



Training & Support for Foster Carers

We're with you every step of the way

At Rising Stars Fostering, we believe confident carers make the biggest difference. That's why we offer comprehensive training and round-the-clock support—so you're never alone on your fostering journey.

Pre-Approval Training

Before you're approved, you'll complete the **Skills to Foster** course, which covers:

- Understanding the role of a foster carer
- Safeguarding and child protection
- Managing behaviour and trauma-informed care
- Working with birth families and professionals
- Building resilience and emotional awareness

This interactive course helps you feel prepared, informed, and ready to welcome your first child.

Ongoing Development

Once approved, you'll have access to:

- **Regular training workshops** on topics like therapeutic care, cultural awareness, and mental health
- **Online learning modules** for flexible development
- **Specialist training** for carers supporting children with complex needs
- **Annual reviews** to reflect, grow, and set goals

24/7 Support

We're here when you need us:

- **Dedicated Supervising Social Worker (SSW)** for guidance and supervision
- **24/7 helpline** for emergencies or urgent advice
- **Peer support groups** to connect with other carers
- **Reflective supervision sessions** to help you process and grow
- **Events and appreciation days** to celebrate your commitment



♥ You're Never Alone

Fostering can be challenging—but with Rising Stars, you'll always have someone in your corner. We're committed to helping you succeed, feel supported, and make a lasting impact.