



The UK number 1 provider of online and face to face training resources specific to the young people courses fostering care sector.

Should you see a course you wish to book please contact us on 0800 774 7874. If you are a Leaving Care employee please contact your agency direct.

1 Anti-Social Behaviour And Mental Health Young Adults



Significant proportion of anti-social behaviour (ASB) cases are dealing with have a mental health dimension. This is to say that either or both the complainant and alleged perpetrator have mental health support needs. The need however may or may not be formally diagnosed and this is one of the many issues that make dealing with ASB of this kind particularly complex. Dealing with cases in which mental health plays a part, either for the victim or the perpetrator is one of the greatest challenges for anti-social behaviour practitioners.

The key areas of the course are as follows:

Mental Health as a significant issue

Understand Types of Mental Health Conditions

Identification of Mental Health Issues in Anti-Social Behaviour Cases

The Mental Health Act 1983 (as amended by Mental Health Act 2007)

Mental Capacity Act 2005

Equality Act 2010

Cases Falling below the Mental Health Act

Identification of Risk and Vulnerability

Communicating and Supporting People with Mental Health Issues and tackling Anti-Social Behaviour

Partnership Working

Information Sharing

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

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We also have an advanced version, which is specifically for designated individuals or seniors.

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2 Emergency First Aid Young Adults



This one day course will give the candidates the skills, knowledge and confidence to be able to safely deal with immediately life threatening injuries in your working environment and certain life threatening conditions. This course covers aspects of First Aid relevant to an emergency, allowing learners to gain knowledge to competently manage Emergency First Aid should a situation arise. The accredited course will be valid for 3 years.

The key areas of the course are as follows:

Aims and Priorities of First Aid

Dealing with an Emergency in outdoor environments

Causes and Treatment of the Unconscious Casualty

CPR

Heart Conditions

Choking and Asphyxia

Wounds and Bleeding

Signs that someone has taken illegal or psychoactive substances and how to assist

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3 How To Manage My Money Young Person Training



Children in care often miss out on opportunities to learn about money as part of everyday family life. All children and young people need to use and talk about money as they grow up. This might start with discussions about spending pocket money on toys, games, and clothing. But as they get older young people can talk with carers about food, rent and mortgages, household materials, heating and lighting, or the cost of going out with friends.

The main learning objectives of the course are as follows:

- To understand the services that banks and building societies offer

- To understand different types of payment for work, tax, national insurance, sick pay, holidays, trade unions, expenses, pension, and gross and net pay

- To be able to plan and maintain a housekeeping budget. Understand debts and savings

- To be able to manage daily food/household shopping. Manage supermarket deals and enticements. Build a basic store cupboard of essentials to save money

- To understand how to access services for advice and assistance, whether it is saving or debt management

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4 Knife Crime And Serious Youth Violence Young People Fostering



The aim of this course is to help young people understand the consequences (to themselves and others) of carrying and using knives. It will challenge negative attitudes and remove the sense of impunity that many potential knife-carriers have.

The course includes essential practical guidance around keeping yourself safe and making positive decisions.

The learning objectives for this course are as follows:

- To define knife crime and serious youth violence

- To know the myths and facts surrounding knife crime

- To know the UK-wide statistics and the hot spot areas

- To know why knife crime has become a problem

- To understand why young people carry knives

- To know the terminology

- To explore the dangers to others and to oneself of carrying knives (the health implications and risks to personal safety)

- To look at a knife crime case study

- To understand the cycle of revenge and reprisals

- To be aware of the Criminal Justice Response: the legal implications of carrying a knife (such as possession, stop and search, and joint enterprise)

- To be able to recognise the victims and the impact on family and community

- To understand building resilience (keeping yourself safe, making critical decisions, dealing with conflict and managing risk)

- To know what to do if you or others are in a situation

- To understand reporting anonymously

- To be aware of specialist services and support

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

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5 Me and My Confidence Young Person Training



Confidence is knowing what you're good at, the value you provide, and acting in a way that conveys that to others. Contrast this with arrogance which typically involves believing you are better in a particular area than you are, or low self-esteem which involves believing you're less valuable than you think.

The main learning objectives of the course are as follows:

- To understand branding/marketing and how businesses use it. Research a selection of well-known branding

- To understand self-branding, look at image, stereotyping, attitude, social skills, employability skills, networking skills, business cards. Network with employers, dignitaries, and celebrities in different settings and collect their advice

- To understand the importance of image in the world of business

- To identify and plan to achieve personal goals

- To understand the benefits of a good attitude

- To identify personal qualities and skills of yourself and others. Build/update your CV and look at references

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6 My Home Young Person Training



Moving on to build your future and your home can often be daunting for young people. This course will take you through the steps and the process of looking for a home, and the skills needed to then manage that home. By doing this, the course will give young people the necessary insight into how to set up a home and will demonstrate what is needed to maintain a household.

The main learning objectives of the course are as follows:

To understand how to look for a home, search adverts, websites, estate agents. Understand the process needed when renting a flat, tenancy agreements, references, rent, how to be a good neighbour, refuse/recycling

To learn basic home maintenance skills, painting, wall papering, plumbing, electrics (including fuse box and consumer unit)

To experience household management, run a family home - including menu planning, shopping, food preparation, cooking, cleaning, maintenance, how to read metres, grow herbs for cooking, be a good neighbour, refuse/recycling. Host guests appropriately

To understand utilities, council tax etc. To understand council tax services and different gas, electric, water, telephone, mobile, television providers

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7 My Network and Hobbies Young Person Training



Walking into the world as an adult can be daunting. To enable you to grow as an adult it is vital that you have a strong network of contact around you - people you can share your feelings with, along with the good times. It is vitally important for your wellbeing to have a hobby which allows you to meet new people, build self-esteem, and relieve stress.

The main learning objectives of the course are as follows:

To be able to recognise the benefits of participating in a hobby or interest. Manage a healthy social life

To know how to build a network of support such as family and friends

To know where to be able to find information about holidays in the UK and abroad, tourist information centres, websites, adverts, travel agents

To be able to prepare for a holiday, choose a destination, and create a step by step plan of what needs to be done to get there

To investigate clubs and associations offering leisure activities in the area

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8 My Safety, My Health Young Person Training



The health and wellbeing of looked-after children and young people - that is, their physical health, and social, educational, and emotional wellbeing - is influenced by nearly all aspects of their lives and the care they receive. This course will give young people an insight into the available support and what it can do to protect their health.

The main learning objectives of the course are as follows:

- To gain an understanding of the four emergency services, be able to use them appropriately, and understand the cost of inappropriate use

- To gain knowledge of health services available - doctors, dentists, health clinics, pharmacists, chemists etc.

- To understand healthy eating, look at their diets, keep a diet plan, and improve their diet

- To have an awareness of sex and drugs

- To understand health and safety at work, outside, and in the home. Know its importance, their responsibility, risk assessments, safety in their home, prevention, and learn first aid

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9 Risk Of Domestic Abuse And Violence - Young Person Male Fostering



Domestic abuse and violence is a pattern of behaviour which is characterised by the exercise of control and the misuse of power by one person over another within an intimate relationship or a family. Domestic abuse knows no boundaries and occurs across society in different ages, gender, race, ethnicity, or religious groups regardless of sexual orientation, wealth, disability, or geography.

Domestic abuse affects men in the same way as it does women, but the barriers are different. If women still feel the 'stigma', it's even harder for a man to disclose abuse. He will often live with increased fear of losing his children if he tries to take action.

This course will look at domestic abuse and violence, as well as domestic abuse facing young men specifically. It will examine what domestic abuse is and the law surrounding it. It will also identify the characteristics of a healthy relationship and the warning signs for a possibly unhealthy one.

The learning objectives for this course are as follows:

- To understand what domestic abuse is and how it takes hold
- To understand domestic abuse in relation to the law
- To be aware of domestic abuse in the news
- To know the characteristics of healthy relationships
- To know the warning signs for unhealthy relationships
- To be aware of Bidman's categories of psychological torture
- To know the impact of domestic abuse on children
- To know what adults can do to help children in abusive homes
- To be aware of additional needs and vulnerabilities
- To know where to find effective support and resources
- To understand the Criminal Justice System and Civil Court System
- To know the importance of confidence and self-esteem
- To understand personal support and safety planning
- To know how to keep safe

To be aware of Clare's Law and the domestic violence disclosure scheme

To be aware of stalking and harassment

To be aware of important national telephone numbers and references

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

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10 Risk Of Domestic Abuse And Violence Young People - Female Victim - Intimate Partner Abuse Fostering



Domestic abuse and violence is a pattern of behaviour which is characterised by the exercise of control and the misuse of power by one person over another within an intimate relationship or a family. Domestic abuse knows no boundaries and occurs across society in different ages, gender, race, ethnicity, or religious groups regardless of sexual orientation, wealth, disability, or geography.

This course will look at domestic abuse and violence, as well as the domestic abuse of young women specifically. It will examine what domestic abuse is and the law surrounding it. It will also identify the characteristics of a healthy relationship and the warning signs for a possibly unhealthy one.

The learning objectives for this course are as follows:

- To understand what domestic abuse is and how it takes hold
- To understand domestic abuse in relation to the law
- To be aware of domestic abuse in the news
- To know the characteristics of healthy relationships
- To know the warning signs for unhealthy relationships
- To be aware of Bidman's categories of psychological torture
- To know the impact of domestic abuse on children
- To know what adults can do to help children in abusive homes
- To be aware of additional needs and vulnerabilities
- To know where to find effective support and resources
- To understand the Criminal Justice System and Civil Court System

To know the importance of confidence and self-esteem

To understand personal support and safety planning

To know how to keep safe

To be aware of Clare's Law and the domestic violence disclosure scheme

To be aware of stalking and harassment

To be aware of important national telephone numbers and references

This course meets the Training, Support, and Development Standards as outlined in The Fostering Services (England) Regulations 2011.

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11 Safe Handling of Medication Young Adults



This course will enable you to gain an understanding of the main principles regarding safe handling of medication in order to be able to minimise risk.

The main learning objectives of the course are as follows:

- Outline how to comply with good practice to safely administer medication

- Outline a range of medications, their form and route for administration

- Identify the 6 Rights on a pharmacy label

- Review a label for an over the counter medication

- Explain how to safely administer and store medication

- Explain common side effects

- Understand the action to be take if severe reaction suspected

- Describe issues of consent

- Complete a Medication Administered Record

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12 Social Networking And Internet Safety Young People Fostering



Nearly everyone in this day and age use some kind of social networking site or app. Overall, social media is a great tool, a technological marvel. People can communicate across the globe, you can keep in touch with friends and relatives at anytime, anywhere. But it has its share of safety concerns and dangers.

This course will look at those dangers, and how you can avoid them, by examining a few specific social networking sites and apps in detail. It will also cover the 'Golden Rules' for staying safe.

In this course we will look at:

- The dangers of various social networking sites and apps

- The golden rules for staying safe

- What to do if someone approaches you online

- Where to get help and support

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13 What Are My Rights? Young Person Training



When leaving care, you should be aware of your rights when moving on to independence. This course will advise you on your responsibilities as an adult and will give examples of where to get the relevant support if needed.

The main learning objectives of the course are as follows:

- To know what agencies exist for advice and guidance and visit each of them
- To gain knowledge of Connexions services, job centres, and training providers
- To understand age appropriate rights and responsibilities
- To have a basic understanding of the law

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