

**Foster Carers Learning and Development Plan: April 1st 2021 – 31st March
2022**

The Fostering Service and the Children & Families Learning and Development Team are pleased to be able to provide you with the new learning and development plan for Foster Carers for this financial year.

We have made a few changes this year in line with decisions made by the Foster Carers Consultative Group, these are detailed below:

- We won't be issuing a paper document of the plan, if you would like one please speak with your SSW who will supply you with one.
- On The learning Centre, TLC, you will see that Foster Cares have their own tab and when you go into this area, it will list all of the information in this document with the learning outcomes and the links to click on which will take you to the web page for the course where you can book.
- We haven't put dates in this document as although the majority are confirmed some are still pending so all of the workforce are now required to check TLC for dates.
- This document also provides you with the medium for the training, face to face, virtual or e-learning and if virtual which platform will be used.
- We have also included the refresher timescales for courses which need to be refreshed. If there is no refresher detailed in the learning overview section then a refresher is not required.

We have also included further sessions in the plan on how to use TLC as this was received well in the last plan.

Mandatory Learning & Development	
All Foster Carers/potential Foster Carers; Can be attended through the assessment process and must be attended prior to placement	
Introduction to Child Protection Introduction to Attachment Safer Care incl. Complaints & Allegations Emergency First Aid at Work	
Post approval and within the first 12 months of Fostering;	
Main Carer	Second Carer
DfE Training and Development (Induction) Standards	
Child Exploitation	Child Exploitation
Promoting Successful Education for CLA	This course is optional for second Carers
De-escalation skills for Foster Carers	De-escalation skills for Foster Carers
Life Story	This course is optional for second Carers
E-learning modules: Care Certificate - Equality & Diversity Food Safety – Level 1	
Within 18 months of Fostering;	
Attachment Based Parenting	This course is optional for the second Carer
Short Break Carers	
All Foster Carers/potential Foster Carers; Can be attended through the assessment process and must be attended prior to placement	
Introduction to Child Protection Introduction to Attachment Safer Care incl. Complaints & Allegations Emergency First Aid at Work	
Post approval and within the first 12 months of Fostering;	
Main Carer	Second Carer
DfE Training and Development (Induction) Standards	
Child Exploitation	Child Exploitation
How Does It Feel?	This is optional for second carers

Team Teach OR Behaviours & Emotions	Team Teach OR Behaviours & Emotions
Life Story	This is optional for second carers
E-Learning Modules: Care Certificate - Equality & Diversity Food Safety – Level 1 Manual Handling Infection Control	
Within 18 months of Fostering	
Attachment Based Parenting	This is optional for second carers

Learning and Development Options (Broken Down into Sections of Mandatory and Developmental in Alphabetical Order)	
Mandatory and can be attended whilst in assessment:	
Emergency First Aid at Work	Face to Face: Various locations
Trainer: Independent Training Organisation	
Learning Overview: <ul style="list-style-type: none"> • How to manage an incident, including recording • Hygiene, Care and Communication • Treating an unconscious casualty • Resuscitation – adult, child & baby • Chest pain • Choking • Seizures • Bleeding and shock • Minor injuries • First Aid kits 	
Important information: This training must be refreshed every 3 years, no half day refreshers available now, but please see the Emergency First Aid at Work E-learning section below.	
Introduction to Attachment	Virtual: MS teams
Trainer: Emotional Health & Well-Being Team	
Learning Overview: <ul style="list-style-type: none"> • Overview of attachment theory • The importance of attachments • How attachments affect children & young people’s behaviour 	

- Strategies for promoting & developing attachments
- Exploring your own attachment style

Introduction to Child Protection

Virtual:
MS Teams
& e-learning

Trainer: Independent Trainer and a Foster Carer

Learning Overview:

- Legislation, local policies & procedures
- Understand the different types of child abuse, recognising the signs & how they can affect children
- Understanding of the way that key agencies work to protect children
- An understanding of your role's reporting & recording responsibilities
- Overview of the reasons and the process when children /young people go missing from home or care, including return home interviews
- Dealing with a disclosure
- Importance of inter-agency working and your role within this
- Your roles & responsibilities in keeping children and young people safe

Important Information: Female Genital Mutilation (FGM) and Prevent e-learning MUST be completed before attending this training.

This training must be refreshed every 2 years, please see the Child Protection – refresher section below.

Safer Care and Allegations

Virtual:
MS Teams

Trainer: Foster Talk

Learning Overview:

- What is Safer caring?
- Why is it important?
- How is it protective for the foster child and foster family?
- What role does the safer care policy play?
- How can everyone in the fostering household can be involved and protected?
- How to keep your home safe and free of avoidable hazards that might be a risk to children and young people
- The importance of maintaining a good standard of hygiene and cleanliness in preventing accidents
- The impact trauma can have on children's risk of being injured in the home
- How to adapt fire safety plans to keep your family safe
- How to teach your family about your fire safety
- Know specifically what support is available in the event of an allegation or standards of care concern.
- Understand the allegations process and what to expect

- Consider why children and young people may make allegations
- Understand what steps Foster Carers can take to reduce the potential for allegations

Important Information: This training must be refreshed every 3 years

Mandatory Training Once Approved:

Attachment Based Parenting

**Virtual:
MS Teams**

Trainer: Emotional Health & Well-Being Team

Learning Overview:

- A three (weekend) or six (weekday) session programme based on Kim Goulding’s ‘Foundations of Attachment’ course. Exploring Developmental trauma, the impact on relationships and attachment and trauma based parenting principles. This course covers some of the basic principles of Dyadic developmental practice (DDP), including the PACE model.

Important Information: Foster Carers must have attended Introduction to Attachment and Practical Parenting before attending this course. This is a multi-session course and all sessions should be attended.

Child Exploitation

**Virtual:
Webex**

Trainer: Androulla (Andri) Nicolaou, Prevention Officer and Coordinator, Topaz Child Exploitation Team (Child Sexual & Criminal Exploitation) Avon and Somerset Constabulary

Learning Overview:

- To understand the experiences and practice issues that relate to children and young people who are at risk of exploitation.
- By the end of this course participants will:
- Be able to define and understand child exploitation
- Be able to identify risk indicators that a child is being/or is at risk of being exploited
- Have considered which vulnerabilities contribute to a child being at risk of exploitation
- Be aware of the different models of child exploitation
- Recognise the links between going missing and exploitation
- Understand young people’s behaviors in the context of perpetrators’ abuse
- Know what safeguarding steps to take if they suspect a child is being exploited

- Raised awareness of County Lines and the risks posed to children and young people

Important Information: This course is to be refreshed every 3 years. This training is now through the Somerset Safeguarding Children Partnership. Please follow the below link for bookings:

<https://sscb.safeguardingsomerset.org.uk/training/>

De-escalation Skills for Foster Carers

**Virtual:
MS Teams**

Trainer: Independent provider approved through Foster Talk

Learning Overview:

- Explore personal experiences and behaviour that triggers their anxiety and feeling the need to 'control' a situation, and situations they find frightening or overwhelming.
- Consider 'the essence' of trauma informed approaches (TIA) and interventions, allowing time for carers to reflect on their own scripts and how these might impact when engaging with a child or young person expressing distress.
- Discuss the use of language and vocal tone, body language and physical positioning.
- Consider key aspects of how a child or young person may experience an adults' presence as threatening and also their recognition and interpretation of facial expression.
- Explore how anxiety, the physiology of stress, and patterns of escalation are central components, as is the identification of potential triggers (delivered in the context of TIA)
- Allow time to answer carers questions and modelling interactions.
- Cover the law as it applies to the use of self-defence at this stage of training.

Important Information: This training must be refreshed every 3 years. Before attending this course please read the Fostering Behaviour Management policy which is available on the course page on TLC in the resources section or you can ask your SSW. This document details what can and cannot be done in relation to physical intervention and the recording and reporting process.

Supporting the Education of Somerset's CLA

**Virtual:
MS teams**

Trainer: Virtual School

Learning Overview:

- The importance of education
- Exploration of the PEP arrangements
- Exploration of the Education, Health & Care Plans

- Strategies for advocating effectively for Children Looked After rights in relation to education
- The role of the Virtual School

Important Information: This training must be refreshed every 3 years.

Life Story

**Virtual:
MS Teams**

Trainer: Fostering Social Worker

Learning Overview:

- Explore what life story work is
- The importance of Life Story work
- Examine the different approaches to life story work; books, memory boxes, maps/journeys
- Roles & responsibilities of co-coordinating the life story work

Important Information: This training must be refreshed every 3 years.

Mandatory E-learning

**TLC:
E-learning**

Please note these units can be completed at any time during assessment.

All Foster Carers:

Care Certificate - Equality & Diversity
Food Safety – Level 1
GDPR 2020

Additional Units for Carers looking after Children with Disabilities:

Manual Handling
Infection Control

How Does It Feel?

**Face to face:
N/A**

Due to the ongoing Coronavirus pandemic and the nature of this training we are unfortunately not in a position to offer this at this time. When we are able to offer this training, we will circulate the details.

Developmental Training – only to be attended when all mandatory courses have been completed

An Introduction to Mindfulness

**Screen learning:
Watch and Listen**

Trainer: Education Psychology Service	
Learning Overview: <ul style="list-style-type: none"> • This video is an introduction to mindfulness, with an aim to develop an understanding of mindfulness and some mindfulness practices. • What is Mindfulness? • Science of Mindfulness – research and neuroscience • Mindfulness in Practice this includes multiple mindfulness practices that can be used personally or with children and young people <p>Important Information: This session is a pre-recorded presentation on An Introduction of Mindfulness delivered by the Education Psychologist with the lead in this area in Somerset.</p>	
Appropriate Adult	Virtual: MS teams
Trainer: Youth Offending Service	
Learning Overview: <ul style="list-style-type: none"> • To raise awareness of the role of Appropriate Adult at the police station and enable you to develop confidence in that role • Identify the roles and responsibilities of the Appropriate Adult • Outline the rights of the arrested young person and give an overview of how to use appropriate guidelines and Police & Criminal Evidence Act, (PACE) codes of practice • Explain the process through from arrest to release • Identify the concerns about welfare issues of young people and vulnerable adults in custody 	
Autism & Sensory Processing	Virtual: Zoom
Trainer: Autism Somerset	
Learning Overview: <ul style="list-style-type: none"> • Exploration of what Autism, Asperger's & Sensory Processing are • How these conditions are diagnosed • How these conditions affect children & young people's development • Strategies for working with & supporting children & young people on the Autistic spectrum, in their homes, in schools & in the community • Strategies for supporting parents/carers looking after children on the spectrum 	
Autism in Girls	Virtual: MS teams
Trainer: Education Psychology Service	
Learning Overview: <ul style="list-style-type: none"> • How autism may present differently in girls and women 	

<ul style="list-style-type: none"> • Key challenges for girls and women • Strategies and support 	
Body Image	Virtual: MS teams
Trainer: Education Psychology Service	
Learning Overview: <ul style="list-style-type: none"> • How does body image affect children and young people? • What is body image and how does it develop? • What factors may impact on body image in CYP? • How does body image affect mental health? • What can we do to support the development of positive body image? 	
Bereavement and Children Looked After	Virtual: MS teams
Trainer: Children Looked After Nurse Service	
Learning Overview: <ul style="list-style-type: none"> • The spiral of grief • Myth busting around grief • Complicated bereavement in children, focusing on CLA • Physical and emotional symptoms of bereavement • Signposting and guidance 	
Bereavement and Loss	Screen learning: Watch and Listen
Trainer: Education Psychology Service	
Learning Overview: <ul style="list-style-type: none"> • This module will explore the range of loss that may impact on a child or young person's sense of wellbeing. • The nature of the grieving process will be considered, and two contrasting models of grief shared. • We will think about the different way's youngsters respond to death in relation to ages and stages of development. • There will be a strong focus on thinking about ways in which youngsters may be supported in school. • What is bereavement and loss? • How do these issues impact on us all and how best to manage these challenges and support others? • Listeners will be able to understand that loss is more than bereavement and have the tools to support children and young people with more confidence. 	
Important Information: This session is a pre-recorded presentation on Bereavement and Loss delivered by the Education Psychologist with the lead in this area in Somerset.	

Child Development	Virtual: Zoom
Trainer: AC Education	
Learning Overview: <ul style="list-style-type: none"> • Identify the key milestones children 0-19 years should be reaching in their physical, emotional, moral, social and cognitive development. • To be able to observe and know different methods of recording children’s development • To be able to identify types of development delay and know how it may affect a child • Above themes will encompass children with disabilities and how disability impacts on children’s development and outcomes. • Signposting to services to help & support child development 	
Child Exploitation – Supporting Foster Carers	Virtual: MS teams
Trainer: Child Exploitation lead Social Worker and a Foster Carer	
Learning Overview: <ul style="list-style-type: none"> • This session will discuss and explore the support that is available to Foster Carers who are caring for children and young people who are risk of being exploited or who are currently being exploited. • Delivered by the Lead Social Worker for CE in CSC who will be able to talk about the CE screening tools, support available and provide additional sign posting. <p>Important Information: Please ensure you have attended a current CE course within the past 18 months before attending this session.</p>	
Compassion Fatigue	Virtual: TBC
<p>Thank you to the Foster Carers who took part in the research lead by the University of west England, UWE.</p> <p>The roll out of the findings from this research was delayed due to Covid-19 and it is currently being re-arranged, when the session is confirmed details will be circulated.</p>	
Computer Skills	Details below
<p>We are encouraging all of the CSC Workforce to develop their computer skills, if you would like or your Assessing or Supervising Social Worker has suggested that it may be helpful, please access www.sslcourses.co.uk or call 0330 332 7997</p>	

Level 1 Certificate in Digital Skills and/or Digital Skills for Work level 2. These courses are fully funded and are delivered through Somerset Skills & Learning.

Please note there are other providers of this training.

Cultural and Identity Competence	Virtual: Zoom
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Trainer: IODA

Learning Overview:

- Understand the concepts of diversity & culture
- Recognise the links between values, culture & behaviour
- Understand how the dominant personal, organisational & social cultures impact on minority groups
- Identify how cultural, religious & faith factors can exclude equal access
- Understand the principles of a range of cultural requirements & their comparisons
- Recognise the influence cultural interpretation has on religion
- Understand majority group interpretation & ignorance can lead to prejudices
- Recognise the importance of culturally specific quantitative & qualitative consumer feedback
- Understand the implication of the Equality Act 2010 & the Public Sector Equality Duty
- Understand the impact of recent Serious Case Reviews
- Understand the importance of the monitoring & target setting process
- Understand various cultural concerns regarding Institutional Discrimination

Domestic Abuse	TLC: E-learning & web information
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For information please access www.somersetssurvivors.org.uk

E-learning: Domestic Violence – Children

Drug & Alcohol Awareness	TLC: E-learning
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Learning Overview:

- Introduction to Alcohol
- Guideline son consumption of alcohol
- Introduction to drugs
- Common drugs and their effects
- Drugs, alcohol and the law

<p style="text-align: center;">Effective Pathway Planning</p>	<p style="text-align: center;">Virtual: MS Teams</p>
<p>Trainer: The Leaving Care Service</p>	
<p>Learning Overview:</p> <ul style="list-style-type: none"> • Clearer understanding of the Pathway Planning, process and timescales • What should be considered as part of the planning process for care leavers • What a good plan looks like • How Pathway Plans are completed on LCS 	
<p style="text-align: center;">Effective Support for Children & Families in Somerset</p>	<p style="text-align: center;">Method: Reading and/or E-learning</p>
<p>Many Foster Carers have asked about the process for children and young people before coming into care; the support that was available and early help systems. To aid your understanding in this please access the information below;</p> <p>Effective Support for Children and Families Version 4 October 2019 through the SSCP website; https://sscb.safeguardingsomerset.org.uk/effectivesupport-documents/</p> <p>And/or complete the following e-learning modules;</p> <ul style="list-style-type: none"> • Effective Support for Children and Families • Child Protection Investigations 	
<p style="text-align: center;">Emergency First Aid at Work – E-learning</p>	<p style="text-align: center;">Method: E-learning</p>
<p>This training can be accessed by the CSC Workforce who have an existing and in date Emergency First Aid at Work certificate and can be used as an annual refresher.</p> <p>You cannot access this training if you do not hold a current First Aid certificate.</p> <p>If you have an in date First Aid Certificate which was not completed through CFLD, please either scan in and e-mail it to the CFLD team mail box or for Foster Carers please show your SSW or a SSWA who will inform the CFLD team on your behalf.</p> <p>To access this training, you will need to enrol on the course - the CFLD team will monitor the enrolments on a regular basis and share this with the training provider, who will send you the training link. By booking onto this training you agree for your e-mail address to be shared with the training provider and you will receive the information directly from them.</p>	

Family Time & Reconnection	Virtual: MS teams
Trainers: Senior Family Time Staff, Fostering Staff and a Foster carer	
Learning Overview:	
<ul style="list-style-type: none"> • What Family Time is & why it happens, • Legislation & local policy relating to Family Time & Reconnection • The role of the Family Time Team – referrals and the process • The roles and responsibilities of Carers supervising Family Time • What good Family Time looks like • What Reconnection is & Why it is important • How it links to Family Time • Roles and responsibilities within the Reconnection process • You will hear directly from a Foster Carer about their role in supporting Family Time and reconnection 	
Foster Talk – Information Session	Virtual: Ms Teams
Trainer: Foster Talk	
Learning Overview:	
<ul style="list-style-type: none"> • This information session will give all Foster Carers an overview of their Foster Talk Membership. 	
Important Information: Please refer to the resources section on this page on TLC for more information.	
Gaming and Gambling Awareness and Support for Children in the Looked After Sector	Virtual: MS Teams
Trainer: YGAM	
Learning Objectives:	
<ul style="list-style-type: none"> • Increase carers knowledge around gaming and gambling • Help carers understand why children in care engage with gaming & gambling • Help carers identify the risks around gaming and gambling • Help carers understand how their own behaviour can affect the children in their care • Provide carers with tools to support children in their care 	
Important Information: YGAM’s training is City & Guilds Assured	
Inclusive Communication & Refreshers	Virtual: MS Teams

Trainer: CwD Team Leader

Learning Overview:

- The importance of communication
- Capturing the voice of the child
- Strategies for overcoming barriers to communication & engagement with the non-verbal child
- What Inclusive Communication is
- Communicating inclusively in your role
- Linking & embedding all communication through the communication framework & legislation

Important Information: The Introduction to Inclusive Communication and refresher sessions are on separate pages on TLC.
A refresher session should be attended annually.

Internet Safety

**Virtual:
TBC**

Trainer: Southwest Grid for Learning

Learning Overview:

- How children use the internet & technology
- The risks children take online, including sexting
- Protecting children & young people from harmful content online
- What this mean to you as a carer/worker in Somerset
- Update on social networking sites & websites

Introduction to SCC & Children's Social Care

**Virtual:
MS Teams**

Trainer: Service Manager – Operational Development & Staff Development Officer

Learning Overview:

- Introduction and overview of SCC and CSC
- Who is who in CSC and what they do.
- Where you fit in the CSC structure
- Benefits of working in CSC in SCC
- The role of the CFLD Team and the Staff Development Officer

Introduction to The Learning Centre

**Virtual:
MS Teams**

Trainer: Senior Learning and Development Consultant, Fostering SSWA's & Staff Development Officer

Learning Overview:

- This session is designed as an introductory session to using TLC.
- What it does.
- How to use the site.

<ul style="list-style-type: none"> • Completing evaluation forms following virtual learning • Downloading certificates following e-learning and virtual learning • Who to contact if TLC isn't working or e-learning records are not complete. <p>Important Information: How to book; Foster Carers – please speak with your Fostering SSW or SSWA requesting a place and they will inform the CFLD team.</p>	
Key Legislation	Virtual: MS Teams
Trainer: Independent Solicitor	
<ul style="list-style-type: none"> • Learning Overview: • Know the fundamental principles and orders of the key legislation (Children Act 1989, Adoption and Children Act 2002, Children and Families Act 2014) • Examine and understand the various thresholds at different stages of proceedings • Explore and understand Adoption and special guardianship legislation • Examine key elements and requirements of Section 7 and Section 37 reports • Provide a brief guide to MCA and LPS (and DoLs until LPS comes into effect) • Understand the Gateway and PLO process 	
Leaving Care	Virtual: MS Teams
Trainer: The Leaving Care Service	
<p>Learning Overview:</p> <ul style="list-style-type: none"> • Explanation of the whole Leaving Care Service • Legislation and local policy relating to Leaving Care • Roles and responsibilities within the process • Exploration of Staying Put arrangements • Supporting Unaccompanied Asylum Seeking Children 	
Literacy & Numeracy Skills	Details below
<p>Somerset Skills & Learning also offer fully funded nationally recognised qualifications in English or maths, if you are interested please call 0330 332 7997 or go to their web site www.sslcourses.co.uk</p> <p>Please also note there are other providers of this training.</p>	
Making Sense of Autism	Virtual: MS Teams
Trainer: Specialist Advisory Teacher Autism & Communication (SLCN)	
Learning Overview:	

<ul style="list-style-type: none"> • AET Tier 1 training supported by the National Autistic Society, DfE and Ofsted agreed • The four key areas of difference (interaction, processing information, sensory processing and communication), • Understanding the individual's profile of strengths and challenges, • Strategies to develop positive relationships and developing an awareness of sensory and communication differences. 	
Mental Health Awareness Working Young People	Virtual: MS teams
Trainer: CAMHS & The Emotional Health & Well-being Team	
Learning Overview: <ul style="list-style-type: none"> • To develop a basic understanding of mental health, • To consider how mental health affects people around us, • To identify the different avenues of support available for professionals working with young people with mental health difficulties. 	
The Mental Capacity Act	TLC: E-learning
Learning Overview: <ul style="list-style-type: none"> • What the Mental Capacity Act is • Code of Practice • The MCA principles • Roles and responsibilities • Data Protection 	
Mentoring	Virtual: MS Teams
Trainer: Fostering Senior Social Work Assistants	
Learning Overview: <ul style="list-style-type: none"> • What mentoring is • Exploring & understanding your role as a mentor within the Fostering Service • What mentoring is not! • Understanding your own learning styles 	
Important Information: To book on to this training please speak with your SSW who if agreed will pass your details to the Fostering SSWA's who deliver this training.	
Mindfulness	Virtual: Zoom

Trainer: Mindfulness UK (MUK)

Learning Outcomes:

This programme teaches coping strategies and exercises in mindfulness and compassion to build resilience. It includes a range of short and accessible practices to support participants to manage more effectively in the midst of the busyness of their day.

There are 5 sessions in total, each session being 2 hours long and include:

1. Introduction to mindfulness
2. Responding to stress
3. Balancing mindfulness and compassion
4. Cultivating self-compassion
5. Feeling resourced, more resilient and embracing well-being.

Important Information: Course duration: This is a 5-session course – you need to attend all 5 sessions.

Please see the full programme outline in the Resources section of this page. The course will close for booking 3 weeks prior to the first date.

In preparation for this course, attendees are requested to download and complete the following forms, also found in the Resources section of this page. Completed form must be forwarded to Mindfulness UK at info@mindfulnessuk.com, no later than 2 weeks prior to the course commencement.

Ø Initial Assessment Form

Ø Informed Consent form

On receipt of your forms, Mindfulness UK will contact you direct with a welcome letter and course information.

The virtual course link will be sent to you by the Learning and Development Team, in the usual way.

Online Safety and Exploitation

Method:
YouTube

This training is held on YouTube and is written and delivered by Operation Topaz.

<https://eur01.safelinks.protection.outlook.com/>

Learning Overview:

- The three videos for parents cover topics including:
- Exploitation of children online
- Technical protective and safety measures available
- Tips on starting a conversation with children about the internet and how to use it safely.

Important Information: All above videos will be uploaded with sign language in due course.

Practical Online Resources to Support SEND Students	Method: Screen learning – watch & listen
Trainer: Education Psychology Service	
<p>Learning Overview:</p> <ul style="list-style-type: none"> This short training offers practical '5 top tips' on how to use online resources in order to support SEND students, and offers further signposting for other resources at the end of the presentation. These resources will support a range of needs with the aim of increasing student engagement with learning. We hope that it also provides staff with further resources in order to develop their 'toolkit' of support for SEND students. <p>Important Information: This session is a pre-recorded presentation on Bereavement and Loss delivered by the Education Psychologist with the lead in this area in Somerset.</p>	
Practical Parenting	Virtual: MS Teams
Trainer: The Emotional Health & Well-being Team	
<p>Learning Overview:</p> <ul style="list-style-type: none"> Practical connection pathways workshop- This is workshop for foster carers that will consider the complex demands of the caring task with a focus on practical aspects alongside improving the quality of relationship with children and young people. We will consider the roots of the struggles that we may see. We will consider power struggles, the need for control and how to avoid them Teachable moments: effective ways to communicate and make requests. How to stay connected and repairing relationships after a rupture; how to encourage positive connections and prepare a child for any 'trickier' moments. Practical 'parenting' pathways that help us to 'sit with' a child's pain and early trauma. <p>Important Information: It is recommended that you attend Introduction to Attachment before attending this course and attend this course before attending the Attachment Based Parenting training.</p>	
Research in Practice	Method: Internet
<p>Research in Practice - Access arrangements:</p> <ul style="list-style-type: none"> As Foster carers in Somerset we have made arrangements for you to be able to access the Research in Practice website for free. This is a really helpful web site which has up to date research on it and also contains free e-learning. 	

- To access this please e-mail the CFLD mail box, cfld@somerset.gov.uk stating your name and that you are a Foster Carer who would like to be registered with RiP and that you are happy for us to share your e-mail with this provider.

Rest & Reflect Sessions

Virtual

These sessions can only be attended when a full Attachment Based Parenting course has been completed. Please speak with your SSW about accessing these sessions.

Supporting Children with ADHD

Method:
Screen learning – watch & listen

Trainer: Education Psychology Service

Learning Overview:

- One and half hour training for school staff on ADHD. To explore the strengths and the challenges, dispel myths and offer practical strategies to support children and young people at school
- School staff and professionals working with children and young people with ADHD and ADHD-type behaviours. It will provide information on the strengths and challenges of having ADHD and practical strategies to support children and young people at school.

Important Information: This session is a pre-recorded presentation on Bereavement and Loss delivered by the Education Psychologist with the lead in this area in Somerset.

SEND & Transitions to Adults

Virtual:
MS Teams

Trainer: SEND Project Officer & Transitions Social Worker

Learning Overview:

- Understanding & exploration of what SEND is
- The legislation & good practice for SEND
- Your responsibilities in relation to the requirements of SEND
- Legislation and local policies relating to the transitions to adult services
- The transitions process
- The roles and responsibilities of all parties involved in the transition
- What adult services provide to their service users

Team Teach – 6 hours

Face to Face:
Various Locations

Trainer: Team Teach Approved Trainer

Learning Overview:

- De-escalation techniques
- Legislation
- Dynamic risk assessments
- Policies, procedures & risk management meetings
- Recording & reporting
- Safe, effective & humane physical interventions
- De-brief sessions

Important Information: This training is for Foster carers who are experiencing high levels of challenging behaviours.

Only appropriate for Foster Carers who are caring for children over 5 years old.

This training should be refreshed every 3 years.

Before attending this course please read the Fostering Behaviour Management policy which is available on the course page on TLC in the resources section or you can ask your SSW. This document details what can and can not be done in relation to physical intervention and the recording and reporting process.

The Experience of Hearing Voices, Seeing Visions, and Sensing Things

Virtual:
MS Teams

Trainer: Education Psychology Service

Raising awareness about the experience of hearing voices, seeing visions, and sensing things.

Learning Overview:

- Prevalence
- Definition
- Why people might hear voices, see visions, sense things
- How to respond
- What helps

Therapeutic Art

Method:
Screen learning – watch & listen

Trainer: Education Psychology Service

Learning Overview:

- This is an introduction in using art therapeutically to support children/ young people, colleagues, and yourself. The presentation covers:
- What we mean by art
- The benefits of using art therapeutically
- The psychology underpinning this technique
- Activities to try
- How to use techniques with others
- Helpful links

Important Information: This session is a pre-recorded presentation on Bereavement and Loss delivered by the Education Psychologist with the lead in this area in Somerset.

The Role of the CLA Nurse Team

Virtual:
MS Teams

Trainer: The CLA Nurse Service

Learning Overview:

- The roles and responsibilities of the CLA Nurse Team
- The process and requirement of the health assessments
- Explore each Nurses champion role
- Signposting and guidance

The Role of the CLA Social Worker, ISROs and CLA Reviews.

Virtual:
MS Teams

Trainer: CLA Team Manager, ISRO Manager, Route 1 Manager

Learning Overview:

- The role of the CLA Social Worker
- The purpose of CLA reviews
- The role of the ISRO
- An overview of the Route1Service
- Importance of delegated authority

Understanding and Supporting Anxious Behaviours

Method:
YouTube

Trainer: Education Psychology Service

Emotional Wellbeing in School following the Covid-19 changes:

Part 1 www.youtube.com/watch?v=30rl-85xT1M

Learning Overview:

- Awareness of the impact of the Covid-19 period
- Confidence to return to (a new) normal
- Ideas for supporting children and young people

Returning to (a new) normal -

Part 2 <https://www.youtube.com/watch?v=ObxX47GCSnM>

Learning Overview:

- Practical strategies for supporting emotional wellbeing following the Covid-19 changes
- Anxiety and CBT – a recap
- Starving the anxiety gremlin
- Whole school approaches (which will be helpful for using directly with children and young people in CSC roles)

Working with the Traumatized Child	Virtual: MS Teams
Trainer: Education Psychology Service, Virtual School and SSE	
<p>This programme, offered once each term, comprises three separate but linked sessions, all of which must be attended.</p> <p>Learning Overview: For many of our children looked after, the world is perceived as being hostile and chaotic. Their interactions and behaviours reflect these beliefs, and are therefore often very difficult to manage. Join us for an in depth look at how we can create safe environments that can support our children and young people to regulate their stress, anxieties and engage in learning. The course will include practical strategies for managing behaviours such as emotional containment, holding in mind and positive touch. We will also look at ways in which we can positively promote key relationships and create the most supportive environments within homes, and school settings for all age groups.</p> <p>Important Information: To book this course please do so through these web site; www.supportservicesforeducation.co.uk/ you will need to register with this service and then apply to attend the training. Please inform your SSW when you have completed this training and your LCS Fostering record will be updated.</p>	
Youth Justice	Virtual: MS Teams
Trainer: Youth Offending Service	
<p>Learning Overview:</p> <ul style="list-style-type: none"> • Understanding of the criminal justice system • Understanding of the different orders that may be given • The role of YOT & the Criminal Justice Services for young people aged 18+ 	
Fostering Plus	Method: Paper or virtual portfolio
<p>If you are a Somerset Approved Foster Carer and you have successfully completed your Induction Standards and all of your mandatory training you can progress onto Fostering Plus status with the agreement from your SSW. The requirements of this is to produce a portfolio of evidence to evidence your fostering skills. Your portfolio must cover all of the areas listed below:</p>	

Carer's profile	Learning and development: certificates and Personal Development Plans	Attendance at fostering activities/supporting the Fostering Service
Fostering annual review	Child development 0 – 19/25	Safeguarding
Family Time – promoting, managing, importance	Safer Caring Plan with statement of purpose	Promoting education or play/development opportunities
Working with birth families	Working with other agencies	Preparation for independence
Attendance at CLA reviews	Managing behaviours	Case recording
Health promotion	How are you going to maintain Fostering Plus	

Fostering Plus portfolios can be submitted in paper form, as electronic portfolios or as recorded documents. Portfolios are Quality Assured once a month, details below;

Friday 23 rd April,	Friday 21 st May	Friday 25 th June
Friday 23 rd July	Friday 20 th August	Friday 24 th September
Friday 22 nd October	Friday 19 th November	Friday 17 th December
Friday 28 th January	Friday 25 th February	Friday 25 th March

Carers who have completed their Fostering Plus portfolio and have been successfully Fostering for 3 years can apply to undertake a Level 3 Diploma for the Children & Young People's Workforce.

This opportunity is open to Foster cares who are caring for Children with Disabilities.

Information session will take place on; Wednesday 19th May, 10am – 11:30am, please book your place through TLC.

Places will be limited to 8 Foster Carers a year.

Following the information session if you would like to pursue this route you will need to submit a written expression of interest, no more than 500 words and have your SSW's support. SSW's will be required to write a short statement stating why they support you in doing this qualification.

You will be required to sign a statement of undertaking, which means that if you leave Fostering within 3 years of your completion of the qualification you will be required to pay the full cost of your assessment back to CSC.

Please note there is no payment for attending any Diploma support sessions or on the completion of this qualification.

Diploma mandatory units;

Unit name	Credit value
Promote communication in health, social care or children's and young people's settings	3

Engage in personal development in health, social care or children's and young people's settings	3
Promote equality and inclusion in health, social care or children's and young people's settings	2
Principles for implementing duty of care in health, social care or children's and young people's settings	1
Understand child and young person development	4
Promote child and young person development	3
Understand how to safeguard the well-being of children and young people	3
Support children and young people's health and safety	2
Develop positive relationships with children, young people and others involved in their care	1
Working together for the benefit of children and young people	2
Understand how to support positive outcomes for children and young people	3
Total of credits for mandatory units:	27

Pathway: CSC:

Unit name	Credit value
Assessment and planning with children and young people	5
Promote the well-being and resilience of children and young people	4
Professional practice in children and young people's social care	4
Total from this section	13 credits
Total from mandatory and pathway units	40 credits

Optional units: these are role specific

Unit name	Credit value
Understand the context of supporting children and young people through Foster Care	5
Practise as a Foster Carer	5
Support positive attachments for children and young people	7
Support children and young people who are looked after or are leaving care	3
	20 credits
TBC dependent on the age and needs of the children and young people in your care	This may be 2 or 3 units
Total credits required for full Diploma: 65 credits	

Additional Information;

How to contact the Children & Families Learning & Development Team;
cflld@somerset.gov.uk or call 01823 357 977 – this number is not manned but please leave a message and it will be sent to the Team.

For any technical difficulties with TLC and E-learning please e-mail
TLC@somerset.gov.uk

Bookings, cancellations, waiting lists, payments for attending training and updating records;

The majority of courses are to be booked through TLC. By accessing TLC Foster Carer page you can click on a course and it will take you to the course so you can book. If you need to change or cancel your booking please use the same process and click on cancel place.

Bookings and changes/cancellations can be done up to 2 weeks before the course start date, after that date for any booking changes you will need to e-mail the CFLD team, e-mail address above. (Please note for Mindfulness, course bookings close 3 weeks before the course start date).

Late cancellations where places can not be filled will be recorded on a spreadsheet and shared with Fostering Managers, SSW's and are monitored.

If you try to book on TLC and it states that booking is closed please e-mail the CFLD Team asking if there is a space available; where we have spaces we will still accept bookings up to 3 days before the course start date, but we have to close bookings to enable the team to deal with the admin processes for each course.

We operate a waiting list system. If you discover a course is full please still e-mail the CFLD Team requesting a place and if we have any changes/late cancellations we will contact you offering the place. We appreciate this may be at short notice and you may be able to attend. (this will not be recorded on the monitoring of attendance spreadsheet).

Training attendance is paid at the levels below;

E-Learning – no payment (except for the First Aid e-learning, page 12, where a payment of £1- per person will be made)

Virtual courses - £10 per attendee per session attended

Face to face courses - £20 per attendee per session attended

When you complete an e-learning module please inform your SSW who will update your LCS Fostering record. TLC automatically updates this system.

For all other courses, the trainers have 1 week to return the attendance lists to the CFLD team. On receipt of this the Business Support staff will close the course and will mark you attended on TLC, update your LCS Fostering record and will request your payment be authorised. For all payment please allow 28 days from the final session of the training.

(I do apologise for the delay in records being updated and payment being made in the last financial year, I am assured that we are all up to date with these now, if however, you find you have not been paid for anything from the 2020/21 training plan please e-mail the CFLD Team).

In the last year we introduced the self service for certificates as a pilot, on completion of the course and your attendance being marked on TLC you can access and print your certificates. We have had positive feedback about this and this will continue.

E-learning – some of you may have noticed that when you renew an e-learning module the date you completed it is not updated, this is a glitch with the system which has been raised with the provider and they are working to rectify this, however, as we always want your records to be up to date, please e-mail the CFLD Team informing them that you have renewed the module, they will then check the system to confirm this, update your records and let you know when your new certificate can be printed.

With e-learning we recognise that it is nicer to learn and complete them together, so if you are completing the modules in pairs or groups, please inform the CFLD Team after completion stating the name of the name who completed the module and whose log in it was completed through, this will then be checked and on confirmation all of the individuals records will be updated and you will be informed of when you can print out your certificates. However, you must still inform your SSW of completion of e-learning modules as they are responsible for updating your LCS Fostering record.