

Foster Carer Training Programme 2025 - 2026



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 for 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 2025/2026.](#)

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 own 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 and inform your Supervising Social Worker and learninganddevelopment@bolton.gov.uk of any changes.

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”.

learninganddevelopment@bolton.gov.uk

[Important booking information](#)



Core Skills Programme

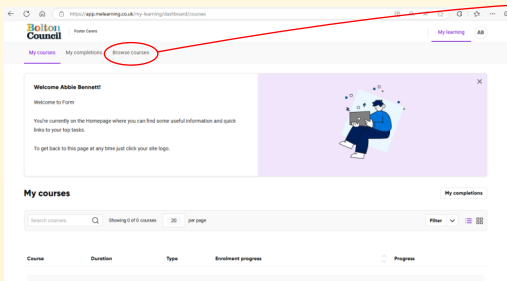
The courses listed here are part of the Core Skills Programme and should be completed by all Foster Carers



How to Book on to Courses

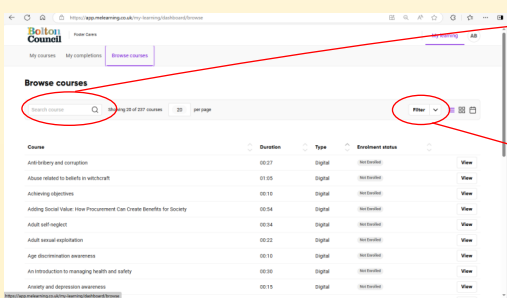
In order to access the free training listed in this training programme, you will need to access to your Me-Learning account.

Use this brochure to identify which Face to Face or Online courses you would like to attend and then in Me Learning, click on the Browse Courses section and search for your selected course. Once you have found the course you have searched for click 'View' and then 'Enrol'. Alternatively, Once you have selected Browse Courses, you can then click 'Filter' - 'Type' and select Event or Digital for the type of course you are looking for.



1. Select 'Browse Courses'

On this page you will see a list of ALL the courses available to you.



2. Search for your selected course

Once searched, you will see the course you are looking for on your screen. Select view and enrol to sign up.

or

3. Select Filter - Type: Event and then search and select the course you are looking for.

When you filter to events you will see a full list on all course events. Here, you will need to look for your course and then click view and enrol.

If you are enrolling onto an Online course/ event, this will be delivered by Microsoft Teams or Zoom.

Your link to the online session will be visible on your Me Learning Courses once you have enrolled.

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Essential Training

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Attachment, Identity and Secure Base to Child Development

Course Overview

This is a combined course for Foster Carers covering Attachment and Identity and the Secure Base to Child Development training previously delivered separately.

This course will provide Foster Carers with a basic understanding of attachment theory and how it links into the children's sense of identify. It will also Explain what a secure base is, why it is important and how carers can provide secure base care.

Trainer(s)

Sharon Williams-Jarvis / Olga Baba

Course Venue

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

Dates	Times	Delivery
5th June 2025	17:30 - 20:30	F2F - Castle Hill Centre
20th January 2026	09:30 - 12:30	F2F - Castle Hill Centre



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The Secure Base Promoting Attachment and Resilience (5 Days)

Course Overview

A secure base is at the heart of an successful caregiving environment—whether within the birth family, in foster care, residential care or adoption. A secure base is provided though a relationship with one or more caregivers who offer a reliable base from which a young person 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 wit a corresponding developmental benefit for the child.

This 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
6,13,20,27 June & 4 July 2025	09:30-12:30	F2F - Castle Hill Centre
9,16,13,30 January & 6 February 2026	09:30 - 12:30	F2F - Castle Hill Centre

Parenting Children who are Looked After (Behaviour Management)

Course Overview

This training course is to provide core skills for Foster Carers and support Foster Carers in identifying 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
19th June 2025	09:30 - 12:30	F2F - Castle Hill Centre
13th January 2025	18:00 - 21:00	F2F - Castle Hill Centre



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Education Needs of Looked After Children

Course Overview

This course will provide support for Foster Carers on examining strategies for supporting children’s education and learning.

Trainer(s)

Virtual Schools

Course Venue

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

Dates	Times	Delivery
3rd July 2025	18:00-20:00	Online
5th February 2025	10:00-12:00	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
11th July 2025	09:30—13:00	F2F - Castle Hill Centre
13th February 2026	09:30—13:00	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)

TBC / Olga Baba

Course Venue

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

Dates	Times	Delivery
TBC	TBC	TBC



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Allegation against Foster Carers

Course Overview

This course promotes good practice in managing allegations against Foster Carers.

Trainer(s)

Pat Woolley

Course Venue

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

Dates	Times	Delivery
13th May 2025	10:00 - 13:00	F2F - Castle Hill Centre
2nd October 2025	17:30 - 20:30	F2F - Castle Hill Centre



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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
1st / 8th / 15th / 22nd May 2025	18:00 - 21:00	F2F - Castle Hill Centre
11th / 12th September 2025	09:30 –15:30	F2F - Castle Hill Centre
5th / 6th February 2025	09:30 –15:30	F2F - Castle Hill Centre



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Health Needs of Looked after Children 0-18 yrs

Course Overview

This is a new course that previously split Health Needs of Looked after Children into ages 0-8 and 8-18.

This combined course will now focus on how you can best support the health of the child in your care between the ages of 0 to 18.

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, puberty, and sexual health. 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
26th June 2025	09:30-12:30	F2F Castle Hill



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Foetal Alcohol Spectrum Disorder, Parental Substance Misuse and Drug and Alcohol awareness.

This is essential training for all Foster Carers.

This is a full day course combining what was 3 separate sessions around the affects of drug and alcohol misuse.

Raise awareness of the impact of drinking during pregnancy.

Increase knowledge about the physical, emotional and behavioural effects of F.A.S.D.

Create an awareness of drug alcohol misuse by adults and children.

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
10th July 2025	09:30-16:00	F2F Castle Hill



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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

Course Venue

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

Dates	Times	Delivery
14th May 2025	17:30 - 20:00	Online
13th January 2026	10:00 - 11:30	F2F - Castle Hill Centre



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Navigating Autism: Autism Training

Course Overview

This course is for Foster Carers only and delivers a comprehensive overview of Autism, designed for those who are new to the topic and are caring for children with Autism. This session will provide foundational knowledge and practical strategies to support delegates with everyday situations.

Trainer(s)

Gaynor Coldwell

Course Venue

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

Dates	Times	Delivery
5th September 2025	09:30 — 14:30	F2F Castle Hill

Take Care: Self Harm Awareness

Course Overview

This workshop is aimed at Foster Carers and will promote an awareness of Mental Health, Self Harm and Suicide in young people. This course will provide support for Foster Carers working with children and young people who have low Mental Health.

Trainer(s)

Dawn Harman (Realign Futures)

Course Venue

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

Dates	Times	Delivery
13th May 2025	13:00—17:00	F2F Castle Hill

Special Guardianship

Course Overview

This course is for Foster Carers to support them with Special Guardianship Orders (SGOs). This training provides insights on how to deal with the challenges involved with SGOs.

Trainer(s)

Sally Kelly

Course Venue

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

Dates	Times	Delivery
15th May 2025	08:30 –12:30	F2F Castle Hill
18th November 2025	08:30– 12:30	F2F Castle Hill

Whistlestop LGBT+ Awareness: Gender and Sexual Identity

Course Overview

This training is for Foster Carers supporting children and young adults.

This is a 90-minute online course that combines gender and sexual orientation in a short whistle-stop tour. This course provides a brief overview of LGBT+ identities, including appropriate and current language and terminology. It also provides an opportunity to have your questions answered by expert trainers and offers signposting to useful resources.

This course will raise awareness of transgender, gender identity and sexual identity particularly in relation to children and young people.

Trainer(s)

The Proud Trust

Course Venue

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

Dates	Times	Delivery
8th July 2025	10:00 — 11:30	Online

Leaving Care: Promoting Independence

Course Overview

This course is for Foster Carers who support looked after children aged 14+ to prepare them for Leaving care and ensure they have the independence skills they need to take care of themselves upon leaving care.

Aims and Objectives of this course:

- Identify the challenges Looked after young people face.
- Explain Leaving care services including the pathway plan
- Discuss the skills young people need to develop.
- Define budgeting difficulties.
- Recognise how important foster carers are in preparing young people for Independence

Trainer(s)

Darren Smith & The Leaving Care Team (Bolton)

Course Venue

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

Dates	Times	Delivery
23rd October 2025	10:00—13:00	F2F Castle Hill

Keeping Children Safe Basic (Signs and Symptoms)

This course is now available via the Open access platform 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.

Courses are free of charge for anyone working or volunteering in Bolton.

Please take a look at the Mental Health and Wellbeing training offer using the link below. Please be aware that this will be updated on a regular basis.

[Training Programme](#)

To access this training, you will need access to the Open Learning Platform within your Me learning account. If you have not accessed the Open Learning Platform before, you will need to email learninganddevelopment@bolton.go.uk to request access to this platform in order to book on to any of the Mental Health and wellbeing training sessions.



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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 a trained facilitator.

Duration

Sessions are 3 hours long and run over 15 weeks.

Trainer

Deborah Green

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 this 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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Internet Safety and Online Gaming Support



For support and advice with online safety and setting boundaries with online gaming, see The National College website and select Parent Guides or follow the #WakeupWednesday campaign for weekly updates and support.

[Library | The National College](#)



 @wake.up.wednesday

 @wake.up.weds

 @wake_up_weds

 /www.thenationalcollege

Important Booking Information

Please see Information on how to book on to courses at the front of this brochure.

If the course is being delivered online via Microsoft Teams you will be able to access the session link once you have enrolled. Upon enrolment, a 'Join Now' button will appear in you Me Learning courses with the name of the event. You will also receive a notification email of your enrolment and will be able to add the event to your calendar.

On the day of the course, you will need to log in to Me learning, select 'My courses' and click 'View' then 'Join Now' to access the training session. Please ensure you have Microsoft teams installed ready and join the training at least 5 mins before the start time.

Please discuss with your Supervising Social Worker if there is any other training you require.

Useful Links

[Homepage – Learning and development](#)

[Foster carers – Learning and development](#)

[Me Learning](#)

[Local SEND Offer](#)

Email: Learninganddevelopment@bolton.gov.uk

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Tel: 01204 337600