

# **Carers**

## **Training Programme 2026-2027**



# Carers Training Programme 2026-2027

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## **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,
- 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 where 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](mailto: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 you’re 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](mailto:learninganddevelopment@bolton.gov.uk)

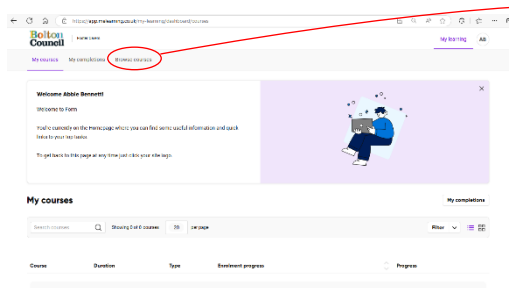
[Important booking information](#)



## How to Book on to Courses

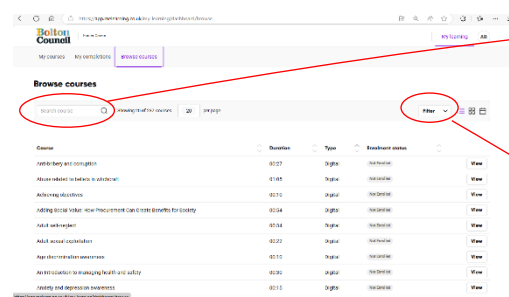
In order to access the free training listed in this training programme, you will need to access to your Me-Learning account.

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.



## Core Skills Programme

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



## Core Skills

### 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 identity. It will also Explain what a secure base is, why it is important and how carers can provide secure base care.

#### Aims and Objectives

- Understand the principles of attachment theory and how they influence a child's emotional and social development.
- Explore the link between attachment and identity, helping carers support children in developing a positive sense of self.
- Learn how to provide a secure base through practical strategies that promote stability, trust, and resilience in foster care.

#### Trainer(s)

Sharon Williams-Jarvis / Olga Baba

#### Course Venue

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

Dates	Times	Delivery
23 <sup>rd</sup> June 2026	09:30 - 12:30	F2F - Castle Hill Centre
14 <sup>th</sup> January 2027	18:00 -21:00	F2F - Castle Hill Centre



## The Secure Base: Promoting Attachment and Resilience (5 Day Course)

### Course Overview

A secure base is at the heart of a 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 a young person can explore and a safe haven for reassurance when there are difficulties. 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.

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.

### Aims and Objectives

- Develop a clear understanding of the Secure Base model
- Equip carers and professionals with practical strategies
- Apply the principles of attachment theory and family membership

### Trainer(s)

Deborah Green & Sharon Williams-Jarvis

### Course Venue

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

Dates	Times	Delivery
4 <sup>th</sup> , 11 <sup>th</sup> , 25 <sup>th</sup> June 2026 & 2 <sup>nd</sup> , 9 <sup>th</sup> July 2026	09:30-12:30	F2F - Castle Hill Centre
17 <sup>th</sup> , 24 <sup>th</sup> September 2026 & 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> October 2026	09:30 - 12:30	F2F - Castle Hill Centre





## Core Skills

# 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.

## Aims and Objectives

- Understand the underlying causes of challenging behaviour in looked-after children, including the impact of trauma and attachment difficulties.
- Develop positive behaviour management strategies that promote emotional regulation, trust, and stability within the caregiving environment.
- Enhance carers' confidence and skills in responding to difficult behaviour in a constructive and supportive way, reducing conflict and fostering resilience.

## Trainer(s)

Sharon Williams-Jarvis

## Course Venue

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

Dates	Times	Delivery
16 June 2026	09:30 - 12:30	F2F - Castle Hill Centre
19 <sup>th</sup> January 2027	18:00 - 21:00	F2F - Castle Hill Centre

Core Skills

## 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.

### Aims and Objectives

- Understand the barriers to learning and educational achievement faced by looked-after children, including the impact of trauma and disrupted schooling.
- Explore practical strategies and resources to support children's educational progress and engagement in school and home learning environments.
- Enhance carers' ability to advocate for children's educational needs, working effectively with schools and professionals to promote positive outcomes.

### Trainer(s)

Virtual Schools

### Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW or online via Microsoft Teams

Dates	Times	Delivery
1 <sup>st</sup> July 2026	10:00-12:00	F2F - Castle Hill Centre
3 <sup>rd</sup> February 2025	13:30-15:30	F2F - Castle Hill Centre

Core Skills

## Care Planning

### Course Overview

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

### Aims and Objectives

- Understand the purpose and process of care planning within Children and Families services and how it supports positive outcomes for looked-after children.
- Recognize the foster carer's role and responsibilities in contributing to effective care plans and working collaboratively with professionals.
- Develop skills to implement and review care plans that meet the child's individual needs and promote stability, safety, and well-being.

### Trainer(s)

Deborah Green

### Course Venue

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

Dates	Times	Delivery
7 <sup>th</sup> May 2026	09:30—13:00	F2F - Castle Hill Centre
12 <sup>th</sup> November 2026	18:00- 21:00	F2F - Castle Hill Centre
26 <sup>th</sup> February 2027	09:30—13:00	F2F - Castle Hill Centre

Core Skills

## Safer Caring

### Course Overview

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

### Aims and Objectives

- Recognise potential signs and indicators of abuse in children and understand the factors that may place them at risk.
- Develop confidence in responding appropriately to disclosures of abuse, following safeguarding procedures and legal requirements.
- Understand the foster carer's role in promoting a safe and protective environment, balancing care with risk awareness and professional boundaries.

### Trainer(s)

Deborah Green

### Course Venue

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

Dates	Times	Delivery
26 <sup>th</sup> June 2026	09:30-12:30	F2F - Castle Hill Centre
5 <sup>th</sup> November 2026	09:30-12:30	F2F - Castle Hill Centre
10 <sup>th</sup> March 2027	09:30-12:30	F2F - Castle Hill Centre

Core Skills

## **Allegations Against Foster Carers**

### **Course Overview**

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

### **Aims and objectives**

- Understand the procedures and legal framework for managing allegations against foster carers, including safeguarding principles and statutory guidance.
- Develop knowledge of best practice in responding to allegations promptly, fairly, and transparently to protect both the child and the carer.
- Recognise the emotional and practical impact of allegations and explore strategies for maintaining professionalism, resilience, and support networks during the process.

### **Trainer(s)**

Pat Woolley

### **Course Venue**

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

Dates	Times	Delivery
9 <sup>th</sup> June 2026	12:00-14:00	F2F - Castle Hill Centre
18 <sup>th</sup> January 2026	09:30-12:00	F2F - Castle Hill Centre

## Core Skills

### 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.**

#### Aims and Objectives

- Understand the roles and responsibilities of a paediatric first aider, including how to assess emergency situations safely and effectively.
- Develop practical skills to respond to common childhood injuries and medical emergencies, such as CPR, choking, bleeding, shock, burns, and fractures.
- Gain confidence in applying first aid techniques to preserve life, prevent deterioration, and promote recovery, leading to certification in Level 3 Paediatric First Aid.

#### Trainer(s)

Paul Kenny – BUFF

#### Course Venue

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

Dates	Times	Delivery
TBC	TBC	F2F - Castle Hill Centre
TBC	TBC	F2F - Castle Hill Centre
TBC	TBC	F2F - Castle Hill Centre



## Core Skills

### Health Needs of Looked After Children 0-18 Years

#### 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 carer's 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.

#### Aims and Objectives

- Understand the common health challenges and increased needs
- Explore practical strategies to support physical, emotional, and mental health
- Develop confidence in promoting good health and accessing support services

#### Trainer(s)

Davina Croft & Ceri Blackmore

#### Course Venue

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

Dates	Times	Delivery
16 <sup>th</sup> April 2026	09:30-12:30	F2F Castle Hill
7 <sup>th</sup> July 2026	12:00-15:00	F2F Castle Hill
2 <sup>nd</sup> November 2026	17:30-20:30	Online via MS Teams



## Essential Skills Programme

The following courses are essential for foster carers in meeting the needs of children in their care. Carers should complete any training that is necessary to ensure they can provide safe, effective, and supportive care tailored to each child's individual requirements.

### 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.

#### Aims and Objectives

- Understand the tax responsibilities of foster carers, including registering with HMRC and the specific tax scheme designed for fostering.
- Learn how to calculate taxable profit and complete an online Self-Assessment, ensuring compliance with tax regulations.
- Gain awareness of National Insurance requirements and benefits available to foster carers, supporting financial planning and stability.

#### Trainer(s)

Pat Woolley

#### Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW or online via Microsoft Teams

Dates	Times	Delivery
13 <sup>th</sup> July 2026	09:30-12:30	F2F Castle Hill
21 <sup>st</sup> September 2026	09:30-12:30	F2F Castle Hill





## Gaynor Caldwell Neurodiversity Awareness Training

Understanding behaviour. Reducing overwhelm. Strengthening connection.

### Course Overview

Have you ever wondered why a small request can trigger a huge reaction, or why consequences that work for one child escalate things for another?

Many children in foster care are neurodivergent — diagnosed, awaiting assessment, or undiagnosed. What can look like defiance, avoidance or aggression is often anxiety, sensory overwhelm, rejection sensitivity or emotional dysregulation.

This Neurodiversity Awareness session is designed to help you better understand the children in your care and feel more confident supporting them at home.

We explore autism, ADHD, dyslexia, dyspraxia, dyscalculia, Tourette's and tics, sensory processing differences, PDA, intellectual disability and rejection sensitive dysphoria (RSD) — focusing on how these present in everyday family life: routines, school, friendships, sleep and transitions.

We will also look at the assessment process — what it involves, when to seek further support, how referrals work, and how to advocate effectively.

This training takes a compassionate, strengths-based approach, moving beyond labels to understand each child's unique profile of strengths and needs.

### Aims and Objectives

- Recognise different neurodivergent presentations
- Understand how neurodivergence shapes behaviour and emotional responses
- Feel more confident supporting children experiencing dysregulation
- Have practical strategies to use at home
- Better understand the assessment journey
- Strengthen your existing knowledge and expertise

### Trainer(s)

Gaynor Caldwell

### Course Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW or online via Microsoft Teams

Dates	Times	Delivery
12 <sup>th</sup> May 2026	09:30 — 14:30	F2F Castle Hill
21 <sup>st</sup> September 2026	09:30 — 14:30	F2F Castle Hill



## Special Guardianship Orders and Kinship Caring

### 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.

### Aims and Objectives

- Understand the purpose and legal framework of Special Guardianship Orders (SGOs) and how they differ from other permanency options.
- Explore the challenges and responsibilities associated with SGOs, including supporting children's emotional, practical, and identity needs.
- Equip foster carers with strategies and resources to navigate the transition to Special Guardianship and maintain positive, stable placements.

### Trainer(s)

Sally Kelly

### Course Venue

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

Dates	Times	Delivery
TBC		F2F Castle Hill
TBC		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.***

### Aims and Objectives

- Increase understanding of LGBT+ identities, including gender identity, sexual orientation, and the importance of inclusive language and terminology.
- Develop awareness of the challenges faced by LGBT+ children and young people, and explore ways foster carers can provide supportive and affirming care.
- Equip carers with resources and guidance to confidently address questions, promote equality, and signpost to specialist support services.

### Trainer(s)

The Proud Trust

### Course Venue

Online via Microsoft Teams

Dates	Times	Delivery
18 <sup>th</sup> September 2026	09:30-12:30	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

- 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

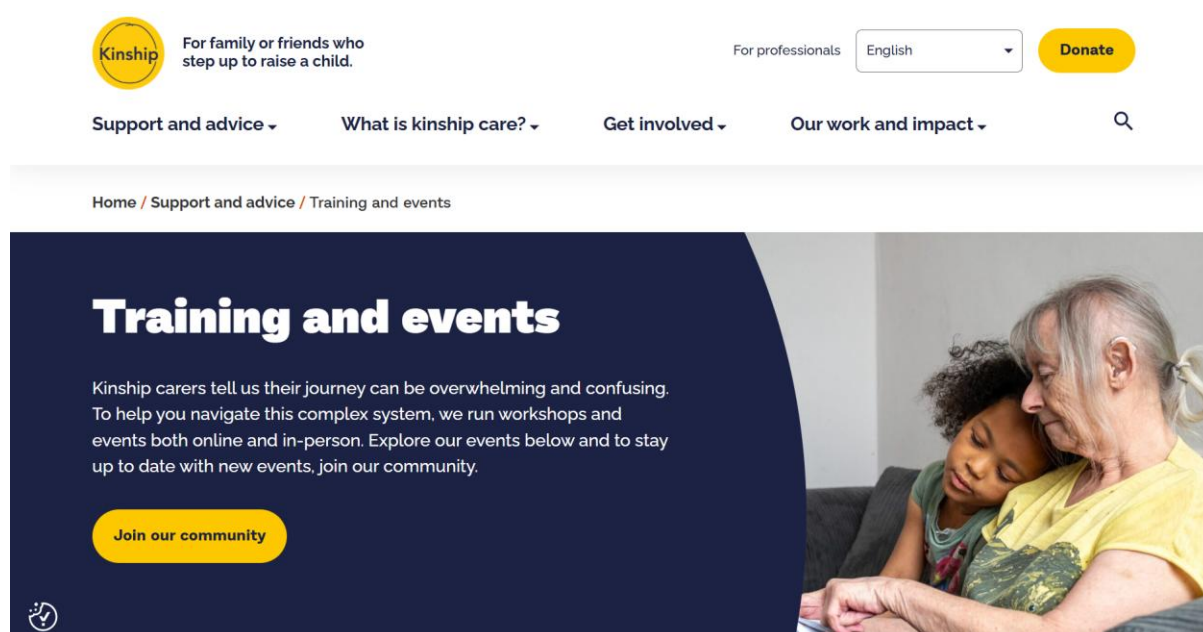
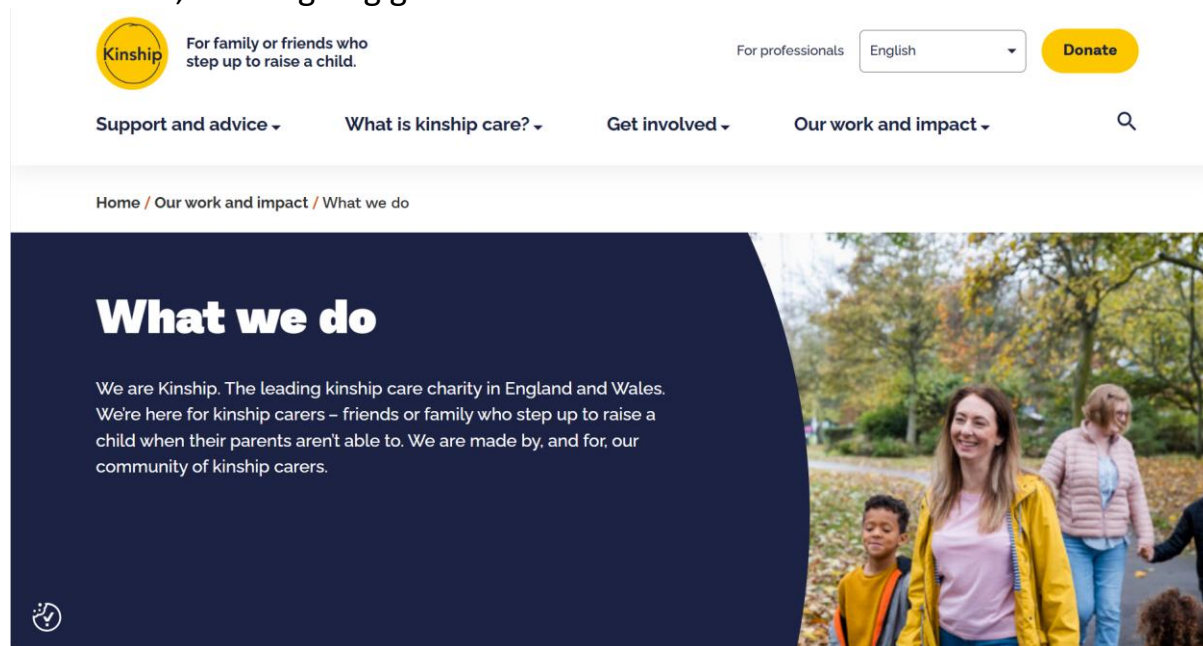
Dates	Times	Delivery
TBC		

## Kinship Carers Free Training and Support

Follow the weblink below to access free Kinship Training and Support.

[Free training and events for kinship carers | Kinship](#)

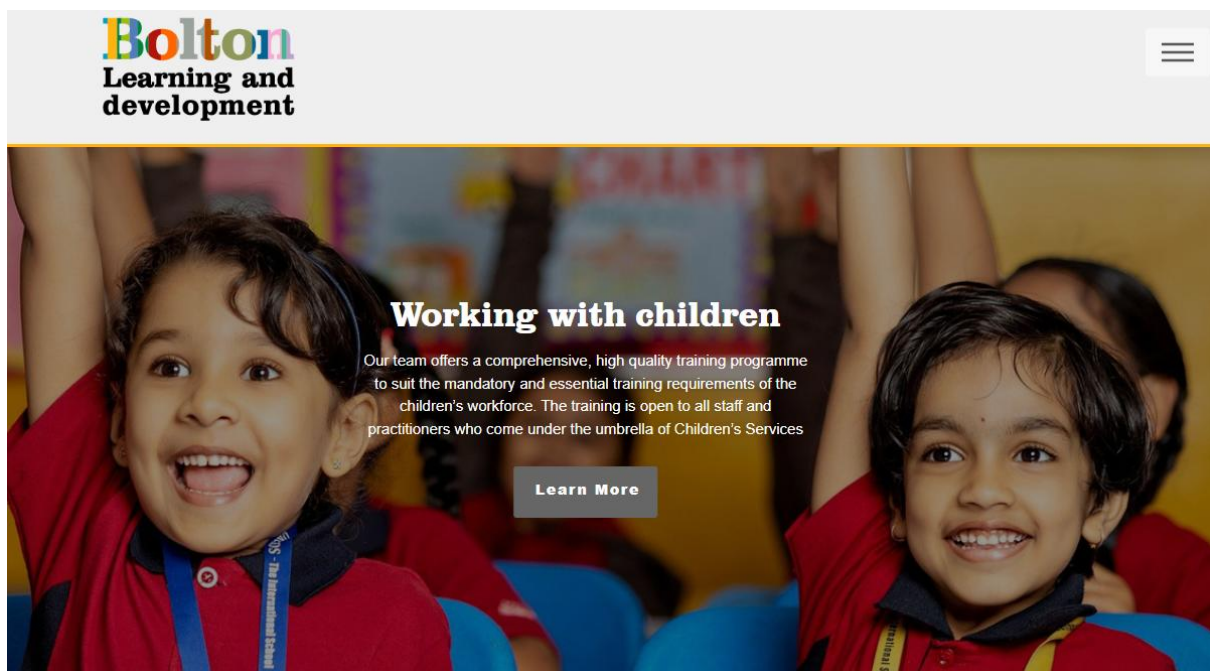
This site provides a free training and support service for kinship carers across England. Their offer includes online and in-person workshops, masterclasses, roadshows, and ongoing guidance.



## 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](#)

## 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](mailto: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.



## 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

### Course Overview

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.**





## **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**

## 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](#)



Follow social media pages for regular updates and top tips to support online safety and gaming at home.

 @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](mailto:Learninganddevelopment@bolton.gov.uk)

Tel: 01204 337600

