



Foster Carer & Shared Carer

Learning & Development Programme 2024-25

Bookings are to be made through iLearn.

For enquiries, please contact CSTraining@hertfordshire.gov.uk

Carers Training Curriculum

Please see the table below to see Carers Training Curriculum which you need to complete as part of your commitment to being a Carer for Hertfordshire Children's Services. You will be able to identify any curriculum training which is outstanding by logging on to your iLearn account.

Here is a link to a video that shows you how to access the program - - [Foster Carer Curriculum - how to access your programme - YouTube](#)

| Course Name | Duration | Renewal Period | Delivery Method | Main Carer | Secondary Care |
|---|-------------|----------------|-------------------|------------|----------------|
| Bronze Level - To be completed before Carer goes to Panel | | | | | |
| Safeguarding for Child Protection | 40 mins | None | iLearn Module | Mandatory | Mandatory |
| Prevent | 30 mins | None | iLearn Module | Mandatory | Mandatory |
| Delegated Authority | 40 mins | None | iLearn Module | Mandatory | Mandatory |
| Record Keeping | 40 mins | None | iLearn Module | Mandatory | Mandatory |
| Diversity and Inclusion | 40 mins | None | iLearn Module | Mandatory | Mandatory |
| Mental Health Lite Bite: Spot the Signs - Youth Suicide Prevention | 90 mins | None | Virtual Classroom | Mandatory | Mandatory |
| Silver Level - To be completed as soon as possible but within 6 months of Approval at the latest | | | | | |
| Basic First Aid for Child Care | 5 hours | 3 years | Classroom | Mandatory | Mandatory |
| Safeguarding for Carers | 2 hours | 3 years | Virtual Classroom | Mandatory | Mandatory |
| Safer Caring | 3 hours | None | Virtual Classroom | Mandatory | Mandatory |
| Gold Level - To be completed within 12 months of Approval at the latest | | | | | |
| ARC for Foster Carers | 4 hours x 4 | None | Virtual Classroom | Mandatory | Mandatory |

All courses can be booked via your iLearn account. For help and support with accessing your iLearn account please contact ilearn@hertfordshire.gov.uk.

Mental Health Lite Bite: Spot the Signs – Youth Suicide Prevention

[Course: Mental Health Light Bites: Spot the Signs – Youth Suicide Prevention \(learningpool.com\)](https://learningpool.com)

Mandatory for all Carers

The purpose of this session is to increase attendees' knowledge and awareness about youth suicide. We will explore information about which groups of young people are most at risk and why, protective factors and increase confidence to use practical strategies to identify and respond to signs of risk in young people. Attendees will be provided with the latest information and statistics relating to suicide in young people. We will also explore the effects of media and contagion on youth suicide, with the internet having an important contemporary role.

| Date | Time | Venue |
|-------------------|-------------|----------|
| 31st January 2024 | 13:00-14:30 | MS Teams |

Basic First Aid for Childcare

[Course: Basic First Aid for Childcare \(learningpool.com\)](https://learningpool.com)

Mandatory for ALL Foster Carers, to be renewed every 3 years

This course will enable you to carry out a primary survey of the incident. You will be shown how to place someone in the recovery position and administer CPR. You will be taught how to recognise and treat bleeding and shock; bone, joint and muscle injuries; choking, asthma and hyperventilation; and burns.

| Date | Time | Venue |
|--|-------------|---|
| 18 th January 2024 | 09:30-14:30 | Hertfordshire Development Centre, Stevenage |
| 7 th February 2024 | 09:30-14:30 | Boxmoor, Hemel Hempstead |
| Saturday 24 th February 2024 | 09:30-14:30 | Hertfordshire Development Centre, Stevenage |
| 4 th March 2024 | 09:30-14:30 | Hertford Castle, Hertford |
| 9 th April 2024 | 09:30-14:30 | Hertfordshire Development Centre, Stevenage |
| 15 th June 2024 - Saturday | 09:30-14:30 | Hertfordshire Development Centre, Stevenage |
| 18 th July 2024 | 09:30-14:30 | Boxmoor, Hemel Hempstead |
| 19 th September 2024 | 09:30-14:30 | Boxmoor, Hemel Hempstead |
| 9 th November 2024- Saturday | 09:30-14:30 | Hertfordshire Development Centre, Stevenage |
| 2 nd December 2024 | 09:30-14:30 | Hertfordshire Development Centre, Stevenage |

Safer Caring

[Course: Safer Caring \(learningpool.com\)](https://learningpool.com)

Mandatory for ALL Foster Carers

This course aims to provide you with the knowledge to keep both yourself as a Foster Carer, and your foster children safe. You will gain an understanding of the need for safer caring guidelines and procedures and what these mean for you. You will be shown how to recognise risky situations and how to manage these with agreed strategies. You will be supported to know how and why you need to create and update a family safer caring plan and learn how to develop good partnership relationships with everyone involved in the care of the foster child.

Important note: Before you attend the workshop session you'll need a copy of the Herts Safer Caring Workbook and the Herts Safer Caring preparation work. We'll send you a copy of these, but you can also access them both via the link below.

| Date | Time | Venue |
|--|-------------|-------|
| Saturday 3 rd February 2024 | 10:00-13:00 | Zoom |
| 11 th March 2024 | 10:00-13:00 | Zoom |
| 18 April 2024 | 10:00-13:00 | Zoom |
| 21 May 2024 | 10:00-13:00 | Zoom |
| 1st July 2024 | 10:00-13:00 | Zoom |
| 14th September 2024 | 10:00-13:00 | Zoom |
| 30th October 2024 | 10:00-13:00 | Zoom |
| 12th December 2024 | 10:00-13:00 | Zoom |

| | | |
|-------------------|-------------|------|
| 28th January 2025 | 10:00-13:00 | Zoom |
| 6th March 2025 | 10:00-13:00 | Zoom |

Safeguarding for Foster Carers

[Course: Safeguarding for Foster Carers \(learningpool.com\)](https://learningpool.com)

Mandatory for ALL Foster Carers to be renewed every 3 years

This course will provide you with an understanding of the key safeguarding issues and legislation regarding a looked after child and how to promote safe practice in the workplace. You will Understand concepts of Safeguarding & Child Protection, how they relate to role with children looked after and your responsibilities for safeguarding children in your care. You will be able to recognise and respond to concerns in a timely and appropriate way and understand how to share information appropriate with other professionals involved with the care of the child.

This training is split into two parts:

1. Complete the Safeguarding and Child Protection iLearn module (this only needs to be completed once).
2. Attend a 2-hour classroom session (dates below)

| Date | Time | Venue |
|---------------------------------|--------------|--------------|
| 8 th January 2024 | 18:00-20:00 | Zoom |
| 13 th February 2024 | 12:30-14:30 | Zoom |
| 4 th March 2023 | 12:30-14:30 | Zoom |
| 28 th March 2024 | 09:30-11:30 | Zoom |
| 27 th April 2024 | 10-12 | Zoom |
| 27 th June 2024 | 10-12 | Zoom |
| 24 th September 2024 | 12-30 – 2-30 | Zoom |
| 16 th November 2024 | 10-12 | Zoom |

| | | |
|-------------------|--------------|------|
| 20th January 2025 | 11-1 | Zoom |
| 19th March 2025 | 9-30 – 11-30 | Zoom |

ARC for Foster Carers

[Course: ARC for Foster Carers \(learningpool.com\)](https://learningpool.com)

Mandatory for ALL Foster Carers

This training is delivered in four parts, looking first at our shared understanding of attachment theory and what is understood as “developmental trauma”. The next three training sessions focus on the three tiers of the theory itself, understanding approaches and interventions crucial to supporting children’s attachments, ways of teaching and supporting self-regulation, before helping children and young people develop the mastery, they need to be competent in essential areas of human functioning.

You need to attend all 4 sessions to be considered to have completed this course. If you have attended a previous cohort but did not complete all sessions, please contact cstraining@hertfordshire.gov.uk and we can book you on the missing sessions.

| Date | Time | Venue |
|--|--|---------------------------------------|
| Feb/Mar Cohort - Fridays 2nd Feb 2024 9th Feb 2024 16th Feb 2024 1st March 2024 | 09.30am – 1.30pm | Teams |
| March Cohort - Mondays 4th Mar 2024 11th Mar 2024 | 09.30am – 1.30pm | Teams |

| | | |
|---|------------------|---------------|
| 18th Mar 2024 25th March 2024 | | |
| May Cohort - Saturdays 11th & 18th May 2024 | 09.30am – 4.00pm | HDC Stevenage |
| June/July Cohort - Wednesdays 12th June 2024 19th June 2024 26th June 2024 3rd July 2024 | 09.30am – 1.30pm | HDC Stevenage |
| September Cohort - Saturdays 21st & 28th September 2024 | 9-30am to 4pm | HDC Stevenage |
| November Cohort - Thursday 7th November 2024 14th November 2024 21st November 2024 28th November 2024 | 09.30am – 13.30 | Teams |

Foetal Alcohol Spectrum Disorders (FASD)

[Course: Foetal Alcohol Spectrum Disorders \(FASD\) \(learningpool.com\)](https://learningpool.com)

Mandatory for all Carers

This course has been designed to support carers in developing their understanding of fostering babies, children and young people with Foetal Alcohol Spectrum Disorder (FASD) and to increase their awareness of recognising signs of FASD along with techniques on how to support behaviours this may present with in a child.

| Date | Time | Venue |
|-------------------------------|-------------|--------------|
| 17 th January 2024 | 10:00-12:00 | MS Teams |
| 11 th March 2024 | 10:00-12:00 | MS Teams |

Men in Fostering

[Course: Men in Fostering \(learningpool.com\)](https://learningpool.com)

This course explores the challenges that men in a care role can often face, but also the value they can bring when looking after young people. This, like all our online courses, has been devised by sector professionals and meets all standards set by Ofsted, including up-to-date legislation.

| Date | Time | Venue |
|------|------|-------|
| TBC | TBC | TBC |

ARC Workshops

[Course: New ARC Workshops \(learningpool.com\)](https://learningpool.com)

These workshops will focus on different topics which will embed trauma awareness in fostering and with the network working with the child, refresh learning from ARC training and reflect on practice and case discussions

| Date | Time | Venue |
|------|------|-------|
| TBC | TBC | TBC |

Fostering and Adoption Transitions

[Course: Hertfordshire Transitions Training for Fostering and Adoption \(learningpool.com\)](https://learningpool.com)

In Hertfordshire we use the Hertfordshire Model when transitioning children from foster parents to adoptive parents and from short to long term fostering.

The Hertfordshire model of transitions aims to address concerns around when children move to an adoptive family, particularly when their feelings of loss and separation can be overlooked. This is especially true for transitions which happen over a short time period and when contact with foster carers ends abruptly. The model is underpinned by the University of East Anglia Transitions framework based on six key principles for providing therapeutic caregiving in foster care and adoption, the Secure Base model.

| Date | Time | Venue |
|-------------------|---------------------|--------------|
| 18 January 2024 | 10:00 AM - 11:30 AM | Teams |
| 15 May 2024 | 10:00 AM - 11:30 AM | Teams |
| 18 September 2024 | 10:00 AM - 11:30 AM | Teams |

Moving and Handling

[Course: Moving and Handling \(learningpool.com\)](https://learningpool.com)

This course will give you an understanding of the importance of working in a way to ensure your back is cared for. You will look at the risks of working at low levels and on the floor and consider potential solutions to minimise the risks with this. You will look at how you can support children with care needs and/or a disability whilst also supporting and encouraging independence.

You will have the opportunity to practice using a range of large and small handling equipment designed to aid transferring children and young people in line with current accepted good practice, as well as discussing and practicing a range of techniques and strategies for working with children and young people requiring assistance with mobility. There will be the opportunity to explore various unexpected situations and considered solutions to problems such as falling, and dealing with a fallen

| Date | Time | Venue |
|------------|---------------|--|
| 3 May 2024 | 09-30 – 16-00 | 19a St Albans Road East, ACS Workforce Development Suite, 19a St Albans Road East, Hatfield, Hertfordshire, AL10 0NG |

Makaton Training

[Course: Makaton for Carers \(learningpool.com\)](https://learningpool.com)

This Level 1 training will give you a practical introduction to the Makaton Language Programme.

You will have the opportunity to discuss commonly asked questions, gain hints and tips for effective signing and symbol use and how to start using Makaton in everyday situations at home or work.

You will learn the signs and symbols from Stages 1 and 2, and some of the Additional Stage signs, of the Core Vocabulary.

| Date | Time | Venue |
|------|------|-------|
| TBC | TBC | TBC |

Step Up to Key Stage 4

[Course: Step Up to Key Stage 4 \(learningpool.com\)](https://learningpool.com)

Course Aims

This course is for carers who have young people in year 10 and 11 who will be taking GCSE Maths and English. Carers will be given an overview of the learning their children and young people will be completing during years 10 and 11 and how they can support their child at home.

Objectives:

At the end of this workshop participants will be able to:

- Identify key learning outcomes for GCSE Maths and English
- Identify key items to be discussed at the PEP's
- Identify actions they can take to support your child or young person in the GCSE's years.

| Date | Time | Venue |
|------|------|-------|
| TBC | TBC | TBC |



Children's Service Learning and Development iLearn

iLearn is Hertfordshire County Council's online learning resource which you have been set up with your own individual account.

For further information and login details please email: cstraining@hertfordshire.gov.uk

In addition to the mandatory training detailed above, the following iLearn modules must also be completed:

- **Prevent**
- **Diversity & Inclusion**
- **Delegated Authority**
- **Record Keeping**

Other Helpful Digital Resources

[Community Care Inform](#)

This is a platform that provides the latest information in our sector. You can find quick guides, more in depth guides, knowledge, and practice hubs and much more research that you can refer to at any time. An activation link for CCI will have been sent to your Hertfordshire email addresses.

[Research in Practice \(RiP\)](#)

Enables access to the latest publications and briefings as well as useful frontline resources. To register for RiP, use your Hertfordshire email address.