

Foster Carer Training Programme 2024 - 2025



Bolton Council is committed to delivering high quality training to Foster Carers.

To ensure this happens, Bolton continues to offer a training programme which meets the needs of our Carers.

The roles and responsibilities of Carers are described in the:

- Fostering Service National Minimum Standards 2011
- Fostering Services Regulations 2011
- Care Planning Regulations 2010

Bolton shares the importance of training for Foster Carers and expects its Foster Carers to be committed to on-going training and further development. It is vital that Foster Carers continued approval that they remain aware of their own developmental needs, as well as changes in legislation, policy and public opinion regarding the quality of care provided to all children and young people they care for.

We expect all newly-approved Foster Carers to attend the Core Skills training courses within 2 years of their approval. There are 9 core courses in total, including Paediatric First Aid. [The Core Skills courses are indicated in the programme 2024/2025.](#)

Other Carers will have the opportunity to update their knowledge every 3 years. We are also offering a number of additional courses such as:

- Introduction to Secure Base
- A five day Secure Base promoting attachment & resilience training course,
- Foetal Alcohol Syndrome
- STAND training (aimed at carers for children from the age of 10+)

as well as many other training opportunities.

Foster Carers will complete an annual Personal Development Plan as part of their annual review process. You are asked to discuss and identify your training needs through supervision with your supervising Social Worker.

We are aiming to offer training in person during the day, as well as in the evenings and online via Microsoft Teams.

First Aid is the exception, as this training can only be offered face-to-face.

You should have access to your own ME learning accounts were you can access various courses online and complete them in your time and at your own pace. Any problems with your ME learning account contact the Learning and Development Team.

During the year, as we are receiving training opportunities, sometimes via NHS or Social Care, we distribute those directly to the Carers via email, so please make sure that your email addresses are up to date.

We are also offering a wide range of courses, which aim to support carers with their emotional and mental health, for example:

- Connect 5
- 5 Ways to Wellbeing
- Live life to the full (LLTTF).

We have received very positive feedback from our Carers attending these courses who commented :

“By going on L.L.T.T.F, course it helps you to take a step back and reevaluate what your doing and most importantly to yourself”.

“I just want to say to carers this course is one of the best courses i have been on”.

“It has surely helped me to focus more on myself and what i need to do for myself and has given me lots of knowledge, information, and materials”.

“This course has helped me evaluate myself, and what i need to do for myself, in helping me cope and manage my own emotional and mental wellbeing”.

“We are human beings not robots and everyone has a right to look after themselves , and ask for support without being judged”.

“I will guarantee you after doing this course you will look at changing things on how you think about yourself, and what you do, and plan to look after yourself better”.

To request a place on any of these courses in this training brochure please use the nomination form link below

[Nomination Form](#)

or provide:

- **The title of the courses with your preferred date & times**
- **Full name**
- **Email address**
- **Contact Number**

and send by email:

learninganddevelopment@bolton.gov.uk

[Important booking information](#)



Core Skills Programme

The courses listed here are part of the Core Skills Programme and should be completed by all Foster Carers



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Core Skills Training

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Essential Training

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Attachment and Identity

Course Overview

Gain a basic understanding of Attachment theory and how it links into the children's sense of identity

Trainer(s)

Aisha Mangera / Olga Baba

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
14 January 2025	09:30am - 12:30pm	F2F - Castle Hill Centre



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Parenting Children who are Looked After (Behaviour Management)

Course Overview

Identify how to manage difficult behaviour in a positive way.

Trainer(s)

Sharon Williams-Jarvis

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
10 February 2025	09:30am - 12:30pm	F2F - Castle Hill Centre



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Introduction to Secure Base

Course Overview

Explain what is the secure base and why it is important.

Trainer(s)

Sharon Williams-Jarvis

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
03 February 2025	09:30am - 12:30pm	F2F - Castle Hill Centre



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Education Needs of Looked after Children

Course Overview

Examine strategies for supporting children’s education and learning.

Trainer(s)

Jennifer Arif / Olga Baba

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
6 March 2025	10am - 12pm	F2F - Castle Hill Centre



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Care Planning

Course Overview

Develop awareness of Children and Families services in Bolton and how important their role as Foster Carer is within this.

Trainer(s)

Deborah Green

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
12 February 2025	18:00pm - 21:00pm	F2F - Castle Hill Centre



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Safer Caring

Course Overview

Discuss the possible signs of abuse and consider how to respond if a child disclosed abuse.

Trainer(s)

Hilary Nuttall / Olga Baba

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Allegation, Advice and Mediation

Course Overview

Promoting good practice in managing allegations against Foster Carers.

Trainer(s)

Pat Woolley / Olga Baba

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Paediatric First Aid

Course Overview

This 12-hour course is based around the most common injuries that occur with children, plus resuscitation. The training includes both theory and practical content within the sessions enabling candidates to demonstrate skills and knowledge; *To preserve life, prevent the condition worsening and promote recovery.*

Topics include:

- the roles and responsibilities of a first-aider
- assessing an emergency situation safely
- CPR and AED
- administering first aid to a choking infant or child
- dealing with shock, scolds, bleeds, bites, stings and minor injuries
- dealing with casualties with fractures, and spinal or head injuries

Level 3 Paediatric First Aid Certificate valid for 3 years

This is a core skills course for foster carers. Please speak to your SSW if you have difficulty with childcare.

Trainer(s)

Paul Kenny - BUFF

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Health Needs of Looked after Children 0-8 yrs

Course Overview

This course will focus on how you can best support the health of the child in your care.

It will cover health issues that looked after children often experience, and why they have more health needs. We will look at Adverse childhood experiences and how stress impacts a child.

We will look at what good health means to you and cover subjects such as emotional health, safe sleep, infant feeding and nutrition, sleep, physical activity and puberty. We will discuss how important the Foster carers role is in supporting a child with health needs, and be able to signpost you to services available for support.

This is a core skills course for foster carers. Please speak to your SSW if you have difficulty with childcare.

Trainer(s)

Davina Croft / Ceri Blackmore

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
04 February 2025	09:30am - 12:30pm	Microsoft Teams
08 March 2025	18:00pm - 21:00pm	Castle Hill



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Health Needs of Looked after Children 8-18 yrs

Course Overview

This course will focus on how you can best support the health of the young person in your care.

It will cover health issues that looked after children often experience, and why they have more health needs. We will look at Adverse childhood experiences and how stress impacts a child. We will look at what good health means to you and cover subjects such as emotional health, nutrition, sleep, physical activity, puberty, and sexual health. We will discuss how important the Foster carers role is in support a young person with health needs and be able to signpost you to services available for support.

This is a core skills course for foster carers. Please speak to your SSW if you have difficulty with childcare.

Trainer(s)

Davina Croft / Ceri Blackmore

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates / Times

Dates	Times	Delivery
14 January 2025	18:00pm - 21:00pm	F2F - Castle Hill
4 March 2025	10:00am - 12:00pm	Microsoft Teams



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Foetal Alcohol Spectrum Disorder

Course Overview

Raise awareness of the impact of drinking during pregnancy.

Trainer(s)

Ceri Blackmore

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Parental Substance Misuse

Course Overview

To explore parental substance misuse and the effects on children and families.

Trainer(s)

Ceri Blackmore

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Drug and Alcohol Awareness

Course Overview

Recognise what drugs and drug paraphernalia look like.

Trainer(s)

Ceri Blackmore

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2J

Dates	Times	Delivery
No dates available		



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Alcohol and Risk Taking

Course Overview

Explore attitudes and reasons why young people take risks.

Trainer(s)

Ceri Blackmore

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Tax Workshop

Course Overview

This workshop is aimed at Foster Carers and covers.

Registering with HMRC

Tax Scheme for Foster Carers

N.I for Foster Carers

Calculating your taxable profit

Completing an online Self Assessment tax form

A brief look at benefits that Foster Carers can claim.

Trainer(s)

Pat Woolley

Dates	Times	Delivery
No dates available		



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The Secure Base Promoting Attachment and Resilience

Course Overview

A secure base is at the heart of any successful caregiving environment – whether within the birth family, in foster care, residential care or adoption.

A secure base is provided through a relationship with one or more caregivers who offer a reliable base from which children and young people can explore and a safe haven for reassurance when there are difficulties. Thus, a secure base promotes security, confidence, competence and resilience.

The Secure Base model is drawn from attachment theory, and adapted to include an additional element, that of family membership, for children who are separated from their birth families. The model proposes five dimensions of caregiving, each of which is associated with a corresponding developmental benefit for the child.

The training course will be delivered over five weeks where one dimension of the model will be explored in each session. All five sessions will need to be attended.

Trainer(s)

Deborah Green / Sharon Williams—Jarvis

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Domestic Abuse Training for Foster Carers

Course Overview

Explain the impact of living with domestic abuse on children

Assess the effects of early life trauma on children, adults and its implications foster carers.

Understand ACEs-related toxic stress and its impact.

Examine how childhood trauma impacts on attachment.

Recognise strategies for managing behaviour.

Trainer(s)

Alison Wallace-Berry (FortAlice)

Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times	Delivery
No dates available		



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Youth Connect 5

Course Overview

Youth Connect 5 is a five-week course for parents and carers. It made up of five two-hour sessions and gives you new skills and approaches to connect with your children. These skills will enable you both to build strong resilience, positive emotional health and wellbeing, whilst understanding why we feel the way we do. It aims to:

- Give parents and carers the knowledge, empathy, skills and tools to promote resilience and wellbeing for children and young people.
- Increase confidence and parental ability to support their child
- Strengthen parent's and children's resilience.
- Improve parent/child relationships

Trainers

Learning and Development Team

Venue

Castle Hill Centre, Castleton Street, Bolton, BI2 2JW

Course sessions	Dates	Times
Session 1	7 MAR 2025	10:00 am—12:00pm
Session 2	14 MAR 2025	10:00 am—12:00pm
Session 3	21 MAR 2025	10:00 am—12:00pm
Session 4	28 MAR 2025	10:00 am—12:00pm
Session 5	04 APR 2025	10:00 am—12:00pm



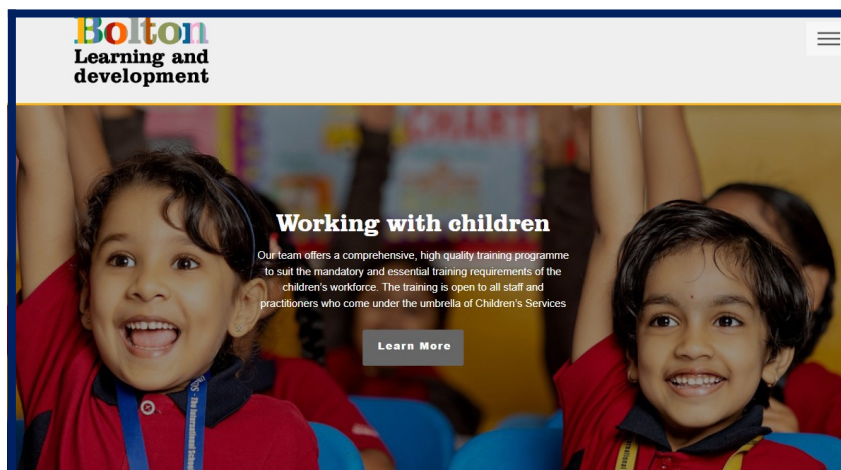
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Keeping Children Safe Level 1 Online

This course is now available via the Open access on ME-learning

Set up your new account for free via

[Learning and Development Web Pages](#)



[Guide to access](#)

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Mental Health and Wellbeing Training

This **FREE** training programme helps people to gain insights into their own mental health and wellbeing, as well as learn how to recognise the signs of poor mental wellbeing in others, provide support and advocate for mental health awareness in the workplace.

There are a number of different courses on offer, ranging from one-hour introductory sessions to courses with up to seven sessions on different days.

Training is available both online and in person.

Any courses beginning with '**Community**' in the title are open to anyone living, working or volunteering in the Bolton area.

Please take a look at the Mental Health and Wellbeing training offer using the link below.

[Training Programme](#)



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S.T.A.N.D Together Programme

STAND together is a programme designed for mainstream foster carers and family and friends carers with placements of children aged 10 – 17 years. The programme is a group training programme delivered by trained facilitators.

Duration

Sessions are 2 – 2.5 hours long and run over 15 weeks.

Trainer(s)

Deborah Green / Sharon Williams—Jarvis

The programme has a specific weekly curriculum and extra sessions are built in to allow flexibility according to need. The curriculum is designed to use the issues and ideas brought by the participants, and therefore tailored to their individual needs. Carers will be asked to undertake home practice each week and feedback at the following session.

S.T.A.N.D aims to increase the positive parenting skills of carers in responding to children/young people's difficulties, reducing placement disruption, improving child outcomes and enabling children and young people to be successful in childhood and adulthood.

S.T.A.N.D. aims to accomplish these goals by:

- Promoting the idea that foster carers can serve as key agents of change for children
- Strengthening foster carers' confidence and skills so they can change their child's behaviours using positive approaches
- Helping foster carers use effective parent management strategies and providing them with support to do so
- Exploring topics that are linked to 'typical' teenage behaviour such as alcohol, drugs, peer relationships and sexual relationships in relation to those children and young people that are looked after.

If you are interested in the training please speak to your Supervising Social Worker in the first instance, who will make a referral.

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Bolton Safeguarding Children Partnership Multi-agency Children Safeguarding Training Courses

The Multi-agency Safeguarding training is available to access by Foster Carers and other carers and offers a wide range of courses relating to Safeguarding and Early Help.

Please take a look at the training offer using the link below.

[Training Programme](#)



Bolton Safeguarding Children Partnership

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Important Booking Information

Once your booking has been made, you will receive a confirmation email from the Learning and Development team direct. Once you receive this please ensure you put the details in your calendar.

Course joining instructions are sent 6 weeks prior to the course date by an automated email address

emgx.fa.sender@workflow.mail.em3.oraclecloud.com

if you do not receive anything please check your junk mail first, then contact the Learning and Development team.

If the course is full, you will be contacted to arrange an alternative date, if available.

You must advise the Learning and Development team in advance if you are unable to attend so the place can be offered to someone else. Training places are limited and failure to attend on the day could affect the training for others due to low attendance.

Email: Learninganddevelopment@bolton.gov.uk

Tel: 01204 337600

If the course is being delivered online via Microsoft Teams you will receive a link to the training a week before the course start date, please ensure you have Microsoft teams installed ready and join the training 5 mins before the start time.

Please discuss with your supervising social worker if there is any other training you require.

Useful Links

[Nomination Form](#)

[Working with Children website](#)

[ME learning Link](#)

[Local SEND Offer](#)

[Beacon House \(Resources\)](#)

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