

# **Learning and Development Calendar 2026**

**January - June**



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EDINBURGH**



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**FIRST THURSDAY OF EVERY MONTH**  
0800 174 833 [www.edinburgh.gov.uk/fostering](http://www.edinburgh.gov.uk/fostering)

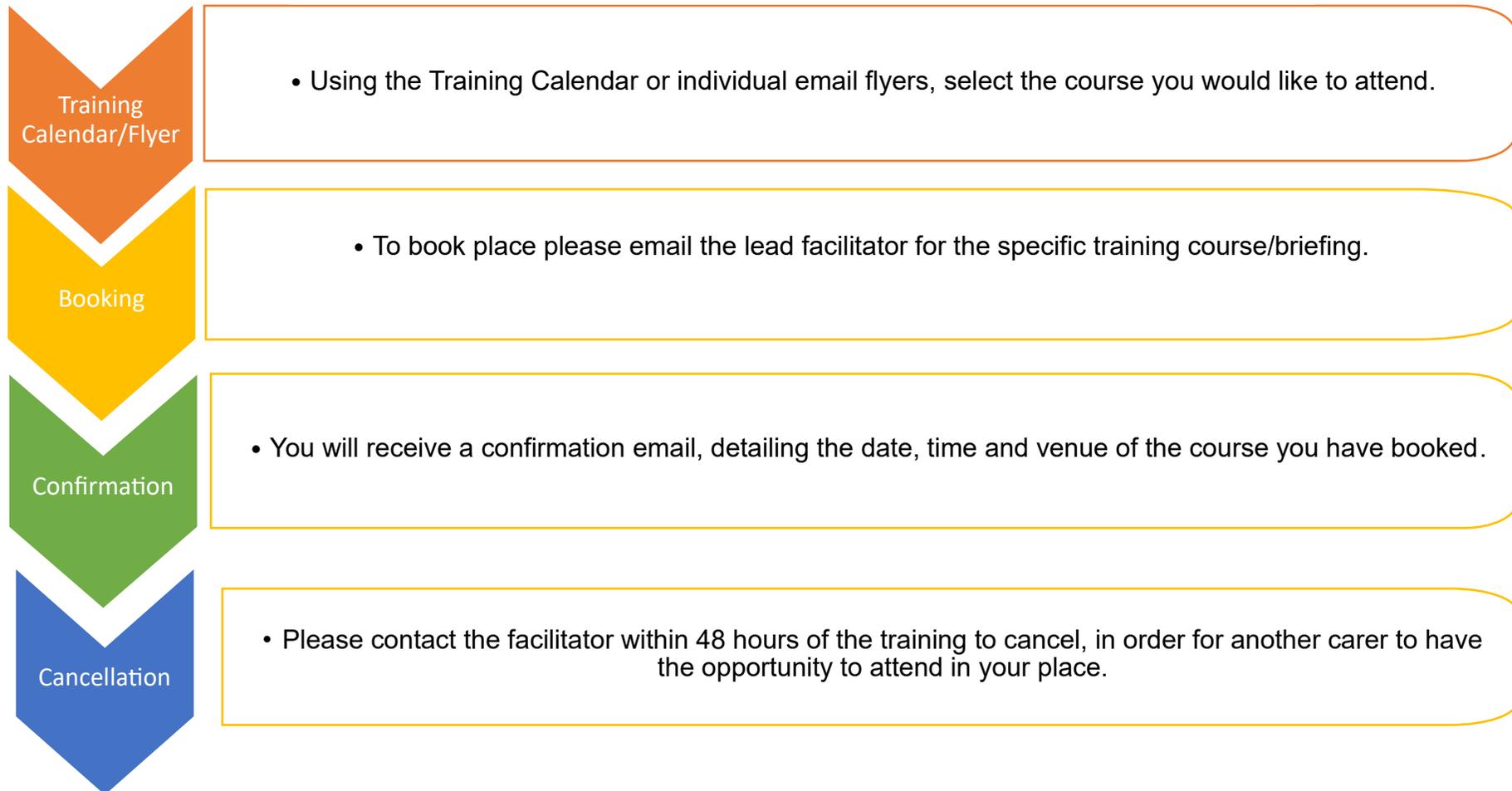
**Welcome to the City of Edinburgh Council's Learning and Development Calendar. This will be sent out to all foster carers in December and June each year going forward. We have reviewed the training available to foster carers and divided this into:**

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



## Training booking process

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



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## Learning and Development Calendar January – June 2026

		January 2026		
Mon	Tues	Wed	Thur	Fri
		School Holidays	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22 Baby/Infant Carer Support Group 10-12pm	23

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<p>26</p> <p>East Lothian Carer Support and Development Group 10.30am-12.15pm Meadow House, Jim Bush Drive, Prestonpans</p> <p>West Edinburgh/West Lothian Carer Support and Development Group 10-12pm</p>	<p>27</p> <p>Autism and Neurodiversity group 10-12pm</p>	<p>28</p>	<p>29</p> <p>Walking Group 11am</p>	<p>30</p>
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<b>February 2026</b>				
<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>
<p>2</p>	<p>3</p> <p>Disability Carers' Support Group (East) 10-12pm</p> <p>Male Carers Support and Development Group 7-8.30pm</p>	<p>4</p>	<p>5</p> <p>10-12pm – West Lothian Disability Carer Support Group</p>	<p>6</p>

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9	10	11 10-12pm South/East Edinburgh Support Group	12 10.30-12.30pm – Borders Carers Group  Introduction to Autism training 10.15 -1.15pm	13
16	17	18	19 Baby/Infant Carer Support Group 10-12pm  FASD – Next Steps for Caregivers 10-12pm online – PART 1	20
23 East Lothian Carer Support and Development Group 10.30am-12.15pm Meadow House, Jim Bush Drive, Prestonpans  West Edinburgh/West Lothian Carer Support and Development Group 10-12pm	24 Autism and Neurodiversity group 10-12pm	25	26 Walking Group 11am  FASD – Next Steps for Caregivers 10-12pm online – PART 2	27

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March 2026				
Mon	Tues	Wed	Thurs	Fri
2	3 Disability Carers' Support Group (East) 10-12pm  10.30am to 1pm – Child Protection and Law	4	5 10-12pm – West Lothian Disability Carer Support Group	6
9	10	11	12 Carer Wellbeing and Caring more Safely workshop for carers - 10.30am – 1pm	13
16	17	18 Epilepsy training – Goodtrees Centre 9.20-14.15	19 Baby/Infant Carer Support Group 10-12pm	20
23	24 Autism and Neurodiversity group 10-12pm	25	26 Walking Group 11am	27

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		10-12pm South/East Edinburgh Support Group		
	Male Carers Support and Development Group 7-8.30pm			
30	31			
<p>East Lothian Carer Support and Development Group 10.30am-12.15pm                  Meadow House, Jim Bush Drive, Prestonpans</p> <p>West Edinburgh/West Lothian Carer Support and Development Group 10-12pm</p> <p>EAST LOTHIAN SUPPORT &amp; DEVELOPMENT GROUP 6.30-8.30pm</p>	Disability Carers' Support Group (East) 10-12pm			

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April 2026				
Mon	Tues	Wed	Thur	Fri
		1	2 10-12pm – West Lothian Disability Carer Support Group	3
6	7	8	9	10
13	14	15	16 Baby/Infant Carer Support Group 10-12pm	17
20	21 Autism and Neurodiversity group 10 - 12pm – COMBINED – Autism and Girls training	22	23	24
27 East Lothian Carer Support and Development Group 10.30am-12.15pm Meadow House, Jim Bush Drive, Prestonpans	28	29	30 10.30-12.30pm – Borders Carers Group Walking Group 11am	

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West Edinburgh/West Lothian Carer Support and Development Group 10-12pm				
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		May 2026		
Mon	Tues	Wed	Thurs	Fri
				1
4	5	6	7 10-12pm – West Lothian Disability Carer Support Group	8
11	12 Disability Carers' Support Group (East) 10-12pm  Male Carers Support and Development Group 7-8.30pm	13 10-12pm South/East Edinburgh Support Group	14 Baby/Infant Carer Support Group 10-12pm	15
18	19	20	21	22

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25	26	27	28	29
<p>East Lothian Carer Support and Development Group 10.30am-12.15pm                  Meadow House, Jim Bush Drive, Prestonpans</p> <p>West Edinburgh/West Lothian Carer Support and Development Group 10-12pm</p>	<p>Autism and Neurodiversity group 10-12pm</p>		<p>Walking Group 11am</p>	

June 2026				
Mon	Tues	Wed	Thurs	Fri
1	2 Disability Carers' Support Group (East) 10-12pm	3	4 10-12pm – West Lothian Disability Carer Support Group	5
8	9	10	11 10.30-12.30pm – Borders Carers Group  Baby/Infant Carer Support Group 10-12pm	12

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15	16	17	18	19
22 East Lothian Carer Support and Development Group 10.30am-12.15pm Meadow House, Jim Bush Drive, Prestonpans  West Edinburgh/West Lothian Carer Support and Development Group 10-12pm	23 Autism and Neurodiversity group 10.30-12pm	24 10-12pm South/East Edinburgh Support Group	25 Walking Group 11am	26

## Course Descriptors A-Z

<p><b>Attachment, Child Development and Resilience</b></p> <ul style="list-style-type: none"> <li>• Explore child and teen development</li> </ul>	<p><b>TBC</b></p>
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<ul style="list-style-type: none"> <li>• Build an understanding of damaged relationships</li> <li>• Explore the impact of ACEs and broken attachments</li> <li>• Explore strategies to encourage good attachments with children</li> <li>• Explore tools to support resilience building</li> </ul> <p>Facilitator <a href="mailto:sanne.nielsen@edinburgh.gov.uk">sanne.nielsen@edinburgh.gov.uk</a></p>	
<p><b>Autism sharing and discussion: Girls and Autism</b></p> <ul style="list-style-type: none"> <li>• Input/discussion around working with girls with ASD.</li> <li>• Facilitator <a href="mailto:clare.evitt@edinburgh.gov.uk">clare.evitt@edinburgh.gov.uk</a></li> </ul>	<p><b>21<sup>st</sup> April 2026</b></p>
<p><b>Carer Wellbeing and Caring More Safely</b></p> <ul style="list-style-type: none"> <li>• Recognising and understanding the impact of change</li> <li>• secondary trauma</li> <li>• 'buttons'</li> <li>• realities of being a foster carer</li> <li>• life stresses</li> <li>• Facilitator <a href="mailto:tracy.white@edinburgh.gov.uk">tracy.white@edinburgh.gov.uk</a></li> </ul>	<p><b>12<sup>th</sup> March 2026</b></p>
<p><b>Carer Finance</b></p>	<p><b>TBC</b></p>



<ul style="list-style-type: none"> <li>• Input on CEC finance processes, delays, overpayments etc</li> <li>• Input from Fostering Network on tax, allowances, pensions, insurance</li> <li>• Facilitator <a href="mailto:elspeth.russell@edinburgh.gov.uk">elspeth.russell@edinburgh.gov.uk</a></li> </ul>	
<p style="text-align: center;"><b>Child Protection and the law</b></p> <ul style="list-style-type: none"> <li>• Improve knowledge of the current context for child protection</li> <li>• Develop/refresh your understanding of child protection issues</li> <li>• Ensure an awareness of your role in the child protection process</li> <li>• Improve knowledge of the Law</li> <li>• Facilitator <a href="mailto:shauna.o'neill2@edinburgh.gov.uk">shauna.o'neill2@edinburgh.gov.uk</a></li> </ul>	<p><b>3<sup>rd</sup> March 2026</b></p>
<p><b>Diversity: Caring for children from ethnic minority backgrounds</b></p> <ul style="list-style-type: none"> <li>• Increasing Carer Confidence in Caring for Children from Black, Asian and Minority Ethnic Backgrounds</li> <li>• Explore our use of language</li> <li>• Think about how we support the identity needs of children from a Black, Asian and Minority Ethnic (BAME) background</li> <li>• Explore how we can support carers in dealing with incidents of racism and supporting BAME children</li> <li>• Facilitators <a href="mailto:sanne.nielsen@edinburgh.gov.uk">sanne.nielsen@edinburgh.gov.uk</a> and <a href="mailto:clare.evitt@edinburgh.gov.uk">clare.evitt@edinburgh.gov.uk</a></li> </ul>	<p><b>TBC</b></p>
<p><b>Enhancing Attachment Through Play</b></p>	<p><b>TBC</b></p>



<ul style="list-style-type: none"> <li>• ‘Participants will have the chance to learn more about the theory and principles behind Theraplay and how these principles can be applied in our day-to-day interactions and play with children. The training morning aims to introduce carers to fun, attachment-based games which can help build better relationships for parents, carers and children. A key part of the morning will be the opportunity to experience and practice the activities together!’</li> <li>• Facilitators <a href="mailto:sanne.nielsen@edinburgh.gov.uk">sanne.nielsen@edinburgh.gov.uk</a> and <a href="mailto:flora.allison@edinburgh.gov.uk">flora.allison@edinburgh.gov.uk</a></li> </ul>	
<p style="text-align: center;"><b>Epilepsy</b></p> <ul style="list-style-type: none"> <li>• Training on the administration of emergency epilepsy medication</li> <li>• Facilitator <a href="mailto:clare.evitt@edinburgh.gov.uk">clare.evitt@edinburgh.gov.uk</a></li> </ul>	<p><b>18<sup>th</sup> March 2026</b></p>
<p style="text-align: center;"><b>FASD – Next Steps for Caregivers</b></p> <ul style="list-style-type: none"> <li>• Input on the issues around FASD and supporting children affected by FASD</li> </ul> <p>Facilitator <a href="https://www.eventbrite.co.uk/e/fasd-next-steps-for-caregivers-tickets-1344163432009?aff=ebdsoporgprofile">https://www.eventbrite.co.uk/e/fasd-next-steps-for-caregivers-tickets-1344163432009?aff=ebdsoporgprofile</a></p>	<p><b>19<sup>th</sup> and 26<sup>th</sup> February 2026</b></p>
<p style="text-align: center;"><b>First Aid</b></p> <ul style="list-style-type: none"> <li>• Provided by Green Cross</li> <li>• Emergency First Aid For Under 8s or First Aid for Age 8+</li> </ul> <p>Facilitator <a href="mailto:carole.ferrigan@edinburgh.gov.uk">carole.ferrigan@edinburgh.gov.uk</a></p>	<p><b>Late 2026</b></p>



<p style="text-align: center;"><b>Introduction to Autism</b></p> <ul style="list-style-type: none"> <li>Facilitator <a href="mailto:clare.evitt@edinburgh.gov.uk">clare.evitt@edinburgh.gov.uk</a></li> </ul>	<p><b>12<sup>th</sup> February 2026</b></p>
<p style="text-align: center;"><b>Safer Care Plans and Managing Allegations</b></p> <ul style="list-style-type: none"> <li>Discussion and input on completing the Family Safe Care Plan and Individual Child Safe Care plan.</li> <li>Input from Fostering Network about the support they can offer if faced with an allegation.</li> <li>Facilitators <a href="mailto:elspeth.russell@edinburgh.gov.uk">elspeth.russell@edinburgh.gov.uk</a> and <a href="mailto:sanne.nielsen@edinburgh.gov.uk">sanne.nielsen@edinburgh.gov.uk</a></li> </ul>	<p><b>TBC</b></p>
<p style="text-align: center;"><b>Secure Base Training</b></p>	<p><b>TBC</b></p>
<p style="text-align: center;"><b>Suicide awareness and self harm</b></p> <ul style="list-style-type: none"> <li>Delivered by Penumbra</li> <li>This session will dive deeper into the underlying reasons for self-harm and will give more in-depth detail on how we can support someone who self-harms.</li> <li>Underlying causes of self-harm</li> <li>Functions of self-harm</li> <li>Practical guidance in supporting people who self-harm</li> <li>Facilitator <a href="mailto:cara.carberry@edinburgh.gov.uk">cara.carberry@edinburgh.gov.uk</a></li> </ul>	

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<p><b>Trauma Informed Practice</b></p> <ul style="list-style-type: none"> <li>Facilitator <a href="mailto:sanne.nielsen@edinburgh.gov.uk">sanne.nielsen@edinburgh.gov.uk</a></li> </ul>	<b>TBC</b>

Name of Group & venue	Facilitator	Venue
<p><b>Autism Neurodiversity Support and Development Group</b></p> <p><a href="mailto:clare.evitt@edinburgh.gov.uk">clare.evitt@edinburgh.gov.uk</a></p>	Clare Evitt (FBC)	<b>Online/Drumbrae Library</b>
<p><b>BABY/INFANT CARER SUPPORT &amp; DEVELOPMENT GROUP</b></p>	Sarah McNeil	<b>Drumbrae Library Hub</b>
<p><b>BORDERS SUPPORT AND DEVELOPMENT GROUP</b></p> <p><a href="mailto:tom.harland@edinburgh.gov.uk">tom.harland@edinburgh.gov.uk</a></p>	Tom Harland (FBC)	Gala Rugby Club Netherdale Nether Road Galashiels TD1 3HE

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<p><b>EAST LOTHIAN SUPPORT &amp; DEVELOPMENT GROUP</b></p> <p>Shauna.O'neill@edinburgh.gov.uk          Cat.O'donnell@edinburgh.gov.uk</p>	<p>Shauna O'Neill          Cat O'Donnell</p>	
<p><b>MALE CARERS SUPPORT &amp; DEVELOPMENT GROUP</b></p> <p>michael.greig@edinburgh.gov.uk</p>	<p>Michael Greig</p>	<p>Online</p>
<p><b>SHORT BREAKS CARERS SUPPORT AND DEVELOPMENT GROUP</b></p> <p>Scott.simpson@edinburgh.gov.uk</p>	<p>Scott Simpson</p>	<p>Online</p>
<p><b>SOUTH/EAST EDINBURGH SUPPORT &amp; DEVELOPMENT GROUP</b></p> <p><a href="mailto:kath.grundy@edinburgh.gov.uk">kath.grundy@edinburgh.gov.uk</a></p>	<p>Kath Grundy (FBC)</p>	<p>TBC</p>
<p><b>Disability Carers' Support Group (East)</b></p> <p><a href="mailto:Hilary.marsh@edinburgh.gov.uk">Hilary.marsh@edinburgh.gov.uk</a>  <a href="mailto:Hannah.weishaupt@edinburgh.gov.uk">Hannah.weishaupt@edinburgh.gov.uk</a></p>	<p>Hilary Marsh (FBC)          Hannah Weishaupt</p>	<p><b>Valley Park Community Centre (Southhouse)</b></p>

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<b>WALKING GROUP</b>  shauna.o'neill2@edinburgh.gov.uk	Shauna O'Neill (FBC)	
Name of Group & venue	Facilitators	Topic/Input
<b>WEST EDINBURGH/WEST LOTHIAN AND FIFE SUPPORT &amp; DEVELOPMENT GROUP</b>  Lucy.marshall@edinburgh.gov.uk	Lucy Marshall (FBC)	<b>Uphall Community Centre</b>
<b>WEST LOTHIAN AND FIFE DISABILITY CARERS SUPPORT GROUP</b>  lucia.hidalgo@edinburgh.gov.uk	Lucia Hidalgo	<b>West Barn, Carmondean Community Centre, Fells Rigg, Livingston, EH54 8AX</b>

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