



Children in Wales Plant yng Nghymru

Training Programme

Spring - Summer
2010



Children in Wales Training Programme

Welcome to Children in Wales' brand new Training Programme. All of our training courses are multi-disciplinary and aim to promote an integrated approach for all those working in the statutory, voluntary and independent sectors. We are able to draw on the resources of our own specialist staff team, and a national network of expert individuals and organisations, to deliver high quality training events at a variety of venues across Wales. We can also provide 'in house' training.

Making a Booking

Registration is on a first come first serve basis and places are limited, so early bookings are advisable. Once a course is full we will keep a reserve list and contact you if a cancellation is made. Bookings can be made using the attached application form or online via Children in Wales' website www.childreninwales.org.uk. One form should be completed for each delegate and a copy made for your records. Telephone bookings are not accepted. On receipt of your application your place will be confirmed by email

and course details sent in advance of the event. To avoid disappointment on the day, please ensure that you have your confirmation before setting out for the venue.

Cancellations

Cancellations received three weeks before the date of the event will be refunded in full, less a £10 administration fee. No refunds can be made after this date, although substitutions can be made. Children in Wales reserves the right to alter event programmes at any time.

Join Children in Wales

Why not become a member of Children in Wales and take advantage of our discounted membership rates for all training courses? To find out more please contact 029 2034 2434 or visit www.childreninwales.org.uk/membership. As a member you can not only receive discounts on events, but regular Policy E-briefings, our quarterly membership mailout (including full colour magazine) and many other benefits.

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In House training

If you are interested in buying one of our advertised events for your organisation or commissioning a bespoke training day we can tailor the training to your specific requirements, programme your day, provide you with an expert trainer and all the relevant materials. If you provide the venue this can be a cost effective way of ensuring that the training needs of a whole staff group are met at a time and place which fits your organisation. In addition to the advertised courses in the training programme Children in Wales staff are able to offer a range of half day awareness raising workshops on the following topics.

How to support disabled children in mainstream settings

This workshop will include looking how reasonable adjustments can be made within settings to support this group of children to access your services and be included in the activities you offer. The workshop won't just focus on making the venue accessible to wheelchair users but look at making your activities more inclusive and also assisting staff to develop positive attitudes towards disabled people. It will include an introduction to the Disability Discrimination Act 1995 and 2005 and other relevant legislation.

Children in Wales is also able to offer an general introductory course on good practice issues for working with disabled children tailored to the needs of your setting.

Sector-specific participation training

Children in Wales can provide bespoke participation training designed specifically for organisations who want to ensure that young service users are involved in the planning and design of their services. This workshop will look at the specific barriers and opportunities for enabling children and young people to participate in your setting. Sessions will be based on the needs of each group and based on participation policy in their field of work.

Participatory Methods for working with young people

Children in Wales can provide training sessions on participatory methods with young people. Sessions can be either generic or specific training developed based on the particular needs of the group.

Recording and Record Keeping

This workshop will look at the legal framework for recording information and consider the importance of effective record keeping in any organisation working with children and young people. We will explore what systems your organisation has in place for recording information, looking at issues of good practice and consistency across the staff group.

How to engage fathers

Working with fathers is now becoming increasingly mainstream – both at policy and service level. The workshop will

consider the importance of involving fathers to achieve better outcomes for children and how this can have far reaching implications for the whole family. The workshop will look at the many barriers which deter men from engagement in services. Participants will gain a greater understanding of how and why they need to include men more fully in their service design when engaging with families.

Child Protection

Workshops will be designed to address the specific requirements of safeguarding children and young people in your setting. The workshop will raise awareness of the ways in which children can be abused and the signs to be aware of. It will consider the legal and moral requirements for keeping children safe, with reference to your setting and the roles of other professionals who contribute to this.

Monitoring Policy and Legislation

Children in Wales can provide training on monitoring policy and legislation relating to children and young people in Wales. The training can be tailored to the particular policy areas affecting an organisation. It will cover policy development and the legislative processes in the National Assembly for Wales and the UK Parliament, and look at which areas are devolved and which are non devolved. An overview of policy affecting children and young people in the European Union can also be provided.

For more information about our in house training or to discuss your needs please contact: Claire Sharp, Training Officer, Children in Wales, 25 Windsor Place, Cardiff, CF10 3BZ, Tel: 029 20342434, E-mail: claire.sharp@childreninwales.org.uk



Focus on Children and Young People

Multi-sensory Approaches to Learning

A one-day course facilitated by Richard Hirstwood

This one-day course will leave you filled with ideas, inspiration and the knowledge to improve or introduce a multi-sensory approach to learning within your setting. It will give you the reasons behind using such an approach as well as easy-to-replicate ideas on how to do this. Richard will show you how to create an individual multi-sensory environment as well as how to get the best out of the equipment you may have. He will also give you a number of ideas on developing low cost sensory resources - and he has a treasure trove of these for you to explore on the day!

The course will include:

- An introduction to multi-sensory rooms and studios
- Why this approach is necessary for some children
- Easy ideas to take away - that you can put into practice the very next day

12 May 2010, Merthyr
15 June 2010, Rhyl

COST:

Members £98

Non-members £120

Should children be smacked?

A half-day workshop facilitated by Children in Wales

This workshop aims to bring together childcare professionals from different backgrounds to explore attitudes towards the smacking of children, and the effects of smacking. This highly interactive session will allow participants to discuss the issue of children being smacked by parents within their own work context and considering personal opinions and work place policies to address this.

This workshop will:

- Set out the legal and cultural contexts for smacking
- Discuss why the smacking of children persists in the UK
- Consider smacking in the context of safety and behaviour management
- Explore whether smacking is abusive, corrective, punitive or the product of parental frustration
- Consider alternatives to smacking

20 April 2010, Cardiff
9 July 2010, Wrexham

COST:

Members £50

Non-members £65

Against the Odds - Building Resilience in Young People

A one-day course facilitated by Young People in Focus

Why do some young people cope with difficulties more easily than others? What factors really make a difference to how we deal with adversity? What can practitioners do to make a difference? This one-day course explores how you can develop an approach that builds on strengths to help young people deal with adversity, cope with change, survive disappointment and manage crises. It will draw upon practice, research and theory. Above all, it will enable participants to reflect upon their experience and build on their own strengths.

The course will include:

- Resilience, risk and coping - what do we mean
- Key resilience qualities for individuals and families
- Implications of the different coping styles of young women and young men
- Protective factors for individuals, families and communities
- The significance of emotional intelligence, problem solving and optimism
- Listening to young people and families and developing relationships of care
- Supporting Connectedness

28 June 2010, Merthyr
21 September 2010, Old Colwyn

COST:
Members £120
Non-members £ 145

Key issues in Adolescence

A one-day course facilitated by Young People in Focus

The position of young people in society is constantly in a state of flux. Professionals working with young people need to be able to separate fact from myth. This course aims to increase understanding of the key issues, tasks and challenges facing young people today, so that any professionals working with them in a variety of settings can reflect upon how best to support them.

The course will include:

- An examination of some of the ways society has changed in recent years, how this affects young people and those working with them
- An identification of key trends in areas such as population, education, employment, health, family life and crime
- An exploration of current thinking about 'adolescence' and concepts such as developmental stages and 'tasks'
- Working on practical ways to improve communication skills (listening and responding) to young people
- Considering the above issues within an anti-discriminatory framework, taking account of topics such as race, ethnicity, disability, class, sexuality, culture and religion

14 April 2010, Merthyr

COST:
Members £120
Non-members £145

Communicating and Consulting with Disabled Children

A one-day course facilitated by Triangle

The aim of this introductory course is to increase competence and confidence in communicating and consulting with disabled children and young people, particularly about their views, wishes and feelings. This course will introduce participants to different approaches to communication within a clear value framework.

This course will include:

- Taking an informed, reflective approach to all work with disabled children and young people
- An exploration of a wide range of communication styles and methods
- Using a range of strategies to overcome barriers to communication

29 April 2010, Carmarthen

COST:

Members £135

Non-Members £160

Working Positively with Autistic Children in the Early Years

A one-day course facilitated by Windfall Training

This course offers participants a broader understanding of how autism can impact on early development, play and social interaction. This deeper understanding can underpin positive and progressive relationships with autistic children. Strategies for promoting engagement, play and language development are explored, along with positive responses to behaviours found in autism that can challenge professionals and families. This course is for all those working with autistic children and their families who wish to deepen their understanding and enlarge their skills base with this cohort of children.

The day will cover:

- Current views on the nature and features of Autism
- Evidenced based approaches in play, social development, family well being and behavior
- Strategies to support communication and shared attention

27 May 2010, Newtown

16 June 2010, Carmarthen

COST:

Members £115

Non-Members £135

Introduction to Children's Rights and Participation

A one-day course facilitated by Children in Wales

An introductory course using a range of participatory methods aimed at practitioners and managers in the social care, health, education and public protection services. This course is for those who are new to this area of work or for people who wish to update their knowledge of the 'Rights' based agenda which is developing in Wales.

This course will include:

- An understanding of the role of 'children's rights' and how it can be applied and incorporated by professionals in their day-to-day practice
- An exploration of the way in which personal values and attitudes impact on our approach to children's rights
- A range of participatory techniques which can be adopted in engaging with children & young people
- An understanding of the legislative and policy frameworks including the Participation Standards which exist in Wales
- An overview of UNCRC Action Plan for Wales 'Getting it Right'

23 September 2010, Cardiff

COST:

Members £98

Non-members £120

"See Me, Hear Me" – promoting the rights of disabled children

A one-day course facilitated by Children in Wales

The UN Convention on the Rights of Persons with disabilities was ratified by the UK in June 2009. The purpose of the Convention is to "promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all person with disabilities and to promote respect for their inherent dignity." This marks a "paradigm shift" in attitudes and approaches to persons with disabilities worldwide.

This training will explore how this Convention, the United Nations Convention on the Rights of the Child and other documents can be used to promote the rights of disabled children to have the same access to everyday opportunities that non-disabled children take for granted.

The course will include:

- Understanding the rights of disabled children
- The key provision of the Convention on the Rights of People with Disabilities
- Exploring the relationship between the United Nations Convention of the Rights of the Child and the Convention on the Rights of Persons with Disabilities

22 June 2010, Swansea

15 September 2010, Rhyl

COST:

Members £80

Non-Members £100

Supporting Families

Introduction to Working with Fathers

A two-day course facilitated by Fatherskills

The course is aimed at all professionals looking to engage meaningfully with families. The training focuses on the theoretical principles for increasing participation by fathers, and provides practitioners with the confidence to address this challenging area of work.

The course will include:

- The principles and practice of working with fathers
- Practical suggestions for reaching fathers
- How to support dads to play and interact with their children
- The skills necessary to facilitate a meaningful relationship between father and child
- An exploration of how gender roles have changed within the family
- Provides the underpinning knowledge for the groupwork training “Supporting Fathers Groups in Early Years”

10 & 11 June 2010, Rhyl

COST:

Members £195

Non-Members £235

Supporting Fathers' Groups in Early Years

A two-day course facilitated by Fatherskills

Building on the theory developed in An Introduction to Working with Fathers, the course is aimed at organisations and practitioners working in Early Years settings. It provides a toolkit to help create and sustain a 12-week programme for a father's group. The course is based on interactive learning and how to translate this into working with fathers.

This course will include:

- Help for organisations to meet their Duty to Gender Equality
- A step by step guide to running a fathers group
- An explanation of the differences in engaging Fathers as opposed to mothers
- A definition of what makes an involved father, and how to promote this with men
- A focus on delivering better child outcomes rather than parenting chores
- An evaluation tool for measuring increased engagement by fathers

13 & 14 May 2010, Merthyr

23 & 24 September 2010, Llandudno

COST:

Members £195

Non-Members £235

Coping with Young Children

A three-day training course facilitated by Pam Pritchard and Jill Duguay

This comprehensive training is for anyone working with families, particularly those wishing to work with parents who are experiencing considerable difficulties with their children aged 0–8 years. The course offers a variety of informal, practical approaches. This framework will help you to feel confident in setting up and running your own group with parents or can be used on an individual basis with families. The course is for all staff working with parenting issues who may have tried to work in many ways to help a family make positive changes and suggested a number of methods, without success.

This course will include:

- Groupwork as a method of facilitating change, from practical issues to group dynamics
- How parents' own past experiences can 'get in the way' of their parenting.
- A well researched, tried and tested, behavioural framework for helping parents manage their children's behaviour
- The valuable use of video/DVD to help parents become experts in problem solving difficulties
- How to find the positives in difficult situations

19 – 21 May 2010 Neath

COST:

Members £225

Non Members £250

Challenging years!

A one-day course facilitated by Young People in Focus

This course will prepare practitioners for running the Challenging Years! programme. Challenging Years! is a short and accessible parenting programme which examines the changing relationships between parents and their children as they make the transition to secondary school. The programme encourages parents to consider the new challenges their children will face as they move towards greater independence, and is ideal for running in schools and community settings.

The course will include:

- A working knowledge of the content of the Challenging Years! manual
- What is effective in supporting parents of teenagers
- The different needs of parents attending the course
- Development of facilitation skills within the context of Challenging Years!

Each participant will receive a copy of the Challenging Years! Manual

13 April 2010, Merthyr

COST:

Members £165

Non-members £190

Supporting Practitioners

Introduction to Groupwork

A one-day course facilitated by Children in Wales

This one-day course provides an introduction to setting up and running groups. It is suitable for people who are running any kind of group – formal or informal, led by task, content or process, structured or unstructured – and with any client group. It will help participants to identify strengths and weaknesses in their current practice and to consider future avenues for training.

This course will include:

- Exploring the process for the initial planning of a group
- An introduction to group work theories and methods
- How to plan individual sessions
- Recognising common patterns in the process of groupwork
- Understanding how to link the chosen groupwork approach with the aims and objectives of the specific group
- Ideas for recording groupwork, relating this to giving reports and recommendations to stakeholders

22 April 2010, Cardiff

COST:

Members £115

Non-Members £135

Advanced Groupwork Skills

A two-day course facilitated by Jill Duguay

Working with groups can be both rewarding and challenging. These two days will be an opportunity for participants to share experiences and ideas of working with groups of adults, and will be an opportunity for people to build on previous introduction to groupwork skills. Some of the following theories will be explored during the two days: Groupwork, communication skills, transactional analysis, counselling skills and conflict management. Jill has had extensive experience of working therapeutically with families and individuals in the public, private & voluntary sector. Over the last nine years she has worked with groups of parents as a Parenting Coordinator with a Youth Offending Service.

During the two-day course participants will:

- Share experiences of running groups
- Discuss engagement, group processes, dynamics and management issues
- Consider theories for understanding what is going on within the group and strategies to deal with difficulties arising

17 & 18 June 2010, Rhyl

1 & 2 July 2010, Neath

COST:

Members £135

Non-Members £160

Working with Children and Families in Wales

A one-day course facilitated by Children in Wales

This interactive course will provide individuals working in Wales with an understanding of how their organisation and key areas of work fit into the main strategy areas concerning children, young people and families. Participants will learn about Welsh strategies that influence both policy and funding streams.

The course will include

- An overview of the political context and processes in Wales
- Identification of key strategy the key strategies driving children's policy in Wales
- Clarification of the key differences between Welsh and English policies for children and families
- An explanation of the local structures and priorities for planning children and family services
- The implications of working in a bilingual country
- An opportunity to analyse the main threats and opportunities for participant services

18 May 2010, Carmarthen

30 June 2010, Llandudno

6 July 2010, Cardiff

COST:

Members £80

Non-Members £100

Introduction to Soft Outcomes and Distance Travelled

A one-day course facilitated by Children in Wales

This course is relevant for managers and practitioners who want to demonstrate that their intervention has really made a difference to the people they are supporting. Budgets are under pressure and all organisations need to consider economy and efficiency, but it is important to keep focus on the effectiveness of services. The course will look at the importance of measuring the soft outcomes that your intervention has achieved for the people you work with.

The course will include

- An understanding of monitoring and evaluation definitions
- How to develop and implement an effective monitoring system
- An opportunity to consider what soft outcomes are relevant for your setting
- Identifying what indicators of outcomes you need to monitor
- Exploring a range of tools for measuring outcomes
- Reviewing progress to assess distance travelled

21 April 2010, Neath

14 September 2010, Rhyl

COST:

Members £80

Non-members £100

Safeguarding Children and Young People

Reducing Home Accidents in Early Years – Effective Interventions

A one-day course facilitated by Children in Wales

This one-day participative course draws on research and evidence-based interventions to help practitioners understand and address preventable home accidents, focusing on the most common, serious or disabling accidents. The course is aimed at Children and Young People's Partnerships, Midwives and Health Visitors, Community Safety Partnerships, Flying Start and Sure Start, Social Services, Home Safety Equipment Scheme Providers and Health and Wellbeing Managers.

This course will include:

- The identification of who is most at risk and why risk varies
- Effective intervention – Falls, Fire, Poisoning, Burns and Scalds
- Interventions in practice

27 September 2010, Caerphilly

COST:

Members £98

Non-members £120

Parental Mental Health and its Impact on Children

A one-day course facilitated by Young Minds

This course is for anyone working with children and families who wishes to increase their understanding of the impact of parental mental ill health on child development, and to explore ways of supporting families where there is mental disorder.

The course will include:

- *Presentation of the clinical symptoms and behaviours associated with common disorders*
- *How mental health problems affect parenting*
- *Young people's experiences of having a parent with a mental health problem*
- *Safeguarding issues*
- *Exploring risk and resilience in families as a way of shaping interventions*

26 May, Wrexham

16 September, Merthyr

Cost:

Members £135

Non-Members £160

Safeguarding Children Working with potentially dangerous parents

A one-day course facilitated by Children in Wales

This one-day course is aimed at practitioners and managers who are involved in safeguarding children, supporting people in their homes, work regularly 'out of hours' and want to feel more confident about working safely with parents/carers who present possible dangers. The course will provide the opportunity to understand the risks and explore ways of safer working.

This course will include:

- Raising awareness of the risks faced by staff when safeguarding children
- Sharing preventive and protective strategies for dealing with dangerous parents/carers
- Placing these strategies within a workplace health and safety context

30 September, Old Colwyn

COST:

Members £115

Non-members £135

Safeguarding Children in Sport and Leisure

A one-day course facilitated by Children in Wales

This course is aimed at people working in a paid or voluntary capacity with children and young people in sporting and leisure activities. This will provide an opportunity to fully understand your responsibilities in safeguarding the young people who are accessing your organisation, and to explore the particular issues for your settings including transporting, photographing and keeping in contact with children and young people who are taking part in activities.

The course will include

- Identifying the risks to children
- Identifying the risks to staff and volunteers
- Exploring how these risks can be minimised
- Feeling confident in dealing with disclosures

28 May 2010, Merthyr

8 July 2010, Old Colwyn

COST:

Members £115

Non-Members £135

Domestic Abuse and Child Protection A Multi-agency Approach

*A one-day course run jointly between
Welsh Women's Aid and Children in Wales*

This course is aimed at practitioners working with children and families in health, social services, education and supported housing. It will enable practitioners to understand more about the indicators of risk and to share good practice in working collaboratively with family members who are involved.

The course will include

- The impact of domestic abuse on children and young people
- An understanding of how children may be used by perpetrators of domestic abuse
- Recognising the factors that impact heavily on the lives of women and children following the end of a relationship with a perpetrator of domestic abuse
- The challenges of protecting children in families where there is domestic abuse
- Creating safety plans
- Considering risk factors relevant to situations of domestic abuse
- Working in partnership with children and families to identify and reflect on risk factors
- Understanding the roles of other agencies

27 April 2010, Caernarfon

16 June 2010, Pontypridd

COST:

Members £98

Non-members £120

Training Calendar

Training Calendar- April 2010 to September 2010

Date	Course Title	Venue
13 April	Challenging years	Merthyr
14 April	Key issues in Adolescence	Merthyr
20 April	Should children be smacked?	Cardiff
21 April	Introduction to Soft Outcomes	Neath
22 April	Introduction to groupwork	Cardiff
27 April	Domestic Abuse and Child Protection	Caernarfon
29 April	Communicating and Consulting with Disabled Children	Carmarthen
12 May	Multi Sensory Approaches to Learning	Merthyr
13 & 14 May	Supporting Fathers groups in Early Years	Merthyr
18 May	Working with children and families in Wales	Carmarthen
19 – 21 May	Coping with Young Children	Neath
26 May	Parental Mental Health and the impact on children	Wrexham
27 May	Working positively with autistic children in the early years	Newtown
28 May	Safeguarding children in sports and leisure	Merthyr
10 & 11 June	Introduction to Working with Fathers	Rhyl
15 June	Multi Sensory Approaches to Learning	Rhyl
16 June	Working positively with autistic children in the early years	Carmarthen
16 June	Domestic Abuse and Child Protection	Pontypridd
17 & 18 June	Advanced groupwork	Rhyl
22 June	See me Hear Me, promoting the rights of disabled children	Swansea
28 June	Building Resilience in Young People	Merthyr
30 June	Working with children and families in Wales	Llandudno

Training Calendar

1 & 2 July	Advanced group work	Neath
6 July	Working with children and families in Wales	Cardiff
8 July	Safeguarding children in sports and leisure	Old Colwyn
9 July	Should Children be Smacked?	Old Colwyn
14 Sept	Introduction to Soft Outcomes	Rhyl
15 Sept	See me Hear Me - UNCRDP	Rhyl
16 Sept	Parental Mental Health and the impact on children	Merthyr
21 Sept	Building resilience in young people	Old Colwyn
23 Sept	Children's rights and Participation	Cardiff
23-24 Sept	Supporting Fathers groups in Early Years	Llandudno
27 Sept	Reducing Home Accidents in Early Years	Caerphilly
30 Sept	Working with Potentially Dangerous Parents	Old Colwyn