

## **Fostering Attainment and Achievement Workshop Menu 2024-2025**

### **The revised Personal Education Plans (PEPs)**

The Personal Education Planning meeting was revised and relaunched in 2023. This workshop will explore the new approach, from a trauma-informed perspective, which aims to bring key information and people together to help effectively identify and support the needs of children who are Looked After throughout their school education. It will consider when these meetings should take place, who should be involved, how children who are Looked After can be supported to engage in meetings about them and how this can lead to make an impact for real change. The workshop will give foster and kinship carers opportunity to explore how they can prepare for PEP meetings and then advocate for their child's needs within 5 key areas of discussion.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
21/11/2024	10.30am-12.30pm	Grove House, Ballynahinch

To book your place [email](#) Kellie Long.

### **Using mindfulness to reduce anxiety and build resilience**

This practical workshop will look at mindfulness as a tool to help foster carers build resilience in children as well as using it to help reduce anxiety and increase readiness to learn. The workshop will look briefly at brain development and how using mindfulness techniques can be beneficial to supporting children and young people's learning.

Throughout the workshop we will look at what mindfulness is as well as looking at the benefits it can have, not only the children and young people, but also the foster carers themselves. It will provide a range of resources and activities that can be used in order to promote mindfulness in everyday life and provide an opportunity for foster carers to use some of these techniques within the workshop.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
11/09/2024	10.30am-12.30pm	Mellon Country Inn, Omagh
08/10/2024	10.30am-12.30pm	Holiday Inn Express, Antrim

To book your place [email](#) Kellie Long confirming which date you wish to attend.

### **Girls and Autism**

This workshop will highlight the presentation of autism in girls. Autism is generally identified at a much lower rate in females however recent studies have suggested a 2.1 boy/girl ratio. We will explore the role and implications of masking for autistic girls and how to best support. As a complex behavioural method, masking is employed by the autistic community to learn neurotypical behaviours and camouflage in social settings. This workshop will aim to examine the impact of masking and explore some of the reasons of its high prevalence in autistic girls.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
26/03/2025	10.30am-12.30pm	Girdwood Community Hub, Belfast

To book your place [email](#) Kellie Long.

## Supporting Neurodivergence

Neurodivergence is a wide spectrum that covers a range of hidden neurological conditions, such as, but not limited to autism, dyslexia, dyspraxia, ADHD, Tourette's and social anxiety.

For some young people, their neurodivergence can mean that they are better at some things than many other people and for others additional support or adjustments are required. In this practical workshop we will look at ways to best support both at home and in the school environment and gain an understanding of the neurodivergent community as a whole.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
17/09/2024	10.30am-12.30pm	Armagh City Hotel
13/11/2024	10.30am-12.30pm	Fermanagh House, Enniskillen
04/02/2025	10.30am-12.30pm	Girdwood Community Hub, Belfast
20/03/2025	10.30am-12.30pm	Ards Business Hub, 16 Jubilee Road Newtownards

To book your place [email](#) Kellie Long confirming which date you wish to attend.

## Emotional Regulation

This workshop explores BIG emotions such as heightened anxiety and anger which often leads to what is often described as 'emotional outbursts'. We look at what can often underlie these emotions, how to identify triggers as well as strategies to support carers to support their child in both understanding and regulating their emotions.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
22/10/2024	10.30am-12.30pm	Armagh City Hotel
19/11/2024	10.30am-12.30pm	Compass, 32 Lislagan Road Ballymoney

To book your place [email](#) Kellie Long confirming which date you wish to attend.

## Understanding and Managing Anxiety

This workshop focuses on anxiety - both at home and in school. Anxiety can often lead to children and young people withdrawing from family and peers, struggling to attend school or lowered grades as well as presenting itself through behaviour and actions. Strategies are presented to effectively reduce anxiety by building on a foundation of understanding.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
25/03/2025	6.30pm-8.30pm	T3 The House of Vic-ryn, Lisburn

To book your place [email](#) Kellie Long.

## Brain Skills for Life & Learning (Executive Function Skills)

In this workshop foster and kinship carers will discover what brain (executive function - EF) skills are and why they have such an impact upon everyday life. You will also learn why many children and young people who are Looked After may experience everyday tasks in a unique way. Hear about some practical ways to help to encourage these skills to develop.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
04/03/2025	10.30am-12.30pm	Compass, 32 Lislagan Road Ballymoney

To book your place [email](#) Kellie Long.

## **Dyslexia ‘A journey through education’**

In this workshop you will experience what it is like to be dyslexic and learn how to spot the signs of dyslexia. You will be introduced to the stages of assessment, the role of the school and your role as a carer. You will have the opportunity to try some of the resources available to support a student with dyslexia through the different stages of education. By the end of the workshop you will have a better understanding of dyslexia and what can be incorporated to enhance the learning of a dyslexic student.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
04/10/2024	10.30am-12.30pm	Armagh City Hotel

To book your place [email](#) Kellie Long.

## **Resilience, the child and the role of the foster carer – A practical conversation looking through the lens of trauma, regulation and success**

This workshop will explore our ability to thrive or struggle in situations of adversity. We will look at the many aspects of building and developing resilience and how this supports the child and home. We will also practically explore the role of resilience and how it is affected by trauma and adverse childhood experiences. The focus being how this leads to regulation and children, young people and families experiencing success as they journey.

This workshop will be facilitated by Rob Ng-Yu-Tin of FAA who has 18 years’ experience working in South Africa during the HIV pandemic in orphan care and a further 12 years social work experience in Northern Ireland and England.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
05/03/2025	10.30am-12.30pm	Clooney Hall, Derry/Londonderry

To book your place [email](#) Kellie Long.

## **Neurodiversity - Puberty and what next?**

*What next* can be a scary question to ask as a parent of a child with neurodiverse needs. During this webinar we will be focusing on puberty - talking about how best to approach tricky conversations and different ways to support behaviour during this time. We will also be discussing and looking at what happens after school and how best to support!

<b>Date</b>	<b>Time</b>	<b>Venue</b>
16/10/2024	10.30am-12.30pm	Girdwood Community Hub
12/03/2025	6.30pm-8.30pm	Strabane Enterprise Agency, Orchard Industrial Estate Strabane

To book your place [email](#) Kellie Long confirming which date you wish to attend.

## **The 4 R’s workshop – Regulate, Relate, Reason, Repair**

This three-hour workshop will introduce an amalgamation of the pioneering work of Dr Bruce Perry, Dr Dan Hughes (P.A.C.E.) and Louise Bomber in helping carers and children to regulate, relate, reason and repair.

This is an interactive session that will equip carers with practical strategies for foster carers to develop a toolkit for home and for school.

The session will be facilitated by June Onyekwelu who has lived experience of children who are looked after in residential care and foster care. June has been delivering attachment and trauma training to foster carers, residential teams and professionals for over 10 years.

<b>Date</b>	<b>Time</b>	<b>Venue</b>
26/11/2024	10.30am-1.30pm	Girdwood Community Hub
03/12/2024	10.30am-1.30pm	Armagh City Hotel
15/01/2025	10.30am-1.30pm	Holiday Inn Express, Antrim
27/02/2025	10.30am-1.30pm	Grove, Ballynahinch

To book your place [email](#) Kellie Long confirming wish date you wish to attend.

### **Regional online workshops**

The workshops below will be delivered online via Zoom and are accessible for all foster and kinship carers.

#### **“What next?” Supporting Young People’s choices in education (post 16) Thursday 16 January 2025 11:00am – 11:30am**

This workshop aims to assist foster carers in helping young people make good choices when they finish compulsory schooling. We will look at how to support young people in different settings: full-time and part-time education; training; employment; other programmes and routes to university. We will also explore what options are available for young people with disabilities and learning difficulties.

To book your place [email](#) Kellie Long and a Zoom link will be sent to you.

#### **Supporting young people with GCSE choices**

##### **Tuesday 14 January 2025 11:00am – 11:30am**

This webinar will provide information to support young people in Year 10 making choices for GCSEs and other qualifications.

To book your place [email](#) Kellie Long and a Zoom link will be sent to you.