

# fostering



*Foster Carer Learning and Development Programme*

Our fostering service is with you every step of the way, from your initial application to when you are a foster carer.



[www.lancashire.gov.uk/fostering](http://www.lancashire.gov.uk/fostering)

**Lancashire**

County  
Council



**Our fostering service is with you every step of the way, from your initial application to when you are a foster carer.**



We will provide you with access to a wide range of learning, development and training opportunities to support you in your role as a foster carer. This training will include helping you to understand and respond to the needs of the children that you are caring for.

You will benefit from a thorough induction programme. This induction will start at the beginning of your assessment process and will continue during your first year of being a foster carer. We will do all we can to make sure that you have the knowledge and skills that you need.

**“ We really pleased to let you know about the Foster Care Academy we run at Lancashire County Council.**

Becoming a foster carer is exciting, but we appreciate that it can also be challenging at times.

Whilst you are being assessed for fostering, you will realise there is a lot to learn and understand to help you to do the best you can for our children in care. We have created a range of different support and learning opportunities to give you the skills, knowledge and confidence you need to understand your role as a foster carer and also to look after yourself.

Our Foster Care Academy has been developed specifically to focus on support for you throughout assessment and during your first year as a foster carer.

We recognise we need to provide support and guidance all the way and I want to reassure you that we will walk this journey with you.

**”**



**Heidi Fliegauf**  
Fostering Senior Manager  
for Support to Permanence



**Catrina Dickens**  
Fostering Senior Manager  
for Assessment with Family  
and Friends





### **Training for foster carers**

There are some essential courses that we need you to attend within your first year as a foster carer, so that we can make sure you have the information that you need.

### **During your assessment**

#### **Skills to foster**

This is a two and a half day preparation course to give you an overview of the various aspects of the role of a foster carer and to provide you with an insight into the experiences of the children in our care. It also provides an introduction to caring for our children and the different professionals you will meet when you are caring for our children.

### **Essential courses you need to complete within a year of approval**

#### **Child development attachment and promoting resilience**

This course deals with the stages of child development and shows how children in our care may have been adversely affected by their early childhood experiences.

The course also explores how you can contribute towards improving the child and young person's self-esteem and resilience.

#### **First aid for foster carers**

This course demonstrates how to provide immediate first aid assistance in a variety of circumstances, mainly involving children.

You will be awarded a certificate when you have completed the course, which will be valid for three years.



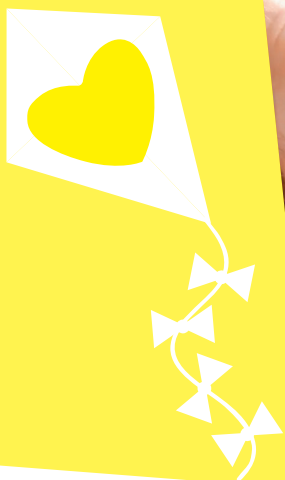
### **Keeping children safe online**

The course highlights the potential risks facing children within the online world and their use of technology. This is an essential online, safeguarding session for parents, carers and guardians and is compulsory.

### **Level 1 Introduction to safeguarding and child protection**

This course gives you a comprehensive insight into the often complex and emotive issues of safeguarding and child protection.





### **E-Learning Prevent duty e-Learning via the Home Office**

This offers an introduction to the Prevent duty, and explains how it aims to safeguard vulnerable people from being radicalised to supporting terrorism or becoming terrorists themselves.

### **Child sexual exploitation e-learning via the Children's Trust**

This offers an introduction to child sexual exploitation and the signs to look out for if you suspect that a child is being sexually exploited.

### **Information governance eLearning**

This information governance course makes sure that all people working with sensitive and personal data are aware of their legal responsibilities to keep that information safe and secure, and to know how, when and to whom information can be given or withheld.

We will support you to develop the necessary knowledge, skills and values in order to provide a safe, caring and nurturing environment for the children who are placed in your care.

You will need to complete the Training, Support and Development (TSD) Standards within 12 months of being approved, in preparation for your first review. The TSD workbook and further information is available via the link below: [www.gov.uk/government/publications/training-support-and-development-standards-for-foster-careevidence-workbook](http://www.gov.uk/government/publications/training-support-and-development-standards-for-foster-careevidence-workbook)



## **Recognising and respecting differences**

This is an essential course, that we will also ask you to complete within the first two years of your approval. It is designed to assist you to:

- fully appreciate the varied background of children and young people
- respect and promote each child and young person's unique personality, social circumstances and cultural backgrounds.

## **Effective communication and keeping written records**

This course is intended to assist you to effectively communicate with children and young people. It will also help you to keep useful, personal and accurate records on children in our care, which is important for many different reasons.

## **Supporting you to meet the needs of the children in your care**

You may be aware that Lancashire County Council benefits from a specialist emotional wellbeing service called SCAYT+. This is a multi-disciplinary team who support carers, parents and professionals of looked after and adopted children in Lancashire. The team provide advice about creating nurturing environments and parenting children who have experienced loss, trauma, abuse and neglect. SCAYT+ works on the basis of strengthening the relationship between the parent/carer and the child/young person. SCAYT+ support is tailored to meet the individual needs of the child and their family. We offer individual advice and support, training and group based intervention.

SCAYT+ offers you two one-day training courses.

SCAYT+ day 1 explores perspectives on attachment, brain development and trauma. The course develops your skills in providing therapeutic parenting; having an attitude of playfulness, acceptance, curiosity and empathy (PACE), co-regulating a distressed child and providing a nurturing environment.

Once you have completed SCAYT+ day 1, you can develop your skills further on SCAYT+ day 2. The course gives you the opportunity to practise and enhance your therapeutic care skills; putting PACE theory into practice. You are also encouraged to develop strategies to promote your own emotional wellbeing and to explore the importance of self-care and building resilience.

## **When and where you can attend your training courses**

Our training is run at family friendly times during school hours, in the evenings and it is also available online.

We provide a range of venues across Lancashire so that you can attend a course as close to where you live as possible. You are welcome to attend a course at any of the training venues, even if it is further away from where you live, if you prefer to.



Hyndburn, Rossendale and Ribble Valley	Oswaldtwistle Mills, Clifton Mill, Pickup Street, Oswaldtwistle, BB5 0EY
Burnley and Pendle	Burnley - The Exchange, Barden Lane, Burnley, BB10 1JD
Central	The Exchange, Pitt Street, County Hall, Preston, PR1 8XJ Conservation Studios, Lancashire Conservation Studios, St Mary's Street, Preston, PR1 5LN
North	Lancaster and Morecambe College, Morecambe Road, Lancaster, LA1 2TZ Mill 14, White Cross, South Road, Lancaster, LA1 4XQ
West Lancashire	Eavesdale Neighbourhood Centre, Tanhouse, Skelmersdale, WN8 6AU





## Booking your courses

It's easy to book on our training courses at [www.lancashire.gov.uk/practitioners/training/foster-carer-training-home/mandatory-training-courses](http://www.lancashire.gov.uk/practitioners/training/foster-carer-training-home/mandatory-training-courses).

Please select the date, and the course you would like to attend, and the venue. If you have any difficulties booking please ask our fostering team for help.

We do understand that sometimes unexpected circumstances occur which mean that you cannot make your training bookings, such as the children you are caring for being unwell.

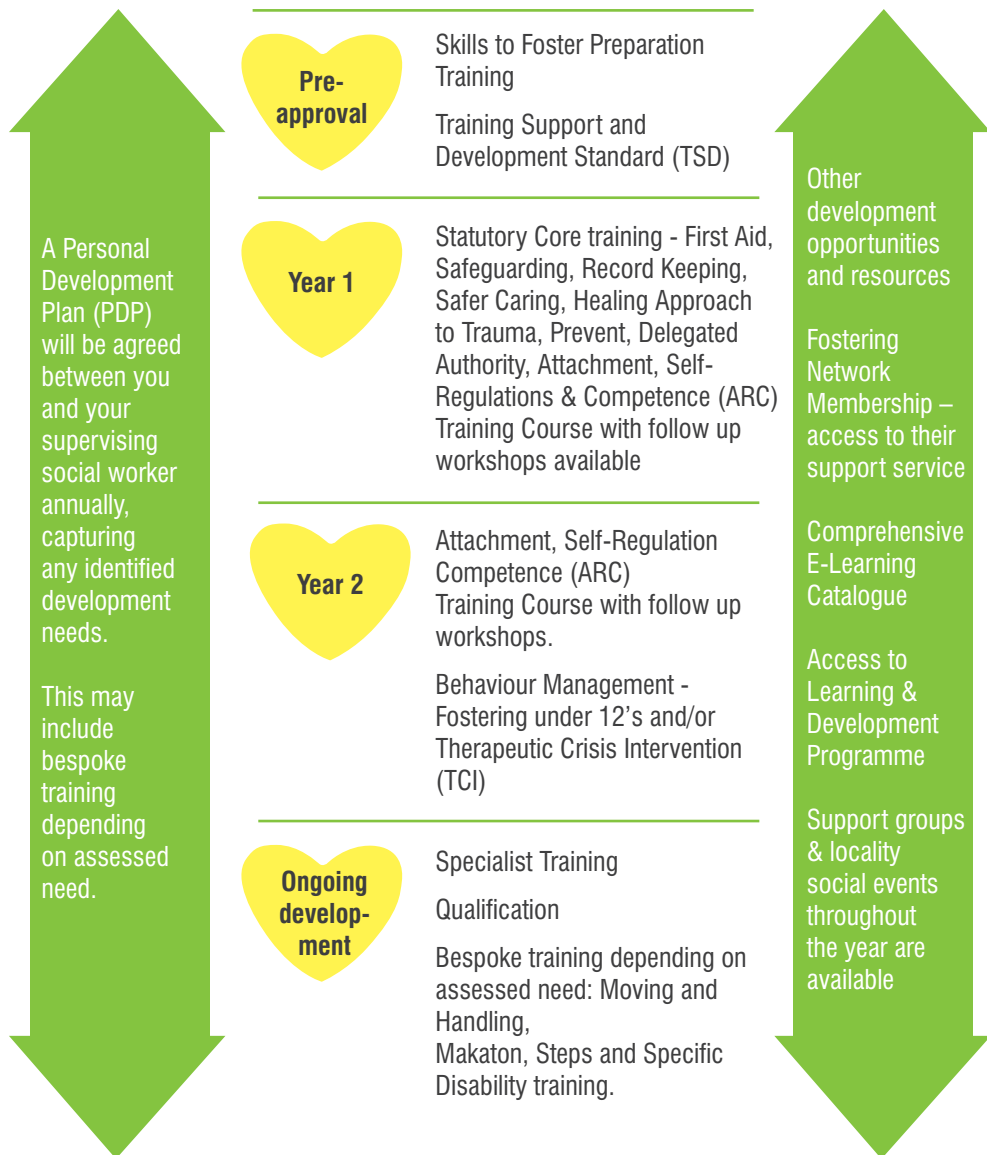
Our training courses are very popular and often over-subscribed, so if you are unable to attend please call our Learning and Development team on **01772 538474** as soon as possible so your place can be offered to someone else.



## Personal Development Plan and training

We will create a Personal Development Plan (PDP) with you during your assessment and each year after you are approved as a foster carer. Your PDP will include the training, learning, development and support groups that we feel are essential at each stage of your fostering journey and we will also tailor it to your individual learning needs.

## Training support and development standards





**What our foster  
carers say about  
our training**

**"Everything we  
talked about will  
be used in my  
role."**

**"Very open  
and loved it.  
Very interesting and  
hearing different  
experiences."**

**"Absolutely  
fascinating course.  
Very knowledgeable  
and enthusiastic  
trainer."**

**"Very informative, good  
use of wording and  
language to use  
in daily  
recordings."**

**"Delivered in a way  
that was able to be  
understood and also  
open to answering any  
questions."**

**"The content was  
communicated using just  
the minimum amount of  
jargon so everyone could  
understand. Great."**

**"This will change  
the way I think  
before I deal  
with our young  
children."**

**"Extremely  
informative and  
enjoyable."**

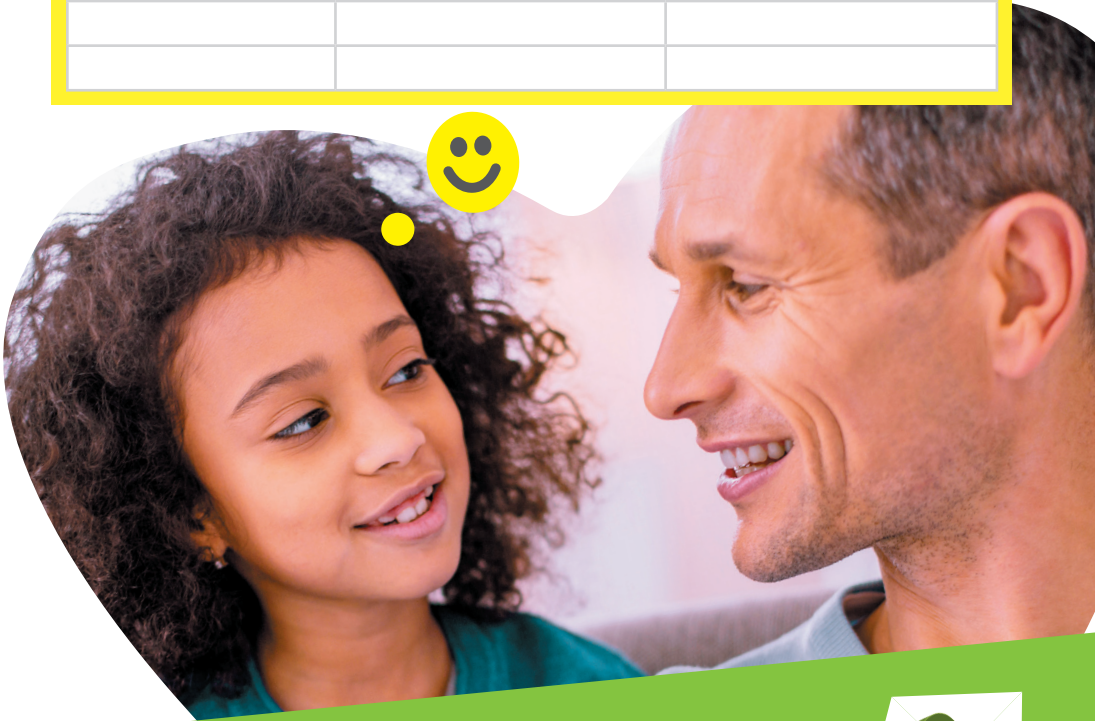
Training course	Date completed	Three things I have learnt
Skills to foster		
Information governance (e-learning)		
Prevent (e-learning)		
Child sexual exploitation (e-learning)		
Child development, attachment and promoting resilience		
First aid		
Keeping children safe online		
Level 1 Introduction to safeguarding and child protection		
Child sexual exploitation		
TSDS		
Recognising and respecting difference		
Effective communication and keeping written records		
SCAYT day 1		
SCAYT day 2		



We also run local support groups for foster carers on a regular basis. These include newly approved carer support groups and specialist groups for different fostering provisions that are provided, for example parent and child provisions. We recognise the importance of these support groups for foster carers and we therefore request that you attend a minimum of six support groups per year.

There is a space below for you to record the support groups you have attended and how this has benefited you:

Support group	Date attended	How this support group has benefited me



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0300 123 6723

