

CUMBRIA LSCB

CUMBRIA LOCAL SAFEGUARDING CHILDREN BOARD

Training Programme and Learning Events 2018-2019



We are working together to keep children and young people safe in Cumbria
www.CumbriaLSCB.com

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Introduction

Welcome to the Cumbria Local Safeguarding Children Board Learning Events Brochure 2017 – 8. This brochure outlines the learning and courses that are available to the multi-agency children's workforce in Cumbria.

Our aim is to ensure that you are able to access high quality learning so that you have the appropriate level of skills and knowledge to enable you to effectively carry out your role working with the children, young people and their families and carers of Cumbria.

Our multi-agency workshops and courses are developed and delivered by experienced multi-agency professionals and trainers who are committed to inclusive learning, equal opportunities and improving outcomes for children and young people. Our Safeguarding Children e-Academy provides a comprehensive suite of courses for online learning complimenting traditional face-to-face course delivery. All of our eLearning courses have been developed in conjunction with statutory bodies tasked with improving outcomes for children. This ensures our training always reflects current best practice, guidance and legislation.

Cumbria LSCB expects that as a professional and/or practitioner working with children and young people that you are up-to-date with the necessary mandatory safeguarding training. It must be remembered that individual agencies remain responsible for ensuring that their staff are competent and confident to carry out their roles safely, including their safeguarding children responsibilities.



Which training is right for me?

Our learning events are accessible and open to most people working across the local children's workforce. Sometimes events and courses may be limited to specific job roles and for specific staff only. Any restrictions or pre-requisites will be made clear within the course descriptions, which can be found at <http://cumbrialscb.com/training/default.asp>

Please always refer to the LSCB website for the most up-to-date training and course information. Here, you can find our LSCB Training Framework/Training Guide which details examples of staff groups and roles and the appropriate courses each should attend.

Cumbria LSCB learning events and courses are organised into 3 key areas:

- **Safeguarding Awareness** which includes eLearning and safeguarding responsibilities workshops
- **Safeguarding Intermediate** which includes multi-agency face-to-face workshops designed to assist multi-agency working
- **Safeguarding Enhanced/Specialist** which includes multi-agency face-to-face workshops designed to assist specific staff groups

Cumbria LSCB Learning and Improvement Framework

The aim of the framework is to enable local organisations to improve services through being clear about their responsibilities to learn from experience and particularly through the provision of insights into the way organisations work together to safeguard and protect the welfare of children.

The framework should be shared across all agencies that work with families and children. Working Together states that 'This framework should enable organisations to be clear about their responsibilities, to learn from experience and improve services as a result'.

The LSCB Training Strategy

The LSCB Training Strategy is aligned with the LSCB Business Plan and details the expectations of Cumbria LSCB and the responsibilities of all staff and volunteers within the Cumbria Workforce in relation to safeguarding children training. The strategy describes how all agencies will be monitored against their responsibilities in ensuring staff/volunteers have the skills and support to keep children safe and provides guidance on the training and development of staff and volunteers to help them safeguard and promote the welfare of children effectively.

The training strategy states the expectations of Cumbria LSCB and the responsibilities of all staff and volunteers within the Cumbria Workforce in relation to safeguarding children training.

- Sets out how the Local Safeguarding Children Board (LSCB) will monitor and evaluate the effectiveness of training, including multi-agency training, for all professionals in the area.
- Describes how all agencies will be monitored against their responsibilities in ensuring staff/volunteers have the skills and support to keep children safe.
- Clarifies the need for training and identifies those who should receive particular levels of safeguarding children training.
- Provides clear pathways to enable managers, trustees and individuals to understand which elements of training are required for particular roles and when and how to access each.
- Outlines how evaluation of single and multi-agency training will take place.
- Lays out the mechanisms by which high standards will be maintained.

Booking Notes for Participants and Managers

Cumbria LSCB learning events and courses are in great demand, it is essential that the events have optimum attendance and that they begin promptly, in order to achieve this please note some helpful guidance:

1) Managers

Should undertake a pre-course discussion with all prospective candidates to determine if they meet the criteria for attendance, as advised on the training part of the website. It must be remembered that individual agencies remain responsible for ensuring that their staff are competent and confident to carry out their roles safely including their safeguarding children responsibilities. Managers will be contacted approximately 3 months after the learning event as part of our evaluation process to discuss the impact on your employees practice.

2) Individuals

Once you have identified the course that would meet your learning need then please discuss with your manager and ensure you meet the criteria for attendance. A multi-agency booking form must be fully completed, candidates should be able to attend the allotted timings of each course, full participation is expected and all candidates should respect other group members and demonstrate anti-oppressive practice. Candidates must give constructive feedback upon the course on the provided evaluation form/s, detail the possible impact upon their practice if any. This will be followed up approximately 3 months after the course.

3) Fees

Cumbria LSCB provides courses free of charge to non-profit making organisations and LSCB member organisations.

4) Booking a place on a learning event or course

If you wish to attend a learning event, please visit our website at <http://www.cumbrialscb.com/training/default.asp>. Complete the multi-agency booking form and send to ldadminteam@cumbria.gov.uk. You will be sent a confirmation email and joining instructions approximately 2 weeks prior to the course.

For booking queries please contact the Local Authority Learning and Development Team: Phone 01228 226813
Email ldadminteam@cumbria.gov.uk

5) Booking a place on eLearning

Please visit our website <http://www.cumbrialscb.com/training/elearning.asp> for instructions. Remember to keep any certificates in your training record.

6) Refreshments

When possible the LSCB will provide light refreshments. At some of the venues this will not always be possible, please read joining instructions for instructions of each event.

7) Impact Evaluation

Cumbria LSCB are committed to ensuring the learning events we offer continue to meet our key purpose, in order to fulfil this we ask participants for feedback after each training event.

We will also ask for a more in depth evaluation 3 months after the event has taken place to measure impact upon practice and service that is provided in Cumbria. This will be done in the form of a questionnaire and will involve contacting your manager for feedback. It may also include discussion with children and young people and their families.

8) How often should I complete the mandatory course options?

Whilst the LSCB recommend staff attend safeguarding training every 3 years as a minimum, some statutory guidance may insist on more frequent attendance. Cumbria LSCB Training Framework document will give further details – <http://www.cumbrialscb.com/training/>

Section 1: Safeguarding Awareness

Safeguarding Awareness includes a combination of eLearning and traditional face-to-face training delivery. Our Safeguarding Children e-Academy provides a comprehensive suite of courses for online learning. Our Safeguarding Responsibilities, Threshold Guidance and Referral Processes course (formerly Level 2 Safeguarding) is delivered face-to-face and will give you a clear understanding of how to respond to concerns about a child or young person.

eLearning courses

Our eLearning packages detail national and legislative changes in safeguarding, it is expected that you will access local relevant Cumbria LSCB Procedures via the Procedures Manual as referenced in each package. It is fundamental that all staff access LSCB multi-agency procedures and practice guidance.

eLearning self-registration

You are able to self-register for online courses - one course at a time. Once you have completed a course, you will receive an email from Safeguarding Children e-Academy with details of how to request additional courses. Please see www.cumbrialscb.com/training/elearning.asp for further details.

CPD Certification

The majority of Virtual College courses have been independently certified as conforming to universally accepted CPD (Continuing Personal or Professional Development) guidelines. The CPD Certification Service is the independent body operating across all market sectors and in support of all professional institutions, bodies and societies. The certified CPD 'quality mark' is a recognised symbol of quality-assured training. Look out for the CPD logo on qualifying courses.

Support

If you encounter any issues with the Safeguarding Children e-Academy, please contact Virtual College:

Virtual College Learner Support
Phone 01943 885095

2017 Refresher - Safeguarding Children Refresher

It is a statutory requirement for anyone who works with children to update their knowledge of legislation and guidance in order to maintain the ability to act on any concerns that reflect the welfare of children and young people. This training should be undertaken every three years.

Awareness of Child Abuse and Neglect

These courses cover a variety of child protection and safeguarding children issues and are suitable for anyone who comes into contact with children. They aim to inform about the various types of abuse or neglect to a child and then explain what you must do if you suspect that a child is being abused or neglected.

Versions available include:

- **Introduction version** – aimed at those who have occasional contact with children.
- **Foundation version** – aimed at those who have direct contact with children.
- **Core version** – suitable for frontline professionals and those who have direct contact with children.
- **Think Safe, Be Safe, Stay Safe** – created with South Tees Junior LSCB, this course is aimed at 11-18 year olds, i.e. peer mentors, baby sitters, work placements.

An Awareness of Domestic Violence and Abuse including the Impact on Children, Young People and Adult at Risk:

Helps you to explain, describe and recognise the signs of domestic violence and neglect. It will also help you identify ways to support victims, identify the 'dos and don'ts', recognise when it is appropriate to assist, know where and when to get help and be aware of best practice.

An Introduction to FGM, Forced Marriage, Spirit Possession and Honour Based Violence:

Provides an understanding of Female Genital Mutilation, Honour Based Violence, Spirit Possession and Forced Marriage. These are the four main types of abuse that stem from culture related traditions and this course increases awareness of specific cultural and religious needs whilst providing the knowledge practitioners need to be confident when conversing with those from a different cultural background around the subjects.

Channel (Part of the Government Counter Terrorism Strategy - CONTEST)

Channel is an early intervention scheme that supports people who are at risk of radicalisation and provides practical support tailored to the needs of the individual. This should be recorded as part of your “Safeguarding Learning”. The module will:

- Explain what Channel is
- Explain the Channel process and its purpose
- Explain how Channel links to the government counter terrorism strategy (CONTEST)
- Identifying factors that can make people vulnerable to radicalisation
- Define Safeguarding and risk ownership of the Channel Process

Duration: The eLearning module will take approximately 25 minutes to complete. The programme will produce a completion certificate if you complete in one session.

To access the course please use the link:

http://course.ncalt.com/Channel_General_Awareness/01/index.html

Child Accident Prevention

Unintentional childhood injury results in over 2 million visits to Accident and Emergency departments every year; over half of these injuries occur in the home. This module aims to raise parents’ and carers’ understanding of child accident prevention. Statistical data will highlight the high risk of unintentional child accidents. The course will look at access to supplementary guidance, risk factors, preventative measures and treatments after accidents.

Both Parent and Practitioner versions are available.

Children’s and Young People’s Development in Health and Social Care Settings

This course aims to increase awareness of the main issues around children’s and young people’s development. It provides learners with an increased understanding of the expected pattern of development and details the factors that can influence development. On completion, learners will understand how to monitor development as well as the interventions that should be taken if development is not following the expected pattern.

Collaborative Working: A Whole Family Approach:

This course provides the learner with an understanding of the impact of whole family working and the key principles of whole family intervention.

Common Core of Skills and Knowledge

This course is designed to be relevant for all staff, paid and voluntary, working with children and young people. It is based around the Common Core of Skills and Knowledge and the CWDC induction standards. On completion of this course learners will have covered: an overview of Every Child Matters and Integrated Working; principles and values; equality, inclusion and anti-discriminatory practice; person-centred approaches; and confidentiality, information sharing and record keeping.

Communication in Health and Social Care or Children's and Young People's Settings

Good communication skills are essential for health and social care professionals because they help them to develop relationships and demonstrate that they care. This course has been designed to provide learners with a basic understanding of what communication is and how it can be used to support people who need help. It provides learners with an increased understanding of why effective communication is important, as well as the required knowledge to overcome barriers to communication.

Duty of Care in Health, Social Care or Children's and Young People's Settings

It is vital that those working within health, social care or children's and young people's settings not only understand what it means to have a duty of care in their work role but also how to effectively implement a duty of care in everything they do. On completion of this course learners will be able to outline, understand and act upon their duty of care, helping to ensure the safety and wellbeing of those they support and for their own professional development to ensure the balance between acting on their responsibilities and allowing people the rights to make choices.

Early Child Development – Foundation

The aim of this course is to increase awareness of the main issues around early child development. By providing learners with a better understanding of the key issues, they will be able to develop their work in a way that improves outcomes for parents and children. This course highlights the importance of a wide range of factors that affect the individual pathway along which each child develops.

Equality and Inclusion in Health, Social Care or Children's and Young People's Settings

Equality and inclusion within health and social care is vital to ensuring people's differences are valued and that people are treated equally and supported to take part in whatever they wish to do. This course has been designed to provide learners with the knowledge and skills required to promote and implement equality and inclusion. On completion, learners will

have an increased understanding of the importance of equality and inclusion, as well as the knowledge required to work in an inclusive way.

eSafety - Guidance for Practitioners

Technology is affecting younger age groups. Whereas earlier generations had to be content with dressing up as a cowboy or princess, nowadays children are armed with games consoles, mobile phones and the monster weapon that is the internet. Children don't only have access to technologies at home; ICT is embedded across the curriculum, so with such exposure children typically have a lot of confidence. However, their knowledge of the risks and dangers may not be high. As the internet is available in many places, anyone who works with children has a role to play in providing eSafety education as well as supporting parents in providing a safe home environment.

Female Genital Mutilation – Recognising and Preventing FGM

Studies reveal that 137,000 women in England and Wales are estimated to be living with the consequences of FGM. To address this issue, the Home Office is championing a proactive approach and has launched a free online FGM training package. The course is useful for anyone who is interested in gaining an overview of FGM, particularly frontline staff in Health Care, Police, Border Force and Children's Social Care.

Hate Crime

This module aims to raise awareness of hate crime and hate incidents and their true extent in our communities. Having completed this e-learning course, learners will have an increased understanding of hate crime and the impact these types of crime have on victims. Learners will also be provided with advice and guidance on how to recognise hate crime as well the appropriate actions to take when reporting hate crime.

Hidden Harm – The Effect of Parental Drug and Alcohol Misuse on Children

Services can naturally focus attention on the problem user, overlooking the effects on children. A new Government directive now aims to raise awareness of this issue and increase opportunities for early intervention. This course is designed for anyone working with children, young people and their families, and aims to help the learner to spot the signs of harm and identify opportunities to safeguard the child.

Information Sharing Level 2

This course complements the introductory module within our highly successful 'Integrated Working' course and covers many work-based scenarios to help the learner practise their understanding of this very important element of integrated working. Over 4 million people in the UK work with children, young people and their families. This course will be useful to

all frontline practitioners who deal with children and who will need to share information about cases. The focus of this course is the importance of information sharing, why it is important and who it can affect.

An Introduction to Integrated Working (The Early Help Assessment / Lead Professional / Information Sharing)

Since its introduction, integrated working has become the cornerstone of professionals' working practices; and coupled with the Early Help Assessment now provides a solid basis for delivering frontline services.

Parental Mental Health

This course aims to increase awareness of the main issues surrounding mental distress in parents and how this impacts upon their children. The course aims to raise awareness of current legislation and guidance and gives a background to mental distress and attitudes towards it, both past and present. It helps the learner understand the causes and symptoms and variety of mental health problems parents may have so they will be able to appreciate the needs and experiences of different groups, and know how to advise and support parents and their children.

Personal Development in Health, Social Care or Children's and Young People's Settings

It is important that everyone working within healthcare, social care or children's and young people's settings is able to evaluate their own competence and personal development aspirations. As a result, this course has been designed for health and social care workers operating in a wide variety of settings. On completion, learners will have an increased understanding of what is required for competence in their own work role, as well as be able to reflect and evaluate on their own practice. In addition, learners will be able to make the best use of learning opportunities and reflective practice to develop their own practice.

PREVENT

This offers an introduction to the Prevent duty, and explains how it aims to safeguard vulnerable people from being radicalised to supporting terrorism or becoming terrorists themselves. A link to the prevent duty guidance is available at the end of this e-Learning. This is introductory training. It will provide an important foundation on which to develop further knowledge around the risks of radicalisation and the role that you can play in supporting those at risk. This training addresses all forms of terrorism and non-violent extremism, including far right wing and Islamist extremism threatening the UK.

This e-learning has been developed by HM Government following consultation with a range of individuals and organisations. It has benefitted from the feedback of teachers, local authority officials, community-based groups, youth workers and many others.

<http://www.elearning.prevent.homeoffice.gov.uk/>

Risk Assessment in Safeguarding

The aim of this module is to help practitioners from all agencies develop an understanding of theories of risk assessment and become competent in applying them when working with children, young people and their families.

Risk Taking Behaviour and young People:

This e-learning course is aimed at anyone working with young people and/or their families. This e-learning course is about teenage pregnancy, drug and alcohol use and wellbeing in sexual health, this is relevant to the teenage population in Cumbria.

Risk Taking Behaviour

This training will look at different forms of Risk Taking Behaviours allowing participants to raise awareness, minimise harm and foster a non-judgemental approach. It is aimed at anyone who comes into regular contact with young people and/or their families in the course of their work. It provides learners with an increased understanding of risk taking behaviour allowing them to develop their work in a way that improves outcomes for young people.

Safeguarding Everyone – Protecting Children, Young People and Adults at Risk:

Anyone who works within health and social care understands how important it is to always ensure the safety and security of those in their care. This course provides the knowledge required to recognise the signs of abuse and an understanding of how to respond appropriately to suspected or alleged abuse.

Safeguarding Children and Young People from Abuse by Sexual Exploitation

This course aims to increase awareness of the main issues around the sexual exploitation of children and young people. It is aimed at anyone who comes into contact with children and young people during the course of their work. This course raises awareness of the legislation and guidance that applies to vulnerable groups and how these policies can be applied in practice. It explains risk assessments and vulnerability factors, and outlines the roles of various agencies, such as the police and social care, so that learners know what their responsibility is.

Safeguarding Children Refresher Training

It is a statutory requirement for those working with children to update their knowledge of legislation and guidance and maintain the ability to act on concerns about the safety and welfare of children and young people. Government guidance suggests that refresher training must take place every three years. Whilst necessary, it can be costly and frustrating for staff, who may have heavy caseloads and find it difficult to attend a refresher. This course has been developed in collaboration with experts, covering all changes over the last three years.

Safeguarding Children with Disabilities

In the UK there are approximately 1.2 million children living with disabilities (Families and Children Study, 2002). This course aims to raise awareness of specific needs of disabled children in relation to their vulnerability and communication. The course contains an overview of the national and local agenda in relation to children with disabilities, basic knowledge of the range of protection needs of disabled children and information on how you can enable them to communicate about their experiences and provide support.

Safeguarding and Leadership

This online training course is intended for operational managers at all levels, including, supervisors; frontline managers; managers of child protection units; and managers involved in the specification, commission, monitoring and/or provision of services to children, young people and their families. Having completed the course, learners will know what is required to ensure that appropriate safeguarding training, monitoring and leadership is embedded throughout every organisation.

Safer Recruitment

LSCBs have a responsibility to ensure that agencies named under Section 11 of the Children Act 2004 have safer recruitment practices in place. This course will assist those involved in recruitment, ensuring they meet these requirements. The course considers statistics relating to safer recruitment; statistics are important as they simplify the size of the problem. It also considers the background to the introduction of the more robust safer recruitment processes, which followed the Bichard Inquiry, and looked at the recruitment of Ian Huntley in the Soham case.

Safe Sleeping for Babies – Reducing the risk of SIDS

Also known as cot death, or Sudden Infant Death Syndrome, SID is the sudden, unexpected and unexplained death of an apparently well infant. In the UK, at least 300 babies die suddenly and unexpectedly every year. Being able to reduce the risk of any sudden, unexpected and unexplained death of an apparently well infant is a tremendous opportunity for everyone involved in a baby's care. This eLearning course has been developed to promote and support key safe baby sleeping messages, raising the awareness

of parents, family members or other people who come into contact with families. On completion, learners will have an increased understanding of what can be done to keep sleeping babies as safe as possible.

Safer Working Practices

All adults who come into contact with children in their work have a duty of care to safeguard and promote their welfare. The vast majority of adults working with children act professionally to provide a safe and supportive environment. However, in this area of work, tensions and misunderstandings can occur; the answer is not to work in a bubble. We have learnt from many adults, they are inadequately informed about their responsibilities and, as a result, they may unintentionally avoid certain practices completely. This course aims to outline clearly what behaviours are and are not acceptable.

Self-harm and Suicidal Thought in Children and Young People

This course aims to educate learners about the warning signs, risk factors and actions to take should they suspect a child or a young person is self-harming or having suicidal thoughts.

Self-harm and Risky Behaviour

This course is aimed at a universal audience and provides the background to self harm in children and teenagers, common associated conditions and the optimal approach to managing it in the community.

Short Breaks for Disabled Children

Disabled children and young people could have a short break in a variety of places, which in turn could involve a variety of workers, e.g. librarians, Scout/Guide leaders, sport staff, etc. It is important that all those involved have the knowledge and skills required to provide the appropriate support and help ensure that a high quality experience is had by parents, carers, and children. As a result, this course has been designed to provide the learner with an increased understanding of the role of the short-break worker including the tasks and responsibilities involved when providing support for disabled children enjoying a short break.

Strategic Managers Integrated Working

Over 4 million people in the UK work with children, young people and families. The focus of this course is the integrated working between these people, why it is important, who it can affect and the most effective way to achieve this through information sharing and the role of the lead professional. This course is aimed at individuals who are either managers or leaders of staff who work with children, young people and families.

Supervision and Appraisal in Early Years Settings

Promotion at work is an exciting time but a new post with supervisory duties can often feel daunting. As a result, this course provides advice and guidance that will help you make a smooth and fulfilling transition to a supervisory role and help to ensure that you enjoy a positive professional working relationship with your work colleagues. The course addresses some of the fundamental skills that are needed in order to be an effective supervisor, including engaging and motivating staff, developing staff and releasing their potential through the supervisory process.

Teenage Pregnancy

This course aims to increase awareness of the main issues around teenage pregnancy and young people's sexual health. By helping to give the learner a better understanding, it will help to develop the learner to work in a way that improves outcomes for young people. This course looks at the risk factors associated with teenage pregnancy, including positive interventions aimed at reducing the under-18 conception rate. It is intended for all workers who are in regular contact with young people and/or their families to help them work towards achieving these objectives.

Trafficking, Exploitation and Modern Slavery

This course is about understanding, combating and helping people who are being trafficked, exploited or used in modern slavery. It examines different types of exploitation, how individuals become victim to abuse and what actions professionals should take to recognise victims and help them.

Understanding Young Minds – free online course for Parents

Virtual College have worked in partnership with SelfHarmUK to create a free online course designed to help parents talk about the issue of self-harm with their children.

Thousands of children and young people in the UK are thought to be impacted by self-harm each year. Spotting the signs can be difficult, and approaching the subject with your children can be an uncomfortable experience. 60% of parents feel uncomfortable discussing self-harm with their children.

This online course 'Talking to your children about emotional resilience and self-harm' aims to provide basic awareness of the subject to help parents approach their children with confidence about the issue.

Wellbeing in Sexual Health

This course aims to equip those working with young people or their families to understand the pressures and issues they face, both nationally and locally. This course was produced in partnership with Blackpool Children's Trust and has a number of pages specifically covering

the Blackpool area. However, the majority of the course deals with general and national issues. It aims to help learners understand where to signpost young people with questions about their sexual health, to share decision making where the sexual health of a young person is an issue and to make sure they know their role and how it is affected by current policies.

Multi-agency workshops

Safeguarding Responsibilities, Threshold Guidance and Referral Processes (formerly Level 2 Safeguarding) - Available as a multi-agency face-to-face workshop

This course is designed to help participants understand Safeguarding Responsibilities, Thresholds and Referral procedures. It has been developed by LSCB partners and will be updated regularly to always reflect local practice/procedures.

Participants need to have completed the Awareness of Child Abuse and Neglect eLearning before coming on this course, see <http://www.cumbrialscb.com/training/elearning.asp>

This course is suitable for those as detailed in the LSCB Training Framework groups: <http://www.cumbrialscb.com/training/default.asp>

By the end of this course you will:

- Be able to demonstrate understanding of responsibilities to safeguard children.
- Be able to identify the threshold criteria of different levels of intervention and the referral process.
- Be able to identify the reasons for changes in legislation and policy.
- Be able to apply new learning in respect of the lessons of Serious Case Reviews and the impact of them upon practice.
- Write an action plan based upon reflective thinking.

Duration: Half day – 09.30 to 13:00

Safeguarding Responsibilities, Threshold guidance and Referral processes. Early Years Specific (formerly Level 2 Safeguarding) - Available as a multi-agency workshop to Early Years Practitioners

Participants need to have completed the Multi-Agency Threshold Guidance and have completed the Awareness of Child Abuse and Neglect eLearning before coming on this course, see <http://www.cumbrialscb.com/training/elearning.asp>

This course is suitable for Early Years specific practitioners and those as detailed in the LSCB Training Framework groups: <http://www.cumbrialscb.com/training/default.asp>

By the end of this course you will:

- Be able to demonstrate understanding of responsibilities to safeguard children.
- Be able to identify the threshold criteria of different levels of intervention and the referral process.
- Be able to identify the reasons for changes in legislation and policy.
- Be able to apply new learning in respect of the lessons of Serious Case Reviews and the impact of them upon practice.
- Write an action plan based upon reflective thinking.

Duration: Afternoon sessions 14.30 - 16.30 or Evening sessions 18.00 – 20.00 (2 evening sessions, practitioners must attend both sessions to gain certificate).

Section 2: Safeguarding Intermediate

Safeguarding Intermediate includes a combination of face-to-face workshops designed to assist multi-agency working and inter-agency practice development. A range of topics and subject areas are covered.

Who should attend? Please refer to the LSCB Training Framework to ensure that you meet the appropriate criteria for attendance <http://www.cumbrialscb.com/training/>

Better Together Events

Better Together.... getting it right for children and families roadshows.

Cumbria LSCB is holding a series of multi-agency events across the County for professionals who work with Children and Young People. The aim of the events is to provide support and information to all professionals who have safeguarding responsibilities.

- Hear more about the key role that you play in safeguarding children and young people in Cumbria
- Learn about the thresholds for access to services
- Understand more about your role and responsibilities, both individual and collectively to work together to keep children safe

- Be provided with practical tips to take away and use in your day to day practice
- Learn more about the work of the safeguarding hub

Champions Network Domestic and Sexual Abuse Training (2 days)

Day 1 - Domestic Abuse and Sexual Violence Training

Day 2 - Multi Agency Risk Assessment Conferences (MARAC)

This course aims to provide participants with the understanding of the complex nature of Domestic Abuse and Sexual Violence; the roles that everyone has to play in identifying, supporting and signposting those affected by it and to promote positive and effective outcomes through partnership working and good practice.

By the end of the session you will:

- Be able to demonstrate recognition of domestic abuse and/or sexual violence and its impact upon victims and their families.
- Feel more informed about the systems and processes of early identification, intervention, referral and support available from agencies.
- Be a recognised Champion; who is the lead contact for domestic and sexual abuse issues within their agency.

Duration: 2 x full day courses (10.00 to 16:00)

Child Sexual Exploitation – one day course

This course aims to provide participants with the knowledge and skills to enable them to contribute to safeguarding children at risk or suffering sexual exploitation.

Participants must have completed the CSE Awareness Training eLearning (or equivalent) before being accepted on this course.

This course is intended for practitioners and managers who work directly with children who have experienced Child Sexual Exploitation or are identified as at risk of exploitation. As a practitioner your work will typically involve you in Team around the Family meetings, CiN meetings, Core Groups etc. This includes IROs.

This is a full day training event which will start promptly at 10:00, with refreshments available from 09:30 and finish at 16:30.

Expected outcomes

By the end of the course participants will have:

- Improved awareness of the legislation, research and policy context
- Improved recognition of CSE and vulnerabilities to becoming a victim
- Knowledge of and confidence in undertaking risk assessments

- Understanding of what CSE looks like in Cumbria
- Improved understanding of models of offending, including grooming techniques of victims and others
- Knowledge of effective interventions with children and young people
- Understanding of how to engage with victims, parents and carers
- Knowledge of and confidence in applying procedures, including what to do if you believe/know a child is a victim of CSE
- Improved understanding of the roles of different agencies in managing referrals, risk and protection including SARC, Central Hub and district community Police, 3rd sector, Sexual Health and Children's Services are understood

Child Sexual Exploitation Half Day Workshop

This half day workshop aims to raise all professionals' awareness of CSE and their role in identifying and addressing it. This course is intended for all professionals working with children and young people who wish to improve their knowledge of CSE.

By the end of the course participants will have:

- Improved recognition of CSE and vulnerabilities to becoming a victim
- Knowledge of and confidence in undertaking risk assessments
- Understanding of what CSE looks like in Cumbria
- Understanding of how to engage with victims, parents and carers
- Improved awareness of the legislation, research and policy context
- Improved knowledge of safety planning and offender disruption

All sessions are 9am – 12.30pm

Domestic Abuse and Sexual Violence Awareness Training (Half Day)

This course aims to provide participants with the understanding of the complex nature of Domestic Abuse and Sexual Violence; the roles that everyone has to play in identifying, supporting and signposting those affected by it and to promote positive and effective outcomes through partnership working and good practice.

The course is aimed at all staff who work directly with children and young people. Participants should have already completed Safeguarding e-learning and Safeguarding level 2.

By the end of the session you will:

- Be able to demonstrate recognition of domestic abuse and/or sexual violence and its impact upon victims and their families.
- Feel more informed about the systems and processes of early identification, intervention including the MARAC Process, referral and support available from agencies.

Duration: Half Day (9.30am to 12:30)

DV RIM training

This course is for frontline practitioners from across the partner agencies who may come into contact with children and young people where Domestic Abuse is a factor. This includes but is not limited to; SW's, Children and family workers, TYS, Teaching staff. These learning events are Multi agency briefing sessions on the use of the Barnardo's Domestic Violence Risk Identification Matrix (DVRIM)

DV RIM Training for Trainers

This course is aimed at experienced DA practitioners or managers with training experience. This course is to enable practitioners and managers to become part of the LSCB training pool to deliver briefing sessions on the DV RIM tool.

The outcomes of this course are;

- Explain the Home Office working definition of Domestic Violence
- Describe how domestic violence impacts on children
- Explain how domestic violence interlinks with other major risk factors –e.g. mental ill health, substance misuse and neglectful/abusive parenting
- List key statistics and research relating to domestic violence
- Explain the dynamics of Coercive Control in abusive relationships
- Demonstrate how to use the Domestic Violence Risk Identification Matrix
- Explain the relationship between cultural and faith issues (BME) and domestic violence and other additional vulnerabilities relating to domestic abuse
- List and explain the theories underpinning the risk indicators within the risk matrix
- Explain the process for dealing with safeguarding and child protection issues raised in sessions and:-Present on one of the above objectives.

Early Help Assessment Training

The aim of the workshop is to develop a common understanding of the Early Help Assessment Process and the documentation involved. It is to provide support to all professionals working with children so that everyone is clear about:

- When to undertake and Early Help Assessment including “Registering, Stepping up, Stepping Down and Closing Down an Assessment”
- Their roles and responsibilities including when to make a Safeguarding Referral
- Individual responsibility when working with children, young people and families “Team Around the Family”
- The support available to professionals in their role.

Duration: Half day – usually 10.00 to 12:00pm

How to Write an Early Help Assessment

A new course aimed at supporting professionals completing needs led Early Help Assessments and Action Plans.

The aim of the workshop is to improve the quality of Early Help Assessments and Action Plans and the documentation involved. It is to provide support to all professionals working with children so that everyone is clear about:

- How to write a needs led Family Early Help Assessment
- How to write a needs led Family Action Plan
- How to capture the voice of the child
- Individual responsibility when working with children, young people and families “Team Around the Family”
- The support available to professionals in their role.

Duration: Half day - 10.00 to 12:30pm

How to Support Children and Families with Early Help Training

The LSCB is running a series of day long workshops in districts to help strengthen the response to families by effective multi-agency working at an Early Help stage of intervention. The aim of the workshop is to improve the quality of multi-agency working and to result in Early Help Assessment Coordinators feeling more confident in their role.

Key aims of the day are:

- To understand the Early Help process
- To effectively work together as a Multi-Agency Team
- To be able to confidently co-ordinate a Team Around the Family (TAF)
- To be able to know and access assessment tools to measure risk and impact
- To be able to evidence the impact of Early Help for the child

Duration: Whole day sessions from 10.00am to 4.00pm

Multi-agency MARAC Training Workshops

This course has been designed to give an overview of the MARAC process and to develop awareness of risk and how to assess it. It is suitable for front line practitioners and Managers. By the end of the course participants will be able to:

- Explain the MARAC process
- Identify the benefits of implementing an effective MARAC
- Examine and explain the MARAC process stages
- Explain the benefits of using a single multi-agency risk checklist
- Identify high-risk victims using the SafeLives Dash risk checklist

- Describe the referral criteria and the referral process for MARAC
- Formulate an action plan which focusses on risks and safety

Building Emotional Resilience

This course is delivered over one and a half days (with an interval of 6/7 weeks). The course considers the meaning of resilience, and explores theoretical concepts underpinning practice. It also reviews skills, techniques and resources that will help young people. A variety of interpersonal techniques designed to improve interactions are explored alongside a resilience curriculum. Consideration is given to how we know when we have made a difference and how resilience can be measured.

Child Neglect Training

This course is an important aspect of the local LSCB training programme, it is built into our provision in line with our LSCB Neglect Strategy. Delivered by Action for Children, this is a valuable addition to our portfolio and provides those attending with an overarching understanding of the issues surrounding neglect, how it can impact on the children and young people to whom it relates and how early interventions can be used to reduce the impact of long term neglect.

Members of staff, who work predominantly with children, young people and their families, parents or carers, and who could potentially contribute to the assessment, intervention and reviewing the safeguarding needs for a child or young person, where there are safeguarding concerns, and or potential risks.

Aim of workshop

To provide multi-agency audience with key messages from research and practice which will assist staff to recognise and respond to neglect. The aim is to improve partnership working both between agencies and with families.

Hear about Cumbria's recently launched neglect strategy and understand how we all have a role in working with neglect

- Understand what is meant by neglect and why it is harmful to children
- Explore how to keep the child at the centre of our work
- Identify concerns about parenting capacity that may contribute
- Understand what works in dealing with neglect

Duration: 4.5 hours

Neglect in Practice (using the Graded Care Profile)

Safeguarding children effectively requires a knowledgeable and skilled workforce. This course aims to provide participants who work with children and young people with an opportunity to learn in a multi-agency training environment. This course is directed at

practitioners and managers who work with children and families that experience neglect.

By the end of the course participants will:

- Be able to understand the challenges of identifying neglect in practice settings with children and young people and considering their 'lived lives'.
- Understand the use of and practical application of the Graded Care Profile when working alongside families to assess and effect change when neglect is an issue.
- Recognising disguised compliance and how to respond to it, when using the Graded Care Profile to work with families where neglect is a feature.

Duration: 4 hours

Parental Substance Misuse Training

- The aim of the training is to provide staff who work with families affected by substance use additional
- insight into the impact substance use can have on parenting. It is to provide support to all professionals working with parental substance use to:
- Develop an understanding of common substances used and their affects
- Insight into the impact substance use can have upon parenting capacity and assessing this
- Raise awareness of Multi Agency Thresholds in Cumbria and differing levels of support for children and families
- Understand the LSCB Procedure for Children of Parents that Misuse Substances
- Identify ways of supporting ways of supporting children and families affected by substance use
- Hear the voice of children affected by parental substance use

The prerequisite for attending this training you MUST have already completed the virtual college eLearning module “Hidden Harm – The Effect Parental Drug and Alcohol Misuse on Children” before attending on the day

Duration: Half day 9.30am – 1.30pm

Parental Mental Health

This workshop is intended for all professionals working with children who wish to improve their knowledge of parental mental health and the impact on the child.

Aims of the course;

- To consider the impact that parental mental health problems can have on the development, safety and welfare of dependent children and on the parent's or carer's ability to meet the child's needs.
- To consider multi-agency responses to safeguarding children whose parents have mental health problems.

Learning Outcomes;

- Understand the nature and impact that different types of parental mental health problems can have on children.

- Be aware of how this can impact on children's day-to-day lives.
- Have a more detailed knowledge of local and national guidance relating to working with families affected by parental mental health problems.
- Understand their own and other agencies' roles in identifying, assessing and protecting vulnerable children where parental mental health problems are a feature.

Duration: 4 hours (10.00 to 14:00)

Sudden Infant Death Syndrome

The aim of the workshop is to introduce SIDS (Sudden Infant Death Syndrome) and how to identify families who may be more vulnerable in relation to SIDS. Also to give an update on current research based safer sleep advice.

Outcomes of the session:

- When working with families professionals will have a better understanding of safe sleep message and how to deliver them effectively to families
- Professionals will have more confidence in challenging unsafe sleep practices
- Professionals will know where to go to get further support and advice when required

Suicide and Self Harm

Any child or young person who self-harms or expresses thoughts about this or about suicide must be taken seriously and appropriate help and intervention should be offered at the earliest point. Any practitioner, who is made aware that a child or young person has self-harmed, or is contemplating this or suicide, should talk with the child or young person without delay.

Outcomes of the session:

- To understand what is self-harm and why young people self-harm
- To experience increased confidence in discussing self-harm and suicidal ideation with young people and appreciate the importance of asking directly about thoughts of suicide
- To be aware of the Cumbria LSCB guidance for professionals working with children and young people who self-harm and how to relate it to our work
- To be aware of local and national resources that are available

Safeguarding and Child Protection 'Working Together to Safeguard Children'

The aim of the workshop is to develop a common understanding of risk management and to provide support to all professionals working with children so that everyone is clear about:

- The thresholds for access to services which support the actions needed to improve the outcomes for children;
- Understanding of roles and responsibilities;
- Identifying exemplars of good practice;
- Individual responsibility when working with children, young people and families;

- Responsibility of different agencies; and
- The tools in place to support professionals in their role.

Duration: Half day – 09.30 to 12:30pm or 13:30 to 16:30

Self-Harm and Suicide Alertness Training

This workshop is for anyone working with children or young people is invited to attend a free workshop on Self Harm and Suicide Alertness.

Outcomes of the session:

- To be aware of the local/national context of suicide and self harm relating to young people
- To reflect on our own personal attitudes to suicide and self-harming behaviour
- To experience increased confidence in discussing self-harm and suicidal ideation with young people and appreciate the importance of asking directly about thoughts of suicide
- To be aware of the 'Pathway and Guidance for professionals working with children and young people who Self-Harm' and how to relate it to our work
- To be aware of local and national resources that are available

Substance Misuse & Parenting

The LSCB is running a series of training events around substance misuse and parenting across the county. You must complete the Hidden Harm eLearning training before attending this training. You can access this here via the LSCB website

The aim of the training is to provide staff who work with families affected by substance use additional insight into the impact substance use can have on parenting. It is to provide support to all professionals working with parental substance use to:

- Develop an understanding of common substances used and their affects
- Insight into the impact substance use can have upon parenting capacity and assessing this
- Raise awareness of Multi Agency Thresholds in Cumbria and differing levels of support for children and families
- Understand the LSCB Procedure for Children of Parents that Misuse Substance this external link will open in a new window
- Identify ways of supporting ways of supporting children and families affected by substance use
- Hear the voice of children affected by parental substance use

Duration: Half day 9.30am – 1.30pm

Signs of Safety Partner Briefing Sessions

These workshops are aimed at providing practitioners and partner agencies with a basic understanding of the Signs of Safety Approach. The sessions will provide an introduction to the Signs of Safety Approach to enable participants to understand how the approach works.

Target Audience:

Professionals who work predominantly with children, young people and their families, parents or carers, and who could potentially contribute to the assessment, intervention and reviewing the safeguarding needs for a child or young person, where there are safeguarding concerns, and or potential risks.

Duration: 3 hours

Train the Trainer (2 days)

You must be able to attend 2 full days. This course is designed to enable members of the Multi-agency Training Pool to be able to deliver multi agency training in line with the expected standards of the LSCB. It will provide both the theoretical and practical skills required to meet these standards. You must be committed to delivering a minimum of 3 days co-training for the LSCB. This will be over a 12 month period at both Intermediate and Enhanced/Specialist level. Your commitment must be formally agreed and endorsed by your line manager/employer.

You will be supported by the LSCB Trainer and other members of the Training Pool, and will be expected to attend an annual one day refresher as part of your CPD.

By the end of this course you will:

- Have the skills to facilitate safeguarding children's training
- Be able to plan and prepare for multi-agency training
- Be able to state the issues around multi-agency training and have explored solutions
- Have a working knowledge and understanding of the content of the multi-agency training
- Be able to ensure that multi agency training is carried out in a fair and inclusive way taking account of diverse needs
- Be able to decide if multi-agency training is for them

Duration: 09.30 to 16:30

Train the Trainer Refresher

This course is designed to help current members of the Multi-agency Training Pool refresh their facilitation skills. The session will give you the opportunity to discuss issues around

multi agency training, the planning and preparation required to deliver multi-agency training. By the end of this session you will:

- Understand the need for planning and preparation for multi-agency training
- Be able to state the issues around multi-agency training and explored solutions
- Have discussed and worked through the Safeguarding Responsibilities, Threshold Guidance and Referral Processes
- Have discussed and worked through the Multi-agency 'Working Together' workshops

Duration: 09:30 to 16:30

Youth MHFA Two Day (Mental Health First Aid)

Our Youth MHFA Two Day course qualifies you as a Youth Mental Health First Aider. The course covers CYP aged 8 to 18 years and is aimed at the wider children and young people's workforce, for example Social Workers, Targeted Youth Support, Educational Professionals. This offer also includes Foster Carers

Youth MHFA does not teach people to be therapists. However, it does give a deeper understanding around the issues that relate to young people's mental health and will teach people to:

- Recognise the signs and symptoms of mental health issues
- Provide initial help and practical skills that can be used every day
- Enable a young person to access appropriate professional help
- Recognise the importance of promoting protective factors and good parenting.

This is delivered through four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

Within each section there is clear focus on the issues faced by young people today, including bullying/cyber bullying and substance misuse.

The course is delivered over two full days and participants must attend both days in full to obtain their certificate. (9.00 a.m to 5.00 p.m)

Section 3: Safeguarding Enhanced/Specialist Workshops

Safeguarding Enhanced/Specialist includes face-to-face workshops designed to assist specific staff groups to meet their statutory requirements. The workshops will be populated by the LSCB partners nominating practitioners from within their own service.

Achieving Best Evidence - Training Module 4 Child Trauma (5 days)

The course enables you to understand best practice for conducting joint investigative interviewing with children, in a manner that is child centred.

Who is the course suitable for?

The course is suitable for staff that will prepare and support Children and Young People through the best evidence interview.

What is covered in the course?

- Describe how the interview can be carried out in a manner that respects the rights and wishes of children, places their welfare first and actively strives to work in partnership with the child's family wherever this is in the child's interests.
- Establish a common foundation for both agencies on which to build their knowledge.
- Explain the different functions Joint Investigative Interviewing may serve, and its function within the investigative process.
- Outline the groups identified under section 16 and 17 of the Youth Justice and Criminal Evidence Act 1999 as vulnerable and intimidated and the 'Special Measures' available to them in the courts.
- Demonstrate (in consultation with others) how to plan and set objectives for individual interviews, taking into account the needs and development of the child concerned.
- Demonstrate through practical exercises their ability to conduct an interview following best practice outlined in 'Achieving Best Evidence'.
- Explain what support mechanisms are available to children and their families with regard to the court process and other agencies involved post interview.

Duration: 09:00 to 16:30

Advanced Domestic & Sexual Abuse Training Course

This course is specifically for professionals who have an on-going role working with someone who has been sexually assaulted or is a victim or survivor of domestic abuse. This includes many frontline roles but not those who work in specialist domestic or sexual abuse

support roles. At present, those who have undertaken the Domestic Abuse and Sexual Violence Champions Training do not need to attend this course (this is being kept under review). The learning objectives for the course are;

- Refresh professionals' understanding of Domestic Abuse and Violence, Sexual Assault and Abuse, including updating their knowledge of current legislation and prevalence, and the interrelationship between the two forms of abuse.
- Understand professionals' responsibilities in relation to these forms of abuse and assault.
- Understand myths and preconceptions about these types of abuse and assault and how that can provide a barrier to people coming forward for help, or to professionals working effectively to prevent further harm. Gain confidence in responding to and challenging myths.
- Develop an understanding of the less obvious signs and symptoms of these types of abuse and assault so that they can help to ensure they do not get missed.
- Develop an understanding of the impact of sexual and domestic abuse and assault on adults, both short and longer-term.
- Develop an understanding of the impact of sexual abuse/assault on children and young people, both short and longer-term.
- Consider your own response to those who may disclose.
- Gain confidence in dealing with disclosure.
- Understand the importance of effective risk assessment and how to do it, learning from serious case reviews.
- Understand effective Information Sharing processes in this context.
- Understand specialist support services available, their benefits for your service user and referral pathway.
- Develop an understanding and gain confidence in supporting a service user who has experienced domestic abuse or sexual assault/ abuse in an appropriate way, alongside specialist services. This includes confidence in discussing domestic abuse and sexual assault with a service user and understanding the level of involvement which is appropriate and not appropriate for your role.

Duration: Full Day

Come along to a Practitioner Forum

Practitioner forums help people who work with children and young people learn from each other, understand each other's' roles and responsibilities and what local provision is available in each part of the county.

There are six Practitioner Forums up and running, one in each district area. They're free to attend. Why not give your local forum a try, there's no need to book just come along.

Find forum dates in your area



Useful links

[LSCB Multi-agency Safeguarding Training](#)

[LSCB eLearning Safeguarding Training](#)

[Practitioner Forums](#)

[Cumbria Local Safeguarding Children Board Procedures Manual](#)

Cumbria LSCB - Training Contacts

If you would like any further information about safeguarding training or wish to discuss general training issues please contact us using the below.

Phone 01228 226813

Email LSCB.Training@cumbria.gov.uk