



Foster Carer Training Programme 2023—2024



WELCOME.....

Bolton Council is committed to delivering high quality training to foster carers.

To ensure this happens, Bolton has developed a training programme for Carers. There have been major developments in the Guidance and Policies governing Foster Care.

- Fostering Service national minimum standards 2011
- Fostering services regulations 2011
- Care planning regulations 2010

Bolton shares the importance of training for Foster Carers. We expect all newly approved Foster Carers to attend the Core Skills training within 2 years of their approval.

Other carers will have the opportunity to update their knowledge every 3 years.

Core Skills Training

Bolton expects its Foster Carers to be committed to on-going training and further development. It is vital that Foster Carers 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.

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.

To book on any course please complete the electronic nomination form or

**provide the title of the courses with preferred date & times,
your name**

address

post code

along with your email address and send By email:

learninganddevelopment@bolton.gov.uk



Core Skills Programme

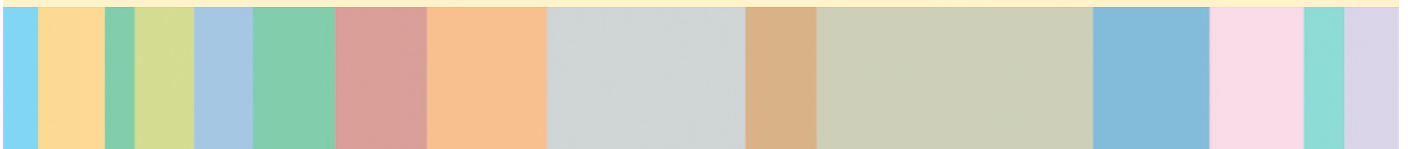
The courses listed here are part of the Core Skills Programme and should be completed by all Foster Carers



Foster Carer Training Programme 2023—2024

- [Attachment and Identity](#)
- [Parenting Children who are Looked After \(Behaviour Management\)](#)
- [A Secure Base to Child Development](#)
- [Education of Looked After Children](#)
- [Care Planning](#)
- [Safer Caring](#)
- [Allegations, Advice & Mediation](#)
- [Foetal Alcohol Spectrum Disorder](#)
- [Parental Substance Misuse](#)
- [Gender Identity awareness](#)
- [Drug and Alcohol Awareness](#)
- [Alcohol and risk taking](#)
- [Emergency First Aid](#)
- [Tax Workshop for Foster Carers](#)
- [Health Needs of Looked after Children 8-18yrs](#)
- [Keeping Children Safe - Basic Awareness](#)
- [Mental Health and Wellbeing Training](#)

- **[Nomination Form](#)**



Attachment and Identity (Core Skills Programme)

Course Overview

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

Trainer(s)

AC Education

Course Venue

Online via Zoom

Dates / Times

9 November	10am—1pm
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Parenting Children who are Looked After - Behaviour Management (Core Skills Programme)

Course Overview

Identify how to manage difficult behaviour in a positive way.

Trainer(s)

Sharon Williams-Jarvis

Course Venue

Castle Hill

Dates / Times

11 January 2024	9:30am - 12:30pm
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A Secure Base to Child Development (Core Skills Programme)

Course Overview

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

Trainer(s)

Sharon Williams-Jarvis

Course Venue

Castle Hill

Dates / Times

18 January 2024	9:30am - 12:30pm
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Education Needs of Looked after Children (Core Skills Programme)

Course Overview

Examine strategies for supporting children's Education and Learning

Trainer(s)

Lindsay Nelson

Course Venue

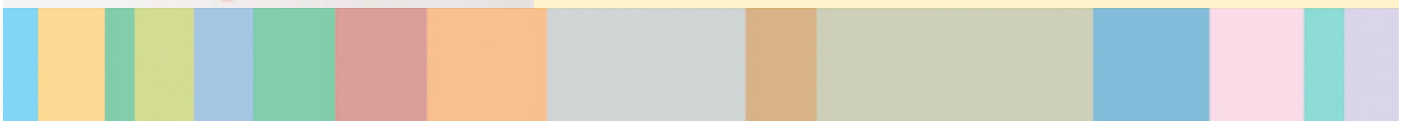
Castle Hill

Dates / Times

24 January 2024	9:30am - 12:30pm
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Care Planning (Core Skills Programme)

Course Overview

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

Trainer(s)

Debbie Green

Course Venue

Castle Hill

Dates / Times

31 January 2024	6pm—9pm
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Safer Caring (Core Skills Programme)

Course Overview

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

Trainer(s)

AC Education

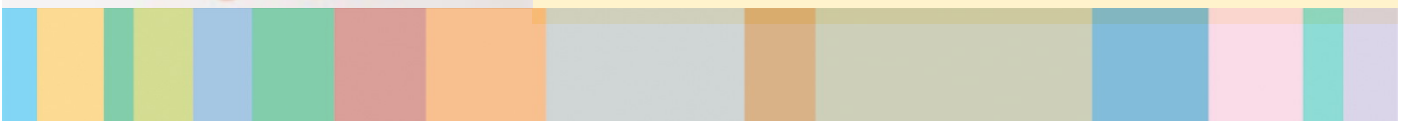
Course Venue

Online via Zoom

Dates / Times

14 November	10am—1pm
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Allegation, Advice & Mediation (Core Skills Programme)

Course Overview

Promoting good practice in managing allegations against Foster Carers

Trainer(s)

Pat Woolley

Course Delivery

Castle Hill

Dates / Times

5 December	9:30am - 12:30pm
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Foetal Alcohol Spectrum Disorder

Course Overview

Raise awareness of the impact of drinking during pregnancy.

Trainer(s)

Ceri Blackmore

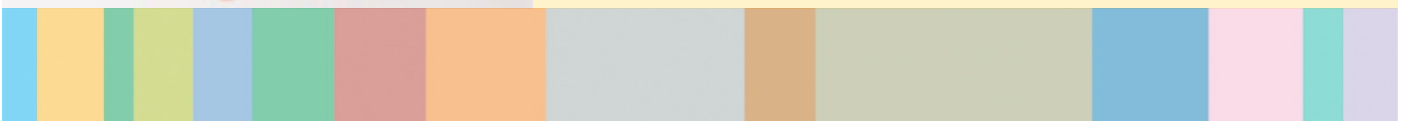
Course Venue

Castle Hill

Dates

16 January 2024	6pm — 9pm
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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

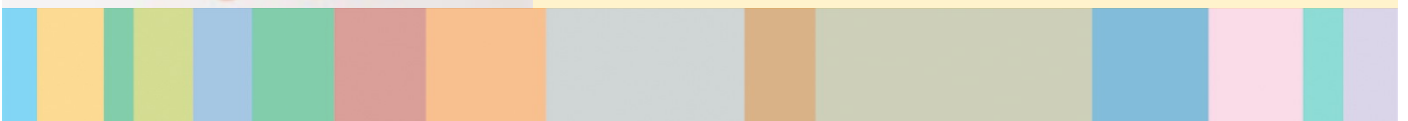
Course Venue

Castle Hill

Date(s)

23 January 2024	6pm—9pm
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Gender Identity Awareness

Course Overview

To raise awareness of transgender and gender identity particularly in relation to children and young people

Trainer(s)

Ceri Blackmore

Course Venue

Castle Hill

Dates / Times

27 February 2024	6pm—9pm
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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

Date(s)

9 November	9:30—12:30
30 January 2024	6pm—9pm



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Alcohol and Risk Taking

Course Overview

Explore attitudes and reasons why young people take risks

Trainer(s)

Ceri Blackmore

Course Delivery

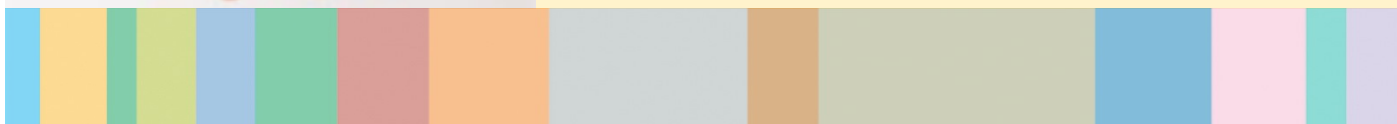
Castle Hill

Dates / Times

26 March 2024	6pm — 9pm
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Emergency First Aid

Course Overview

To provide delegates with an understanding and practical knowledge of the skills in First Aid to enable them to prevent injuries becoming worse, promote recovery and preserve life

Trainer(s)

The Training Company

Course Venue

Castle Hill

Dates / Times

24 November	9:30 - 16:30
12 & 13 March 2024	6pm — 9pm



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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 return

A brief look at benefits that Foster Carers can claim

Trainer(s)

Pat Woolley

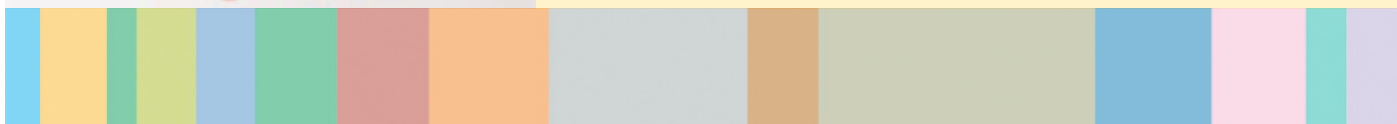
Course Delivery

Online via MS Teams

Dates / Times

22 November	10am—11:30pm
22 November	6pm—7:30pm
5 March 2024	6pm—7:30pm

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Health Needs of looked after children 8-18yrs (Core Skills Programme)

Course Overview

Contents of a healthy lifestyle

Useful materials and services available to Foster Carers and young person on sensitive subjects

Sharing of sensitive Information - who, what & when

Access to useful people & organisations for further information

Trainer(s)

Jane Gore (Classroom)

Course Delivery

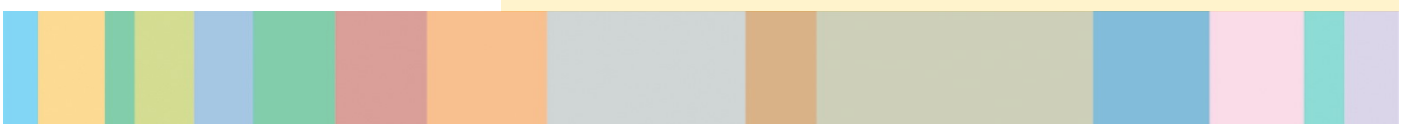
Castle Hil Centre

Dates / Times.

15 November	9:30am—12:30pm
21 March 2024	9:30am—12:30pm



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Keeping Children Safe Level 1—Online

Course Delivery

- This course is run online through Moodle. To access the course you will need to create an account.
- Once you have registered go to the Home page and click on Courses.
- Click on Keeping Children Safe—Basic Awareness

Duration

2 hours

Course Link: [Keeping Children Safe Level 1](#)

In order to have a trouble free training session please observe the following:

1. **Use a desktop or laptop computer**
2. **Use the Google “Chrome” browser**
3. Allow 2 hours to complete the training (you can return if unable)
4. You **must** complete all questions in each section to enable a certificate at the end
5. Ensure your screen is maximised (use Ctrl+ / Ctrl- on windows or CMD+ / CMD- on Mac to establish full screen in view if need be)



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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.

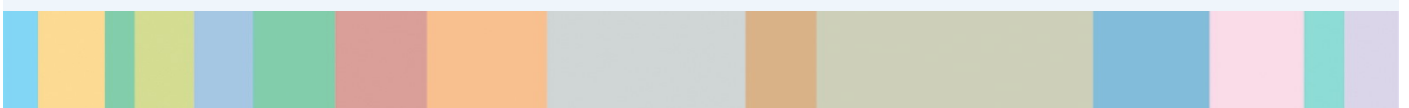
Training is available both online and in person.

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

Course Titles

- [5 Ways to Wellbeing](#)
- [Connect 5: Making mental wellbeing conversations work](#)
- [Community Connect 5: Making mental wellbeing conversations work](#)
- [Living live to the Full](#)
- [Bet you can help now! Practical first aid for gambling related harm](#)
- [Mental Health Champions](#)
- [Safetalk](#)
- [Making every contact count \(MECC\)](#)

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5 Ways to Wellbeing

Course Overview

We will explore the 5 ways to wellbeing and introduce the training pathway that will be available for staff to support many aspects of wellbeing and mental health

Audience

Open to all people who live, work and volunteer in the Bolton area

Facilitators

Learning and Development Team

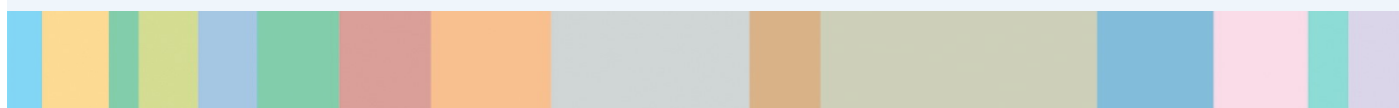
Venue

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

Dates and Times

Dates	Times
7 November 2023	9:00—10:30
	11:00—12:30
	13:00—14:30
12 January 2024	9:00—10:30
	11:00—12:30
	13:00—14:30
7 February 2024	9:00—10:30
	11:00—12:30
	13:00—14:30

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Connect 5

Course Overview

Connect 5 is a 3-session programme that draws on cognitive behavioural therapy to promote self-help. This course aims to raise awareness of how you can support mental health and wellbeing within your everyday life. The intended outcome of this course is to change the way we have mental wellbeing conversations so that we are confident and skilled to have brief conversations in which we help a person think about ways they can take action to improve their mental wellbeing.

Audience

Open to all people working and volunteering in the Bolton area

Facilitators

Learning and Development Team

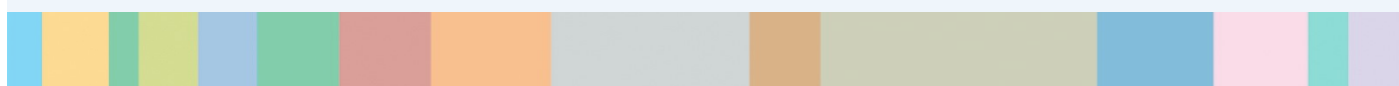
Venue

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

Dates and Times

Dates	Times
14, 21 & 28 November 2023	9:30—13:00
Delegates must attend all 3 dates to complete the course	
18, 25 January & 1 February 2024	9:30—13:00
Delegates must attend all 3 dates to complete the course	
29 February, 7 & 14 March 2024	9:30—13:00
Delegates must attend all 3 dates to complete the course	

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Community Connect 5

Course Overview

Connect 5 is a 3-session programme that draws on cognitive behavioural therapy to promote self-help. This course aims to raise awareness of how you can support mental health and wellbeing within your everyday life. The intended outcome of this course is to change the way we have mental wellbeing conversations so that we are confident and skilled to have brief conversations in which we help a person think about ways they can take action to improve their mental wellbeing.

Audience

Open to all people who live, work and volunteer in the Bolton area

Facilitators

Learning and Development Team

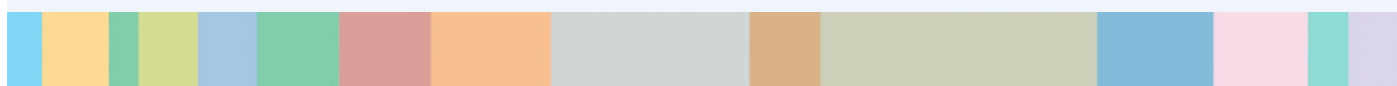
Venue

Various - see below

Dates and Times

Dates	Times	Venue
No dates currently available		
Delegates must attend all 3 dates to complete the course		

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Living Life to the Full

Course Overview

This is a 7-session course that promotes a discovery of how to tackle a variety of problems in life. This course is for anyone who wishes to improve how they feel when they are feeling low or stressed

Audience

This course is for anyone who wishes to improve how they feel when they are feeling low or stressed

Facilitators

Learning and Development Team

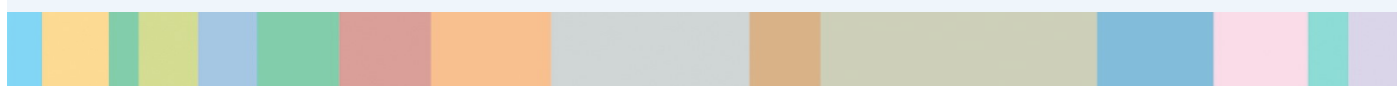
Venue

Castle Hill Centre, Castleton Street, Bolton, B12 2JW

Dates and Times

Dates	Times
9 January 2024, 16 January, 23, 30 January, 6, 13, 27 February 2024	9:30—14:30 9:30—12:30
Delegates must attend all 7 dates to complete the course	

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Practical First Aid for gambling related harm—Bet you can help now!

Course Overview

The 'Bet You Can Help' (BYCH) supports learners to competently implement an early brief intervention with anyone at risk of, or experiencing, gambling harms, and how to signpost to specialist service providers. It seeks to prevent a worsening or escalation of the individual's gambling harms situation. This is done through a developed understanding of the issue, developing confidence in supporting individuals and ultimately by guiding and signposting people in accessing appropriate specialist services

Audience

Open to all people who live, work and volunteer in the Bolton area

Facilitators

Learning and Development Team

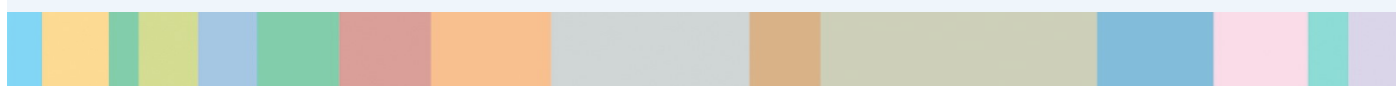
Delivery

Via Microsoft Teams

Dates and Times

Dates	Times
21 November 2023	10:30—12:00

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Mental Health Champions

Course Overview

This one day course qualifies you as an MHFA Champion giving you an understanding of common mental health issues. Knowledge and confidence to advocate for mental health awareness. Ability to spot signs of mental ill health and skills to support positive well-being, looking after yourself and others.

Audience

Open to all people working and volunteering in the Bolton area

Facilitators

Re-Align Futures

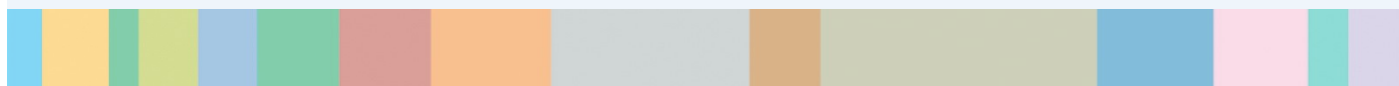
Delivery

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

Dates and Times

Dates	Times
4 December 2023	9:30am—5pm
6 February 2024	9:30am—5pm
24 April 2024	9:30am—5pm
20 June 2024	9:30am—5pm

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Safetalk

Course Overview

Half-day training in suicide alertness

It helps participants to recognise a person with thoughts of suicide and connect them with resources that can help them in choosing to live. Participants don't need any formal preparation to attend the training. Anyone who wants to make a difference can learn the safeTALK steps.

Audience

Open to all people working and volunteering in the Bolton area

Facilitators

Re-Align Futures

Delivery

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

Dates and Times

Dates	Times
8 December 2023	1pm—4:30pm
29 February 2024	9:30am—12:45pm
8 May 2024	9:30am—12:45pm

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Making Every Contact Count (MECC)

Course Overview

MECC is designed to support learners with developing an understanding of how to engage in having a positive health and wellbeing conversations within a workplace or with an individual. You will learn how to recognise opportunities to talk to people about their wellbeing, it focuses on how asking the right questions and listening effectively to people is a vital role for all of us.

Audience

Open to all people living, working and volunteering in the Bolton area

Facilitators

Learning and Development Team

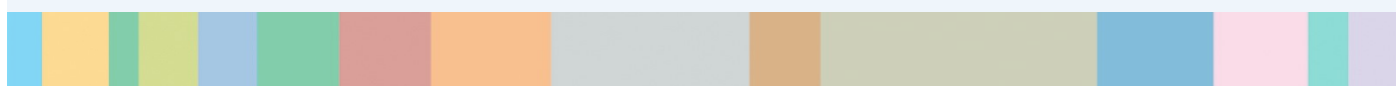
Delivery

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

Dates and Times

Dates	Times
1 December 2023	9:30am—4:30pm
19 March 2024	9:30am—4:30pm

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

Nomination Form

Important Booking Information

Once the booking has been made , you will receive a confirmation email from the Learning and Development Team, if you do not receive anything please check your junk mail first.

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 in limited supply.

If the course is being delivered online via MS Teams you will receive a link to the training a week before the course start date

If you don't receive anything or have any queries regarding the training please contact the Learning and Development Team.

Email: Learninganddevelopment@bolton.gov.uk

Tel: 01204 337600

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

[Working with Children website](#)

[ME learning Link](#)

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