

Central  
Bedfordshire

**great**  
prospects

# Adoption and Fostering Training Programme 2014 - 2015

**A great place to live and work.**

Find us online  [www.centralbedfordshire.gov.uk/adopt-foster](http://www.centralbedfordshire.gov.uk/adopt-foster)



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# Welcome

Welcome to the Training Programme for April 2014 - March 2015.

Supporting our Adopters and Foster Carers is one of our main priorities and we have put this training programme together following your excellent feedback from previous years. When booking all our trainers we ask them to emphasise on practical strategies as well as giving you the theory and background behind them to equip you with the skills and knowledge you need.

You will find that we now have an extensive range of e-learning available that covers areas such as attachment, child development, challenging behaviour, sexualised behaviour and much more. You can find the e-learning on page 24.

The one other area that you may notice has grown is the training that is provided by our other departments within Central Bedfordshire Council. As Adopters and Foster Carers you are welcome to join these training sessions so please take a moment to have a look at their websites to see what training may be of interest to you.

With best wishes for your learning and development in 2014 - 15.

## Expectations for Foster Carers

Due to the recently introduced fee scheme you will notice that the expectations for foster carers has changed slightly. All foster carers are expected to complete four training activities a year, this could be attending face to face training, completing elearning, watching a DVD about a relevant subject and discussing with your social worker etc.

If you are a newly approved carer you are required to complete the core training areas that are listed below in order to move up the tiers within your first two years. We suggest you attend four within your first year, then the following four in your second year (you will have the chance to discuss this with your supervising social worker). If you are unable to attend the face to face training some modules are available online.

- Allegations - pg 8
- Attachment - pg
- Contact - pg 10
- Education - pg 15
- Health - pg 16
- Safer Care - pg 15
- TSD standards - completion within 12 months

We have also updated the PDP (personal development plan). This will become part of your annual foster carers review and will help you to identify what training would benefit you for the forthcoming year.

The list of training courses in this programme is just a basic outline of what is available, if you have a need that is not identified in this programme then get in touch with the training department and we'll do our best to help you achieve this.

## Feedback Your views are important to us!

We would like to encourage you all to contact us with any feedback you may have about all our training sessions, whether that be good or bad.

Evaluation forms are provided at all training sessions which you can pass back to your trainer. If you would rather pass your comments straight to us you can contact us on the number or email below. Alternatively you can have a chat with your supervising social worker.



If you have any feedback, would like to book yourself onto a training session or have a suggestion for future training then please do get in touch by contacting Jenny Thornhill.

**Tel:**  
0300 300 8090

**Emails:**  
jenny.thornhill@centralbedfordshire.gov.uk  
or  
fostering.training@centralbedfordshire.gov.uk

*We look forward to  
working with you*

# Pre-approval

## Childcare emergency first aid

**Trainer:** TJ Training

TJ Training's fun and enjoyable training style will help you learn basic first aid and enable you to feel confident in dealing with an emergency situation. During this one day training course you will cover:

- Incident control
- Calling for assistance
- First aid kits
- Accident books
- DRAB - danger, responses, airway control, breathing
- Causes of unconsciousness
- The recovery position
- Choking (adult, child and baby)
- Cardio pulmonary resuscitation (adult, child and baby)
- Wounds and bleeding
- Head injuries
- Burns
- Dealing with bone injuries.

Date	Time	Venue
Saturday 26th April 2014	10am - 3pm	Rufus Centre, Flitwick
Wednesday 21st May 2014	10am - 3pm	Rufus Centre, Flitwick
Saturday 7th June 2014	10am - 3pm	Rufus Centre, Flitwick
Friday 11th July 2014	10am - 3pm	Dunstable Fire Station
Saturday 6th September 2014	10am - 3pm	Rufus Centre, Flitwick
Monday 6th October 2014	10am - 3pm	Rufus Centre, Flitwick
Saturday 8th November 2014	10am - 3pm	Rufus Centre, Flitwick
Friday 16th January 2015	10am - 3pm	Rufus Centre, Flitwick
Saturday 7th February 2015	10am - 3pm	Rufus Centre, Flitwick
Monday 16th March 2015	10am - 3pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 10 & 20 TSD standards - Mainstream: 3.3d TSD standards - Short Break: 2.2g TSD standards - Family & Friends: 2.3c	

*"Get's better every time we refresh"*

*"Thanks you for a fun filled, educational training day"*

*"Best first aid training I've attended"*

# TSD; Training, support and development standards

(Previously CWDC)

The Training, Support and Development Standards for Foster Care are designed to support foster carers from pre-approval through to their first two years of fostering and are supported by the Department of Education.

They ensure that all foster carers have the best possible training, information and support to enable them to give high quality care to children and young people that are placed with them. There are three workbooks available, which one you complete will depend on your approval:

- Mainstream and respite
- Short breaks/family link
- Family and friends

To find out further information about the TSD standards visit the Department of Education website or get in touch with the Training Department (contact details on page 4):

<http://education.gov.uk/childrenandyoungpeople/families/fostercare/b00229442/tsd-standards-workbook-guide>

The expectation that all foster carers complete the TSD Standards is part of the National Minimum Standards for Foster Care, therefore, all foster carers are required to complete the relevant workbook within 12 months or 18 months if you are a family and friends foster carer.

## Completing the workbook

You will be given a copy of the workbook at the end of your Skills to Foster Training along with a mapping document. It is recommended that you read the mapping document and include all your learning from the Skills to Foster in your workbook as it counts as evidence.

We also provide workshops to help guide you in the right direction - details on page 7.

If you prefer to work from a computer you can use the editable Word and PDF workbook which are available from the above website. If you need a copy of the workbook then please speak with your Supervising Social Worker or call the training department directly on 0300 300 8090.

*Did you know that all training sessions are mapped to the TSD standards and count as evidence?*

*You can find this information at the bottom of each table of dates throughout the programme.*

<b>Fast-track</b> A two day workshop to complete all standards		
Date	Time	Venue
Monday 16th and Tuesday 17th June 2014	9.30am - 1.30pm	Wrest Park, Silsoe
Thursday 29th and Friday 30th January 2015	9.30am - 1.30pm	Rufus Centre, Flitwick

<b>Evidencing the standards</b> A two hour workshop to look at one or two standards at a time			
Date	Time	Venue	Standard
Monday 28th April 2014	9.30am - 12pm	Wrest Park, Silsoe	1&2
Thursday 22nd May 2014	9.30am - 12pm	Wrest Park, Silsoe	3&4
Friday 27th June 2014	9.30am - 12pm	Wrest Park, Silsoe	5
Monday 21st July 2014	9.30am - 12pm	Wrest Park, Silsoe	6&7
Wednesday 10th September 2014	6.30pm - 9pm	Rufus Centre, Flitwick	1&2
Monday 13th October 2014	6.30pm - 9pm	Rufus Centre, Flitwick	3&4
Monday 10th November 2014	6.30pm - 9pm	Rufus Centre, Flitwick	5
Wednesday 17th December 2014	6.30pm - 9pm	Rufus Centre, Flitwick	6&7

<b>Drop in</b> Drop in following a social group and have a one to one with our Training Officer		
Date	Time	Venue
Wednesday 2nd April 2014	11.30am - 1pm	Millbrook Village Hall, Millbrook
Friday 2nd May 2014	11.30am - 1pm	Salvation Army, Dunstable (upstairs)
Wednesday 17th September 2014	11.30am - 1pm	Millbrook Village Hall, Millbrook
Friday 3rd October 2014	11.30am - 1pm	Salvation Army, Dunstable (upstairs)
Wednesday 11th February 2015	11.30am - 1pm	Millbrook Village Hall, Millbrook
Friday 6th March 2015	11.30am - 1pm	Salvation Army, Dunstable (upstairs)

# Core training

## ADHD awareness

**Trainer:** The Play Doctors

ADHD can be misunderstood. It is an unseen disability where there is an expectation of how a child should act and behave. Children on the ADHD spectrum are very able to lead fulfilling lives. However, some people see the behaviour traits before seeing the child.

This workshop provides a sound background from which to move forward, including the history of ADHD, how it presents, how it is controlled. It is very practical and offers a range of ideas and practical suggestions to help participants supporting those with ADD or ADHD.

Date	Time	Venue
Wednesday 19th November 2014	6.30pm - 9.30pm	The Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 2, 3, 6 & 20 TSD standards - Mainstream: 4.2a+b, 5.8b-d, 7.3d+e & 7.4d TSD standards- Short Break: 2.4b, 3.1a+b, 4.2b+d & 6.2a TSD standards - Family & Friends: 2.4c, 4.1a+b & 6.2a	

## Allegations

**Trainer:** Rosemary Webster and Mel Longmore

This is your chance to come and get the facts, ask questions and get an understanding of what happens when an allegation is made. It will look at:

- What happens when an allegation is made
- What the responsibilities are of the Local Authority
- Who makes decisions about what will happen next
- What kind of support can be expected and who will be there to talk to.

Date	Time	Venue
Tuesday 3rd June 2014	6.30pm - 8.30pm	The Rufus Centre, Flitwick
Wednesday 18th March 2015	10am - 12pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 10, 20 & 22 TSD standards - Mainstream: 2.6c, 7.3d+e & 7.4d TSD standards - Short Break: 5.2c & 6.2a TSD standards - Family & Friends: 6.2a	



## Aspergers and autism awareness

**Trainer:** The Play Doctors

A short workshop to give you an awareness of both Aspergers and Austim which will explore:

- The three key areas of difficulty known as the triad of impairment
- The features of Aspergers Syndrome
- Insight and practical suggestions to support children and young people on the spectrum.

Although the subject is serious, participants are guaranteed an enjoyable workshop with much of the learning based on true life stories.

Date	Time	Venue
Saturday 17th January 2015	10am - 1pm	The Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 2, 3, 6 & 20 TSD standards - Mainstream: 4.2a+b, 5.8b-d, 7.3d+e & 7.4d TSD standards - Short Break: 2.4b, 3.1a+b, 4.2b+d & 6.2a TSD standards - Family & Friends: 2.4c, 4.1a+b & 6.2a	

## Caring for babies who are withdrawing from drugs or alcohol

**Trainer:** Liza Eastwell and Jo Stocker

This is a practical workshop run by qualified midwives that will look at some of the challenges that can be presented when caring for babies who are born withdrawing from drugs or alcohol. You will explore practical strategies that will help you to care for the specific needs of babies who have been exposed to substances whilst in the mothers womb.

Date	Time	Venue
Thursday 11th September 2014	10am - 12pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 3, 4, 6, 10 & 20 TSD standards - Mainstream: 5.1a+c, 5.6c, 7.3d+e & 7.4d TSD standards - Short Break: 2.4b, 4.1b, 4.2a-c & 6.2a TSD standards - Family & Friends: 4.1a+b, 4.2a & 6.2a	

## Contact and working with birth families

**Trainer:** Nicola McGuinness

This one day workshop will give you the chance to:

- Review the Legal Framework for contact and why contact is important
- Explore the role of the foster carer in effectively promoting and supporting contact
- Develop practical strategies for managing complex contact arrangements
- Consider how best foster carers can develop good working relationships with birth families.

Date	Time	Venue
Saturday 22nd November 2014	9.30am - 2.30pm	Rufus Centre, Flitwick
Friday 13th March 2015	9.30am - 2.30pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 1, 2, 3, 6, 9 & 20 TSD standards - Mainstream: 2.2a+b, 4.3a, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 6.2a	

## Crisis intervention

**Trainer:** Dale Cooper

To provide an opportunity for carers to explore and develop their knowledge and skills in responding to children and young people in crisis and managing their behaviour.

By the end of the session you will

- Develop your understanding of how a child's behaviour pattern is formed
- Be able to de-escalate a potential crisis
- Be able to prevent crises from occurring
- Gain a knowledge of behaviour and attachment theory to a child's development and the impact of this on how they relate to others
- Identify a range of strategies that may have a positive impact on the child's ability to develop more appropriate ways of relating to others
- Be able to contribute to the assessment of a child's pattern of behaviour
- Understand the concept of secondary trauma in order to take care of yourselves as primary carers
- Understand following a crisis, the de-briefing process with a child or young person

Date	Time	Venue
Saturday 18th October 2014	9.30am - 2.30pm	Rufus Centre, Flitwick
Friday 20th March 2015	9.30am - 2.30pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 3, 6 & 20 TSD standards - Mainstream: 3.4a-c, 3.5a, 4.1a, 4.2a+b, 5.2a, 5.6c, 7.3d+e & 7.4d TSD standards - Short Break: 1.1a, 1.3b+c, 2.4b, 3.1a+b & 6.2a TSD standards - Family & Friends: 2.4a-c, 4.2a+b & 6.2a	

## Delegated authority

**Trainer:** Clare Williams

An introduction to what the term delegated authority means for foster carers. Delegated authority is the term used when the responsibilities for making day to day decisions about a child has been passed to the foster carer.

This can include decisions around activities, hair cuts and overnight stays amongst other things. There is a general agreement that it is extremely important to improve practice around delegated authority in order to help children and young people to achieve and thrive in foster care.

Date	Time	Venue
Friday 16th May 2014	10am - 12pm	Wrest Park, Silsoe
Monday 2nd March 2015	10am - 12pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 6, 7 & 9 TSD standards - Mainstream: 3.3e, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 6.2a	

## Hidden harm; the impact of drugs and alcohol use on families

**Trainer:** Iain Fraser

Plan B Drug worker, Iain Fraser will deliver a 2 hour information session that will cover the following:

- An update of current trends in drug use in Bedfordshire and refresher on drug laws and 'legal' highs.
- Discussion of support services now offered to young people including those affected by drug or alcohol use of a carer or relative.
- Discussion of how carers can approach this topic with young people and how and when to access appropriate support, including support for carers themselves.
- Information regarding play therapy support we offer to 5 – 13 year olds.
- An open discussion led by attendees interests and questions regarding any aspect of these issues and the support services available.

*Session will be led by questions and topics that attendees think are most in need of discussion. In preparation please write either a question or a topic you would like to be covered when applying.*

Date	Time	Venue
Wednesday 24th September 2014	6.30pm - 8.30pm	Rufus Centre, Flitwick
Wednesday 25th March 2015	10am - 12pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 2, 3, 4, 6, 10 & 20 TSD standards - Mainstream: 1.3c, 3.3c, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 2.3b & 6.2a	

## Life story

**Trainer:** Deborah Stoll

Foster carers play a key role in the different elements of life story work for children in care.

The aim of this course will be to highlight the importance of life story work and suggests how foster carers contribute to this task. During the course we will also explore some of the elements that make up life story work, being clear about what memory books and life story work are.

During the course we will explore the role of foster carers and that of other professionals and individuals in this work. It will be an opportunity for foster carers to share their feelings and experiences in this area and reflect on their current practice.

Date	Time	Venue
Wednesday 25th June 2014	6.30pm - 9.30pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 2, 6, 9 & 20 TSD standards - Mainstream: 1.2b, 2.1b, 4.5d, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 3.2c & 6.2a	

## Managing and supporting transitions and endings

**Trainer:** Nicola McGuiness

- Reflect on the impact of transitions and endings on traumatised children
- Consider the importance of resilience in managing transitions and ways in which foster carers can help develop resilience in children
- Develop practical strategies and techniques for managing planned and unplanned endings in order to enable children to move on in a positive way
- Explore the impact of transitions and endings on the fostering family and practical strategies for managing the loss of children moving on.

The evening session will help delegates:

- Briefly reflect on the impact of transitions and endings on traumatised children
- Develop practical strategies and techniques for managing planned and unplanned endings in order to enable children to move on in a positive way
- Explore the impact of transitions and endings on the fostering family and practical strategies for managing the loss of children moving on.

Date	Time	Venue
Saturday 28th June 2014	9.30am - 2.30pm	Rufus Centre, Flitwick
Tuesday 24th March 2015	6.30pm - 9.30pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 3, 4, 10 & 20 TSD standards - Mainstream: 2.3a, 3.4b+c, 3.5a, 4.1a, 5.1a, 5.2a, 5.3b+c, 5.6a, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 6.2a	

# Parenting the Theraplay way

**Trainer:** Fiona Peacock

Theraplay® is a short term, attachment based intervention which uses play to recreate experiences of secure attachment formation between parent/carer and child.

The focus on attachment and relationship development has resulted in Theraplay and Theraplay based ideas being used successfully with foster and adoptive families. Theraplay can help children who have experienced trauma, separation and loss and those children with:

- Angry or disruptive behaviour
- Defiant, oppositional or controlling behaviour
- A history of trauma, abuse or neglect
- Attachment disorder
- Behavioural problems at school or with peers.

This short workshop will cover:

- An explanation of what Theraplay is and the principles that underpin the method
- What it's designed for
- What it can do and the benefits it can bring to the children in your care
- Some practical strategies to use.

Date	Time	Venue
Friday 17th October 2014	9.30am - 2.30pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 1, 3, 6 & 20 TSD standards - Mainstream: 3.4b, 5.1a, 5.6c, 7.3d+e & 7.4d TSD standards - Short Break: 2.4b & 6.2a TSD standards - Family & Friends: 4.1a, 2.4c & 6.2a	



## Promoting a healthy attitude towards sex

**Trainer:** Nicola Fountain

Adolescence is a time of social, emotional and physical changes for young people so having a trusted adult in their life that they feel they can talk to is hugely important. This training will focus on how you can support young people and will look at:

- Developing positive sexual attitudes
- Recognising a healthy and unhealthy relationship
- Speaking to young people who may be sexually active at a young age
- Helping young people feel comfortable with their sexuality, sexual orientation and sexual identity
- What is currently covered within the National Curriculum within schools
- Where young people can go for support.

Date	Time	Venue
Monday 19th January 2015	7pm - 9pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 1, 3, 4, 6 & 20 TSD standards - Mainstream: 3.3a+c, 5.7a+b, 7.3d+e & 7.4d TSD standards- Short Break: 1.2b, 2.2a, 4.2e & 6.2a TSD standards - Family & Friends: 2.3b, 4.5a+b & 6.2a	

## Safer caring; a new approach

**Trainer:** Nicola McGuinness

- Review the role of safer caring in fostering and the importance of implementing safer caring practices
- Explore a 'risk sensible, not risk averse' approach to safer caring in order to create a safe, caring and positive environment for children
- Reflect on the practical implications of delegated authority
- Develop practical strategies for minimising the risk of allegations being made against you and members of your family
- Consider the Head, Heart, Hands programme being led by Fostering Network and the implications for future fostering.

The evening session will help delegates:

- Briefly review the role of safer caring in fostering and the importance of implementing safer caring practices
- Explore a 'risk sensible, not risk averse' approach to safer caring in order to create a safe, caring and positive environment for children
- Develop strategies for minimising the risk of allegations being made against you and members of your family.

Date	Time	Venue
Thursday 19th June 2014	6.30pm - 9.30pm	Rufus Centre, Flitwick
Saturday 7th March 2015	9.30am - 2.30pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 3, 4, 10 & 20 TSD standards - Mainstream: 2.5b, 3.2a, 3.4a, 3.5a, 6.2b, 7.3d+e & 7.4d TSD standards - Short Break: 2.1a+b, 2.4a+c, 5.2a & 6.2a TSD standards - Family & Friends: 2.2a, 2.4a+b & 6.2a	

## Safeguarding online

**Trainer:** Richard Denton

This short workshop is facilitated by an experienced Police Officer who works directly with children and young people.

With children and young people using computers and the internet for homework, gaming, social networking and even being able to access sites via their mobile phone, how do you keep them safe? Come along and find out the facts about online grooming, social networking, cyber bullying and other risks to look out for.

You will be given hints and tips on how you can encourage children and young people to stay safe when online and also how to support them to use the internet.

Date	Time	Venue
Tuesday 14th October 2014	7pm - 9pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 4, 10 & 20 TSD standards - Mainstream: 3.5a, 6.2b-d, 6.3a+b, 7.3d+e & 7.4d TSD standards - Short Break: 5.2a+b, 5.3a & 6.2a TSD standards - Family & Friends: 2.4b, 5.3a & 6.2a	

## Supporting educational potential

**Trainer:** Mark Smith

This short evening workshop will look at how you can support the children and young people in your care to improve their educational outcomes:

- Helping children with homework and encouraging reading
- Practical strategies to help children improve learning to achieve their potential
- How to support a child who has special educational needs
- How to support and encourage education attainment
- The role of the virtual school
- An insight into the National Curriculum
- How personal education plans (PEP's) are used to support children's learning
- How to advocate on behalf of children

Date	Time	Venue
Thursday 6th November 2014	7pm - 9pm	Rufus Centre, Flitwick
Thursday 26th March 2015	10am - 12pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 3, 4, 10 & 20 TSD standards - Mainstream: 5.5a-d, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 4.4a-c & 6.2a	

## Supporting the health of looked after children

**Trainer:** LAC Health Team

The aims of this session are to:

- Discuss the importance of the initial and review health assessments, and what to expect from these assessments
- To gain knowledge of the Department of Health recommended immunisation schedule
- Explore ways in which health plans can be most effectively implemented and the key responsibilities for carers
- Ensure that carers have the knowledge and information to support the health needs of the children they are caring for, and that those children and young people are able to access universal and specialist services where required. This is to include the role of the Looked After Children's Team (for health).
- Provide information about the 'Leaving and After Care Service' for health and how this supports young people

Date	Time	Venue
Monday 15th September 2014	10am - 12pm	Wrest Park, Silsoe
Tuesday 10th March 2015	7pm - 9pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 2, 3, 4, 6, 10 & 20 TSD standards - Mainstream: 3.1a+b, 3.3a-c, 7.3d+e & 7.4d TSD standards - Short Break: 2.1a, 2.2a+b & 6.2a TSD standards - Family & Friends: 2.1a+b, 2.3a & 6.2a	

## Supporting young people to independence

**Trainer:** Leaving and After Care Team and Children in Care Council

We are currently working on this training course and hope to have the young people from the CiCC involved.

Watch this space for further information.

Date	Time	Venue
To be confirmed.		
Links to Professional Standards	Fostering National Minimum Standards 2, 6, 12 & 20 TSD standards - Mainstream: 5.3c, 7.3d+e & 7.4d TSD standards - Short Break: 4.1a+b, 4.2a, 5.2b & 6.2a TSD standards - Family & Friends: 4.2c & 6.2a	



## Understanding the Legal Framework for looked after children

**Trainer:** Nicola McGuinness

- Review the Legal Framework for looked after children
- Explore the impact of the current Adoption Reform and the emphasis on achieving early permanence for children
- Consider the processes involved in Care Proceedings as well as the roles of the different professionals involved
- Explore the role of the Children's Guardian and how foster carers can work effectively with them.

Date	Time	Venue
Friday 18th July 2014	9.30am - 2.30pm	Wrest Park, Silsoe
Links to Professional Standards	Fostering National Minimum Standards 4, 9, 11 & 20 TSD standards - Mainstream: 2.2a+b, 4.5a, 7.3d+e & 7.4d TSD standards - Short Break: 6.2a TSD standards - Family & Friends: 5.1a+b & 6.2a	

## Welcoming a foster child

**Trainer:** Nicola Fountain

Arriving and settling at a new fostering families home can be a stressful and daunting time for a fostered child. This training will look at ways that you can help a child settle and feel like part of the family.

Facilitated by an experienced foster carer, you will explore ways of using arts, crafts and photos to help a child to feel comfortable and welcome in your home. It will also look at practical strategies to help a child express their wishes and feelings whilst they are with you. This is a great opportunity for foster carers to share experiences and go away with some creative ideas to help make it a less stressful situation for a child.

Date	Time	Venue
Monday 22nd September 2014	7pm - 9pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 1,2, 6 & 20 TSD standards - Mainstream: 1.1a+b, 1.3b, 7.3d+e & 7.4d TSD standards - Short Break: 3.1a & 6.2a TSD standards - Family & Friends: 1.1a, 3.1a & 6.2a	

# Kate Cairns Associates; Meet the trainers



## Kate Cairns

Kate is an author, speaker and trainer with an international reputation for her work around attachment, trauma and resilience, particularly in relation to vulnerable children and young people. She has been a social worker for forty years, and a trainer for twenty years.

With her husband Brian and their three birth children, Kate provided a permanent family for twelve other children between 1975 and 1997. Thereafter, she worked as a trainer/consultant and writer for the British Association for Adoption and Fostering.

In 2002 Attachment, Trauma and Resilience was published, in which she explored how these three key concepts could provide a structure for understanding ourselves and those with whom we work. The book became a bestseller for BAAF and has influenced practice around the world.

In 2004 Kate founded Akamas Ltd, which developed pioneering online qualifications for foster care and the broader children's workforce before it became part of the AIs group in 2009. Across this period she developed links with many of the expert practitioners who now work as associate trainers and consultants with KCA.

Since conducting research for her first book, Surviving Paedophilia (now reissued as Circles of Harm), Kate has been convinced that working with vulnerable people has to be a collaborative exercise. She therefore feels it is a great privilege to be part of a group of associates who embody the shared understanding and vision, and the unity of purpose and action, that are the vital ingredients for supporting recovery and transformation after trauma.

*"Kate is an amazing trainer with a wealth of experience. All foster carers should do this training"*

*"I have been on loads of training and I deliver training and it was undoubtedly one of the best I have been to!"*

*"The information that Kate shared in her training session is something that I feel should be given to everyone who works/is around children"*

## Liza Lomax

Liza is a therapist, teacher and counsellor with a remarkable range of practice experience. She spent the first twenty-seven years of her career in education, teaching in a range of institutions, from a young offenders' institution to a seminary, from secondary schools to universities. She then moved into counselling and therapy, providing therapeutic support for children and young people in crisis.

Liza is an accredited and registered therapist and works as the Director of Therapy and support services at Capstone, South West, as well as training for Kate Cairns Associates. She and her family were foster carers for twenty-six years.

*“Trainer explained situations and behaviour that I could relate to so many children and I have worked with over the years.”*

*“The course was presented expertly by someone with an obvious in depth knowledge of a subject that needs careful consideration and application.”*

*“The training helps me to further understand my children and myself and the way in which I can help them and help/ survive myself!”*



## Jo McAndrews

Jo is a therapist, trainer and consultant who is held in particular regard for her direct work with children and families experiencing change such as divorce and bereavement. She has been designing and delivering courses for the last sixteen years broadly focused around people and communication skills. Over the last three years, Jo has worked more consistently in the field of attachment, trauma and secondary trauma.

Bringing her psychotherapy training to bear, Jo facilitates training for practitioners and carers that allows them to explore the ways in which their work with vulnerable children has left them exposed to secondary trauma. She delivers training that promotes resilience, enabling them to develop their skills and awareness to increase their work satisfaction.

# Kate Cairns Associates

## Attachment and brain development

**Trainer:** Liza Lomax

This course will help adopters, foster carers and others working with children with unmet attachment needs to enable children to build new secure relationships and recover from adversity.

Attachment and brain development:

- Understand how relationships with adults affect children's brain development
- Develop skills in promoting health brain development,

Managing stress, managing behaviour:

- Understand how stress management promotes positive behaviour
- Develop strategies for enabling yourself and others to manage stress more effectively.

Implications for practice:

- Applying this knowledge and understanding in practice.

## Identity and attachment

**Trainer:** Liza Lomax

Matching children with families is complex. This course sets the complexity of matching and building identity in the context of children and young people struggling to form their identity having lived through trauma.

Participants will develop knowledge and understanding, and also have an opportunity to explore the skills needed to make sustainable, possibly permanent, placements such as:

- Building identity
- Understanding how identity forms throughout childhood
- Developing skills in helping children and young people to form a strong and positive sense of identity
- Implications for practice, applying this knowledge and understanding in your practice.

Training	Date	Time	Venue
Attachment and brain development	Saturday 20th September 2014	9:30am - 12pm	Rufus Centre, Flitwick
Lunch will be provided			
Identity and attachment	Saturday 20th September 2014	1pm - 3.30pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 1, 2, 3, 4, 6 & 20 TSD standards - Mainstream: 1.2b, 3.4b, 5.1a-c, 5.2a, 5.6a-c, 7.3d+e & 7.4d TSD standards - Short Break: 1.2b, 2.2a, 2.4b, 4.1a-b & 6.2a TSD standards - Family & Friends: 2.4c, 3.1a, 4.1a+b, 4.2a & 6.2a		

# Kate Cairns Associates

## Trauma and recovery

**Trainer:** Kate Cairns

Living and working with traumatised and vulnerable children and young people is challenging. This course enables those who do so to understand the needs of the young people and how to work with them effectively.

It also enables everyone involved to recognise their own need to look after themselves and to work as part of a team to maintain their resilience.

Understanding trauma:

- Understand the impact of unregulated stress on brain development and function
- Develop skills in promoting recovery from trauma.

Secondary trauma:

- Understand the impact of working with trauma
- Develop skills in preventing and managing secondary trauma.

Implications for practice

- Building resilience.

## Bereavement

**Trainer:** Jo McAndrews

This part of the course looks at the importance of offering bereavement support to children. This means that, although specialist services are essential for complicated grief intervention, the needs of most children can be met by informed resourced adults.

Children need adults they already know to offer them support. The idea of 'bereavement competence' is explored which is about the capacity of the adults around the child to understand and be able to talk about death and grief and the resources available to promote this.

It examines what children need following a death with some theoretical underpinning including neuroscience and trauma information. It also looks at the need for support for adults around the bereaved child and touches on secondary trauma information to show the need for self and organisations support.

Training	Date	Time	Venue
Trauma and recovery	Saturday 14th June 2014	9:30am - 12pm	Rufus Centre, Flitwick
Lunch will be provided			
Bereavement	Saturday 14th June 2014	1pm - 3.30pm	Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 1, 2, 3, 4, 6 & 20 TSD standards - Mainstream: 5.1a-c, 5.2a, 5.6a-c, 7.3d+e & 7.4d TSD standards - Short Break: 2.2a, 4.1a+b & 6.2a TSD standards - Family & Friends: 3.1a, 4.1a+b, 4.2a & 6.2a		

# RGT Training and consultancy; Meet the trainer



## Robert Tucker

Robert Tucker has over 25 years experience in the field of social work, child protection and in working therapeutically with children, young people and their families in a variety of different settings. He has worked for Local Authorities and specialist organizations such as The Lucy Faithfull Foundation, Stop it Now and SACCS.

He is the founder and Director of RGT Training and Consultancy, an independent agency specialising in providing assessments, intervention, consultancy and training in respect to children, adolescents and their families where there are concerns about complex trauma, sexual abuse, sexual exploitation and where children display inappropriate or harmful sexual behaviours. He consults to agencies throughout the United Kingdom and has a particular interest in working with foster, adoptive and kinship carers where there are concerns about the impact of sexual abuse and concerns about sexual behaviour.

*“Very good trainer who really knew and understood his subject.”*

*“One of the best I’ve been to – very knowledgeable, will be looking for more like this!”*

*“Excellent training!”*

# Caring for pre-pubescent children with inappropriate or harmful sexual behaviours

**Trainer:** Robert Tucker

This course aims to raise awareness of the key facts and myths associated with this area of work:

- To help participants understand the continuum of sexual behaviours from developmentally expected to those of concern
- To provide an understanding as to why and how children develop sexual behaviour problems
- To help carers identify when specialist assessment/intervention is required
- To identify different types of therapeutic input and how carers can support such work
- To provide some practical strategies for responding to and managing such behaviours and explore issues of risk management and safe care

Date	Time	Venue
Saturday 31st January 2015	9.30am - 2.30pm	The Rufus Centre, Flitwick
Links to Professional Standards	Fostering National Minimum Standards 3, 4, 6, 10 & 20 TSD standards - Mainstream: 3.3c, 3.4b, 3.5a, 7.3d+e & 7.4d TSD standards - Short Break: 2.4b+c & 6.2a TSD standards - Family & Friends: 2.3b, 2.4c & 6.2a	



# E-learning

E-learning is a great tool for those of you that may not be able to attend our face to face courses. You can complete them from the comfort of your own home or squeeze in that bit of learning during your lunch break at work.

With three different providers there is a vast range of modules available, you will find a full course list of modules on these pages under each provider.



*“Knowledge can be transformative. When it enables us to make sense of the world in new ways, we can begin to act in new ways and we can change the world.”*

Modules available via Kate Cairns Associates are:

- Adolescence
- Assessing and managing risk
- Attachment and brain development
- Behaviour and the physical environment
- Brain development and positive parenting
- Building resilience
- Child development
- Child protection
- Children’s rights
- Communicating with children and young people
- Confidentiality and record keeping
- Contact in foster care
- Domestic violence
- Emotion coaching
- Equality and diversity
- Impulsive behaviour
- Men in Children’s Services
- Multi-disciplinary working
- Narrative work
- Parental mental health issues
- Professional development
- Secondary trauma
- Self harming behaviours
- Sexualised behaviour
- Team work
- The role of the foster carer
- Transitions and vulnerability
- Understanding trauma
- Five further courses are currently under development and will be available shortly

For further information or to view a video walk through of the system please visit:  
[www.katecairns.com/elearning](http://www.katecairns.com/elearning)



Modules available via the LSCB are:

- Awareness of child abuse and neglect
- Safeguarding children from abuse by sexual exploitation
- Parental mental health
- Domestic abuse

As an Adopter or Foster Carer you can register free of charge by:

- Visiting: <http://bedfordshirelscb.safeguardingchildren.co.uk>
- Choosing your course
- Then selecting register
- You can also find out more information by visiting the Safeguarding Children Board website: [www.bedfordshirelscb.org.uk/training/e-learning](http://www.bedfordshirelscb.org.uk/training/e-learning)





## Early Years and Children's Workforce

Modules available via the Early Years and Children's Workforce are:

- Adolescence
- An Introduction to the Autistic Spectrum
- Assessing and managing risk
- Attachment and brain development
- Basic awareness of domestic violence
- Basic food hygiene - level 2
- Behaviour and the physical environment
- Behaviour change techniques
- Building resilience
- Child accident prevention
- Child development
- Child protection
- Childhood obesity and HENRY
- Children's rights
- Children and young people's development in health and social care settings
- Common core of skills and knowledge
- Communicating with children and young people
- Communication in health and social care or children's and young people's settings
- Confidentiality and record keeping
- Contact in foster care
- Cultural awareness in safeguarding
- Domestic violence
- Early child development—foundation
- Emotion coaching
- Equality and diversity
- Equality and inclusion in health, social care or children's and young people's settings
- E-safety
- Hidden harm
- Impulsive behaviour
- Medication awareness
- Men in Children's Services
- Multi-disciplinary working
- Narrative work
- NDNA nutrition, healthy eating and wellbeing in childcare settings
- Parental mental health
- Personal development in health, social care or children and young people's settings
- Secondary trauma
- Self harming behaviours
- Sexualised behaviour; issues in foster care
- Sharing information—level 2
- Short breaks for children with disabilities
- Supporting 0-2 year olds in the EYFS
- Supporting 2 year olds in the EYFS
- Supporting 3-5 year olds
- Team work
- The role of the foster carer
- Transitions and vulnerability
- Understanding trauma



**If you have any queries or would like to set up an e-learning account please contact Jenny Thornhill :**

**Tel:** 0300 300 8090

**Email:** [fostering.training@centralbedfordshire.gov.uk](mailto:fostering.training@centralbedfordshire.gov.uk)

# Training opportunities within Central Bedfordshire



## Early Years and Children's Workforce

The Workforce Development Team were set up to provide training and development opportunities to professionals across the children's workforce.

The team have a vast list of training available and in previous years have covered subjects such as:

- Developing world of the child
- Advanced child development
- Effective communication within the children's workforce
- One stop shop parenting training
- Principles, values and inclusion
- Protective behaviours
- Supporting children and young people's health and safety
- Supporting positive outcomes for children
- The tip of the iceberg—common environmental and medical causes for 'challenging behaviour' in children
- Understanding children's behaviour for the children's workforce
- Boys and girls come out to play (music outdoors)
- Breaking away from print (storytelling)
- Ensuring equality and diversity in the early years
- Listening to babies and younger children
- Play theory
- Transitions, change and going up to big school
- Fantasy vs. reality—the impact of pornography on young people
- Building resilience in sexual health for young people
- Moving the goalposts—working with young men
- Sexual health and young people with learning difficulties
- Drugs, alcohol and young people

For further information and to view the range of courses available for 2014-15 please visit their website:

[www.centralbedfordshirechildrenstrust.org.uk/autumn-2013/first-word/early-years-learning-and-development-1](http://www.centralbedfordshirechildrenstrust.org.uk/autumn-2013/first-word/early-years-learning-and-development-1)



The LSCB have been established to ensure all organisations work together effectively to safeguard children and promote their welfare. This includes teams and professionals in social care, education, health, police, youth offending, early years service or any organisation that provides a service to children.

A wide range of courses are offered which enables you to attend training with other professionals from across the children's workforce to in turn work together to better outcomes for children and young people. Courses include:

- Safeguarding children
- Parental mental illness
- Substance misuse and the impact on children
- Protecting disabled children from abuse
- Teen and dating violence
- And many more...

Further information and a full training programme can be found via their website:

[www.bedfordshirelscb.org.uk/training](http://www.bedfordshirelscb.org.uk/training)

## What would you like to see in your programme?

This training programme is specifically for you as Adopters and Foster Carers so we would like to hear what you feel you need in your training programme.

The courses set out in the this programme are what we call our 'core' training, so areas we feel are important to help you along in your day to day lives as adopters and foster carers. We understand that different issues or needs arise from time to time so if you feel this is a training need get in touch and we'll see what we can do.

For example you may have a new child join your family with specific health needs which you need to know more about. Or you may find yourself caring for a child with a communication disorder.

So please do get in touch with any ideas, recommendations or training needs you may have by contacting Jenny Thornhill:

**Email:** [fostering.training@centralbedfordshire.gov.uk](mailto:fostering.training@centralbedfordshire.gov.uk)

**Telephone:** 0300 300 8090

*We look forward to hearing from you.*

# Children's centres

With many Children's Centres across Central Bedfordshire, there is a wealth of services open to those of you who care for the under 5's. They provide high quality services to children, young people and their families to help parents and carers give every child the best start in life.

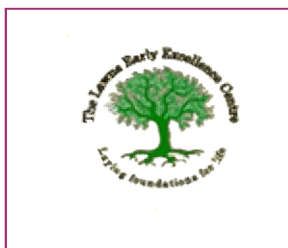
The kind of services and activities at your local Children's Centre may include:

- Child and family health services
- Early education and school readiness
- Links with Jobcentre Plus for training and employment advise
- Early communication support
- Support for children with special needs and their parents
- Parenting programmes
- Outreach and family support services
- Information and advice to parents on childcare, early years provision and 2 year old funded places
- A variety of training and drop-in sessions
- Support to access wider services
- A range of commissioned services

You will find the contact details of Central Bedfordshire Children's Centres on these pages and you can also find out further information by visiting the following website:

<http://www.centralbedfordshire.gov.uk/learning/schools/support-for-families/childrens-centres/default.aspx>

## Biggleswade



### The Lawns

Address: The Baulk, Biggleswade, Beds, SG18 0PT  
 Tel: 01767 312312  
 Email: [admin@thelawnseec.beds.sch.uk](mailto:admin@thelawnseec.beds.sch.uk)  
 Web: [www.thelawnschildrenscentre.org.uk](http://www.thelawnschildrenscentre.org.uk)

## Dunstable



### Beehive Children's Centre

Address: Beecroft Lower School, Westfield Road, Dunstable, LU6 1DW  
 Tel: 01582 699092  
 Email: [thebeehivecentre@btconnect.com](mailto:thebeehivecentre@btconnect.com)  
 Web: [www.beehivechildrenscentre.co.uk](http://www.beehivechildrenscentre.co.uk)



### Downside Neighbourhood Centre

Address: Oakwood Avenue, Dunstable LU5 4AS  
 Tel: 01582 666403  
 Email: sarah.sharman@childrenssociety.org.uk  
 Facebook: Downside Neighbourhood Centre



### Buttercup Centre

Address: Eaton Bray Lower School, School Lane, Eaton Bray, LU6 2DT  
 Tel: 01582 699092  
 Email: thebeehivecentre@btconnect.com  
 Web: www.beehivechildrenscentre.co.uk

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## Ampthill, Barton, Flitwick, Marston Moretaine & Silsoe



### Flitwick Children's Centre

Address: Templefields Lower School, Malham Close, Flitwick, MK45 1AJ  
 Tel: 01525 714008  
 Email: liz.mcdermott@actionforchildren.org.uk  
 Web: <http://www.actionforchildren.org.uk/our-services/family-support/childrens-and-family-centres>



### Barton Centre

Address: Ramsey Manor Lower School, Manor Road, Barton-le-Clay, MK45 4NS  
 Tel: 01525 714008  
 Email: liz.mcdermott@actionforchildren.org.uk  
 Web: <http://www.actionforchildren.org.uk/our-services/family-support/childrens-and-family-centres>



### Marston Vale Centre

Address: Church End Lower School, Church Walk, Marston Moretaine, MK43 0NE  
 Tel: 01525 714008  
 Email: liz.mcdermott@actionforchildren.org.uk  
 Web: <http://www.actionforchildren.org.uk/our-services/family-support/childrens-and-family-centres>



### Stepping Stones Centre

Address: Silsoe Lower School, High Street, MK45 4ES  
 Tel: 01525 714008  
 Email: liz.mcdermott@actionforchildren.org.uk  
 Web: <http://www.actionforchildren.org.uk/our-services/family-support/childrens-and-family-centres>

# Social and support groups

## Cardington social group

**Time:** 9.30am - 11.45am

**Venue:** Cardington Village Hall, Cardington, MK44 3SX

All foster carers and children are welcome to the Cardington social group. Drop in anytime between 9.30am - 11.45am for a cup of tea and a catch up with members of the Fostering Service and fellow foster carers.

### 2014

Friday 9th May

Friday 13th June

Friday 11th July

Friday 26th September

Friday 24th October

Friday 21st November

Friday 12th December

### 2015

Friday 23rd January

Friday 27th February

Friday 27th March

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## Dunstable Social

**Time:** 9.30am - 11.45am

**Venue:** Salvation Army, Bull Pond Lane, Dunstable, LU6 3AH

All foster carers and children are welcome to the Dunstable social group. Drop in anytime between 9.30am - 11.45am for a cup of tea and a catch up with members of the Fostering Service and fellow foster carers.

### 2014

Friday 4th April

Friday 2nd May

Friday 6th June

Friday 4th July

Friday 5th September

Friday 3rd October

Friday 7th November

Friday 5th December

### 2015

Friday 9th January

Friday 6th February

Friday 6th March

# Family and friends social group

**Time:** 10:30am - 12pm

**Venue:** Haynes Village Hall, Northwood End Road, MK45 3QB

A group for family and friends carers and people looking after children on a special guardianship order. Come along and enjoy a cuppa at this friendly get together. Children are welcome.

**2014**

Saturday 7th June 2014

Saturday 6th September 2014

Saturday 6th December 2014

**2105**

Saturday 7th March 2015



# Millbrook social group

**Time:** 9.30am - 11.45am

**Venue:** Millbrook Village Hall, Sandhill Close, MK45 2JD

All foster carers and children are welcome to the Millbrook social group. Drop in anytime between 9.30am - 11.45am for a cup of tea and a catch up with members of the Fostering Service and fellow foster carers.

**2014**

Wednesday 2<sup>nd</sup> April

Wednesday 14<sup>th</sup> May

Wednesday 4<sup>th</sup> June

Wednesday 16<sup>th</sup> July

Wednesday 17<sup>th</sup> September

Wednesday 8<sup>th</sup> October

Wednesday 12<sup>th</sup> November

Wednesday 17<sup>th</sup> December

**2015**

Wednesday 7<sup>th</sup> January

Wednesday 11<sup>th</sup> February

Wednesday 4<sup>th</sup> March

## *Coming soon!*

*We are currently looking into:*

*\* An evening meet up*

*\* Another social group .....where would you like to see*

*this group? Let us know by dropping us an email*

*Fostering.training@centralbedfordshire.gov.uk*

# Training calendar

## April 2014

2nd	Millbrook social group
2nd	TSD drop in following Millbrook social group
4th	Dunstable social group
26th	Childcare emergency first aid
28th	Evidencing the standards; standard 1 and 2

## May 2014

2nd	Dunstable social group
2nd	TSD drop in following Dunstable social group
9th	Cardington social group
14th	Millbrook social group
16th	Delegated authority
21st	Childcare emergency
22nd	Evidencing the standards; standard 3 and 4

## June 2014

3rd	Allegations
4th	Millbrook social group
6th	Dunstable social group
7th	Family and friends social group
7th	Childcare emergency first aid
13th	Cardington social group
14th	Trauma and recovery
14th	Bereavement
16th + 17th	TSD fast-track
19th	Safer caring; a new approach
25th	Life story
27th	Evidencing the standards; standard 5
28th	Managing and supporting transitions and endings

## July 2014

4th	Dunstable social group
11th	Cardington social group
11th	Childcare emergency first aid
16th	Millbrook social group
18th	Understanding the Legal Framework for looked after children
21st	Evidencing the standards; standard 6 and 7

## August 2014

Summer school holidays  
No training

## September 2014

5th	Dunstable social group
6th	Family and friends support group
6th	Childcare emergency first aid
10th	Evidencing the standards; standard 1 and 2
11th	Caring for babies who are withdrawing from drugs or alcohol
15th	Supporting the health of looked after children
17th	Millbrook social group
17th	TSD drop in following Millbrook social group
20th	Attachment and brain development
20th	Identity and attachment
22nd	Welcoming a foster child
24th	Hidden harm; the impact of drugs and alcohol use on families
26th	Cardington social group



## October 2014

- 3rd Dunstable social group
- 3rd TSD drop in following Dunstable social group
- 6th Childcare emergency first aid
- 8th Millbrook social group
- 13th Evidencing the standards; standard 3 and 4
- 14th Safeguarding online
- 17th Parenting the theraplay way
- 18th Crisis intervention
- 24th Cardington social group

## November 2014

- 6th Supporting educational potential
- 7th Dunstable social group
- 8th Childcare emergency first aid
- 10th Evidencing the standards; standard 5
- 12th Millbrook social group
- 19th ADHD awareness
- 21st Cardington social group
- 22nd Contact and working with birth families

## December 2014

- 5th Dunstable social group
- 6th Family and friends support group
- 12th Cardington social group
- 17th Evidencing the standards; standard 6 and 7
- 17th Millbrook social group

## January 2015

- 7th Millbrook social group
- 9th Dunstable social group
- 16th Childcare emergency first aid

## January 15 cont...

- 17th Aspergers and autism awareness
- 19th Promoting a health attitude towards sex
- 23rd Cardington social group
- 29th + 30th TSD fast-track
- 31st Caring for pre-pubescent children with inappropriate or harmful sexual behaviours

## February 2015

- 6th Dunstable social group
- 7th Childcare emergency first aid
- 11th Millbrook social group
- 11th TSD drop in following Millbrook social group
- 27th Cardington social group

## March 2015

- 2nd Delegated authority
- 4th Millbrook social group
- 6th Dunstable social group
- 6th TSD drop in following Dunstable social group
- 7th Safer caring; a new approach
- 7th Family and friends support group
- 10th Supporting the health of looked after children
- 13th Contact and working with birth families
- 16th Childcare emergency first aid
- 18th Allegations
- 20th Crisis intervention
- 24th Managing and supporting transitions and endings
- 25th Hidden harm; the impact of drugs and alcohol use on families
- 26th Supporting educational potential
- 27th Cardington social group

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Central  
Bedfordshire

great  
prospects

# Central Bedfordshire in contact

## Find out more

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