

# KINSHIP CARERS TRAINING GUIDE



No-one plans to be a Kinship carer so when we become one there are many unexpected challenges. The role of the Kinship Team is to support you and help you manage your own mental health and wellbeing while you are taking on the responsibilities of a Kinship carer. We will also support you to provide the highest level of care you can to the children in your care.

The aim of this guide is to give you an overview of the support and training available. We offer a broad range of training to suit your needs from short video's to more structured learning.

**Please discuss this with a member of the Kinship Team, who will help to find the most appropriate training for you.**

*The training I have attended has been really positive and helped me develop my caring role. It helped me to understand why the children were acting the way they do and gave me ways to cope.*



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# DON'T WORRY ABOUT TRAINING!

Feeling anxious about training? You're not alone! Some people worry it will be like school, with lots of expectations. And online training can be a bit daunting too. But don't worry, we're here to help! Talk to your Social Worker or Louise Lamont, and we'll support you.

## **Relaxed and informal:**

- Our training is designed to be relaxed and informal.
- No need to worry about answering questions individually or taking tests.
- Role play? Not usually, and never if you're uncomfortable.

## **Just bring enthusiasm:**

- All we ask is that you come with enthusiasm and don't be afraid to ask questions!

## **Connect with other carers:**

- Training is a great chance to chat with other carers who have faced similar challenges.
- Share tips and support each other.

*Training gives you the chance to meet others and learn new ways to deal with situations.*



# KINSHIP CARE GROUPS

Kinship Care Groups provide a safe space for Kinship carers to discuss issues affecting them with other carers in their local areas. They share experiences and seek advice and support from others in a similar situation.

**Groups are currently meeting in:**

<b>Dunfermline</b>	Every Thursday Broomfield Community Flat	10 - 11.30am
<b>Benarty</b>	Alternate Wednesdays Benarty Community Centre, Flockhouse Avenue	10 - 11.30am
<b>Cupar</b>	Every Tuesday St Johns Church, Bonnygate	10 - 11.30am
<b>Glenrothes</b>	Every Wednesday St Luke's Church, Ninian Quadrant	10 - 11.30am
<b>Kirkcaldy</b>	Every Tuesday Linton Lane Centre	12.30 - 2pm
<b>Methil / Levenmouth</b>	Every Wednesday Wellesley Parish Church Hall, Methil	10 - 11.30am
<b>Cowdenbeath</b>	Alternate Wednesdays Maxwell Community Flat, Stenhouse Street	10 - 11.30am

Please contact **Fife Kinship Team** or check the Fife Kinship Care facebook page for information of times and venues of current groups running in your area.

tel: **01592 583554**

email: **[kinship.earlyyears@fife.gov.uk](mailto:kinship.earlyyears@fife.gov.uk)**

 **[/FifeKinshipCare](https://www.facebook.com/FifeKinshipCare)**

# IN-PERSON TRAINING

Looking for a supportive environment to learn and grow? Our in-person training courses are perfect for you! Connect with other kinship carers, share knowledge, information, and experiences, and enjoy a relaxed and comfortable setting. We'll provide food, refreshments, and plenty of time to connect with other carers.

**Interested in attending? Keep an eye on the Facebook page speak to a worker in the Kinship Team to find out about planned dates, times, and venues.**

tel: 01592 583554

email: [kinship.earlyyears@fife.gov.uk](mailto:kinship.earlyyears@fife.gov.uk)

 [/FifeKinshipCare](#)

Prefer a lighter overview? Ask for a Conversation Starter at your local group.

## Adolescence matters

In this course, learn about adolescent brain development and how to support teenagers during this transformative stage. Equip yourself with the knowledge and tools to navigate adolescence and effectively guide and nurture teenagers on their journey to adulthood.

Join us to better support and empower teenagers!

**See leaflet for dates and times of the next in person session.**

## Bereavement

Led by Child Bereavement UK, a leading charity in supporting bereaved children and families, this course provides an understanding of grief - a unique and complex experience, especially for children and young people.

Learn how to effectively support and guide children through their grief.

**See leaflet for dates and times of the next in person session.**

## Child protection

This training is designed to equip carers with essential knowledge and skills in child protection and child sexual exploitation.

Log into Fife Council Learning Nexus:

[fifecouncil.learningnexus.co.uk](https://fifecouncil.learningnexus.co.uk)

following the instructions noted on page 11.

If you would prefer a lighter overview, ask for a Conversation Starter at your local group.

Podcast: [learning.nspcc.org.uk/news](https://learning.nspcc.org.uk/news)

See leaflet for dates and times of the next in person session.

## Conscious carers

**Self-Awareness:** help kinship carers understand their personal journeys and triggers that impact caregiving.

**Mind-Body Connection:** foster a holistic approach by enhancing awareness of the energy and emotional connections between mind and body.

**Conscious Awareness:** equip carers with tools and strategies for mindfulness and compassion in their interactions.

**Community Building:** create a supportive network for sharing experiences, insights, and support.

**Practical Skills:** provide techniques for managing stress and enhancing emotional resilience.

**Reflective Practice:** encourage ongoing reflection for personal and professional growth in caregiving practices.

## Emergency first aid

This course includes basic emergency care for babies and small children.

Once you complete the course, you will receive a First Aid certificate that is valid for three years.

Please wear comfortable clothing as you may be involved in practical demonstrations.

If you are interested in attending a course, please speak to a worker in the Kinship Team who can let you know about planned dates, times and venues.

Here's a useful website: [redcross.org.uk/first-aid](https://www.redcross.org.uk/first-aid)

## Foetal Alcohol Spectrum Disorder (FASD)

Contact the Kinship Care team for a visit to your group to provide an awareness and understanding of the issues around drinking alcohol in pregnancy, characteristics of FASD and information on the assessment and diagnostic process, along with practical tips and guidance.

Website with information on FASD:

[sign.ac.uk/pat156-fetal-alcohol-spectrum-disorder](https://sign.ac.uk/pat156-fetal-alcohol-spectrum-disorder)

Video about FASD: [youtu.be/pQr3W9NUUpE](https://youtu.be/pQr3W9NUUpE)

Podcast: [fasdsuccess.com](https://fasdsuccess.com)

## Helping children and young people to flourish

This two-day, in-person course uses evidence-based information and activities to help carers learn:

- Awareness of and skills to support children's and young people's mental health and emotional wellbeing
- Confidence, emotional balance, character strengths, and mindfulness
- How to focus on your own mental wellbeing
- Tools to help children and young people flourish
- From personal experiences of others

**See leaflet for dates and times of the next in person session.**



## **'Life Story' workshop**

'Life Story Work' helps looked-after children explore their past, present, and future. It is an important way of helping them integrate their past into the present and move into the future.

The session aims to help carers:

- Understand what Life Story Work is and what's involved in keeping a Memory Box
- Increase confidence in undertaking the process of Life Story Work and keeping a Memory Box
- Increase confidence in supporting children through specific issues that might arise when they are creating their Life Story Work and creating a Memory Box

**See leaflet for dates and times of the next session.**

## **Managing self-harm, risk and suicide**

Join workers from the CAMHS Early Intervention Service to think about how we can provide support and containment to children, young people, and their families who are experiencing difficulties with distress, suicidal ideation, and self-harm.

This session aims to help carers:

- Increase your confidence in having conversations about risk
- Create a safety plan and learn about helpful supports
- Practice helpful coping strategies that you can share with the children and young people you care for

**See leaflet for dates and times of the next in person session.**

## **Trauma informed parent workshop**

The workshops aim to improve mental health and wellbeing, change generational patterns of behaviour by giving parents and caregivers awareness of the Trauma Informed Approach.

**See leaflet for dates and times of the next in person session.**

If you are unable to attend the Fife session, T.I.P also offer online sessions: [eventbrite.co.uk](https://eventbrite.co.uk)

# ONLINE TRAINING & WEBINARS

There are lots of eLearning training courses that you can do from home at a time that suits you. **You will need to type the links to each website into your search engine to find the pages.** Follow up webinars are also offered to compliment the eLearning. They might be useful for you, but you don't have to attend them.

If you have any problems finding the pages, please contact a member of the Kinship Team.

## Fife Council Learning Nexus eLearning

There are lots of courses on offer, some titles which might be of interest are:

- Autism Informed Practice Level
- Child Sexual Exploitation
- CPC GIRFEC and Child Protection
- CPC: Preparation for Court
- Adult Protection
- TRAUMA: Becoming Trauma Informed (Trauma Tier 1 Training)
- TRAUMA: Developing Your Trauma Skilled Practice (Trauma Tier 2 Training)

*Training is great,  
it is welcoming,  
everyone makes an  
effort and wants  
to learn from each  
other. Positive  
experience for all.*



## To access the courses:

Go to Fife Council Learning Nexus eLearning site:

[fifecouncil.learningnexus.co.uk](http://fifecouncil.learningnexus.co.uk)

You'll see this image when you reach the page.



Click on the blue box which says 'Click here to start learning' and it will come up with a list of courses.

1. Click on the course title that you are interested in.
2. On the next page there is course information and the link to the course is at the bottom of the page.
3. As a Kinship carer, you don't need to take a screen shot of your final assessment score, this doesn't apply to you.

Not all courses will be relevant to you, but if you scroll through the list, you will find the courses that are of interest to you.



## Flourish

Flourish are the number one provider of online children services training in the UK. If you don't already have an account with them, you will have to set one up - see instructions below.

### To access the courses:

Type: [flourish.co.uk](https://flourish.co.uk) into your search browser. Go to:

- **Learning**
- **Children Services**

You will find an extensive list of up-to-date training. Each box has more course information when you click on the title.

1. Choose the course.
2. Email: [FPS.Training@fife.gov.uk](mailto:FPS.Training@fife.gov.uk) telling us which course you would like to complete or speak to a member of the Kinship Team.
3. You will be given access to an account (if not already allocated) and access to your chosen course.
4. Log in, change your password, and go through all security pages.
5. Access the course via the Dashboard.



## Solihull eLearning

Solihull Online is a collection of resources for parents and carers. The well-known **Solihull Approach** focuses on the importance of positive relationships and is designed to cover all stages of development from the antenatal stage through to young people aged 19 years.

The website has a series of modules containing interactive resources, quizzes, and video clips. It focuses on developing nurturing and supportive relationships between parents/carers and their children.

The following courses are available free for parents/carers in Scotland to complete at your own pace:

- Understanding pregnancy, labour, birth, and your baby
- Understanding your baby
- Understanding your child
- Understanding a teenager's brain

**There is also a course for teenagers called:**

- Understanding your brain (for teenagers only!)

**To access the courses:**

Type: [inourplace.co.uk](http://inourplace.co.uk) into your search browser.

Scroll down to '**Apply Access Code**'.

Enter '**TARTAN**' when it says enter access code and press enter.

You will be asked to complete information about yourself and the children in your household before accessing the course you wish to complete.

## Adult protection awareness

This is a 1½ hour online course and is valid for three years at which point you can refresh with the same course. We recommend that you take this course if you support a young adult 16 years and over.

### **To access the course:**

Log into Fife Council Learning Nexus

[fifecouncil.learningnexus.co.uk](https://fifecouncil.learningnexus.co.uk)

following the instructions noted on page 11.

## Supporting children and young people in education in Fife

This webinar offers Kinship carers the opportunity to hear about and discuss the types and range of supports available to children and young people who are looked after and have additional support needs who attend educational establishments in Fife (including Nursery, Primary and Secondary Schools).

The session will also offer an opportunity to consider effective working with partners, including the Educational Psychology Service in Fife, and provide an overview of the implications of relevant national legislation and both national and local policies.

### **To access the course:**

Please contact a member of the Kinship Team.

## Autism

'Autism Informed' is an eLearning course which encourages participants to gain knowledge and skills working with people with autism spectrum disorders.

### To access the course:

Log into Fife Council Learning Nexus

[fifecouncil.learningnexus.co.uk](https://fifecouncil.learningnexus.co.uk)

following the instructions noted on page 11.

If you would prefer a lighter overview - ask for a Conversation Starter, at your local group.

Other helpful links and supports on Autism include:

Scottish Autism: [scottishautism.org](https://scottishautism.org)

One Stop Shop Autism Fife:

[scottishautism.org/services-support/family-support/fife-one-stop-shop](https://scottishautism.org/services-support/family-support/fife-one-stop-shop)



# ONLINE RESOURCES



## Support for carers

### The Kinship Care Advice Service for Scotland (KCASS)

provides free, confidential, impartial advice to kinship families and professionals working with them.

- Email: [advice@kinshipscot.org](mailto:advice@kinshipscot.org) Call: 0808 800 0006  
Opening times: Mon-Fri 10am-2.30pm. Please leave a message if you require a call back outside of these hours.
- Podcasts: [kinship.scot](http://kinship.scot)

### Children's First: if you need us, we're here

Call us free on 08000 28 22 33

email on [parentlinescotland@children1st.org.uk](mailto:parentlinescotland@children1st.org.uk)

or start a webchat on [childrenfirst.org.uk](http://childrenfirst.org.uk)

Citizens Advice Scotland: [cas.org.uk](http://cas.org.uk)



## Children's rights and advocacy

### Barnardo's - Fife Children's Rights and Advocacy Service

we provide one-to-one support for children and young people looked-after by their local authority.

[barnardos.org.uk](http://barnardos.org.uk)

The Promise: [thepromise.scot](http://thepromise.scot)

Children First - Children's Human Rights: [childrenfirst.org.uk](http://childrenfirst.org.uk)

Clan Childlaw - Podcasts: [clanchildlaw.org](http://clanchildlaw.org)

Who Cares? Scotland: [whocaresscotland.org](http://whocaresscotland.org)

**Children's hearings** - the Children's Hearings System is Scotland's unique system of juvenile justice and care. It makes decisions that ensure the safety and wellbeing of vulnerable children and young people.

- [youtube.com](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8): Children's Hearings Scotland YouTube channel
- [scra.gov.uk](http://scra.gov.uk): website with lots of child friendly information and resources





## Navigating tough times: responding to stress and distress

**Connective Parenting Podcast -**

Empowering parents and carers: [connectivefamily.com](https://connectivefamily.com)

**Cyrenians Scottish Centre for Conflict Resolution -**

Parents and carers: [scottishconflictresolution.org.uk](https://scottishconflictresolution.org.uk)



## Health

**Our Minds Matter** website is a useful guidance on supporting young people who self-harm, and general mental health guides: [fife.gov.uk/ourmindsmatter](https://fife.gov.uk/ourmindsmatter)

**Access Therapies Fife** is part of Fife's Health and Social Care Partnership's Psychology Service. It provides information to help you to deal with mental health problems and to access a range of local services: [accesstherapiesfife.scot.nhs.uk](https://accesstherapiesfife.scot.nhs.uk)

**CAMHS Resources** is a website to make it easy for young people, parents, carers, and professionals to access the wealth of helpful resources across the internet to support their mental health and emotional wellbeing needs: [camhs-resources.co.uk](https://camhs-resources.co.uk)

**Children's Health Scotland Events:** [eventbrite.co.uk](https://eventbrite.co.uk)

**ACAMH** mental health podcast: [acamhlearn.org](https://acamhlearn.org)

**ASH Scotland** eLearning: [ashscotlandmoodle.org.uk](https://ashscotlandmoodle.org.uk)

**ADHD - helpful websites:**

[scottishadhdcoalition.org](https://scottishadhdcoalition.org)

[moodcafe.co.uk/parents-and-parents-to-be](https://moodcafe.co.uk/parents-and-parents-to-be)

[nhsfife.org/camhs-things-to-try](https://nhsfife.org/camhs-things-to-try)

**Learning disability - helpful website:**

[moodcafe.co.uk/practitioner-resources/carers](https://moodcafe.co.uk/practitioner-resources/carers)

# WILLOW PROJECT

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Willow is the NHS CAMHS service for children in kinship care.

We work closely with Kinship Team, who support all our referrals.

We have developed our Solihull "Understanding your child" and our Incredible Years programmes to especially think about the needs of children in kinship care and their carers.

Willow can also offer case by case assessment and therapeutic input with the child and carer, and the wider network.

**If you would like involvement and support speak to a worker in the Kinship Team.**

# FEEDBACK & EVALUATION

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We really value your feedback and want to make sure we're providing the best training possible. Your input is super important to us!

You can share your thoughts anytime by emailing us at:  
**Pauline.Stibbards-Chaplin@fife.gov.uk**

We might also ask you to fill out a form, and we'd really appreciate it if you could take a moment to complete it and send it back. Your feedback helps us improve and serve you better.

*Training helped me as I learned that I am not alone and others are dealing with the same issues, or worse than me. Just meeting others in similar situations helped.*





## Contact

To book training contact: **Fife Kinship Team**

tel: **01592 583554**

email: **[kinship.earlyyears@fife.gov.uk](mailto:kinship.earlyyears@fife.gov.uk)**

For enquiries / cancellations relating to webinars, or e-learning enquiries, please email: **[FPS.Training@fife.gov.uk](mailto:FPS.Training@fife.gov.uk)**