

**Ealing Council  
Social Care Training & Development**

# **EALING FOSTER CARERS' TRAINING PROGRAMME**



**April 2016 – March 2017**



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## **Welcome!**

Welcome to the Ealing Foster Carers' Core Training Programme for 2016/2017. This year, the Social Care Training and Development Team are delighted to bring you a programme focussing around **Nurturing Attachments**. This exciting programme will give carers an overview of attachment theory, an introduction to therapeutic parenting and develop a framework for resilience and emotional growth. It will explore models of parenting and will specifically look at building relationships with children and managing their behaviour.

Sitting alongside the Nurturing Attachments Programme will be our regular core training that we offer annually, as well as opportunities to attend joint training together with children's social workers and other key professionals working around the looked after child. Not only will this enhance your learning experience, it will also add value to the training we offer. The regular training programme will be reduced this year to make room for the Nurturing Attachments Programme.

We are also excited to deliver the new fostering channel on **Ealing CPD Online** – our online course booking system. Foster carers will now be able to book onto training the same way other professionals do; via Ealing CPD Online. This will be explained in more detail in your CPD Online user guide.

## **Why do I need training?**

In Ealing, we are constantly aiming to provide an excellent service to the children and young people in our care. We consider that taking advantage of training and development opportunities are central to a carer's own development and to achieving this aim.

We also need to comply with the National Minimum Standards for Fostering Services that state in the outcome for Standard 20, 'foster carers receive the training and development they need to carry out their role effectively' and that 'a clear framework of training and development is in place and this is used as the basis for assessing foster carers' performance and identifying their training and development needs'. In addition, we need to comply with the requirement that 'all foster carers, including all members of a household who are approved foster carers, are supported to achieve the Training, Support & Development Standards for Foster Care (Standard 20.2)'.

## **What are the benefits of me attending training?**

By attending training you will be able to further your own development by enhancing your knowledge and skills. You will have an opportunity to discuss areas of common interest and concern and to learn from one another as well as from the trainer leading the session. It is important for you to keep up to date with your learning as policies and procedures change. The more you learn, the more information you are empowered with that will help you achieve the best possible outcomes for the child/ren you care for.

You will be given a certificate of attendance for any training course that you complete, and a reflection sheet to fill in to help you identify what you've learned, and to think about how you will put this learning into practice. This paperwork will help you to build up your training portfolio.

## How much training do I need to attend?

This will be dependent on your individual needs. Some carers may need more support than others. But remember, no matter how experienced you are or how long you've been caring for, there is always something new to learn and always information to be revisited and reflected upon.

Therefore, we provide no upper limit to how much training you can attend. However, as training is such a crucial part of your fostering role, you should be attending at the very least 3 training courses per year. This is linked to your weekly fostering fee as per the Ealing Foster Carers' Allowance Scheme.

New carers are required to complete the Training, Support & Development Standards for Foster Care within the first 12 months of their approval. They must also attend all core training within their first 2 years of approval.

## Core Induction Level Training Courses

The courses listed below are core training courses and cover key areas of your role as a foster carer. As a minimum, we would expect you to attend at least 3 of these core training courses within your first year of fostering.

- Child Development
- Child Protection
- Childcare Legislation
- Delegated Authority
- First Aid (need to attend every 3 years)
- Health & Safety Awareness
- Induction
- Men in Foster Care
- Recording for new & experienced foster carers
- Safer Caring (need to attend every 2 years)

Your supervising social worker/support worker will discuss with you which of these courses you will be expected to attend in your first year and you should aim to have attended them all within your first 2 years of fostering.

New carers are also required to complete the **Training, Support & Development Standards for Foster Care**. Please see page 35 for further details.

All carers need to attend safeguarding children and safer caring training every 2 years and the first aid course must be refreshed every 3 years.

## Developmental Level Courses (Continuing Professional Development)

The following courses are for experienced carers, but if any of these courses are of particular relevance to you in your first year, please discuss this with your supervising social worker/support worker.

- Caring for Twins and Multiples
- Child Sexual Exploitation & Missing Children
- Fun with Numbers & Literacy Learning (Education Workshop)
- Illnesses and How to Manage Them
- Internet Safety (CEOP ThinkUKnow)
- Life Story Work
- Looking After Yourself – Strategies for Responding to Stress
- Post 16 Education, Support & Advice for Carers (Education Workshop)
- Post 16 Support & Pathway Planning
- Preventing Placement Breakdown
- Supporting Young People with their Education (Education Workshop)
- Train the Trainers
- Understanding & Developing Relationships with LAC Teenagers

Some of these courses will be **Joint Training**, giving carers the opportunity to learn alongside other professionals who work with looked after children. Further information along with a list of joint courses can be found on page 34.

Your supervising social worker/support worker will discuss your training needs with you on a regular basis and you should also take into account any training needs that are identified at your annual foster carer's review.

As part of your development, we also offer an in-house programme leading to a qualification in the **Level 3 Diploma Children & Young People's Workforce**. See page 36 for more information.

### How do I apply to attend a course?

Ealing CPD Online is Social Care Training and Development's online course booking system. This system can be accessed anywhere via the Internet. All of our courses are advertised on here and any requests for training are booked through here also.

You can access CPD Online via the following link: <http://fostercare.ealingcpd.org.uk>

Once you have discussed your training needs with your supervising social worker/support worker, please book your place via CPD Online.

If you do not have access to CPD Online, you can e-mail [TrainingSocialCare@ealing.gov.uk](mailto:TrainingSocialCare@ealing.gov.uk) or call 020 8825 8780 to apply for a course.

If we are able to offer you a place on a course, we will confirm the details with you approximately 2-3 weeks before the course is due to take place. If the course is over-subscribed, the Fostering Training Officer will prioritise the applications.

## **What about childcare arrangements?**

The courses have been arranged to fit in with childcare commitments. However, if you need to make childcare arrangements for a foster child, to enable you to attend a training course, it has been agreed that you can claim babysitting fees on production of a receipt once the course has taken place (please refer to the Foster Carers' Handbook for current rates).

It may be that another foster carer is able to provide childcare for you. Please discuss this with your supervising social worker/support worker and remember that any babysitter you use must be an adult and must have a valid DBS check.

## **What about parking?**

Where no street parking is available, it has been agreed that you can claim parking fees for the duration of the training course on production of a receipt, once the course has taken place. Please arrange this with your supervising social worker/support worker.

## **How do I cancel a place on a course?**

If you are booked onto training which you are no longer able to attend, it is extremely important to let us know as soon as possible that you wish to cancel your place. **All cancellations must be made via CPD Online at least two working days (Mon-Fri) before the course is due to run.** Any cancellations received after this time will incur a charge of £20 per course.

If you are booked onto a course and you do not attend, without giving us any notice, you will incur a charge of £20. We will notify you of any charges incurred via a non-attendance email that you will receive once the register for that course has been marked.

All cancellations must be made via CPD Online. Alternatively, you can notify your Supervising Social Worker, who will then email Social Care Training & Development directly.

## **What if I do not attend the minimum training?**

We expect that all Ealing foster carers will be able to attend at the very least 3 training courses per year. Under the Ealing Foster Carers' Allowance Scheme this is a requirement in order for carers to receive the weekly fostering fee. Training and development activities that you have attended will be monitored at your annual review and will be reviewed by the

Fostering Panel or the Operations Manager. The fostering fee will not be paid if carers have not attended the minimum of 3 training courses per year.

## Additional Training

Experienced foster carers are able to apply to attend relevant multi-agency safeguarding training provided by the Ealing Safeguarding Children Board (ESCB). It is a requirement that anyone applying to attend one of the ESCB's training courses has completed a safeguarding children training course within the past 2 years. Please see details of ESCB training courses on page 37 of the training brochure.

## Future Training

If you have any ideas about other areas that you think would be helpful to have training on, please let your supervising social worker/support worker or the Fostering Training Officer know. If there are enough carers who need training in a particular area, it may be possible to arrange additional training courses or sessions during the year.

## Feedback

It is always helpful to receive your feedback on training events, so please let us know if there is anything you would like to share about the training programme, the arrangements for training, or any other aspect of training.

If you have any queries regarding the training programme or would like further information about any of the courses, please contact the Fostering Training Officer.

## Contacts

Varsha Rana Fostering Training Officer	<a href="mailto:RanaV@ealing.gov.uk">RanaV@ealing.gov.uk</a>	020 8825 5883
Social Care Training and Development Team	<a href="mailto:TrainingSocialCare@ealing.gov.uk">TrainingSocialCare@ealing.gov.uk</a>	020 8825 8780
Fostering Support Team	You can discuss your development with your supervising social worker/ support worker, who will also be able to assist you in identifying any training needs you may have	

# **Training Calendar and Course Fact Sheets**

# Training Course Calendar

NB. Saturday courses are in blue

## MAY 2016

Course	Date	Page
Induction for New Carers	04/05/2016	20

## JUNE 2016

Course	Date	Page
Recording for New & Experienced Carers	16/06/2016	27
Life Story Work	27 & 28/06/2016	22
First Aid (Emergency Procedures)	29 & 30/06/2016	17
Post 16 Education, Support & Advice	29/06/2016	33

## JULY 2016

Course	Date	Page
Life Story Work	09/07/2016	22
Safer Caring	11/07/2016	28

## SEPTEMBER 2016

Course	Date	Page
Child Protection	27/09/2016	13
Looking After Yourself – Strategies for Responding to Stress	30/09/2016	23

## OCTOBER 2016

Course	Date	Page
Train the Trainer	05 & 06/10/2016	29
Child Development	14/10/2016	12
Preventing Placement Breakdown	22/10/2016	26

## NOVEMBER 2016

Course	Date	Page
Illnesses & How to Manage Them	04/11/2016	19
Health & Safety Awareness	07/11/2016	18
Induction for New Carers	10/11/2016	20
Supporting Young People with their Education	18/11/2016	33

## DECEMBER 2016

Course	Date	Page
Caring for Twins & Multiples	13/12/2016	11

## JANUARY 2017

Course	Date	Page
Understanding & Developing Relationships with LAC Teenagers	23 & 24/01/2017	30
Health & Safety Awareness	26/01/2017	18
Men in Foster Care	28/01/2017	24
First Aid (Emergency Procedures) Day 1	31/01/2017	17

## FEBRUARY 2017

Course	Date	Page
First Aid (Emergency Procedures) Day 2	01/02/2017	17
Delegated Authority	03/02/2017	16
Child Sexual Exploitation & Missing Children	07/02/2017	14
Internet Safety (CEOP)	21/02/2017	21
Safer Caring	25/02/2017	28
Childcare Legislation	28/02/2017	15

## MARCH 2017

Course	Date	Page
Post 16 Support & Pathway Planning	02/03/2017	25
Fun with Numbers & Literacy Learning	09/03/2017	33

## Caring for Twins and Multiples

Date	Time	Venue
Tue 13 <sup>th</sup> December 2016	10.15 – 13.00	Perceval House

**Trainer:** TAMBA – Twins & Multiple Births Association

**Aim:**

To gain skills and knowledge on how to care for twins or multiples, the challenges it brings, how to cope with multiples from birth through to older years, looking at behaviour management, sibling rivalry, meeting their psychological needs, as well as how to stay organised

**Learning outcomes:**

By the end of the course participants will have:

- 1) Top tips to help you feel more confident and better equipped to cope with parenting your multiples
- 2) Explored how to take the stress out of changing/bathing/feeding more than one baby and coping with crying
- 3) An explanation of positive parenting techniques that can help to foster good behaviour and minimize negative behaviour, such as temper tantrums
- 4) An understanding of how to enhance individuality and emotional wellbeing of the multiples you care for
- 5) Discussed the benefits and disadvantages of keeping multiples together or separate at school
- 6) Looked at the challenges of managing different abilities

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standards 1.3b, 4.1, 4.1d, 5.1c

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 2 'Promoting a positive identity, potential and valuing diversity through individualised care'

# Child Development

Date	Time	Venue
Fri 14 <sup>th</sup> October 2016	10.15 – 14.30	Perceval House

**Trainer:** Sian Hender, LAC Teacher & Irene Tymkiw, LAC Psychologist

**Aim:**

For foster carers to have an understanding of the main stages of a child’s development and of the developmental needs of Looked After Children and young people

**Learning outcomes:**

At the end of this course participants will:

- 1) Understand child development and the developmental needs of children and young people, and
- 2) Understand the difference between chronological age and stages of development and how this may affect a child or young person.

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 5.1

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 2.2 ‘Foster carers are supported to promote children’s social and emotional development, and to enable children to develop emotional resilience and positive self-esteem’

## Child Protection

Dates	Time	Venue
Tues 27 <sup>th</sup> September 2016	10.15 – 13.00	Perceval House

**Trainer:** Sandra Miller, Child Protection Advisor

**Aim:**

For foster carers to be aware of the signs and symptoms of child abuse and of the relevant child protection procedures that need to be followed as and when necessary

**Learning outcomes:**

By the end of this session participants will:

- 1) Have received a brief overview of the Children Act 1989 and 2004
- 2) Have learned how to recognise the signs and symptoms of child abuse
- 3) Have an understanding of the child protection procedures that need to be followed if a carer suspects a child has been abused and/or if a child discloses possible abuse

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 6.3abce

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 4.6 'Foster carers are trained in appropriate safer-care practice, including skills to care for children who have been abused'

# Child Sexual Exploitation & Missing Children

Date	Time	Venue
Tues 7 <sup>th</sup> February 2017	10.15 – 14.30	Perceval House

**Trainer:** Christina Evers, CSE Coordinator

**Aim:**

To raise awareness so that foster carers can identify and respond to Child Sexual Exploitation

**Learning outcomes:**

By the end of this course participants will have:

- 1) Considered definitions and forms of sexual exploitation
- 2) Identified factors which increase vulnerability or risk
- 3) Considered the role of power and control in abusive relationships
- 4) Gained a practical understanding of relevant legislation and safeguarding procedures including supplementary guidance from London Child Protection Procedures
- 5) Considered resources and strategies for preventative work with young people
- 6) Learned from recent enquiries

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 6.3ae

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 4.6 'Foster carers are trained in appropriate safer-care practice, including skills to care for children who have been abused' and to **Every Child Matters – The five outcomes**, 'Be healthy', 'Stay Safe', and 'Enjoy & achieve'

## Childcare Legislation for Foster Carers

Date	Time	Venue
Tues 28 <sup>th</sup> February 2017	10.15 – 14.30	Perceval House

**Trainer:** Vivienne Springer-Williams, Change Factor

**Aim:**

To give foster carers an introduction to the principles of the Children Act 1989, the Children Act 2004 and the Family Justice Review, so that they are aware of the legislative framework that we work within

**Learning outcomes:**

By the end of the course participants will:

- 1) Have developed an awareness of the main principles of the Children Act 1989 and the ways in which they should be put into practice in the day to day fostering task
- 2) Have developed an awareness of the main principles of the Children Act 2004, in particular the need for agencies to work together
- 3) Have developed an awareness of the main principles of the Family Justice Review and how these impact on the fostering task

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standards 2.2 and 6.1

It is also linked to the first outcome in Standard 20 of the **National Minimum Standards for Fostering Services**, which states that 'Foster carers receive the training and development they need to carry out their role effectively'

## Delegated Authority

Date	Time	Venue
Fri 3 <sup>rd</sup> February 2017	10.15 – 14.30	Perceval House

**Trainer:** Jennifer Malcolm, Legal Proceedings Case Manager

**Aim:**

To explore how supervising social workers, children’s social workers and foster carers can best work together in relation to delegated authority, i.e. when the responsibility for making day to day decisions about a child has been passed to the foster carer, in order to help children & young people to achieve and thrive in foster care

**Learning outcomes:**

By the end of the course participants will have had the opportunity to have:

- 1) Explored the importance of the child’s relationship with their carer as central and the concept of ‘the team around the child’
- 2) Gained an understanding of Research, Legislation, Outcomes for Looked After Children and in particular National Minimum Fostering Standards and the voice of young people, and have an opportunity to consider practice dilemmas
- 3) Discussed placement planning and how to identify and review issues of delegated authority that are likely to arise in order to give foster carers maximum appropriate flexibility to make decisions
- 4) Explored safe and non-safe care signs and symptoms

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 2.1, 2.2, 2.4 & Standard 6.2

It is also linked to the first outcome in Standard 20 of the **National Minimum Standards for Fostering Services**, which states that ‘Foster carers receive the training and development they need to carry out their role effectively’

## First Aid (Emergency Procedures)

Dates	Time	Venue
Wed 29 <sup>th</sup> June & Thu 30 <sup>th</sup> June 2016	10.15 – 13.00	St Andrews Church Centre
Tue 31 <sup>st</sup> January & Wed 1 <sup>st</sup> February 2017	10.15 – 13.00	St Andrews Church Centre

**Trainer:** Daria Edginton, Alan John Associates

**Aim:**

To have an understanding of the basic first aid procedures that can be used with children in an emergency

**Learning outcomes:**

By the end of the course participants will have learned the first aid procedures for dealing with the following:

- 1) The unconscious child
- 2) Checking vital signs (airway, breathing, circulation)
- 3) Recovery position
- 4) Mouth-to-mouth and combining mouth-to-mouth with chest compressions
- 5) Airway and breathing difficulties (choking, asthma, crushed chest)
- 6) Circulation (how it works) and circulation disorders (fainting, shock)
- 7) Head injuries & burns
- 8) Severe and minor bleeding
- 9) Precautions (gloves, tetanus, HIV/Hep B awareness)

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 3.3d

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 6.7 'Foster carers receive sufficient training on health and hygiene issues and first aid, with particular emphasis on health promotion and communicable diseases'

## Health & Safety Awareness

Dates	Time	Venue
Mon 7 <sup>th</sup> November 2016	10.15 – 14.30	Ealing Town Hall
Thu 26 <sup>th</sup> January 2017	10.15 – 14.30	Perceval House

**Trainer:** Emma Laws, Supervising Support Worker

**Aim:**

To enable foster carers to have an understanding of their responsibilities in relation to health & safety issues or to refresh their knowledge in this area

**Learning outcomes:**

By the end of the course participants will have:

- 1) Learned about keeping children safe and healthy by considering the following areas, which are contained in Ealing's Health & Safety policy for foster carers:
  - Safety in the garden
  - Safety in the home
  - Pets
  - Toys
  - Safety in the car
- 2) Looked at health & safety matters in relation to older young people
- 3) Been made aware of Ealing's policy in relation to the management and administration of medication

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This course is linked to the **Training, Support & Development Standards for Foster Care** Standards 3.1, 3.2 & 3.3e

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 10.3 'Foster carers are trained in health and safety issues and have guidelines on their health and safety responsibilities' and Standard 6.10, 'Foster carers are trained in the management and administration of medication'

## Illnesses and How to Manage Them

Dates	Time	Venue
Fri 4 <sup>th</sup> November 2016	10.15 – 13.00	Ealing Town Hall

**Trainer:** Brigid Offley-Shore & Patricia Rolling, LAC Nurses

**Aim:**

To enable carers to understand what healthy care means for the physical health of children and young people. To look at the most common childhood illnesses and ailments including signs and symptoms, the current up to date treatments, how to alleviate the symptoms and to prevent further spread of these conditions

**Learning Outcomes:**

By the end of the course participants will have:

- 1) Explored the signs and symptoms of common childhood illnesses
- 2) Learned about the management and handling of common childhood illnesses
- 3) Gained an awareness of the immunisation programme to ensure all children in care achieve optimum health care
- 4) Learned about safe practice for administering and storing medication

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 3.3

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 6 'Promoting good health and wellbeing'

## Induction for New Carers

Dates	Time	Venue
Wed 4 <sup>th</sup> May 2016	10.15 – 14.30	Perceval House
Thu 10 <sup>th</sup> November 2016	10.15 – 14.30	Perceval House

**Trainer:** Emma Laws, Supervising Support Worker & Varsha Rana, Fostering Training Officer

**Aim:**

To provide new foster carers with an overview of Children’s Services and information about different services available to Looked After Children. To provide information about the Fostering Support Team and the support that is available to carers, and to meet other new and experienced carers

**Learning Outcomes:**

By the end of the course participants will have:

- 1) Obtained an overview of Children’s Services in Ealing, and where Children’s Placement Services fits in
- 2) Learned about the need to work together for the benefit of the looked after child or young person
- 3) Learned about the role of the Fostering Support Team and of key services in relation to looked after young children, such as the LAC Education Team
- 4) Learned about the meetings that are held that carers need to attend and the records that carers are required to keep
- 5) Learned about the Banding Scheme and the financial systems for paying carers
- 6) Found out about the support that is available to foster carers and the training & development opportunities that are provided
- 7) Had the opportunity to meet experienced carers and to talk to them about their experience of fostering, as well as to meet other new and experienced carers

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 2.1

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 20.1 ‘All new foster carers receive an induction’

## Internet Safety – CEOP Think U Know

Dates	Time	Venue
Tues 21 <sup>st</sup> February 2017	10.15 – 13.00	Perceval House

**Trainer:** Debbie Burrows, Head of Hanwell Children’s Centre & CEOP Rep

**Aim:**

For carers to gain an understanding of the role of CEOP (Child Exploitation & Online Protection Centre), the potential risks that young people may face online, the resources that are available to different age groups and what carers can do in order to help to safeguard and educate children and young people about the risks posed by technology

**Learning outcomes:**

By the end of the course participants will have:

- 1) Learned about the role of CEOP and the different areas in which the organisation works
- 2) Learned about the Virtual Global Taskforce and the Report Abuse mechanism
- 3) Identified areas where the Report Abuse button can be found
- 4) Identified the potential risks young people may face online
- 5) Obtained an overview of the technologies and functions
- 6) Learned about the specific risks associated with different types of new technologies
- 7) Learned about the range of resources available for different age groups, how to use resources and how to gain access to resources

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 6.3abc

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 4.6 ‘Foster carers are trained in appropriate safer-care practice, including skills to care for children who have been abused’

## Life Story Work

Date	Time	Venue
Mon 27 <sup>th</sup> & Tue 28 <sup>th</sup> June 2016	10.15 – 14.30	Perceval House
Sat 9 <sup>th</sup> July 2016	10.00 – 16.00	St Andrew's Church Centre

**Trainer:** Dr Robert Lock, Clinical Psychologist

**Aim:**

To provide carers with an overview of Life Story Work and its importance in the life of a child or young person and to understand their role in relation to ensuring that children have a record of their time spent with them

**Learning outcomes:**

By the end of the course participants will have:

- 1) An understanding of the importance of life story work for looked after children and an awareness of their role and of the role of other professionals around the child in relation to preparing a life story
- 2) An understanding of the need to encourage the child to reflect on and understand her/his history, according to the child's age and ability
- 3) An understanding of the importance of encouraging the child to keep records and memorabilia during their placement or to do so for the child themselves if the child is unable to do so

**This course is specifically for foster carers. We are also running this training jointly for foster carers and LAC social workers in Children's Services. See page 34 for more details. The joint course will give you more on life story from a social worker perspective**

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 4.5

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 24.5 'The foster carer encourages the child to reflect on and understand her/his history, according to the child's age and ability, and to keep appropriate memorabilia. The fostering service makes this role clear to their foster carers, and Standard 24.7 'The carer is trained and provided with the necessary equipment to record significant life events for the child, and to encourage the child to make such recordings, including photograph albums'

## Looking After Yourself – Strategies for Responding To Stress

Date	Time	Venue
Fri 30 <sup>th</sup> September 2016	10.15 – 14.30	Perceval House

**Trainer:** Jeff Leeks, A-Z Training

### **Aim:**

This course explores strategies of looking after yourself to maintain carers' effectiveness for the children/young people that they care for and to ensure that they minimise any stress that they may experience

Stress can affect us in many ways including our short and long term health and our effectiveness when working. This course considers various options we may take to minimise stress and to work more effectively

### **Learning outcomes:**

By the end of the course participants should have an understanding of:

- 1) Recognising the causes of stress
- 2) Strategies for looking after self
- 3) How looking after self can maximise our effectiveness
- 4) Using the resources available to support ourselves

### **Course content includes:**

- What is stress and the causes of stress
- Recognising and responding effectively to stressful situations
- Strategies and techniques available, including relaxation methods
- Resources available to us
- Prioritising
- "Me"
- Debriefing and Reflection
- Personal plan for looking after self

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 7.1b 'Understand how being a foster carer may affect you personally and where you can get support'

It is also linked to the first outcome in Standard 20 of the **National Minimum Standards for Fostering Services**, which states that 'Foster carers receive the training and development they need to carry out their role effectively'

# Men in Foster Care

Date	Time	Venue
Sat 28 <sup>th</sup> January 2017	10.15 – 14.30	St Andrews Church Centre

**This course is for men only and will be facilitated by a male trainer**

**Trainer:** Jonathan Epps, Curve Solutions

**Aim:**

To give participants the opportunity to identify how they can most effectively provide a positive role model as a male carer

**Learning outcomes:**

By the end of the course participants will have:

- 1) Explored and examined what constitutes a positive male role model
- 2) Explored how gender may influence work in child care
- 3) Considered the most effective ways to challenge prejudicial attitudes expressed by others
- 4) Identified how they can protect children and young people effectively
- 5) Explored what practices can be developed to minimise false allegations

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standards 1.2 ac, 5.4 ab, 5.5 ab, 6.2 abc, 6.3 a, 6.5 ab, 7.1 abc and Standard 7.3 c

It is also linked to the first outcome in Standard 20 of the **National Minimum Standards for Fostering Services**, which states that 'Foster carers receive the training and development they need to carry out their role effectively'

## Post 16 Support & Pathway Planning

Date	Time	Venue
Thu 2 <sup>nd</sup> March 2017	10.15 – 13.00	Perceval House

**Trainer:** Angela Healey, Leaving Care Team Manager

**Aim:**

To gain information and knowledge about how foster carers can help young people to develop the skills and knowledge that they need in order to prepare them for moving on to semi-independence or full independence post 16 and to understand the importance of the Pathway Plan in the process

**Learning outcomes:**

By the end of the day participants will:

- 1) Have developed their understanding of how they have an important key role in supporting young people to use their individual Pathway Plans to enable them to start to map out a plan for their future
- 2) Have discussed how to use Pathway Plans to identify what work is required with young people to develop skills, self-confidence and knowledge prior to them moving on into independent living and adulthood
- 3) Have an understanding of what a Pathway Plan is and how it can be used to prepare a young person for semi-independence or full independence
- 4) Have explored the importance of life skills and how they help young people to develop the necessary skills in order to prepare them for adulthood and independent living

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 5.3

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 12.3 'The fostering service ensures there are comprehensive arrangements for preparing and supporting young people to make the transition to independence. This includes appropriate training and support to foster carers for young people who are approaching adulthood'

## Preventing Placement Breakdown

Date	Time	Venue
Sat 22 <sup>nd</sup> October 2016	10.15 – 14.30	St Andrew's Church Centre

**Trainer:** Steve Goodburn, Brighter Future Solutions

**Aim:**

This training course is designed for foster carers, fostering support workers and social workers to gain a clear understanding of why placements break down. Participants will consider theoretical concepts regarding placement failure and consider methods and strategies to resolve difficulties and secure placements for the long term benefit of the young person, foster family and the organisation

**Learning Outcomes:**

By the end of the course participants will have:

- 1) Considered how placement decisions are made regarding the matching process
- 2) Considered preventative strategies and support systems for foster carers looking after children and young people with complex emotional needs and behavioural problems
- 3) Gained a clear understanding of young people's needs within the fostering context
- 4) Considered the pressure on foster carers and resources when placements are under threat of disruption and potential breakdown
- 5) Considered behaviour management – principles and effective and appropriate use
- 6) Considered methods of problem solving and conflict resolution
- 7) Determined strategies of consultation and support for foster carers to maintain and secure placements

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standards 1.1ab, 1.3a, 3.4abc, 4.1abc, 4.2abc

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 11.2 'Children are carefully matched to a foster placement. Foster carers have full information about the child' and Standard 21.1 'The fostering service supports their foster carers to ensure they provide foster children with care that reasonably meets those children's needs, takes the children's wishes and feelings into account, actively promotes individual care and supports the children's safety, health, enjoyment, education and preparation for the future'

## Recording for New & Experienced Carers

Dates	Time	Venue
Thu 16 <sup>th</sup> June 2016	10.15 – 14.30	Perceval House

**Trainer:** Emma Laws, Supervising Support Worker

**Aim:**

To give foster carers an understanding of the recording that they are required to complete in line with departmental policies; to give them an opportunity to discuss good practice in carrying out recording and to practice some of the necessary skills involved

**Learning outcomes:**

By the end of the course participants will have:

- 1) Developed an understanding of why it is important to keep records
- 2) Identified the different records that they are required to complete in line with departmental policies
- 3) Developed an understanding of the need to store records securely and of the importance of confidentiality in dealing with information about children and young people
- 4) Developed an understanding about what information they are expected to keep and what information needs to be passed on to the fostering service
- 5) Discussed and drawn up a list of guidelines for producing good records
- 6) Practised producing clear and accurate records

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 4.5

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 26.2 'Staff, volunteers, panel members and fostering households understand the nature of records maintained and follow the service's policy for the keeping and retention of files, managing confidential information and access to files (including files removed from the premises)'

## Safer Caring

Dates	Time	Venue
Mon 11 <sup>th</sup> July 2016	10.15 – 14.30	Perceval House
Sat 25 <sup>th</sup> February 2017	10.15 – 14.30	St Andrew's Church Centre

**Trainer:** Jonathan Epps, Curve Solutions

**Aim:**

To consider issues regarding safer caring in line with Ealing's policy on Safe Caring for foster carers, to examine what carers need to do in order to make their own practice safer and to have an understanding of what procedures are followed if an allegation is made against them

**Learning outcomes:**

By the end of the course participants will have:

- 1) Obtained a thorough understanding of the Fostering Services National Minimum Standards and the Working Together to Safeguard Children requirements vis-à-vis agency procedures on allegations
- 2) Developed an understanding of the reasons why a child/young person may make a false allegation
- 3) Developed an understanding about why allegations are always taken seriously
- 4) Discussed and have a clear understanding of what needs to be included in their safer care household policy
- 5) Developed strategies that can be used in attempting to protect themselves and their family from an allegation
- 6) Be clear about how they would respond to allegations being made against them

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 6.2

It is also linked to **the National Minimum Standards for Fostering Services**, Standard 4.6 'Foster carers are trained in appropriate safer-care practice, including skills to care for children who have been abused', and to Standard 20.9 'Appropriate training on safer caring is provided for all members of the foster household, including young people of sufficient age and understanding, and ensures that foster carers understand how safer caring principles should be applied in a way which meets the needs of individual children'

# Train the Trainer

Date	Time	Venue
Wed 5 <sup>th</sup> & Thu 6 <sup>th</sup> October 2016	10.15 – 14.30	Perceval House

**Trainer:** Jill Pearce, Head of Social Care Training & Varsha Rana, Fostering Training Officer

**Aim:**

To equip those foster carers who are occasionally involved in delivering training or presenting information, with the knowledge and basic skills to deliver a training event or information session

**Learning outcomes:**

By the end of the course participants will:

- 1) Have an understanding of different learning styles
- 2) Be aware of how to plan a training event or information session
- 3) Have basic knowledge about designing training and using different training techniques, equipment and materials
- 4) Have practised planning and carrying out a short presentation
- 5) Understand the importance of evaluating an event
- 6) Be aware of the importance of integrating equalities issues into planning and delivering training and/or information sessions

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 7.5

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 23.5 'There is an on-going programme of training and self-development for foster carers to develop their skills and tackle any weaknesses'

## Understanding and Developing Relationships with LAC Teenagers

Date	Time	Venue
Mon 23 <sup>rd</sup> & Tue 24 <sup>th</sup> January 2017	10.15 – 14.30	Perceval House

**Trainer:** Steve Goodburn, Brighter Future Solutions

**Aim:**

This training course will give carers an understanding and help develop their skills to effectively build relationships with Looked after Teenagers. Participants will consider a range of theoretical concepts to enhance their understanding of human relationships and how to effectively use these to improve communication and relationships with young people

**Learning outcomes:**

By the end of the course participants will have:

- 1) A clear understanding of communication and relationships with young people
- 2) Considered how young people express feelings and emotions
- 3) Considered common communication problems with young people
- 4) An understanding of the principles of Transactional Analysis and how it can be used to understand and improve relationships
- 5) Developed their own listening skills and how to become an effective listener
- 6) Considered our understanding of emotional intelligence
- 7) Considered how carers' own upbringing may affect their parenting styles and the implications this has for being a foster carer
- 8) Looked at the issues and skills needed to build relationships and parenting teenagers with complex needs

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This course is linked to the **Training, Support & Development Standards for Foster Care**, Standard 1.3b, 1.3c, 4.1a-d, 4.2a, 4.2b, 5.1a-c, 5.2a, 5.6c, 7.1a, 7.1b, 7.2a, 7.3c-e & 7.4b

It is also linked to the **National Minimum Standards for Fostering Services**, Standard 1, 2 and particularly Standard 3 'Promoting positive behaviour and relationships'

## Nurturing Attachments Programme

This exciting programme will give carers an overview of attachment theory, an introduction to therapeutic parenting and develop a framework for resilience and emotional growth. It will explore models of parenting and will specifically look at building relationships with children and managing their behaviour.

The programme will be delivered over 3 modules split into 9 workshops. These will run approximately every two weeks. There are 18 sessions to complete and each workshop will cover 2 sessions.

**Module One** provides an understanding of Attachment Theory, patterns of attachment and an introduction to therapeutic parenting. There is particular emphasis on the development of mind-mindedness so that carers learn to notice their own internal experience, in preparation for reflecting on the children’s internal experience in the next two modules.

**Module Two** introduces the House Model of Parenting, providing guidance on how to help the children experience the family as a secure base. Parents are also encouraged to look after themselves as an important part of building security with their children.

**Module Three** continues exploring the House Model of Parenting, with consideration of how carers can both build a relationship with the children before correction of their behaviour. In this way the children’s confidence and security increases.

### Bookings

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This is a mandatory programme for all carers. We are running 4 cohorts this year. Please book onto the cohort where you are able to attend ALL 9 workshops. As places are limited, please book early to ensure you get your preferred cohort. New carers should prioritise core training and the Training, Support & Development Standards first.

COHORT 1: May-Nov (10am – 2.30pm every Monday)			
Module	Workshop	Date	Venue
<b>Module One</b> Attachment Theory & Therapeutic Parenting	Workshop 1	23/05/2016	Perceval House
	Workshop 2	06/06/2016	Perceval House
	Workshop 3	20/06/2016	Perceval House
<b>Module Two</b> The House Model of Parenting – Providing a Secure Base	Workshop 4	04/07/2016	Perceval House
	Workshop 5	05/09/2016	Perceval House
	Workshop 6	19/09/2016	Perceval House
<b>Module Three</b> The House Model of Parenting – Building Relationships & Managing Behaviour	Workshop 7	03/10/2016	Perceval House
	Workshop 8	17/10/2016	Perceval House
	Workshop 9	07/11/2016	Perceval House

**COHORT 2: May-Nov (10am – 2.30pm every Friday)**

Module	Workshop	Date	Venue
<b>Module One</b> Attachment Theory & Therapeutic Parenting	Workshop 1	27/05/2016	Perceval House
	Workshop 2	10/06/2016	Ealing Town Hall
	Workshop 3	24/06/2016	Ealing Town Hall
<b>Module Two</b> The House Model of Parenting – Providing a Secure Base	Workshop 4	08/07/2016	Perceval House
	Workshop 5	09/09/2016	Perceval House
	Workshop 6	23/09/2016	Perceval House
<b>Module Three</b> The House Model of Parenting – Building Relationships & Managing Behaviour	Workshop 7	07/10/2016	Perceval House
	Workshop 8	21/10/2016	Perceval House
	Workshop 9	04/11/2016	Perceval House

**COHORT 3: Nov-Mar (10am – 2.30pm every Wednesday)**

Module	Workshop	Date	Venue
<b>Module One</b> Attachment Theory & Therapeutic Parenting	Workshop 1	02/11/2016	Perceval House
	Workshop 2	16/11/2016	Perceval House
	Workshop 3	30/11/2016	Perceval House
<b>Module Two</b> The House Model of Parenting – Providing a Secure Base	Workshop 4	14/12/2016	Perceval House
	Workshop 5	18/01/2017	Perceval House
	Workshop 6	01/02/2017	Ealing Town Hall
<b>Module Three</b> The House Model of Parenting – Building Relationships & Managing Behaviour	Workshop 7	22/02/2017	Perceval House
	Workshop 8	08/03/2017	Perceval House
	Workshop 9	22/03/2017	Perceval House

**COHORT 4: Nov-Mar (10am – 2.30pm every Thursday)**

Module	Workshop	Date	Venue
<b>Module One</b> Attachment Theory & Therapeutic Parenting	Workshop 1	03/11/2016	Perceval House
	Workshop 2	17/11/2016	Perceval House
	Workshop 3	01/12/2016	Perceval House
<b>Module Two</b> The House Model of Parenting – Providing a Secure Base	Workshop 4	15/12/2016	Perceval House
	Workshop 5	19/01/2017	Perceval House
	Workshop 6	02/02/2017	Perceval House
<b>Module Three</b> The House Model of Parenting – Building Relationships & Managing Behaviour	Workshop 7	23/02/2017	Perceval House
	Workshop 8	09/03/2017	Perceval House
	Workshop 9	23/03/2017	Perceval House

## Education Workshops

Education workshops are aimed at foster carers who are caring for children that are in education. The purpose of these workshops are:

- To ensure that foster carers understand the importance of education in maximising the life chances of looked after children, and
- To equip foster carers with the knowledge and skills to enable them to support the children & young people in their care in relation to their educational achievement

Each Education Workshop focuses on a different aspect of children & young people's education.

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### **Post 16 Education, Support & Advice for Carers**

For foster carers to have an understanding of the educational support and advice available for young people Post 16 from Sixth Forms, Colleges and Universities and from the Special Educational Needs Department. This workshop is delivered by the Post 16 Teacher in the Ealing Virtual School.

**Wed 29<sup>th</sup> June 2016, 10.15 – 13.00, Horizons Centre**

**Trainers: Sundeep Gill, LAC Teacher & Penney Malecaut, Contact Centre Manager**

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### **Supporting Older Young People with their Education**

To highlight specific support available to young people in **Key Stage 3 & upwards**, to reinforce the type of work that is provided at the Horizons Centre and to look at strategies for young people who find it hard to engage in education.

**Fri 18<sup>th</sup> November 2016, 10.15 – 13.00, Horizons Centre**

**Trainers: Sue Tarry & Maureen Registe, LAC Teachers**

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### **Fun with Numbers & Literacy Learning**

To introduce foster carers to everyday ways of supporting **primary school aged** children & young people at home in relation to the maths and literacy that they're learning at school.

**Thu 9<sup>th</sup> March 2017, 10.15 – 13.00, Horizons Centre**

**Trainers: Sally Obado & Sian Hender, LAC Teachers**

# Joint Training

We are offering a variety of jointly run courses. This will enable foster carers, children’s social workers and any other relevant professionals working around the child, to attend training together and have a shared experience. This will also allow you to gain a deeper understanding of other professional’s roles and thus enable you to build better working relationships that ultimately lead to better outcomes for the looked after children.

Social Care Training and Development provide the following courses to Children’s Services. They are taught from a Social Work perspective but can be jointly attended by foster carers:

Date	Course	Time	Venue
10/10/2016	Life Story: Expanding the Child's Narrative	09.30 - 16.30	Ealing Town Hall
14/11/2016	Parentified Children	09.30 - 16.30	Perceval House
06/02/2017	Life Story: Expanding the Child's Narrative	09.30 - 16.30	Perceval House

Your supervising social worker/support worker will help to support you to attend any of the above training and process any payments for childcare and/or parking.

Further details and bookings can be made on CPD Online: <http://fostercare.ealingcpd.org.uk>

The following fostering courses are foster care focussed but are also open to Children’s Services staff:

- Delegated Authority
- Looking after Yourself – Strategies for Responding to Stress
- Preventing Placement Breakdown
- Child Sexual Exploitation & Missing Children
- Understanding & Developing Relationships with LAC Teenagers

Below is an example of how these courses will be advertised on CPD Online

**Children’s Services courses will have a red tag**

**Fostering courses will have a teal tag**

## Training, Support & Development Standards for Foster Care

The Training, Support & Development Standards for Foster Care have been designed to support foster carers through their first year of fostering. The standards set out what foster carers should know and be able to do in a clear way.

There are seven standards to complete:

**Standard 1:** Understand the principles & values essential for fostering children & young people

**Standard 2:** Understand your role as a foster carer

**Standard 3:** Understand health and safety, and healthy care

**Standard 4:** Know how to communicate effectively

**Standard 5:** Understand the development of children and young people

**Standard 6:** Keep children and young people safe from harm

**Standard 7:** Develop yourself

**Carers have 12 months from their date of approval to complete all 7 Standards**

New carers will be invited to attend workshops to work through each of the standards.

Workshops will run as follows:

Workshop	Date	Time	Venue
Standard 1	Thu 19/05/2016	10.15 – 14.30	Perceval House
Standard 2	Wed 08/06/2016	10.15 – 14.30	Perceval House
Standard 3	Thu 14/07/2016	10.15 – 14.30	Perceval House
Standard 4	Wed 14/09/2016	10.15 – 14.30	Perceval House
Standard 5	Thu 20/10/2016	10.15 – 14.30	Perceval House
Standard 6	Wed 23/11/2016	10.15 – 14.30	Perceval House
Standard 7	Fri 09/12/2016	10.15 – 14.30	Perceval House

Your supervising social worker/support worker will help you to draw up a Personal Development Plan, which will identify learning activities to help you to complete the standards.

## Children & Young People’s Workforce Level 3 Diploma Social Care Pathway

This qualification is a 1 year programme, designed to develop skills, gain underpinning knowledge and understanding when working with children and young people from birth to 19 years.

In order to be eligible to apply for the Level 3 Diploma, carers should have been fostering for at least a year, have a child in placement and have completed the Training, Support & Development Standards.

The Social Care Training and Development Team offer Diploma to carers as an in-house programme.

Dates for this year’s Diploma will run as follows:

<b>Workshop</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
<b>Workshop 1</b>	23 <sup>rd</sup> February	10am – 2.30pm	Ealing Town Hall
<b>Workshop 2</b>	15 <sup>th</sup> March	10am – 2.30pm	Ealing Town Hall
<b>Workshop 3</b>	12 <sup>th</sup> April	10am – 2.30pm	Perceval House
<b>Workshop 4</b>	10 <sup>th</sup> May	10am – 2.30pm	Perceval House
<b>Workshop 5</b>	14 <sup>th</sup> June	10am – 2.30pm	Perceval House
<b>Workshop 6</b>	12 <sup>th</sup> July	10am – 2.30pm	Ealing Town Hall
<b>Workshop 7</b>	13 <sup>th</sup> September	10am – 2.30pm	Perceval House
<b>Workshop 8</b>	11 <sup>th</sup> October	10am – 2.30pm	Perceval House
<b>Workshop 9</b>	8 <sup>th</sup> November	10am – 2.30pm	Perceval House
<b>Workshop 10</b>	6 <sup>th</sup> December	10am – 2.30pm	Ealing Town Hall

Places for the above Diploma have been taken up for this year. Keep a look out for dates for next year’s allocations. These will be circulated later in the year 😊

## Ealing Safeguarding Children Board Courses (Multi-Agency Training)

The Ealing Safeguarding Children Board (ESCB) provides a variety of professional safeguarding children training. Their courses are multi-agency which means any professional working with children and families may attend. This means you could be sitting in a course full of professionals from Social Care, Health, Education, Police, Probation Service, Housing, Early Years and many more backgrounds.

Some of these courses will be suitable for experienced foster carers.

ESCB training will now also be advertised via CPD Online, making it even more accessible to carers. Any courses relevant to carers will be advertised on the Fostering Channel, where you will be able to apply in the same way as other fostering courses.

**Below is an example of how these courses will be advertised on CPD Online**

**ESCB courses can be identified by the green tag**

**Fostering courses will have a teal tag**

**Radicalisation (WRAP – Workshop to Raise Awareness of Prevent)**

**Starts: Wednesday 20 April 2016 - 15:30-17:00** **Event Code: SCB 16/003**

**Venue :** Perceval House - Room 4:12 , 14-16 Uxbridge Road , W5 2HL **MAP**

**About this event**  
An awareness and understanding of the Prevent agenda

**Request a place**

**Full details**

**Print event**

**INDUCTION COURSE FOR NEW CARERS**

**Starts: Wednesday 4 May 2016 - 10:15-14:30** **Event Code: FC 16/019**

**Venue :** Perceval House - Room M0.19/20 , 14-16 Uxbridge Road , Ground Floor , W5 2HL **MAP**

**About this event**  
To provide new foster carers with an overview of Children’s Services and information about different services available to Looked After Children. To provide information about the Fostering Support team and the support that is available to carers, and to meet other new and experienced carers.

**Request a place**

**Full details**

**Print event**

You can also click on the **Full details** button to see who the course is suitable for.

## Foster Carer Support Group Meetings

The Fostering Support Team run monthly support groups that provide information and allow carers to be able to network and form good working relationships. These are informal sessions and for the majority of the groups, a key speaker will attend to talk on specific topics of interest.

### Daytime Support Group Dates

Ealing Quaker Meeting House  
10am – 12pm (Crèche & parking available)

Thursday 23<sup>rd</sup> June 2016

Thursday 8<sup>th</sup> September 2016

Wednesday 9<sup>th</sup> November 2016

Thursday 8<sup>th</sup> December 2016

Thursday 9<sup>th</sup> February 2016

### Evening Support Group Dates

Perceval House, Room M0.19/20  
6.30pm – 8.30pm

Tuesday 17<sup>th</sup> May 2016

Tuesday 19<sup>th</sup> July 2016

Tuesday 4<sup>th</sup> October 2016

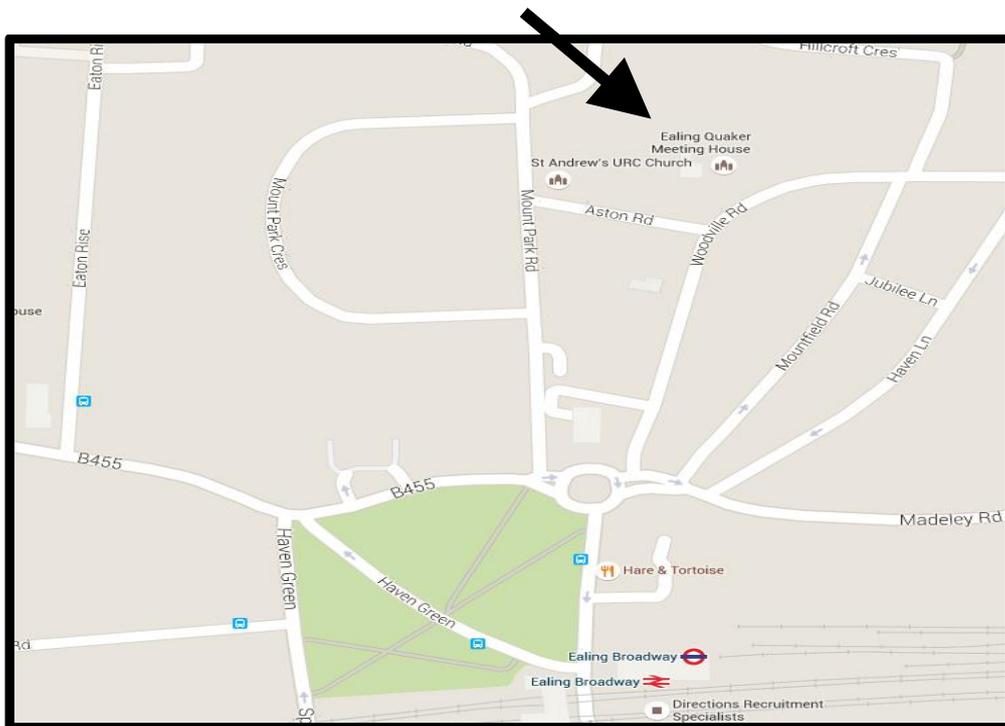
Tuesday 17<sup>th</sup> January 2017

Tuesday 7<sup>th</sup> March 2017

### Map of Ealing Quaker Meeting House

17 Woodville Road, Ealing W5 2SE

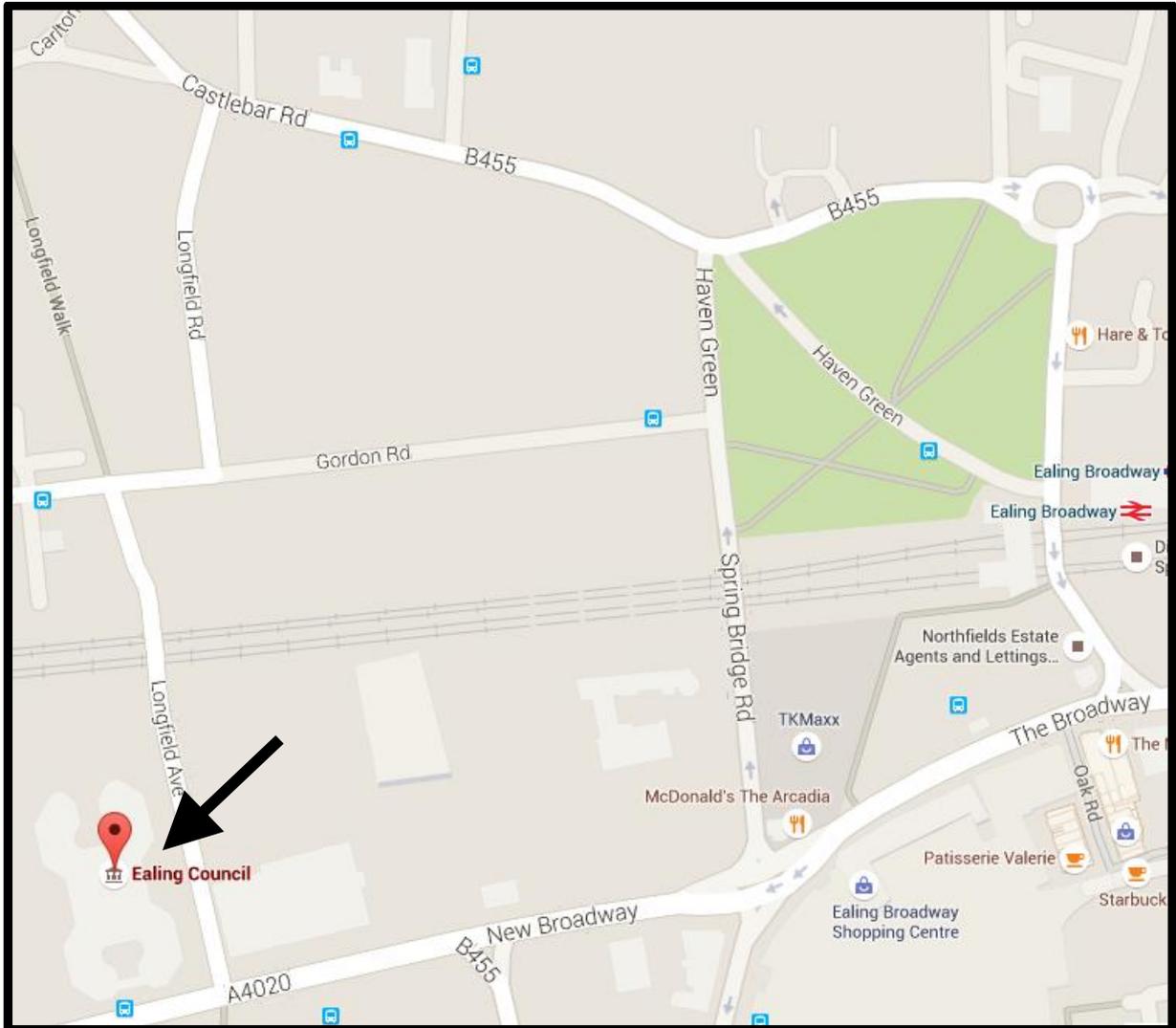
Contact: 020 3397 1988



# Map of Perceval House

Ealing Council, 14-16 Uxbridge Road, Ealing W5 2HL  
Contact: 020 8825 5000

**Please use staff entrance on Longfield Avenue**



**Directions:** From Ealing Broadway Tube Station, turn left towards The Broadway. At the traffic lights turn right onto The Broadway. Continue straight, past the shopping centre, past the church and the Town Hall. Perceval House is on the corner of Longfield Avenue

**Local Buses:** E2, E7, E8, E11, 83, 207, 427, 607

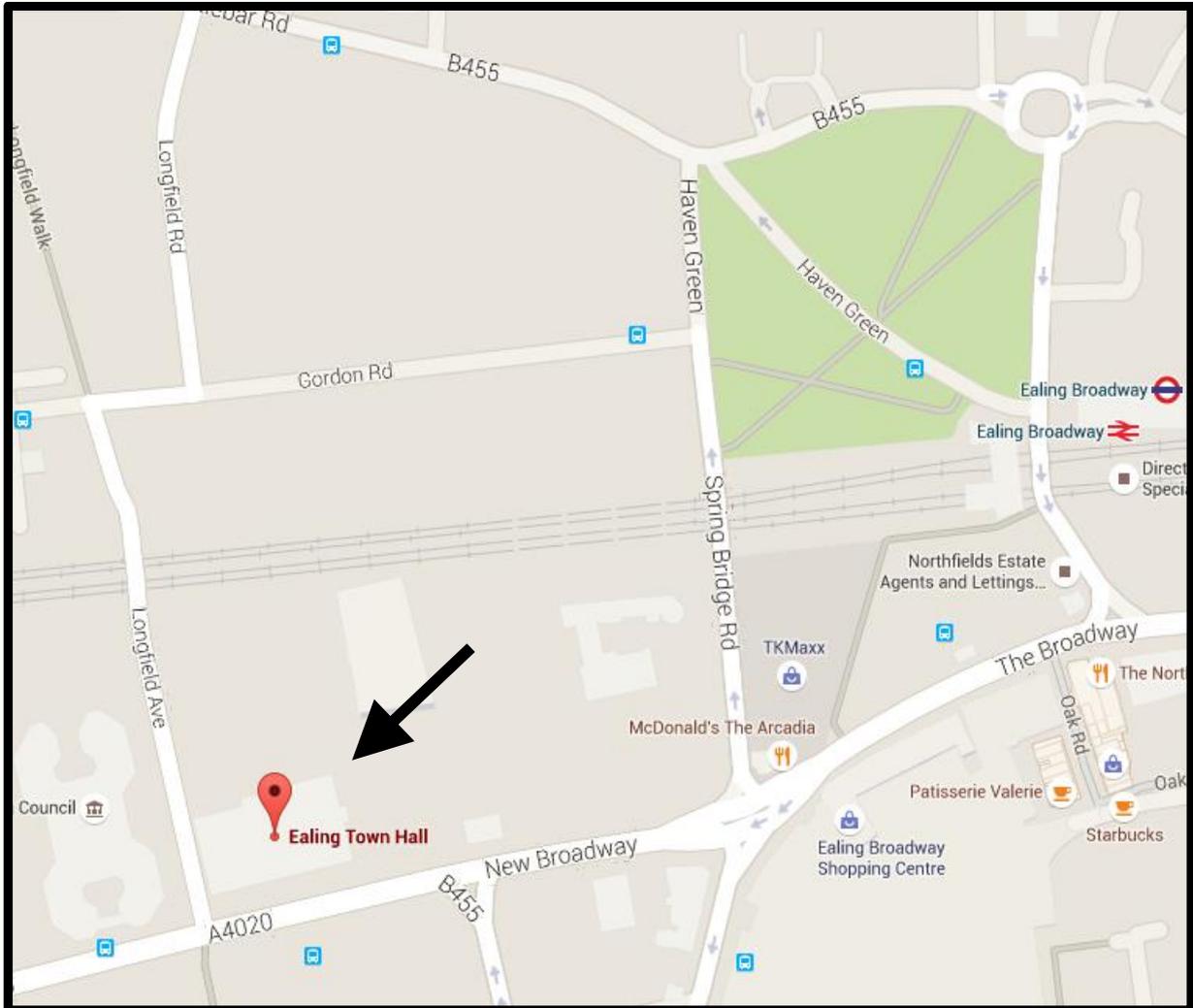
**Parking:** There is limited parking in the area. Parking meters can be found on Longfield Avenue and off street parking is available at restricted hours (10am-3pm) on local side roads

**Underground/Trains:** Ealing Broadway Station

# Map of Ealing Town Hall

New Broadway, Ealing W5 2BY

Contact: 020 8825 6060



**Directions:** From Ealing Broadway Tube Station, turn left towards The Broadway. At the traffic lights turn right onto The Broadway. Continue straight, past the shopping centre and past the church. Ealing Town Hall is on your right opposite Empire cinema

**Local Buses:** E2, E7, E8, E11, 83, 207, 427, 607

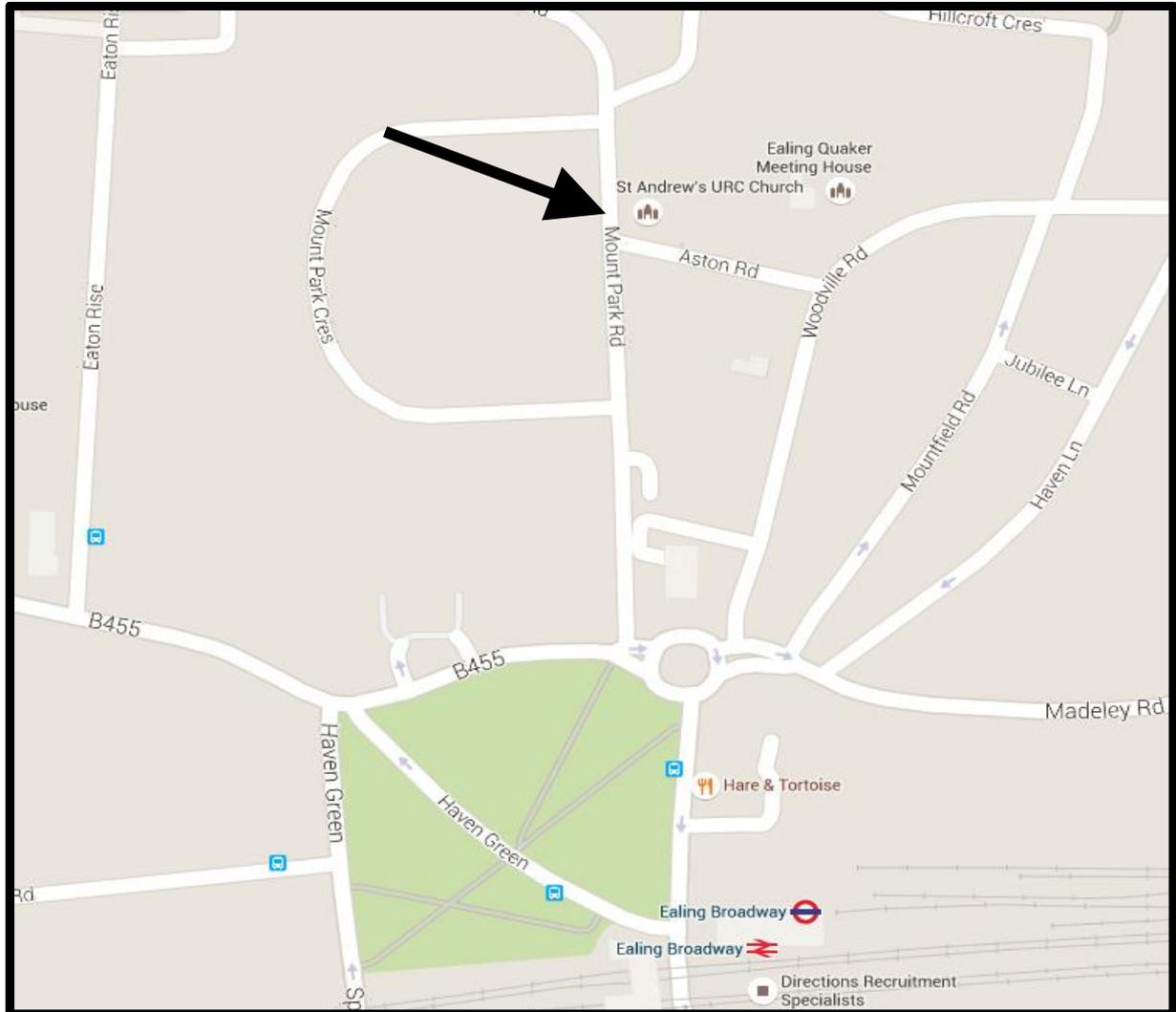
**Parking:** There is limited parking in the area. There is a multi-storey car park on Spring Bridge Road (just off Uxbridge Road) which is approximately a 5 minute walk from the Town Hall

**Underground/Trains:** Ealing Broadway Station

# Map of St. Andrews Church Centre

Mount Park Road, Ealing W5 2RS

Contact: 020 8566 9642



**Directions:** From Ealing Broadway station, turn right at the main exit (Haven Green will be on your left). You will come to a small roundabout, Mount Park Road is the 2<sup>nd</sup> exit off the roundabout and St Andrew's Church Centre is about 100 yards on the right.

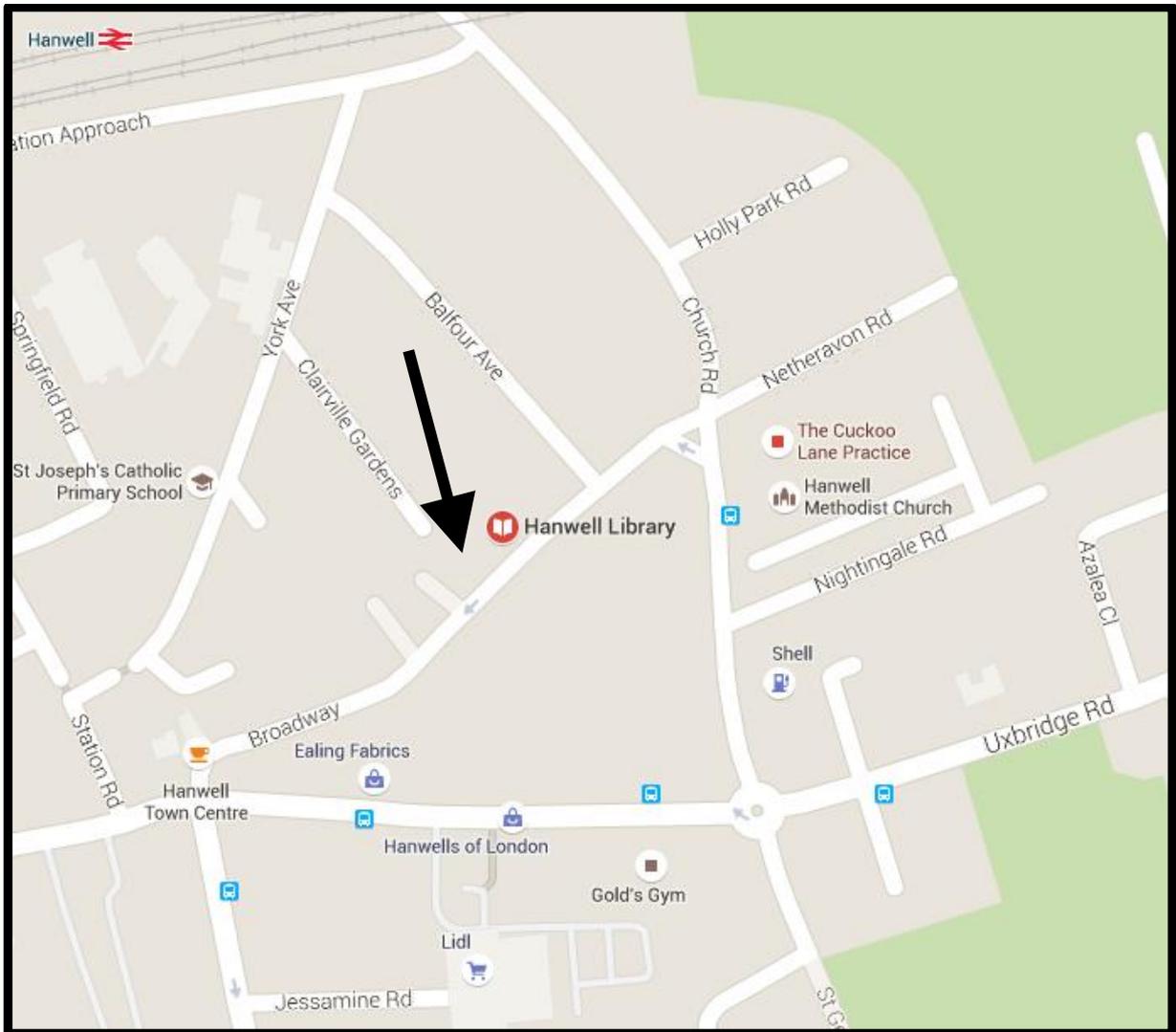
**Parking:** St Andrews Church Centre has a small car park for visitors and users of the centre. This is on Kings Avenue, which is on the road directly to the left of the centre. There is also restricted hours off-street parking in the area.

**Local Buses:** E1, E2, E7, E8, E9, E10, 65, 112, 297, PR1

**Underground/Trains:** Ealing Broadway Station

## Map of Horizons Centre

15 Cherrington Road, Hanwell  
Contact: 020 8537 4940



**Directions:** From the clock tower on the Uxbridge Road, walk down the Broadway towards Cherrington Road. The centre is on your left immediately before the library

**Local Buses:** 83, 207, 427, 607

**Parking:** There is no parking in the area.

**Underground/Trains:** Hanwell Station, Ealing Broadway Station