

Cwm Taf Social Care Workforce Development Service

Foster Care Training Calendar

April 2023 – March 2024



GWASANAETH DATBLYGU
GWEITHLU GOFAL CYMDEITHASOL

CWM TAF

SOCIAL CARE WORKFORCE
DEVELOPMENT SERVICE

Un sector : un gweithlu • one sector : one workforce

*Rhondda Cynon Taff CBC
Ellie Powell*

Dear Carer,

Welcome to the April 2023- March 2024 Foster Carer Training calendar. Courses are available to all Foster, kinship/connected persons and SGO carers within Merthyr Tydfil and Rhondda Cynon Taf.

All the training set out reflects the learning outcomes from the post approval learning and development framework for foster carers. It is your responsibility as foster carers to keep this plan up to date following any training you complete, and it should then be saved on Source so your supervising social workers can sign off in supervision sessions. Make sure you are aware of the training hours you need to complete, there are set hours for primary and secondary carers, please chat with your link worker about this. If you have not got a copy of your learning and development plan, please pop me an email.

It is essential that any training you wish to attend is discussed and agreed with your supervising social worker prior to booking on. Your training should be targeted to meet any training needs that you have identified in your personal learning and development plan.

Thank you to everyone who contributed to the TNA survey sent around at Christmas time, this has helped me to shape the calendar this year. We are going for a blended learning calendar again this year so there is a mixture of face to face and zoom courses. We have some E-learning licences, and these will be prioritised to those foster carers who work full time and are unable to attend the face to face or online courses. If you require any further information on this, please send me an email.

All training course places needed to be secured via Source. Please do not turn up to a training event if you are not booked on. You can check all your booked courses via Source.

If you are booked onto a training course but are for whatever reason you are unable to attend, please cancel your place via source as this will free up a space for another foster carer who may need the training. If the night before or on the morning of the course you are ill or unable to attend please email ellie.powell@rctcbc.gov.uk or emma.baylis@rctcbc.gov.uk

Same as last year, I will be emailing out the TNA survey to gather your views on courses that you would like to see in our calendar. if you could take the time to fill this in and send it back to me that would really help me to shape the 24/25 calendar.

I really hope you enjoy the training set out, if you have any feedback or are looking for any training which isn't outlined here, please feel free to email me Ellie.powell@rctcbc.gov.uk .

Kind regards

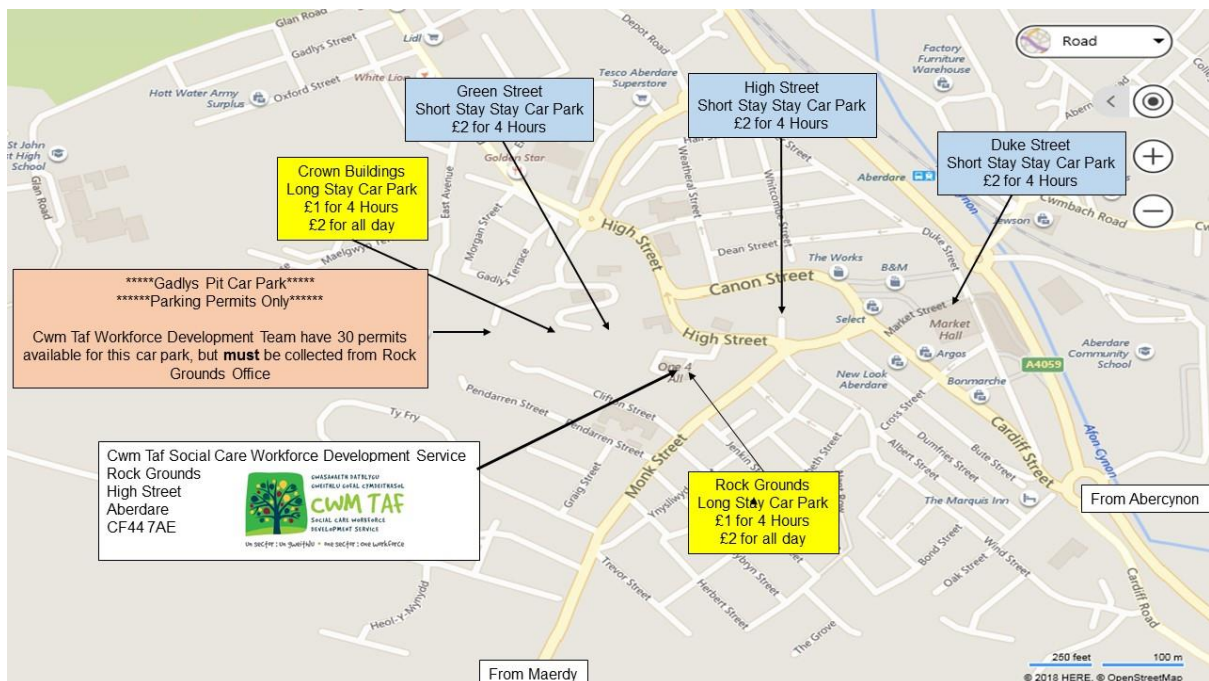
Ellie

Training venues.

Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
Glyncornel training centre- Nantygwyddon, Lwynypia, Rhondda. CF40 2JF
Gellideg Wellbeing Centre- Winchfawr House, Lansbury Road. Merthyr Tydfil. CF48 1HA
Cynon Linc- Seymour street, Aberdare. CF44 7BD
Civic Centre, Castle Street. Merthyr Tydfil. CF47 8AN

Parking.

Parking is extremely limited in Rock Grounds but there are always spaces at the Gadlys car park and **a permit can be provided for this**. The permits will need to be collected from the Annexe building in Rock Grounds (opposite training building). Please find below a map of where you can park if you are training in Rock Grounds.



Attending training on a virtual platform.

- Please join using the link sent via email by the course administrator. Emma sends out all course links at least the day before the training event. If you know you have online training coming up, please ensure you have received the link the day before the training course.
- You may have been sent pre-course materials, please read these documents to prepare for the session.
- Make sure that you join us using a functioning electronic device such as laptop or PC and try to familiarise yourself with the training platform prior to the event. If you need any help with this, please us know.
- Make sure that your camera is on throughout the session and place your microphone on mute, unless requested otherwise (such as during group sessions). This ensures there are fewer distracting background noises for all participants.
- The trainer will outline any other general housekeeping rules around virtual etiquette, at the beginning of the session.
- The trainer will explain how introductions will be made either verbally or via the 'chat' facility.
- Please 'join in', active participation is vital to a successful learning experience.
- Use the chat function to pose any questions to the trainer, these will be addressed at various points during the event at the trainer's discretion.
- Please be mindful that if there are children home whilst you are attending online training that some of the content may not be suitable for them to hear so, please make sure you plan for this.

Why is training essential?

As professionals we have a responsibility to continue to develop our knowledge and skills, particularly in research, legislation and policies on children and young people are continually developing and changing! As foster carers, you all have the post approval learning and development framework that you need to work towards.

What happens at training events?

Activities such as group discussion and group exercises are designed to provide you with optimum opportunities for learning and encouraging you to explore and reflect on some of your own experiences as carers.

Our pledge to you.

We will ensure that all carers will be treated equally, and we will endeavour to offer everyone a place on the courses they would like to attend. If we cannot offer you a place on the course, you can add your name to the waiting list via source and this will allow us to know you want to sit the course and when a place becomes available then you will automatically be added, so please keep an eye on the course via source. We aim to start and finish each course on time to enable you to maintain your commitments and we will only cancel a course if there is no other option and will make sure that you are informed as soon as possible. Cancellations will often be sent via email so please keep a regular eye on your emails.

Training expectations. (Conduct and respect).

We expect all participants to treat the trainers, business support staff and one another with dignity and respect, we would also expect you to:

Arrive promptly and stay until the end of the course. Turning up late or leaving early to a training session can disrupt the flow for the facilitator.

We acknowledge that mobile phones are required for urgent calls, so please limit the use, and put on vibrate/silent during the training.

Discriminatory or oppressive comments will not be tolerated.

Inform us if there are any specific learning needs.

If you are unable to attend a course either cancel your place via Source or contact us (Ellie and Emma) straight away so we can offer the space to another foster carer.

Booking a training course.

Having identified your training needs with your supervising social worker you can then book on to the course via your Source account. If you don't have your source log in detail, please pop me an email.

Cancellation of course place.

We understand that from time-to-time things crop up and so you may find you can't attend training, if this is the case then please log onto your Source account to cancel your course place. Our course spaces are extremely limited, and from time to time we

do have waiting lists so if you cancel early enough, we can potentially offer that space to someone else. If it is the morning of the training event, please still email Emma and/or I as the facilitator may be waiting for you to turn up, therefore holding other people up. The reason we ask this is sadly we have paid lots of money for could this be, external facilitators may not deliver below a pre agreed number or low numbers mean cancellation and each course is paid for out of grant funding, when this occurs this money can't be recouped. It is also difficult if courses are cancelled for those who have made an effort to attend. Cancellation means they are sent home or notified at a very late point in the day.

Types of training and learning opportunities.

Cwm Taf Social Care Workforce Development Service recognises that there are a wide variety of training and learning opportunities available for foster carers which can be delivered in a variety of formats to meet post approval learning and development framework requirements. There is an expectation that foster carers will access the face-to-face training provided in this calendar, but we also recognise that foster carers may also access training from other sources such as their work or through personal research and where this is relevant to their role as a foster carer this can be included in their learning and development plan.

- **Formal training**

This includes formal classroom training sessions with other foster carers and professionals provided by Cwm Taf, specific conferences and training courses run by external organisations.

- **E-learning/ online training**

This includes online courses accessed through our e-learning programme; information that foster carers have obtained via the internet and courses run by external organisations. This must be evidenced by certificates and through discussion with your supervising social worker on how it relates to your practice as a foster carer.

- **Independent learning**

This includes reporting/documentaries on the radio, TV or in the newspaper that foster carers have listened to or read. This must be evidenced through discussion with your supervising social worker on how it relates to your practice as a foster carer.

- **Support groups**

Support groups for foster carers provide a valuable opportunity for foster carers to meet, share concerns, reflect on practice, and develop their learning. Foster carers are encouraged to attend these groups.

Post approval learning and development framework for foster carers.

CORE: These learning and development opportunities are deemed as being an essential foundation for all foster carers.

Some outcomes are specified within the regulations and will require updating in accordance with local policy.

Foster Carers may require additional learning and development opportunities at any point to ensure that they can meet the needs of the children and young people in their care.

ADDITIONAL: These learning and development opportunities build upon the core foundations and reflect the development needs of individual foster carers.

Foster Carers may require additional learning and development opportunities at any point to ensure that they can meet the needs of the children and young people in their care.

It is recognised that other opportunities outside of this framework may be required to meet specific needs.

SPECIFIC: There may be need for foster carers to access specific learning and development opportunities to meet the needs of the children placed with them or their own personal development. These may be access at any time during their journey through the Post Approval Learning and Development Framework. These are not necessarily in the calendar but if there is a specific need please talk to your social worker/ ACM and make a training request to the department.

Category	Pages
Core training	9 - 18
Additional training	19 - 42
E Learning	43

Fire Awareness

Organisers	Duration
Fire Safety Services	10.00am – 1.00pm
Participants will: Have an understanding of fire Be able to contribute to the reduction of fire risk in private dwellings designated as a place of work Know the correct fire procedures on discovering a fire and where it is necessary to implement the fire escape plan Be confident in applying good fire prevention in the home both for personal safety and the safety of others Be able to communicate good fire prevention advice to the resident(s) being cared for	
Date	Venue
15/05/2023	Cynon Linc- Seymour street, Aberdare. CF44 7BD
21/09/2023	Glyncornel training centre- Nantygwyddon, Lwynypia, Rhondda. CF40 2JF
22/11/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
31/01/2024	Glyncornel training centre- Nantygwyddon, Lwynypia, Rhondda. CF40 2JF

Introduction to Moving and Handling- 0-7 years

Organisers	Duration
Moving & Handling and First Aid Team, Rock Grounds	10.00am – 1.30pm
<p>Course Outline:</p> <p>Practice of safe manual handling within Childcare includes handling children as well as inanimate loads, this childcare manual handling training course will teach you about:</p> <ul style="list-style-type: none"> • Important Safety Legislation for Childcare workers • The anatomy of the spine and muscular system • How the body can be harmed through incorrect manual handling techniques • Understand the limitations of the spine and muscular system • Visually conduct a simple manual handling TILE risk assessment • Recognise a load which is too heavy or awkward to handle and, what you should do to reduce the danger to you and others if it needs to be moved • Dangers of careless and unskilled methods • How to lift and handle inanimate and animate loads safely • Good posture while working on the floor with children • Good posture and working at low levels with children • Bath & Bed transfer • Methods of Lifting a child at different ages Infant to 7 years • Walking a child at different ages Infant to 7 years 	
Date	Venue
07/06/2023	Rock Grounds, Centre for Learning & Development, High Street, Aberdare, CF44 7AE
12/09/2023	Rock Grounds, Centre for Learning & Development, High Street, Aberdare, CF44 7AE
09/11/2023	Rock Grounds, Centre for Learning & Development, High Street, Aberdare, CF44 7AE
29/11/2023	Rock Grounds, Centre for Learning & Development, High Street, Aberdare, CF44 7AE
08/02/2024	Rock Grounds, Centre for Learning & Development, High Street, Aberdare, CF44 7AE

Introduction to Moving and Handling- 8years+

Organisers	Duration
Moving & Handling and First Aid Team, Rock Grounds	10.00am – 1.30pm
<p>Course Outline:</p> <p>Practice of safe manual handling within Childcare includes handling children as well as inanimate loads. This childcare manual handling training course will teach you about:</p> <ul style="list-style-type: none"> • Important Safety Legislation for Childcare workers • The anatomy of the spine and muscular system • How the body can be harmed through incorrect manual handling techniques • Understand the limitations of the spine and muscular system • Visually conduct a simple manual handling TILE risk assessment • Recognise a load which is too heavy or awkward to handle and what you should do to reduce the danger to you and others if it needs to be moved <ul style="list-style-type: none"> • Dangers of careless and unskilled methods • How to lift and handle inanimate and animate loads safely • Good posture while working on the floor with children • Good posture and working at low levels with children • Bath & Bed transfer • Methods of Lifting a child at 8+ <ul style="list-style-type: none"> • Child/ youth carrying heavy loads (backpack one shoulder schoolbooks) • Child/ youth postures long periods at game consuls/ Phones • Child/ youth sat for long period at desk with computers doing homework with wrong seats and height computers and lighting • Dangers to spine and neck of being sat slouching on sofa for long periods Infront of television for young people and how to address their postures • Walking a child at different ages from 8+ 	
Date	Venue
11/05/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
05/07/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
04/10/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
16/01/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
08/03/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE

Call, Push, Rescue (First Aid)

Organisers	Duration
Moving & Handling and First Aid Team, Rock Grounds	10.00am – 1.30pm
<p>Course Outline:</p> <p>This course will provide foster carers with the basic skills and knowledge to react in the correct manner to an emergency requiring basic first aid.</p> <p>By the end of the course, participants will be able to:</p> <p>Perform basic rescue breathing, cardiopulmonary resuscitation and the control of bleeding, in addition to identifying common illness and injury.</p>	
Date	Venue
19/04/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
25/05/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
28/06/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
07/07/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
13/09/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
26/09/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
19/10/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
23/11/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
07/12/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
17/01/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
29/02/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
12/03/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE

Child protection and Safe care

2-day course

Organisers	Duration
Social care workforce training team	10.00am – 2.00pm
Participants will: This is a 2-day course and participants will: <ul style="list-style-type: none">• Have an awareness of what is meant by child abuse and learn about some of the possible signs, symptoms and indicators of neglect and abuse.• Understand the role of legislation and localised policies for working together to safeguard children.• To understand the role of everyone in safeguarding children and young people including the foster carer's role in referring any concerns.• To explore what safe care is and why it is important• To clarify how to manage risk, explore safe care plans and ensure safe care practice• To familiarise oneself with the policies, procedures, legislation, and regulations which guide safe care practice	
Date	Venue
17 th & 18 th May 2023	Civic centre , Castle Street, Merthyr Tydfil. CF47 8AN
3 rd & 7 th July 2023	Online via zoom
26 th & 27 th September 2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
29 th & 30 th November 2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
5 th & 6 th December 2023	Online via zoom
5 th & 6 th February 2024	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
18 th & 19 th March 2024	Online via zoom

Understanding Allegations in Foster care.

Organisers	Duration
Socialcare workforce training team	10.00am - 12.00pm
Participants will: <ul style="list-style-type: none">• Explore why allegations occur• Understand the process for managing allegations• Explore policies, procedures and legislation around allegations and physical punishment• Understand the support and information available to foster carers	
Date	Venue
26/06/2023	Online via zoom
18/09/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
30/01/2024	Online via zoom
14/03/2024	Online via zoom

Recording Skills

Organisers	Duration
Gerwyn Henderson	10.00am – 12.00pm
Participants will: <ul style="list-style-type: none">• Understand the importance of recording and importance of confidentiality in fostering and how it works in practice• Understand the differences between fact and opinion when recording and importance of daily record keeping• Understand the principles of recording appropriately• Enhance skills to participate effectively at LAC meetings• To explore how children and young people can be supported to contribute to their LAC reviews.	
Date	Venue
10/07/2023	Online via zoom
28/09/2023	Online via zoom
17/10/2023	Online via zoom
21/02/2024	Online via zoom

Working with birth families and contact

Organiser	Duration
Stuart Khokhar- Accord training and development	10.00am - 2.00pm
<ul style="list-style-type: none"> • To examine the aims of contact for looked-after children and understand the legal requirement relating to families. • To explore how carers can develop skills in relation to contact. • To consider the challenges of working with birth families and the benefits of developing positive working relationships. • To consider the issues raised when a child transitions to their birth family. • To provide a safe place to discuss experiences in order to problem solve and support others • To understand the importance of recording information in relation to family contact. 	
Date	Venue
20/04/2023	Glyncornel training centre- Nantygwyddon, Lwynypia, Rhondda. CF40 2JF
14/06/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
20/09/2023	Civic Centre, Castle Street. Merthyr Tydfil. CF47 8AN
15/11/2023	Cynon Linc- Seymour street, Aberdare. CF44 7BD
07/02/2024	Cynon Linc- Seymour street, Aberdare. CF44 7BD

Understanding and supporting care experienced young people through transitions.

Organisers	Duration
Become charity	10.00am - 12.30pm
Following completion of this course you will:	
<ul style="list-style-type: none">• Consider the impact of change on children and young people• Reflect upon how previous transitions will impact on subsequent ones• Consider how this can affect day to day changes such as starting school or going on holiday• Start to consider changes in placement and ways to prepare for these• Examine how a foster carer can help a child or young person manage such transitions	
Date	Venue
11/07/2023	Online via zoom

Neurodevelopmental Behaviour Support

Organisers	Duration
Halcyon Training Foundation	10:00am - 2.00pm
<p>Participants will receive the following:</p> <ul style="list-style-type: none"> • Have an Introduction to Neurodevelopmental conditions. (ASD, ADHD, Anxiety). • Have an awareness of how to support children and young people who may present with challenging or difficult behaviour associated with these conditions. • To be aware of what is expected behaviour for children and young people at different stages of development and to consider why children might behave in certain ways. • 'Meltdowns' -what this means for the individual who may experience these events. • "Therapeutic model of support". What this means in practice. How best to implement the "PACE" model. • Understand the need to look after yourself to be able to respond appropriately to the children and young people you are caring for. 	
Date	Venue
20/09/2023	Gellideg Wellbeing Centre , Merthyr Tydfil. CF48 1ND
24/10/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
23/01/2024	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
06/03/2024	Cynon Linc- Seymour street, Aberdare. CF44 7BD

Trauma Informed Attachment

(This is a two-day course)

Organisers	Duration
Social work development team	10.00am - 2.00pm
<p>Day 1</p> <ul style="list-style-type: none"> • Understand the key principles of attachment and how healthy attachment is facilitated. • Explore what is meant by the term trauma and consider the impact of trauma on the body and the brain. • Understand some of the various ways neglect and abuse can negatively influence attachments being made and how this can impact the inner working model. • Explore how attachment behaviours can be seen as a form of communication. • Outline the shield of shame. <p>Day 2</p> <ul style="list-style-type: none"> • Explore some of the challenges when working with trauma – such as blocked care or blocked trust. • Consider therapeutic parenting approaches put forward by Dan Hughes. • Understand the key concepts of the PACE model why PACE is a useful approach for children and young people who have experienced trauma. • Opportunities to put PACE into practice. • Understand the potential of secondary trauma and the importance of looking after ourselves. 	
Date	Venue
27 th & 28 th June 23	Online via teams
28 th & 29 th November 23	Online via teams

Equality and Diversity

Organisers	Duration
Gerwyn Henderson	10.00am – 12.00pm
Participants will: <ul style="list-style-type: none">• Learn and reflect on those varied backgrounds that children, young people, and their families originate from.• Learn about legislation relevant to Equality and Diversity.• View the importance of promoting each child and young person's uniqueness.• Discuss the different forms of discrimination and consider strategies to address.	
Date	Venue
28/09/2023	Online via zoom
25/01/2024	Online via zoom

Digital Resilience.

Organisers	Duration
Stop It Now!	10.00am - 12.30pm
Participants will: <ul style="list-style-type: none">• Have an increased knowledge of young peoples' use of technology and the internet• More confidence in communicating effectively about internet safety• Received an overview of the law in Wales in relation to young people and the internet• A better understanding of concerning behaviours online and how to access help and support• Increased awareness of impact of the internet on teenage brain development and mental health<ul style="list-style-type: none">• Be able to consider the positive preventative steps that adults can take to protect children and young people on the internet	
Date	Venue
13/06/2023	Online via teams

Understanding children and young people's Mental Health

Organisers	Duration
Members of the Reduction of Suicide and Self Harm Strategy - Training Delivery Group	10.00am - 2.00pm
<p>Participants will</p> <ul style="list-style-type: none">• Have increased knowledge of specific mental health topics such as anxiety, self-harm, eating disorders and suicidal thoughts.• Understand the role of the foster carer in promoting the mental health and wellbeing of looked after children.• Gain awareness of the different types of support available for children and young people who are experiencing mental health difficulties.	
Date	Venue
24/05/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
17/10/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
29/02/2024	Online via zoom

Raising Awareness of Domestic Abuse and the Effects on Children and young people

Organisers	Duration
Stori	10.00am - 2.00pm
Learning Outcomes: <ul style="list-style-type: none">• Define domestic abuse.• Understand some of the complexities of living in an abusive household.• Explore the law in relation to domestic abuse.• Examine the effects on children at different developmental stages.• Recognise the possible warning signs.• Role's children and young people take on.• Identify ways to support children who have been affected by domestic abuse.	
Date	Venue
21/06/2023	Online via zoom
18/09/2023	Online via zoom

Self-care for foster carers

Organisers	Duration
Stuart Khokhar- Accord training and development	10.00am - 2.00pm
The course will cover the following: <ul style="list-style-type: none">• What Self Care is and how to incorporate it• The importance of looking after you own self care needs• Identifying your own triggers and indicators of stress• The unique pressures and demands of Fostering• Your motivation – Why did you chose Fostering?• Avoiding “burn out” and compassion fatigue	
Date	Venue
11/10/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
17/01/2024	Gellideg Wellbeing Centre, Merthyr Tydfil. CF48 1ND

Substance misuse awareness

Organisers	Duration
Mr Ceri Watts	10.00am – 1.00pm
Participants will: <ul style="list-style-type: none">• Develop an understanding of what substances are and their effects on individuals• Exploring the law relating to illegal substances• The risks associated with substance misuse• Gain an understanding of the effect that substance misuse has on parenting capacity and the short- and long-term impact on children• Learn about the help and support available for substance users and those around them	
Date	Venue
19/09/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
12/03/2024	Online via zoom

ELSA for foster carers

Organisers	Duration
Educational psychology team	9.30am – 12.30pm
<p>Foster Carers who would like to develop their understanding of the needs of the child/ren they are caring for and to develop the skills that will help support them.</p> <p>Commitment needs to be made to all five dates – All sessions are carried out online via Zoom.</p>	
Date	Venue- All online via zoom
09/06/2023	Session 1 - Importance of Attachments and Developing Key Relationships
16/06/2023	Session 2 - Self Esteem and Identity
23/06/2023	Session 3 - Managing Emotions
30/06/2023	Session 4 - Loss and Bereavement
07/07/2023	Session 5 - Active Listening and Social Skills
12/01/2024	Session 1 – Importance of Attachments and Developing Key Relationships
19/01/2024	Session 2 – Self Esteem and Identity
26/01/2024	Session 3 – Managing Emotions
02/02/2024	Session 4 – Loss and Bereavement
09/02/2024	Session 5 – Active Listening and Social Skills

Parenting with PACE

Organisers	Duration
Educational psychology team	9.30am – 12.30pm
<p>Foster Carers who would like to develop their understanding of PACE. All sessions are broken down below.</p> <p>Commitment needs to be made to all six dates – All sessions are carried out online via Zoom.</p>	
Date	Venue- All sessions are online via zoom
20/09/2023- Session 1	Understanding challenges of parenting – blocked relationships (fear of abandonment) and hiding and miscuing (looking at shame)
27/09/2023- Session 2	Understanding challenges of parenting – blocked relationships (fear of abandonment) and hiding and miscuing (looking at shame)
04/10/2023- Session 3	Building connections - maintaining attitude of PACE and Supporting behaviour Regulation based parenting with PACE.
11/10/2023- Session 4	Building connections - maintaining attitude of PACE and Supporting behaviour Regulation based parenting with PACE.
18/10/2023- Session 5	Understanding attachment history. Moving from defensive to open and engaged and the importance of self-care.
25/10/2023- Session 6	Understanding attachment history. Moving from defensive to open and engaged and the importance of self-care.

Supporting children with trauma and insecure attachments

Organisers	Duration
Parenting special children	10.00am - 12.00pm
<p>Following completion of this course you will:</p> <ul style="list-style-type: none">• Be able to spot signs and symptoms of early life trauma and the impact this has on the brain and body.• Explore different attachment styles and their presentations• Explore tools and strategies to support recovery and management of trauma informed behaviour.• Explore further support and information available to you as a foster carer.	
Date	Venue
21/06/2023	Online via zoom
26/01/2024	Online via zoom

Understanding system overlap

Organisers	Duration
Parenting special children	10.00am - 12.00pm
<p>The course will cover the following:</p> <ul style="list-style-type: none">• Have an overview of key challenges for neurodiversity and early life trauma. when we can see overlap in symptoms (trauma, Autism, ADHD and anxiety) and how these impacts on the child.• Develop tools and strategies to support your child where there might be symptom overlap• Gain links to further support and information	
Date	Venue
12/10/2023	Online via zoom
20/02/2024	Online via zoom

Emotion Coaching

Organisers	Duration
Kerry Webster and Rhian Griffiths RCT Educational Psychology team	09.30am - 12.30pm
The learning aims and objectives of the emotion coaching is to: <ul style="list-style-type: none">• Raise awareness of the physiological basis of Emotion Coaching (EC)• Raise awareness of the theoretical basis for EC• Develop understanding of different emotional styles relevant to EC• Understand and have experience of the techniques involved in EC• Reflect on own practice with respect to EC	
Date	Venue
20/11/2023	Online via zoom

Introduction to ACES.

Organisers	Duration
ACES training delivery group	10.00am - 2.00pm
Participants will: Explore what ACES is and where it originated. Think about brain development in the Early years and impact of child adversity. Consider the role of the foster carer with building resilience.	
Date	Venue
15/06/2023	Online via zoom
07/09/2023	Online via zoom
25/10/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
09/11/2023	Online via zoom
24/01/2024	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
28/02/2024	Online via zoom

De-fusion and De-escalation techniques

Organisers	Duration
Ignite training Wales	10.00am - 2.00pm
Participants will: <ul style="list-style-type: none">• Develop and understanding of the importance of promoting therapeutic relationships with children and young people.• Develop skills and understanding of triggers and de-fusion strategies and techniques.• Develop knowledge in behaviour support strategies including negotiation strategies to defuse and de- escalate.• Develop techniques and tools to defuse and de-escalate.	
Date	Venue
19/07/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
23/10/2023	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE
20/03/2024	Rock Grounds- Centre for Learning & Development, High Street, Aberdare, CF44 7AE

Supporting children and young people with PTSD and emotional regulation

Organisers	Duration
Parenting special children	10.00am - 12.00pm
Following completion of this course you will: <ul style="list-style-type: none">• Develop an overview of what PTSD is (Post Traumatic Stress Disorder) and how this reflects in developmental Trauma.• To help understand the impact of PTSD and resulting dysregulation on children and young people who you support.• Explore the functions and impact of ritual and routine in PTSD, exploring the helpful and unhelpful coping strategies.• Develop tools and strategies to manage dysregulation and support trauma recovery and resilience• Explore further support and information.	
Date	Venue
19/10/2023	Online via zoom

Parents protect

Organisers	Duration
Stop It Now!	10.00am -12.30pm
Participants will: <ul style="list-style-type: none">• Understand more about the type and risk of child sexual abuse• Identify the warning signs to watch out for in children• Recognise the warning signs in adults that may pose a risk• Explore what factors increase the risk to a child or family• Provide information of where to seek help• Highlight some positive, preventative actions families can use• Signpost to a range of prevention resources	
Date	Venue
18/07/2023	Online via Teams

Child sexual exploitation Awareness

Organisers	Duration
Stop It Now!	10.00am - 12.30pm
Participants will: <ul style="list-style-type: none">• Be able to define what is meant by child sexual exploitation (CSE)• Understand the risk of child sexual exploitation• Recognise vulnerabilities and identify the signs• Have explored the process of how abuse happens• Know where to seek help and support• Be able to consider the positive preventative steps that adults can take to protect children and young people around CSE	
Date	Venue
29/06/2023	Online via Teams

Understanding harmful sexual behaviour

Organisers	Duration
Stop It Now!	10.00am - 12.30pm
Participants will: <ul style="list-style-type: none">• Understand more about the type and risk of child sexual abuse• Identify the warning signs to watch out for in children• Recognise the warning signs in adults that may pose a risk• Explore what factors increase the risk to a child or family• Provide information of where to seek help• Highlight some positive, preventative actions families can use• Signpost to a range of prevention resources	
Date	Venue
04/07/2023	Online via teams

Introduction to Autistic Spectrum disorders

Organisers	Duration
Tony Waters	10.00am - 1.00pm
Participants will: <ul style="list-style-type: none">• Have an awareness of Autistic Spectrum Disorders• Understand the key features in the diagnosis of Autism• Explore the different models of understanding (Sensory, movement difference and theory of mind)• Consider practical responses when supporting a child with autistic spectrum disorders.	
Date	Venue
22/09/2023	Online via teams
27/11/2023	Online via teams

Understanding and responding to distressed behaviour in children.

Organisers	Duration
Tony Waters	10.00am - 1.00pm
Participants will: <ul style="list-style-type: none">• Have an understanding as to what is behaviour• Have an awareness of what Distress behaviour looks like• Have knowledge of the theory of Low Arousal• Explore Neuro diversity• Explore the analysis of Behaviour• Develop tools for supporting the child using positive approaches	
Date	Venue
21/11/2023	Online via teams
16/01/2024	Online via teams

Introduction to Hate Crime

Organisers	Duration
Crime stoppers UK	10.00am - 11.00am
Participants will: <ul style="list-style-type: none">• Introduction to Fearless.org• What is hate crime• Protected Characteristics• Why people pick on differences• Allport's Scale• Victims Perspective• Examples of Victims• Radicalisation and Extremism• Game addressing unconscious bias• Grooming• Perspectives Game• Influences	
Date	Venue
06/07/2023	Online via teams
25/09/2023	Online via teams
24/01/2024	Online via teams
21/03/2024	Online via teams

Introduction to knife crime

Organisers	Duration
Crime Stopper UK	10.00am - 11.00am
Participants will: <ul style="list-style-type: none">• What is knife crime• Facts about knife crime• How to survive a stabbing video• There is no safe place to get stabbed• Offensive weapons• Risks and consequences• How to be safe and Who you can talk to	
Date	Venue
27/06/2023	Online via teams
21/09/2023	Online via teams
19/01/2024	Online via teams
20/03/2024	Online via teams

Introduction to County lines

Organisers	Duration
Crime Stoppers UK	10.00am - 11.00am
Participants will:	
<ul style="list-style-type: none">• Introduction to Fearless.org• What is 'County Lines' ?• How it links to your area• Why you?• Spotting the signs of county lines & exploitation• Understanding the risks of involvement with criminal gangs• What can you do & who can help	
Date	Venue
26/06/2023	Online via teams
14/09/2023	Online via teams
18/01/2024	Online via teams
19/03/2024	Online via teams

Understanding and supporting ADHD

Organisers	Duration
ADHD Foundation	10.00am - 2.00pm
<p>Participants will:</p> <ul style="list-style-type: none">• Gain an understanding of the criteria needed to meet an ADHD diagnosis as per DSMV• Gain an understanding of the sub types of ADHD diagnosis• Consider differential characteristics and presentations of ADHD.• Gain an understanding of executive functioning• Consider conditions that commonly co-occur with ADHD• Gain strategies that may be helpful to support a child / younger person with ADHD.• Consider treatment and medication guidance• Gain in an understanding of the food challenges associated with ADHD• Gain strategies to support diet and nutrition for a child / young person with ADHD.• Consider sleep challenges associated with ADHD• Consider the impact of poor sleep and ADHD• Understand what is meant by sleep hygiene and the importance of routine• Gain strategies to support sleep for those with ADHD• Understand the stress response system• Recognise potential triggers• Explore strategies to support self-regulation	
Date	Venue
28/11/2023	Online via zoom

IT Support session- (Source)

Organisers	Duration
Social Care Workforce Development team	11.00am – 1.00pm
<p>**You will need to bring the device you use at home to these sessions**.</p> <p>This will be an informal session to demonstrate how to book yourself on and off courses via source and how to upload your typable PDF learning and development plan onto the system.</p>	
Date	Venue
11/05/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
14/09/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
20/10/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
16/11/2023	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
18/01/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
22/02/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE
13/03/2024	Rock Grounds , Centre for Learning & Development, High Street, Aberdare, CF44 7AE

E Learning for foster carers

We have several courses that can be completed in the comfort of your own home so if you are a secondary foster carer struggling to attend any face to face training due to work commitments then please send me an email and I can get you signed up for E-learning.

Unfortunately, due to budget constraints we can only allocate licences to secondary foster carers or those foster carers who work full time.

To be set up on e-learning, please contact Ellie Powell on ellie.powell@rctcbc.gov.uk