

Workshop PM.3

“A Question of the Law”

Presented by Geoffrey Shannon

Geoffrey is recognised as a leading family law practitioner

This workshop will update carers knowledge on changes to family/child law.

Workshop PM.4

“Our Children - Outcomes offor young people leaving care in Co. Mayo”

Presented by Anna Gill Wettergren & Margaret Gallagher

Anna is Team Leader on the Children in Care Team in Co. Mayo. Margaret is currently the Aftercare Worker on the Children in Care Team

This presentation includes;

- (1) A study carried out with young people who left care prior to and including the year 2000 in Co. Mayo.
- (2) Current study of young people leaving care in Co. Mayo 2002 to 2010

Workshop PM.5

“Faoin Talamh”

To encourage parents/foster parents to look at their emotions & feelings

Presented by Sheila Finn (Foster Carer)

Sheila Finn. Post-Grad Dip in Counselling & Psychotherapy. Trained in Craniosacral Therapy

Parents will be actively involved in this workshop, which will encourage and help them identify and resolve some of their underlying emotions and feelings.

Workshop PM.6

“Self harming behaviour and how best to manage it as foster carers”

Presented by Claire Guerin. Sheila Hayes & Dr. Elaine Keavey

Claire is Team Leader Social Worker (Child & Adolescent Mental Health Service) Sheila is Clinical Nurse Manager (CAHMS) Dr. Elaine is Senior Clinical Psychologist (CAHMS)

This workshop explores why young people self harm & its impact on families, but more importantly what practical steps foster carers can take to help minimise this behaviour.

Workshop PM.7

“Caring for the Carer”

How to recognise deal with and protect yourself from vicarious traumatisation

Presented by Sonya Murray

Sonya works with the Adult Counselling Service HSE West

This workshop gives an insight into how working with and caring for young people who have been traumatised can take a huge toll on carers.

Saturday 4.30pm

Open Forum

Chaired by Alice Parkinson IFCA

With Phil Garland HSE Deirdre McTeigue IFCA
Paul Murphy HSE Mayo Geoffrey Shannon
and a foster carer

Sunday 7th November 10.30am-11.30am

Relaxation Session with Derval Dunford

Please book at registration

“A short intro to mindfulness”

The idea behind this session would be to become aware that if we invest time wisely in relaxation the day flows more smoothly.

The Irish Association of Young People in Care (IAYPIC)
Will present workshop(s) for 8-12yrs & 13-17yrs

“Your Rights,Your Say”

These workshops will explore young people’s understanding and concerns on how their rights are promoted and upheld in a creative and fun environment and will encourage the group to take part and have fun while sharing their views.

Silent Auction

We would like if each delegate bring an interesting or novel gift for the silent auction.

More information is available on the conference at
www.mayofostercare.ie

 *Sponsored by Smyths Toys*

Fostering in 2010

Caring for the family



NATIONAL CONFERENCE

of the

IRISH FOSTER CARE ASSOCIATION

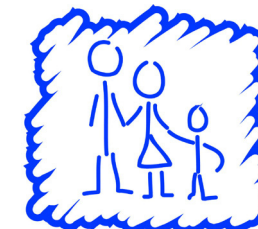
Venue:

THE
CASTLE COURT
HOTEL

Westport

5th, 6th and 7th November 2010

Hosted by IFCA Mayo Branch,
with the support of HSE West.



IRISH FOSTER CARE
ASSOCIATION



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Friday 5th November 2010

4pm to 8pm Registration

6pm to 8pm Dinner in Orchard Restaurant

Table d'hote Menu

8.30pm

Official Opening by Mr. Paul Murphy

Child Care Manager Mayo

The Dome Suite

Mr Barry Andrews (Minister for Children & Youth Affairs)

and Mrs Justice Catherine McGuinness will attend.

Followed by entertainment for all the family

Saturday 6th November 2010

9.30am Plenary

“Essential family care for Foster Carers”

by Jane Asquith

Jane Asquith is an independent International Consultant and Trainer specialising in the development and management of Fostering and Adoption Services. She has twenty five years experience as a Foster Carer in the UK and is a qualified Social Worker and Manager.

Her presentation will explore a number of specific issues that are essential for families to understand when they are providing Foster Care to children. It will help all those present to consider how their family members might respond to behaviours displayed by children joining their family, how children's voices are heard in their family, the importance of common understandings, and policies that can help to provide safety for everyone involved.

11.15am to 12.45am

Workshop AM.1

The Impact of the temporary nature of Foster Care on the birth children of foster carers

Presented by: Brenda Irwin

Brenda is Support/Mediation Officer with IFCA

This workshop is the presentation of research which explored the fostering history and experiences of twenty young people whose parents were Foster Carers.

Workshop AM.2

“Sui Mindfulness Meditation and Relaxation”

Presented by Derval Dunford

Derval holds diplomas in Aromatherapy, Hypnotherapy and Stress Management.

This is an Intro to mindfulness, simple ways to bring balance to your life, letting go of anxious thoughts and building up your inner resources for dealing with stress and learning how to really relax.

Workshop AM.3

“Listening to the Children”

Presented by Triona Fitzpatrick and Angela Smyth

Triona is a social worker with the IFCA. Angela along with her family has over 30yrs experience as a foster carer.

This workshop will give participants an opportunity to hear some of the international research on the experiences of children and young people whose families foster.

Workshop AM.4

“Communicating with your children about relationships and sexual health”

Presented by Caroline Spillane, Dr. Stephanie O' Keeffe and Orla McGowan

Caroline is Director HSE Crisis Pregnancy Programme. Dr. Stephanie is the Research & Policy Manager HSE CPP. Orla is the Education and Information Officer HSE CPP.

This workshop will give foster carers the most up-to-date information on sexual behaviour of Irish teenagers and will give carers resources to help them in having conversations about relationships and sex with their child.

Workshop AM.5

“Loss and letting go....Coping with transition”

Presented by Finn McCarthy and Claire Riordan

Finn and Claire are HSE West Mayo PCCC psychologists

This interactive workshop aims to explore the various challenges of loss and transition faced by foster families, and looks at coping mechanisms.

Workshop AM.6

“Attachment in Children”

Information for Foster Families

Presenter Antoin Boyd

Antoin works as a Senior Education Psychologist for Mayo Community Care.

This workshop looks at;

- (1) Types of attachment style.
- (2) How early attachment impacts on a child's emotional psychological development.
- (3) Managing a child in Foster Care with attachment difficulties.

Workshop AM.7

“Needs and potential of biological children within a Foster family”

Presented by Aine Kenny

Aine Kenny B.A and Msc in Criminology was raised within a Foster Family.

This workshop will explore the impact of fostering on the biological children in the foster home and the positive effect sibling relationships can have on a foster child.

Saturday after Lunch 2.30pm

Workshop PM.1

“From Nebraska to Mayo”

The “Mol an Óige” Treatment foster care program, What is it & What have we learned

Presented by Karen Hope & Antoin Boyd

Karen Hope is a Social Worker working with the Mayo Children in Care Team. Antoin is a Senior Educational psychologist in Mayo Community Care.

This Workshop will cover the origin of the “Mol an Óige” Treatment Foster Care Program, as it fits within the wider “Mol an Óige” project in Co. Mayo.

Workshop PM.2

“Mediation for Foster Families when difficulties arise”

Presented by Brenda Irwin

Brenda is Support/Mediation Officer with IFCA

This workshop will outline the professional and independent advocacy service the association provides giving support and information to foster families who run into difficulties.