

Foster Carer – Training Programme

April 1 2026 to March 31 2027

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Welcome

Dear Carers,

Welcome to your new training brochure! We have chosen training opportunities to support you in meeting the needs of the children you care for and assisting you in your professional development.

We have listened to your recent feedback that you find a blended approach of mainly face to face and online training helpful, with a mix of speakers and in a variety of venues.

Thank you.

Patrick Mukalazi
Deputy Head of Service

Dear Carers,

Welcome to the new programme, we have signposted throughout where courses are child centred, have a therapeutic basis, promote the self-care and well-being of carers and much more.

We hope you find the new offer interesting. As always, we are happy to receive feedback and we will be adding more dates and more courses at a later stage and we will ensure to keep you informed of these.

Kind Regards

Kelly Johnson
Team Manager Support and Development

Pre-approval training

Skills to Foster – Kinship Carers

Trainer: Kinship Team, Fostering Service

Course objectives:

- to look at the role of fostering and explore what being a kinship foster carer involves
- to consider how fostering will affect your family life
- introduce a variety of topics that foster carers need to know about
- look at the difference good foster care can make to a child's life

Training dates:

- Tuesday 9 June 2026 to Wednesday 10 June 2026
10am to 2pm (virtual)
- Tuesday 15 September 2026 to Wednesday 16 September 2026
10am to 2pm (virtual)
- Tuesday 10 November 2026 to Wednesday 11 November 2026
10am to 2pm (virtual)

This training is for Kinship Foster Carers.

Booking:

Email: [Kinship Foster Carers](#)

(Please copy in your assessing and supervising social worker)

Skills to Foster – general foster carers

Trainer: Marketing, Recruitment and Assessment Team, Fostering Service

Course objectives:

- to look at the role of fostering and explore what being a foster carer involves
- to consider how fostering will affect your family life
- introduce a variety of topics that foster carers need to know about
- look at the difference good foster care can make to a child's life

The Fostering Team aim to deliver this training monthly, but dates are responsive to the cohort of applicants. Commitment is 2 to 3 days, in person.

We will inform you of the dates via email.

Booking:

Email: [Foster Team](#)

(Please copy in your assessing social worker)

FA – Level 3 Award in Emergency Paediatric First Aid

Trainer: Learning and Development Team

A qualification is regulated by Ofqual and the Qualifications and Credit Framework (QCF) and is developed to deliver those skills recommended for those responsible for taking First Aid Action where a child or baby is involved.

Course aim and format:

To equip candidates with the skills and knowledge to recognise various medical conditions and carry out basic First Aid until qualified medical assistance arrives at the scene. Candidates are required to undertake a minimum of 6 hours of hands-on training which is delivered in a variety of formats.

Who should do the course?

Anyone who works in childcare or who wishes to learn basic lifesaving skills.

Assessment:

Ongoing assessment throughout the course via practical skills and oral questioning to include:

- understanding the role and responsibilities of the paediatric first aider
- demonstration of basic casualty care and be able to assess an emergency situation safely
- demonstration of basic life support skills (child and infant)
- demonstration of the ability to control bleeding
- understanding - recognition and treatment of compromised airway
- understanding - recognition and treatment of shock.
- understanding - recognition and treatment of anaphylaxis

Course content:

Theory to include:

- understanding the role of the Paediatric first aider
- priorities of First Aid and safe use of equipment
- communication with the emergency services and seeking help
- casualty
- accident recording
- airway Management and CPR
- recognition and treatment of:
 - bleeding
 - airway obstruction
 - shock
 - anaphylaxis

Practical to include:

- awareness of safety when dealing with an emergency
- management of an unconscious child including turning and recovery position
- basic life support – child and infant resuscitation (CPR)
- management of an airway obstruction
- control of bleeding – including basic bandaging techniques

Entry requirements:

- must be 16 years of age at the completion of the assessment.
- must be able to undertake practical activity involving kneeling and laying down.
- all active Luton course are delivered and assessed in English.

- tutors must be convinced that you have sufficient fluency in written and spoken English to cope with your course from the start.

Training dates: Validity period is 36 months

- 21 April 2026
8.45am to 4.30pm
In person – location to be confirmed
- 4 June 2026
8.45am to 4.30pm
Cancelled
- 21 August 2026
8.45am to 4.30pm
In person – location to be confirmed
- 8 October 2026
8.45am to 4.30pm
In person – location to be confirmed
- 9 December 2026
8.45am to 4.30pm
In person – location to be confirmed
- 3 March 2027
8.45am to 4.30pm
In person – location to be confirmed

Booking:

Email: [Learning and Development](#)

(Please copy in your supervising social worker)

Safeguarding – An Introduction

Trainer: via Click Learning

Course objectives:

- In this introductory course we will look at what child abuse is and how to recognise the signs, as well as what you can do and how to work with other agencies.

As this is a bookable online course there are no specify dates scheduled, it can be completed when requested.

Booking:

Email: [Fostering Adoption](#)

(Please copy in your supervising or assessing social worker)

Introduction and training, support and development portfolio

Introduction to Fostering

Trainer: Kelly Johnson, Team Manager Support and Development and Vicky Pope, Team Manager Assessment, Marketing and Recruitment

Course objectives:

- explain the legislation governing fostering
- introduce organisational structure and local policies
- describe the roles, responsibilities and boundaries of professionals and foster carers around the child
- describe the functions of different meetings/activities in relation to the fostering tasks
- outline the support and services available to foster carers

Training dates:

- Thursday 16 April 2026
10am to 1pm
In person - location to be confirmed
- Thursday 4 June 2026
10am to 1pm
In person - location to be confirmed
- Thursday 9 July 2026
10am to 1pm
In person – location to be confirmed
- Thursday 1 October 2026
10am to 1pm
In person – location to be confirmed
- Thursday 7 January 2027
10am-1pm
In person – location to be confirmed

Booking:

Email: [Fostering and Adoption](#)

(Please copy in your supervising social worker)

Recording Practice

Trainer: Tracey Rupiya and Clarah Olanrewaju Support & Development Team, Fostering Service

Course Objectives

- Understand your role in recording information about the children in your care.
- Be aware of national and local guidance and best practice in recording.
- Practice recording skills and reflect on your own practice.

Friday 10 July 2026- 9.30am- 1pm-In person – location to be confirmed

Friday 11 September 2026- 9.30am – 1pm-Virtual

Thursday 25 February 2027- 9.30am – 1pm-In person – location to be confirmed

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

Safer Caring and Managing Allegations

Trainer: Paul James, LADO

Course Objectives:

- Understand the role of the foster carer in safeguarding children
- Have a realistic understanding of why allegations happen.
- Understand the policies and procedures that apply to fostering, including the allegation and LADO process.
- Understand safer caring practices and how to minimize risks.
- Discuss what support is available.

Thursday 9 July 2026-10am -12pm-In person Location to be confirmed

Monday 26 November 2026-10am-12pm-In person Location to be confirmed

Booking—email FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

Understanding Trauma and The impact of Brain Development

Trainer: Via Click Learning

Course Objectives:

- Understanding how we are built, what happens to us through childhood trauma and how we can recover, offers us a comprehensive understanding of how we can create change for the children in our care.

As this is a bookable online course there are no specify dates scheduled, it can be completed on request.

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising or assessing social worker)

Introduction to Safeguarding

Trainer: Corporate Learning & Development

Aim: To develop skills to recognise potential abuse or neglect and take appropriate action in reporting suspected or actual abuse.

Outcome: By the end of the course delegates will:

- Understand that safeguarding is a continuum from early help to statutory services.
- All professionals have a responsibility to get the right help at the right time.
- Dismantle the myths associated with child abuse and the process of safeguarding children.
- Recognise the signs and indicators that may raise safeguarding concerns at each level of need.
- Demonstrate an awareness of the legislative framework and local procedures as they relate to safeguarding children.
- Appreciate their role and responsibilities in relation to referring and recording safeguarding concerns.

Please note: This is a 2 day course; attendance at both days is required and must be for the whole day on both days.

This course does not require repeating each 3 years, on the provision that some form of safeguarding training is completed within this period. A refresher course is available if required via click learning. See Safeguarding Bedfordshire online training.

11 June 2026 and 12 June 2026- 9.30am – 3.30pm-In person

19 October 2026 and 20 October 2026- 9.30am – 3.30pm-In person

11 February 2027 and 12 February 2027- 9.30am – 3.30pm-In person

Booking:

Email: learninganddevelopment@luton.gov.uk

(Please copy in your Supervising Social Worker)

Child and Adult Exploitation Briefing

Trainers: Corporate Learning and Development

Course Objectives:

Safeguarding the vulnerable residents of Luton forms part of our key strategic priorities and an essential part of this is recognising and responding to concerns around sexual exploitation. It is important that all staff understand their roles and responsibilities as part of the safeguarding agenda.

Aim

To provide you with the knowledge to identify and report concerns for children and adults at risk of exploitation.

Learning Outcomes:

By the end of the course you'll be able to:

- Define sexual exploitation.
- Define modern day slavery and human trafficking.
- Explain what is meant by the term grooming.
- Identify behaviours associated with grooming.
- Outline the prevalence of exploitation in the UK.
- Identify legislation to protect children and adults at risk of exploitation.
- Recognise signs and indicators of sexual exploitation, modern day slavery and human trafficking.
- Demonstrate their safeguarding responsibilities, in reporting and escalating concerns where necessary.

Booking:

Email: learninganddevelopment@luton.gov.uk

(please copy in your supervising social worker)

15 July 2026- 9.30am – 1pm-Webinar

28 January 2027- 1pm – 4.30pm-Webinar

Understanding Child Development

Trainer: Via Click Learning

Course Objectives:

- Every member of the children's workforce must have an understanding of child development in order to promote healthy development and recognise signs that a child or young person is not thriving or may need protecting from harm. This course provides that understanding and enables learners to relate this to their role in working with children and young people.

As this is a bookable online course there are no specific dates scheduled, it can be completed on request.

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising or assessing social worker)

Handling Information – GDPR and data protection

Trainer: Via Click Learning

Course Objectives:

- Privacy is one of the most debated topics in recent memory. It often seems like everyone wants to know our business. This course provides information on current data protection legislation for people working in health and social care.

As this is a bookable online course there are no specify dates scheduled, it can be completed on request.

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising or assessing social worker)

Virtual Reality Headsets (VR)

Trainer: Clarah Olanrewaju, Levinia Franklin and Kirsty Boyle Fostering Service

Course Objectives:

- These are training sessions with the VR (Virtual Reality) headsets, in collaboration with our Foster East colleagues. Some of you may have had experiences of VR from your children and young people, where they become completely immersed in a gaming world! VR is technology which creates an immersive experience, allowing us to interact and see simulated worlds as if they were real. For example, to experience life as an unborn baby in utero whilst their parents are arguing or to see how a child experiences scary situations. It really does help to view the impact of experiences and trauma through a different lens.

How VR is used within fostering services

- To increase carers knowledge and understanding of lived trauma
- Preparation training (Skills/Journey To Foster)
- Form F Assessment
- Post Approval – Trauma Training
- Supervision
- Placement stability

Impact on foster carer approvals and fewer placement breakdowns

FosterEast

Our VR experiences explore themes which some viewers may find upsetting. Please get in touch before the training if you'd like to discuss this in more detail. Furthermore, if you have any concerns that your physical or mental wellbeing might be impacted by the use of a VR headset, please seek advice from a relevant medical practitioner (e.g. your GP), as we are unable to provide medical advice.

Prior to attending all participants will need to complete the User mitigation agreement which will be sent prior to the course commencing.

For applicants in assessment stage:

- Explore the impact of early life trauma on young children at school and at home.
- Exploring adolescent behaviour in the framework of early life trauma.

For newly approved carers:

- Exploration of the Digital World – for children, parents, carers and professionals.
- Explore the impact of early life trauma on teenagers at school.
- School exclusion.

For Experienced carers:

- Exploring Youth Violence and Outcomes.
- Exploitation – sessions for adolescent aged children.

The Fostering Team aim to deliver this training regularly, but dates are responsive to the cohort of interest the service obtains. Commitment is a few hours in person.

Assessment Stage

Thursday 28 May 2026

Assessment stage- 10am-12.30pm-In person – 2nd Floor Team Room

Thursday 16 July 2026

Assessment Stage-10am-12.30pm-In person – 2nd Floor Team Room

Tuesday 8 September 2026

Assessment Stage-10am-12.30pm-In person – 2nd Floor Team Room

Thursday 19 November 2026-10am-12.30pm-Ground floor Committee Room 3

Tuesday 16 February 2027-10am-12.30pm-Ground floor Committee Room 3

Post Approved dates

Wednesday 10 June 2026

Post approved- 10am-1pm-In person – location to be confirmed

Wednesday 23 September 2026

Post Approved- 10am-1pm-In person – location to be confirmed

Thursday 14 January 2027-10am-1pm-In person – location to be confirmed

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

Basic IT for Foster Carers

Trainer: Business Support and Geeta Vasani, Fostering Service

Course Objectives: Overall of developing IT skills for fostering

Getting Started with Digital Devices

- Introduction to devices and hardware and software.
- Practical exercise: navigating your own device with confidence.

Navigating the Internet Safely

- Using web browsers and search engines effectively.
- Accessing online resources for foster carers.
- Recognising safe vs. unsafe websites.
- Practical exercise: finding trusted information online.

Session 3: Email and Professional Communication

- Setting up and managing an email account.
- Sending, receiving, and organising messages.
- Attaching documents and photos securely.
- Practical exercise: sending a professional email to a social worker.

Session 4: Using Online Platforms for Foster Care

- Uploading documents and completing online forms.
- Understanding secure messaging systems.
- Practical exercise: navigating a sample online portal.

Session 5: Digital Safety and Protecting Sensitive Information

- Understanding confidentiality and data protection.
- Safe storage of children's information.
- Passwords, two factor authentication, and avoiding scams.
- Practical exercise: creating strong, memorable passwords.

Session 6: File Management and Organisation

- Saving, naming, emailing and organising documents.
- Adding signatures to forms.

Session 7: Video Calls and Online Meetings

- Using Zoom, Teams, or WhatsApp for meetings.
- Adjusting audio/video settings.
- Online meeting etiquette for professional settings.
- Practical exercise: joining and participating in a mock video call.

Session 8: Troubleshooting and Staying Confident

- Solving common IT issues independently.
- When and how to ask for technical help.
- Keeping devices updated and secure.
- Practical exercise: guided troubleshooting scenarios.

Thursday 2 July 2026

10am-12pm-In person – location to be confirmed

Thursday 21 January 2027

10am-12pm-In person – location to be confirmed

Booking:

Email:FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

Family Time

Trainer: Lynda Griffiths and John Roache, Manor Centre

Course Objectives:

- Discussions surrounding family time

Wednesday 8 July 2026- 10am-12pm-In person Location to be confirmed

Thursday 10 September 2026- 10am-12pm-In person Location to be confirmed

Tuesday 10 November 2026- 10am-12pm-In person Location to be confirmed

Monday 18 January 2027-10am-12pm-In person Location to be confirmed

Booking:

Email:FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

County Lines

Trainers: MASH Team

Course Objectives:

- By the end of the session, delegates will be able to gain further insight into county lines.

Dates to be confirmed.

The sessions will be at 10.30am-12.30pm and there will be 3 sessions over the training year, 2 of which would be face to face and 1 would be virtual.

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

Preparing Young People for Independence

Trainer: Edwin Mutambanengwe, Deputy Head of Service – Leaving Care Team

Course Objectives:

- Explore the definition of independence and life skills.
- Discussion about the role foster carers play in preparing young people for independence.
- Explore different ways of helping young people learn new skills: i.e. budgeting, cooking, preparing for interviews.
- 'Staying put' - supporting young people beyond 18.

Thursday 14 May 2026- 9.30am–12.30pm-In Person location to be confirmed

Tuesday 6 October 2026- 9.30am–12.30pm-Virtual

Wednesday 10 March 2027- 9.30am–12.30pm-In person location to be confirmed

Booking:

Email: fosteringadoptionadmin@luton.gov.uk

(please copy in your supervising social worker)

Staying Put Course

Trainer: Edwin Mutambanengwe, Deputy Head of Service – Leaving Care Team

Course Objectives:

- Overview of what is staying put.
- Outline the support and services available to foster carers.

Tuesday 12 May 2026- 10am–12pm-In person – location to be confirmed

Wednesday 2 December 2026- 10am–12pm-In person – location to be confirmed

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk

(please copy in your supervising social worker)

Transition to Adoption

Trainer: Judy Bennett, Adoption Team

Objective:

- Foster carers are prepared for transitioning children into permanent placements through adoption.

Learning outcomes:

- Foster carers are informed about what happens during transitions.
- Foster carers have an understanding of what is expected of them.
- Foster carers have knowledge of the support available to them.
- Foster carers learn about how they can prepare the child for the transition into an adoptive placement.
- Foster carers learn about their roles and responsibilities.

Tuesday 19 May 2026- 10am–1pm-In person – location to be confirmed

Thursday 12 November 2026- 10am–1pm-In person – location to be confirmed

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk(please copy in your supervising social worker)

Prevent Training

Trainer: Prevent Lead Youth and Childrens Workforce

Objective

- Foster Carers to gain further insight into Prevent.

Learning outcomes:

- An overview on prevent outcomes.

We will send an email with regard to the proposed dates for this course.

Booking:

Email: FosteringAdoptionAdmin@luton.gov.uk (please copy in your supervising social worker)

Online Prevent training:

Course 1 - Awareness course

<https://www.support-people-vulnerable-to-radicalisation.service.gov.uk/portal#awareness-course>

Course 2 - Referrals course

<https://www.support-people-vulnerable-to-radicalisation.service.gov.uk/portal#referrals-course>

Course 3 - Channel or Prevent Multi-Agency Panel (PMAP) course

<https://www.support-people-vulnerable-to-radicalisation.service.gov.uk/portal#channel-or-prevent-multi-agency-panel-pmap-course>

Refresher awareness course

<https://www.support-people-susceptible-to-radicalisation.service.gov.uk/portal#refresher-awareness-course>

Income Tax and National Insurance Advice

Trainers: Fostering Network

Course Objectives:

- An introduction to the income tax scheme for foster carers.
- How to calculate your own tax threshold.
- Self-assessment tax returns.
- National Insurance contributions.

24 March 2026- 11am-12pm -Webinar

Booking: For more information and to access registration links please visit: bit.ly/fosterTAX
*dates may be subject to change

Fostering Network

These are webpage links where events of interest can be booked via fostering network directly:

<https://www.thefosteringnetwork.org.uk/events/>

<https://www.thefosteringnetwork.org.uk/learning-and-development/free-member-webinars/>

Information on being a fostering network member can be found here:

<https://www.thefosteringnetwork.org.uk/membership/becoming-a-member/>

Five to Thrive

Five to Thrive is an approach to support the children's workforce to develop the skills and knowledge to work with families. Through the training, practitioners learn the skills to build parental capacity by increasing their understanding of the emotional development of their baby. The approach is built upon the emerging evidence about neuroscience and baby's brain development. It is a systemic approach to early intervention and positive parenting. It identifies the key parental activities contributing to brain development and promotes confident, reflective parenting. It enables practitioners to teach and model mindful interactions.

The next date is **Thursday 14 May 2026- 1pm to 3pm on Zoom.**

Please contact flying start directly to book this - Email and phone no is below to book this and any other courses.

Email flyingstarttraining@eyalliance.org.uk or call 01582 368245.

Flying Start provides a variety of other training sessions on key issues raised by partner agencies and Public Health. To find out about all other training on offer from Flying Start please visit their webpage:

<https://www.flyingstartluton.com/>

<https://www.flyingstartluton.com/groups-and-services/>



Talking Takes Off Takeaway Workshop- Via Teams

We know that communication is key for early child development. For children who do not experience the opportunity to develop their speech, communication and language skills this can have a major impact on their readiness for school, their ability to form relationships and their emotional development as well as future life chances. There may be a range of reasons why children experience speech, language and communication (SLC) difficulties which may be transient or linked to longer term additional needs. We are committed as a partnership in Luton to tackle this important issue collectively through a systems change approach to our work. Our ambition is that staff across the workforce come on our training to learn how they can support this important issue. Come and be part of this ambition.

This free course aims to:

- describe what typical communication and language development looks like: what to expect at each stage of development and when to be concerned
- provide you with the Luton context in relation to communication and language needs and introduce you to the Luton Communication and Language pathway from pregnancy to five
- introduce you to the Communication and Language screening tool to support early identification
- clarify how this work supports the demands of your service: how you can measure impact and how you can support within your individual role
- understand the role of Communication Champions and how they might support your service.
- introduce you to the new Talking Takes Off Luton messages and provide you with some useful resources to take away

The next date is **Tuesday 2 June 2026- 10am-12pm on teams.**

Please contact flying start directly to book this - Email and phone no is below to book this and any other courses.

Email: flyingstarttraining@eyalliance.org.uk or call 01582 368245.

Free webinars from Fraud and Cyber Protect

Parents and Carers Cyber Choices and Online Safety Events

Please note there are two parts to the parent events, and you will need to register for each independently. This session is suitable for parents/carers of children in Year 5 (age 9) and above.

This is an opportunity to learn and ask questions regarding your child's online world.

For any questions, please email us at

cyberprotectersou@beds.police.uk.

Parents Event - Pt1 - Introduction to Cyber Choices and Online Risks

This session will introduce you to the Cyber Choices programme and will provide:

- An overview to parents and carers on what cybercrime is.
- What the risks to young people are.
- How the Cyber Choices programme supports at-risk individuals.
- How you can refer a young person into Cyber Choices.

You will also receive an overview of:

- Some of the potential risks that children and young people may experience online.
- Advice to support parents to make informed decisions and keep their children safer online.

These events are **free**, and you can book your tickets directly via clicking on the link and press ctrl.

These events are **free**, and you can book your tickets directly via the following link:

Thursday 7:13:00 – 14:00 – Link

May: <https://events.teams.microsoft.com/event/60088889-213d-44ca-a23b-28d5db9b669e@a3c59d1b-b8f1-4299-9d6a-39ad8f570422>

Fostering strong attachments in children

Trainer: LBC Education Psychology Team

Course Objectives:

- To provide an overview of the theoretical perspectives on attachment and emotional development.
- To explore the long term impact of attachments and the implications for those working with children and young people.
- To develop awareness of behaviour associated with difficulties of attachment.
- To understand both trauma and protective factors and how to build resilience.

20 th October 2026	10am-2.30pm	In person – location to be confirmed
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Booking: email (please copy in your Supervising Social Worker)

Bereavement & Loss

Trainer: First Response

Course Objectives:

- Define loss and bereavement.
- Understand the grieving process.
- Consider the development of children and young people's understanding of death and the impact of this.
- Explore communication skills / feel confident about talking with children and young.
- People who have experienced loss and their families.
- Consider ways of helping the bereaved.
- Know when to seek specialist help.

29 th September 2026	9.30 am – 4.30 pm	Webinar
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Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Supporting & nurturing little people: growing skills through play and language

Trainer: LBC Education Psychology Team

Course Objectives:

- Build upon existing knowledge of early development of social, emotional and learning skills.
- Describe the impact of separation, loss and poor attachment on children's development.
- Identify parenting styles and what is meant by 'good enough' parenting.
- List ways of building resilience and coping strategies.

- Recognise the nature and importance of children’s peer relationships.
- Have an opportunity to focus on a specific child/children to identify areas of developmental delay and consider effective interventions.

6-October 2026	10am – 2.30 pm	In person – location to be confirmed
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Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Nurturing the growing child (Age 5-11)

Trainer: LBC Education Psychology Team

Course Objectives:

- Describe the normal growth and development and expected changes relating to age and stage.
- Identify how children form attachments at different ages and stages and how changes in parenting arrangements can impact upon the individual.
- List how colleagues and carers can
 1. Encourage children’s social, emotional and intellectual development.
 2. Contribute to and promote children’s educational opportunities, health and social well-being.
 3. Encourage a positive sense of self and identify.
 4. Help children to prepare for independent living.
 5. Create an environment to explore sex and sexuality issues.

17-November 2026 (10-2.30) – in person	10am-2.30pm	In person – location to be confirmed
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Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Identity, the adolescent brain and what you need to know

Trainer: LBC Education Psychology Team

Course Objectives:

- Overall of key issues.

16 March 2027	10am-2.30pm	In person – location to be confirmed
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Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Managing behaviour that challenges

Trainer: Corporate Learning and Development

This course aims to provide you with information and strategies to help respond to children’s challenging behaviour or support those who are managing children’s challenging behaviour.

It will provide you with opportunities to problem solve about situations they encounter where challenging behaviour occurs and to share their experience

Learning outcomes

By the end of the session, you'll be able to:

- Describe children's social, emotional and behavioural development.
- Explore the factors affecting behaviour and develop ideas for understanding and Responding to it.
- Gain confidence about managing challenging behaviour.
- Develop practical ideas for preventing challenging behaviour and building more positive relationships.

13 th July 2026		9.30 am – 4.30 pm	Webinar
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Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Mental Health Awareness

Trainer: LBC Corporate Learning & Development

Course Objectives:

- Be able to briefly summarise definitions, categories and presentations of various Mental Illnesses, Acquired Brain Injury, and Personality Disorders etc.
- Be able to identify who is responsible for diagnosis and treatment and what assessment and diagnostic processes involved.
- Have explored societal attitudes to people who have mental illness and how this impacts.
- Be able to clarify the key points from the following: Recovery, Care Programme Approach, Mental Health Act, NSF, and Mental Capacity Act.
- Be able to explain why the law is so important in the lives of people with mental illness.
- Have discussed how the law should be used to strengthen and enhance the available service, not used in a way that may be unnecessarily punitive or controlling.
- Using examples provided by the group, have identified what can go wrong when working with people who have mental health issues and how this can be addressed.
- Have identified strategies to take back to the workplace to build the confidence and responsibility of and improve the future outcomes for those with mental health issues.

7 th May 2026	1.30 pm – 4.30 pm	Webinar
3 rd August 2026	9.30 am – 12.30 pm	Webinar
28 th October 2026	1.30 pm – 4.30 pm	Webinar
12 th January 2027	9:30am- 12:30pm	Webinar

Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Impact of Alcohol and Drugs on Children and Young People

Trainer: Corporate Learning & Development

Aim:

To provide an overview of young people’s use of drink and drugs and the impact this may have and help that is available.

Course Objectives:

- Review current knowledge and expectations around the subject matter.
- Explore attitudes and biases around substance use.
- Consider why young people may use alcohol and drugs.
- Examine the impact this may have on themselves and the wider community.
- Explain the causes of Foetal Alcohol Syndrome in terms of alcohol use and the effect on young person’s pregnancy.
- Explore the signs and treatment for Neo-Natal Abstinence Syndrome (NAS).
- Intervene to safeguard young people who misuse substances.
- Make onward referral and knowledge of local services.

16 th June 2026	10.30am-1.30pm	In person
10 th February 2027	10.30am-1.30pm	In person

Booking: email learninganddevelopment@luton.gov.uk (please copy in your supervising social worker)

Sharing multi-agency information with the Police

Trainers: Corporate Learning and Development

Aim

To support delegates in using the Multi-Agency Information sharing form to submit information on potential criminal and anti-social behaviour to the Police.

Learning outcomes

By the end of the session you'll be able to:

- Outline why the Multi-Agency Information Sharing (MA) Form was developed.
- Describe how information become intelligence.
- Recognise when the form should be used.
- Demonstrate how to complete and submit the form.
- Describe what makes a good submission.
- Identify where they can access the form and where to get support from.
- Describe what happens after the form is submitted.
- Explain the difference between submitting a MA Form and making a referral to social care.

24 th June 2026	10.00 am– 11.00 am	Webinar
19 th November 2026	2.00 pm – 3.00 pm	Webinar

To book email: learninganddevelopment@luton.gov.uk (please copy in your supervising social worker)

Working with Families in a Culturally Sensitive Way

Trainers: Corporate Learning and Development

Aim

To provide delegates with an understand of how culture can impact direct work with families and children.

Course Objectives

By the end of the session, delegates will be able to:

- Understand the changing family dynamics.
- Understand the issue of cultural competency.
- Understand how to work with culture in relation to safeguarding issues.
- Understand the child's lived experience in a cultural context.
- Consider how culture affects the assessment process.
- Demonstrate how cultural assumptions impact on decision making for children and young people.
- Demonstrate how to use research to inform on care planning.

1 st July 2026	9.30 am – 4.30 pm	Webinar
14 th January 2027	9.30 am- 4.30 pm	Webinar

To book email: learninganddevelopment@luton.gov.uk (please copy in your supervising social worker)

Administration of Medication

Trainer: LBC Corporate Learning & Development

Course Objectives:

By the end of the course delegates will be able to:

- Explain the legislation relating to medication.
- Describe the roles, responsibilities & boundaries of staff and health professionals.
- List different types of medication and their legal classification.

22 nd May 2026	9.30 am- 4.00pm	Webinar
6 th July 2026	9.30 am- 4.00pm	Webinar
16 th September 2026	9.30 am- 4.00pm	Webinar
23 rd November 2026	9.30 am- 4.00pm	Webinar
22 nd January 2027	9.30 am- 4.00pm	Webinar
24 th March 2027	9.30 am- 4.00pm	Webinar

Booking: email learninganddevelopment@luton.gov.uk (please copy in your Supervising Social Worker)

Introduction to Autism (Level 1)

Aim

A short course designed to increase awareness of autism and provide a basic understanding of autistic spectrum conditions in both children and adults.

Topics covered

- Overview of legislation.
- Understanding what autism is.
- Tips on adjusting communication to support a person with autism.
- Practical strategies for effective working.

Learning outcomes

- An understanding of the four key areas that impact a person with autism.
- How to identify behaviours associated with autism.
- Practical strategies to become more 'autism friendly' in their workplace.

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To book email learninganddevelopment@luton.gov.uk (please copy in your supervising social worker)

Supporting Autistic People (Autism 2)

Aim

A course to develop skills, knowledge and strategies in supporting children and adults with autistic spectrum conditions.

- **Learning outcomes**
By the end of the session participants will have covered:
- Exploring the 'spectrum' of autism.
- Theories to help understand autism, with an overview of sensory processing issues.
- Considering causes of stress.
- Practical strategies to support an individual with autism.
- Reflecting on practice and how to improve services.
- Listening to a personal account from an adult with autism.

21 st September 2026	9.30 am – 4.30 pm	Webinar
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To book email learninganddevelopment@luton.gov.uk (please copy in your supervising social worker).

Delegates must have attended the introduction course or similar prior to attending

Supporting Autistic People (Autism 3)

Aim

A course to provide forensic and clinical scientific advice on how to deal with autism in practice, plus reflective time.

▪ **Learning outcomes**

By the end of the session participants will have covered:

- Theory and practice in specialist work with adults with autism.
- Diagnosis; understanding the symptoms, effects, types of diagnosis, who can perform a diagnosis and the diagnostic pathway itself.
- Theory; more detail of theory, what autism is, its effects, better understanding of effective approaches.
- Strategies for; disruptive behaviour, avoiding overload in the individual, how working with ASC is different from working with other issues, etc.
- Modern developments, current thinking and making workplaces more 'autism friendly'.

30 th March 2027	9.30 am – 4.30 pm	Webinar
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Booking: email learninganddevelopment@luton.gov.uk (don't forget to copy in your supervising social worker)

Life Story Work

Aims: This course will give participants the knowledge and skills to implement a narrative model of life story work with Looked After children.

Outcomes:

By the end of the course, participants will:

- Have an overview of the narrative model of life story work
- Have developed an insight into the aims of life story work and the importance of this work being undertaken.
- Have a clear understanding about the differences and requirements related to the process and product of life story work.
- Explore techniques and develop skills in creating children's narratives and explore how these are integrated within life story work products.
- Explore the role and responsibilities of foster carers, social workers, other professionals and birth families in deciding the child's life story and how this is shared with the child.
- Be able to help children make sense of their world.

13 th October 2026	9.30 am – 4.30 pm	Webinar
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To book email learninganddevelopment@luton.gov.uk (please copy in your supervising social worker). Delegates must have attended the introduction course or similar prior to attending.

Self Harm in Children and Adults

Aim

For participants to develop a better understanding and awareness of the reasons behind self-harm in both children and adults.

Learning outcomes

By the end of the course delegates will be able to:

- Demonstrate an increased awareness of self-harm as a coping strategy that their clients are likely to have developed as their way of dealing with difficult feelings and situations.
- Construct a definition of self-harm and place self-harm on a continuum of other self-damaging behaviours, including suicide & suicidal ideation.
- Demonstrate increased awareness that self-harm within their client group can be better explained as a response to social, environmental and psychological factors, rather than as

- a result of the learning disability itself.
- Demonstrate increased awareness of the functions that self-harm may be serving for their clients.
- Identify and address the barriers that might be preventing a person from wanting to disclose or access support for their self-harm.
- Demonstrate their understanding that purely preventative responses to self-harm can sometimes be counter-productive in terms of reducing risk and in promoting a therapeutic relationship.
- Demonstrate increased confidence in their ability to offer a helpful response to a client who self-harms.
- Implement helpful responses/strategies when supporting clients who self-harm.
- Demonstrate an understanding of basic harm-minimisation strategies that may be implemented with a client who self-harms.
- Acknowledge that the emotional impact of self-harm on staff/carers can affect the quality of support offered to their clients, as well as impacting on the staff/carer's own mental well-being.
- Access current research, publications and resources around self-harm.

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Booking: email learninganddevelopment@luton.gov.uk (don't forget to copy in your supervising social worker)

Further information and courses from the Learning and Development Team

Further courses offered and bookable by the learning and Development team can be found by clicking on this link:

<https://www.luton.gov.uk/sites/default/files/2026-03/core-programme-flyer.pdf>

Useful general skills

Luton Borough Council's online learning space is available to all foster carers. It offers a range of interactive modules and toolkits to enhance knowledge and key skills.

Current topics include:

~ Managing Meetings.

~ Presentation Skills.

~ GDPR.

~ Health and Safety.

E-learning @ Luton continues to grow with new modules being added throughout the year. To find out more and the details you need for a log in contact LBC Learning & Development Team by phone or email.

Booking: Telephone 01582 547744 or

Email: learninganddevelopment@luton.gov.uk

Safeguarding Children's Board

All courses that the Luton Safeguarding Children's Board are coordinating by Pan Bedfordshire LSCB Training Unit and are to be booked by visiting their website, address below.

Please ensure when booking that you copy both your supervising social worker and fosteringadoptionadmin@luton.gov.uk into the email, a list of all courses available will be on the website: -

<https://www.safeguardingbedfordshiretraining.co.uk/>

The courses are updated regularly and consist of both classroom and online based training

Full List of Courses through Click Online Learning

Core knowledge & skills

- Attachment and Embracing Therapeutic Parenting Children's Rights.
- Communicating with Children and Young People.
- Equality and Diversity.
- Equality and Diversity - an introduction Family and Friends Care (Connected Person/Kinship Care).
- Food, Nutrition and Associated Behaviours.
- Fostering and Birth Children.
- Understanding and Managing Allegations.
- Understanding and Managing Challenging Behaviors.
- Managing Allegations in Scotland Men in Foster Care.
- Introduction to Mindfulness Reflective Practice for Foster Parents and Carers.
- Police Interviewing.
- Promoting Health and Development Secondary Trauma and Workplace Stress Sexual Orientation & Gender Identity in CYP Suicide Prevention.
- Understanding Child Development TSD Standards Assessment Tool (England & Wales).
- Working as part of a Multi-Agency Team.

Safeguarding & child protection skills

- Contextual Safeguarding.
- Female Genital Mutilation.
- An introduction Safeguarding
- An introduction Safeguarding & Child Protection.
- Child Protection Skills - Scotland Child Protection in Scotland
- An introduction on Child Abuse.
- Radicalisation.

Therapeutic care

- Healing Environments.
- Life Story Work - Making Sense of the Past Understanding Life Story Work.
- Play Therapy.
- Resilience and Recovery Social Pedagogy.
- Therapeutic Parenting With Children Who Have Suffered Sexual Abuse.
- Introduction to Therapeutic Re-Parenting.
- Transitions: Changing Placements Transitions: The Move to Permanency Introduction to Positive Behaviour Support.

Supporting adolescence

- Understanding Continuing Care Arrangements.
- Drug and Alcohol Awareness Drug Awareness.
- Understanding Healthy Relationships Understanding Adolescence.
- Understanding Relationships and Sex Education.
- Understanding Sexual Health and Contraception.

- Staying Put.
- Supporting Young People Leaving Care Youth Justice.

Key skills in foster care

- Caring for a Child with a Different Ethnicity Caring for Babies and Children.
- Children and Young People who Run Away or Go Missing.
- County Lines Court Skills.
- Understanding Gangs and Child Criminal Exploitation.
- Parent and Child Placements Permanency - Scotland Promoting Positive Contact.
- Promoting the Achievement of Children Looked After in Education Understanding Record Keeping.
- Safer Foster Care.
- Supporting the Achievement of Adopted Children in Education.
- Understanding the Mental Health Needs of Adopted Children.
- Understanding the Mental Health Needs of Looked After Children.
- Role of a Foster Parent Role of the Panel Member.
- Fostering Asylum Seeking and Refugee Children.

Understanding the impact of trauma

- Bereavement Bullying.
- Caring for a Child who has Experienced Sexual Abuse.
- Child Trafficking.
- Parental Substance Misuse.
- Digital and Internet-Supported Self-Harm Harmful Sexual Behaviours.
- Impulsive Behaviours Emotion Coaching.
- Self-Harming Behaviours.
- Understanding Child Sexual Exploitation.
- Understanding Self-Harming Behaviours.
- Impact of Domestic Abuse on Children.
- Impact of Trauma on Sensory Processing.
- Trauma and the Impact on Brain Development.
- Understanding Trauma and the Impact.
- Secondary Trauma and Workplace Stress.

Working in health & social care

- Fire Prevention and Safety First Aid Refresher.
- Paediatric First Aid Refresher Food Hygiene.
- Food Hygiene an introduction.
- Handling Information.
- GDPR & Data Protection.
- Health and Safety - an introduction Health & Safety.
- Health and Safety for Foster Carers.
- An introduction Infection Control.
- Infection Control for Foster Parents Safe Use of Medication.

Understanding neurodiversity & disabilities

- ADHD Awareness.
- Conduct Disorder.
- Dyslexia, Dyspraxia and Dyscalculia Foetal Alcohol Spectrum Disorder (FASD)
- Introduction to Autism.
- Working with Children and Young People with Disabilities.

Keeping children safe online

- Understanding Online Safety and Cyberbullying.
- Understanding Pornography and the Potential Impact.
- Social Media, Selfies and Sexting.

Diplomas

- Diploma in Advanced Skills in Foster Care (Level 3).
- Expert Practice in Work with Traumatized Children (Level 4 Diploma).

Additional training available

- Becoming a Fostering Family Non-verbals Toolbox.
- Defuse & De-escalation Programme.