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**Learning and Development Calendar 2025**

**January - June**

**Welcome to the City of Edinburgh Council’s Learning and Development Calendar. This will be sent out to all foster carers in December and June each year going forward. We have reviewed the training available to foster carers and divided this into:**

1. **Core Training Post-Approval (with an expectation that all newly approved carers/carers transferring to CEC will complete these mandatory modules)**
2. **Core Training (training to be refreshed every 3 years)**
3. **Additional CPD (more tailored training specific to some schemes of caring)**

**Training booking process**

(Please note that some courses have max/minimum numbers for attendance. Please do not attend training unless you have had your place confirmed).

Training Calendar/Flyer

* + Using the Training Calendar or individual email flyers, select the course you would like to attend.

Booking

* + To book place please email the lead facilitator for the specific training course/briefing.

Confirmation

* + You will receive a confirmation email, detailing the date, time and venue of the course you have booked.

Cancellation

* + Please contact the facilitator within 48 hours of the training to cancel, in order for another carer to have the opportunity to attend in your place.

Learning and Development Calendar January – June 2025

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|  |  | **January 2025** |  |  |
| Mon | Tues | Wed | Thur | Fri |
|  |  | 1  **School Holidays** | 2 | 3 |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14  **Short-breaks carers group 6.30-7.30pm** | 15  **10-12pm South/East Edinburgh Support Group** | 16 | 17 |
| 20 | 21 | 22  **10-2.30pm – Epilepsy Training (Goodtrees Centre)** | 23  **Baby/Infant Carer Support Group 10-12pm** | 24 |
| 27  **West Edinburgh/West Lothian Carer Support and Development Group 10-12pm**  **EAST LOTHIAN SUPPORT & DEVELOPMENT GROUP 6.30-8.30pm** | 28  **Autism Carer Support and Development Group 10.30-12pm** | 29 | 30  **Walking Group 11am** | 31 |

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|  |  | **February 2024** |  |  |
| Mon | Tues | Wed | Thurs | Fri |
| 3 | 4 | 5  **Trauma Informed Practice 10-12pm (Valley Park)**  **Male Carers Support and Development Group 6.30-8.30pm** | 6  **Introduction to Autism (Drumbrae Library Hub – Parkgrove Room)** | 7 |
| 10 | 11  **Short-breaks carers group 6.30-7.30pm** | 12 | 13  **10.30-12.30pm – Borders Carers Group** | 14 |
| 17 | 18  **Autism Carer Support and Development Group 10.30-12pm** | 19 | 20  **Baby/Infant Carer Support Group 10-12pm** | 21 |
| 24  **West Edinburgh/West Lothian Carer Support and Development Group 10-12pm**  **EAST LOTHIAN SUPPORT & DEVELOPMENT GROUP 6.30-8.30pm** | 25  **12-1.30pm – Safe Care Plans and Managing Allegations (online**) | 26 | 27  **CP and Law training (Goodtrees Centre)**  **9.30-1pm** | 28 |

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|  |  | **March 2024** |  |  |
| Mon | Tues | Wed | Thurs | Fri |
| 3 | 4 | 5  **10-12pm South/East Edinburgh Support Group** | 6 | 7 |
| 10 | 11  **Short-breaks carers group 6.30-7.30pm** | 12 | 13 | 14 |
| 17 | 18  **Social Pedagogy (Lauriston Castle)**  **Chrysalis (Under 12s)**  **9.30am – 12.30pm** | 19  **Social Pedagogy (Lauriston Castle)** | 20  **Baby/Infant Carer Support Group 10-12pm**  **Chrysalis (Under 12s)**  **9.30am – 12.30pm** | 21 |
| 24 | 25  **Autism Carer Support and Development Group 10.30-12pm**  **Carer Wellbeing and Caring More Safely 10.30-1pm – venue TBC** | 26  **Male Carers Support and Development Group 6.30-8.30pm** | 27  **Walking Group 11am** | 28 |
| 31  **West Edinburgh/West Lothian Carer Support and Development Group 10-12pm**  **EAST LOTHIAN SUPPORT & DEVELOPMENT GROUP 6.30-8.30pm** |  |  |  |  |

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|  |  | **April 2024** |  |  |
| Mon | Tues | Wed | Thur | Fri |
|  | 1 | 2 | 3  **10.30-12.30pm – Borders Carers Group** | 4 |
| 7 | 8  **Short-breaks carers group 6.30-7.30pm** | 9 | 10 | 11 |
| 14 | 15 | 16 | 17  **Baby/Infant Carer Support Group 10-12pm** | 18 |
| 21 | 22  **Autism Carer Support and Development Group 10.30-12pm** | 23 | 24  **Walking Group 11am**  **Chrysalis (Under 12s)**  **9.30am – 12.30pm** | 25 |
| 28  **West Edinburgh/West Lothian Carer Support and Development Group 10-12pm**  **EAST LOTHIAN SUPPORT & DEVELOPMENT GROUP 6.30-8.30pm** | 29 | 30  **10-12pm South/East Edinburgh Support Group**  **Nurturing Attachments Through Play – (Drumbrae Library Hub)** |  |  |

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|  |  | **May 2024** |  |  |
| Mon | Tues | Wed | Thurs | Fri |
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| 5 | 6 | 7  **Penumbra**  **10am-1pm on (online)** | 8 | 9 |
| **12** | **13**  **Short-breaks carers group 6.30-7.30pm**  **Diversity Training 6.30-8.30pm (online)** | 14  **Male Carers Support and Development Group 6.30-8.30pm** | 15  **Chrysalis (under 12s)**  **9.30am – 12.30pm** | 16 |
| 19 | **20**  **Autism Carer Support and Development Group 10.30-12pm** | 21 | 22  **Baby/Infant Carer Support Group 10-12pm**  **Trauma Informed Practice 10-12pm (online)** | 23 |
| 26  **West Edinburgh/West Lothian Carer Support and Development Group 10-12pm**  **EAST LOTHIAN SUPPORT & DEVELOPMENT GROUP 6.30-8.30pm** | 27 | 28 | 29  **Walking Group 11am** | 30 |

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|  |  | **June 2023** |  |  |
| Mon | Tues | Wed | Thurs | Fri |
| 2 | 3  **Chrysalis Refresher**  **9.30am – 12.30pm** | 4  **Autism and Girls 10-12pm (online)** | 5 | 6 |
| 9 | 10  **Short-breaks carers group 6.30-7.30pm** | 11 | 12  **10.30-12.30pm – Borders Carers Group** | 13 |
| 16 | 17 | 18  **10-12pm South/East Edinburgh Support Group** | 19  **Baby/Infant Carer Support Group 10-12pm** | 20 |
| 23 | 24  **Autism Carer Support and Development Group 10.30-12pm** | 25 | 26  **Walking Group 11am** | 27 |

**Course Descriptors A-Z**

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| **Attachment, Child Development and Resilience**   * Explore child and teen development * Build an understanding of damaged relationships * Explore the impact of ACEs and broken attachments * Explore strategies to encourage good attachments with children * Explore tools to support resilience building   Facilitator [sanne.nielsen@edinburgh.gov.uk](mailto:sanne.nielsen@edinburgh.gov.uk) | **Will be run again in 2026** |
| **Autism sharing and discussion: Girls and Autism**   * Input/discussion around working with girls with ASD. * Facilitator [clare.evitt@edinburgh.gov.uk](mailto:clare.evitt@edinburgh.gov.uk) | **04.06.25 10-12pm (online)** |
| **Carer Wellbeing and Caring More Safely**   * Recognising and understanding the impact of * change * secondary trauma * ‘buttons’ * realities of being a foster carer * life stresses * Facilitator [tracy.white@edinburgh.gov.uk](mailto:tracy.white@edinburgh.gov.uk) | **25.03.25 - 10.30-1pm** |
| **Carer Finance**   * Input on CEC finance processes, delays, overpayments etc * Input from Fostering Network on tax, allowances, pensions, insurance * Facilitator [elspeth.russell@edinburgh.gov.uk](mailto:elspeth.russell@edinburgh.gov.uk) | **19.06.25 – 9.30-11am** |
| **Child Protection and the law**   * Improve knowledge of the current context for child protection * Develop/refresh your understanding of child protection issues * Ensure an awareness of your role in the child protection process * Improve knowledge of the Law * Facilitator [shauna.o’neill2@edinburgh.gov.uk](mailto:shauna.oneil2@edinburgh.gov.uk) | **27.02.25 – 9.30-1pm** |
| **Chrysalis**   * **Supporting self-regulation and resilience**   **Facilitator** [**m**ichael.greig**@edinburgh.gov.uk**](mailto:michael.greig@edinburgh.gov.uk) | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Tues 18th March 25**  **9.30am – 12.30pm** | **Thurs 20th March 25**  **9.30am – 12.30pm** | **Thurs 24th April 25**  **9.30am – 12.30pm** | **Thurs 15th May 25**  **9.30am – 12.30pm** | **Tues 3rd June 25**  **9.30am – 12.30pm** | |
| **Cyber security and Keeping Young People Safe Online**   * **Input from Police Scotland on most common type of street drugs and their effects** * **Input on keeping children safe online**   **Facilitator** [**elspeth.russell@edinburgh.gov.uk**](mailto:elspeth.russell@edinburgh.gov.uk) | **August 2025** |
| **Diversity: Caring for children from ethnic minority backgrounds**   * Increasing Carer Confidence in Caring for Children from Black, Asian and Minority Ethnic Backgrounds * Explore our use of language * Think about how we support the identity needs of children from a Black, Asian and Minority Ethnic (BAME) background * Explore how we can support carers in dealing with incidents of racism and supporting BAME children * Facilitators [sanne.nielsen@edinburgh.gov.uk](mailto:sanne.nielsen@edinburgh.gov.uk) and [clare.evitt@edinburgh.gov.uk](mailto:clare.evitt@edinburgh.gov.uk) | **13.05.25 – 6.30-8.30pm (online)** |
| **Enhancing Attachment Through Play**   * ‘Participants will have the chance to learn more about the theory and principles behind Theraplay and how these principles can be applied in our day-to-day interactions and play with children. The training morning aims to introduce carers to fun, attachment-based games which can help build better relationships for parents, carers and children. A key part of the morning will be the opportunity to experience and practice the activities together!’ * Facilitators [sanne.nielsen@edinburgh.gov.uk](mailto:sanne.nielsen@edinburgh.gov.uk) and [flora.allison@edinburgh.gov.uk](mailto:flora.allison@edinburgh.gov.uk) | **30.04.25 – 10.30-1.30pm** |
| **Epilepsy**   * Training on the administration of emergency epilepsy medication * Facilitator [clare.evitt@edinburgh.gov.uk](mailto:clare.evitt@edinburgh.gov.uk) |  |
| **FASD – Next Steps for Caregivers**   * Input on the issues around FASD and supporting children affected by FASD   Facilitator <https://www.eventbrite.co.uk/e/fasd-next-steps-for-caregivers-tickets-941170164297?aff=ebdsoporgprofile> | **26th February and 5th March, 10-12pm** |
| **First Aid**   * Provided by Green Cross * Emergency First Aid For Under 8s or First Aid for Age 8+   Facilitator [carole.ferrigan@edinburgh.gov.uk](mailto:carole.ferrigan@edinburgh.gov.uk) | Later in 2025 |
| **Food For Thought**   * To get us all thinking about the ways in which food is used by children and adults * To focus on how food is used to communicate thoughts, actions, beliefs and relationships. Food can be a window into the everyday lives of children and carers * To think about food within the context of looked after care * Facilitator [carole.ferrigan@edinburgh.gov.uk](mailto:carole.ferrigan@edinburgh.gov.uk) and [lucia.hidalgo@edinburgh.gov.uk](mailto:lucia.hidalgo@edinburgh.gov.uk) | Later in 2025 |
| **Introduction to Autism**   * Facilitator [clare.evitt@edinburgh.gov.uk](mailto:clare.evitt@edinburgh.gov.uk) | **06.02.25 -** |
| **Safer Care Plans and Managing Allegations**   * Discussion and input on completing the Family Safe Care Plan and Individual Child Safe Care plan. * Input from Fostering Network about the support they can offer if faced with an allegation. * Facilitators [elspeth.russell@edinburgh.gov.uk](mailto:elspeth.russell@edinburgh.gov.uk) and [sanne.nielsen@edinburgh.gov.uk](mailto:sanne.nielsen@edinburgh.gov.uk) | **25.02.25 – 12 - 1.30pm** |
| **Secure Base Training** | Late 2025 |
| **Social Pedagogy**   * Improving practice with children and young people by focusing on relational ways of working. * Facilitator [Liliana.santos@edinburgh.gov.uk](mailto:Liliana.santos@edinburgh.gov.uk) | **18 and 19 March 2025** |
| **Suicide awareness and self harm**   * Delivered by Penumbra * This session will dive deeper into the underlying reasons for self-harm and will give more in-depth detail on how we can support someone who self-harms. * Underlying causes of self-harm * Functions of self-harm * Practical guidance in supporting people who self-harm * Facilitator [cara.carberry@edinburgh.gov.uk](mailto:cara.carberry@edinburgh.gov.uk) | **07.05.25 – 10 - 1pm** |
| **Trauma Informed Practice**   * **Facilitator** [sanne.nielsen@edinburgh.gov.uk](mailto:sanne.nielsen@edinburgh.gov.uk) | **22/05/2025 – 10-12pm (online)** |