be issued to attend courses. A £50 charge will be levied on non-attendance or late cancellation (notice less than 5 days).
By submitting this form you agree to the charging policy

<table>
<thead>
<tr>
<th>Budget Manager:</th>
<th>Invoice Address:</th>
</tr>
</thead>
</table>

All of the above must be completed accurately or your form will be returned

As part of the council’s sustainability policy, we would be grateful if you could return this completed form via email to: Coursesforcare@brighton-hove.gov.uk

Otherwise, please post to:
Workforce Development Team, 4th Floor, Kings House, Grand Avenue, Hove, BN3 2LS