

AFKA CYMRU



AUTUMN/WINTER

TRAINING & EVENTS BROCHURE

DISCOVER ALL
UPCOMING TRAINING
AND EVENTS FOR
2026/2027

52

COURSES
AVAILABLE FOR
COMMISSION







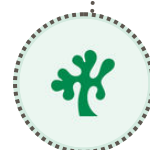
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ASSOCIATION FOR FOSTERING, KINSHIP AND ADOPTION

AFKA Cymru promotes good practice across the breadth of permanency planning for children and young people. We are all about learning and development and offer advice, training and consultancy to practitioners, caregivers and members of the public to support best practice.

We are pleased to be offering a wide range of titles for learning and development throughout 2026 and 2027.

Our workshops will be delivered as live webinars in English. Each course can also be booked as a private commission or adapted to suit your service need.

We also offer bespoke training and consultancy individual to the needs of your team or organisation.

For more information or to book your place, visit www.afkacymru.org.uk or email: info@afkacymru.org.

**"TODAY'S KNOWLEDGE SUPPORTING
TOMORROW'S FAMILIES".**



Commissioned Training



Resource Hub



Conference

AFKA CYMRU

Care Planning for Stability and Permanence



Event Details:

Location: Novotel, Cardiff

Time: 10am-4pm

Member price: £132+VAT

Non-member price: £168+VAT

AFKA Cymru is delighted to be facilitating a conference in partnership with the Independent Reviewing Officers in Wales.

This conference will provide an opportunity to explore how practitioners can promote placement stability alongside the agenda to remove profit from the care of looked after children. The day will also focus on care planning for Special Guardianship Orders as a route to permanence, as well as sharing best practice examples of reunification planning.

Audience

We welcome all practitioners from across Wales who are committed to improving placement stability and delivering effective care planning to achieve the best possible outcomes for children and young people.

BOOK NOW





Mainstream and Kinship Fostering Assessment Series

AFKA CYMRU

New for 2026/27, this series brings together a collection of bite-sized, practical workshops. Each workshop explores the key knowledge, skills and professional judgements involved in high-quality fostering assessments and how to apply these directly to your assessment practice and documentation.

Each workshop in the series can be attended as a stand-alone, allowing you to focus on the areas most relevant to your role and development, or combined to create a comprehensive programme for developing confident, evidence-informed fostering assessment practice.

Across the series, we will explore assessment tools and techniques, evidence-based practice, critical analysis, professional judgement and the effective presentation of information to fostering panels. There will be a strong focus on translating knowledge into practice and ensuring assessments are balanced, analytical and able to withstand professional scrutiny.

Whether you are new to fostering assessments or an experienced assessor, the series offers an opportunity to:

- Refresh and strengthen your knowledge and skills
- Reflect critically on your own assessment practice
- Explore the complexities and professional judgements involved in assessing prospective foster families
- Share ideas, experience and approaches with other practitioners
- Develop greater confidence in analysing evidence and reaching defensible conclusions
- Consider how we can promote consistency, fairness and best practice throughout the assessment process

See next page for titles and workshop dates and times. Detailed information on these titles can be viewed throughout the brochure and via our [website](#).

Price per module £54.50+VAT or £49.50+VAT for members

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship





Mainstream and Kinship Fostering Assessment Series

AFKA CYMRU

Build your knowledge, sharpen your professional judgement and strengthen the quality of your fostering assessments. Attend individual bite-sized workshops or combine modules to create a complete development programme.

What you'll gain	
✓ Practical assessment tools and techniques ✓ Stronger critical analysis and professional judgement ✓ Greater confidence in reaching defensible conclusions	✓ Balanced, evidence-informed assessment writing ✓ Shared learning with other practitioners ✓ Knowledge into practice ✓ Discussion, challenge, reflection

Workshop programme

Core Workshops (both kinship and mainstream)	
5 Nov — Basics: legal requirements & planning 12 Nov — Motivation and impact 19 Nov — Reference visits 3 Dec — Family history and childhood* 10 Dec — Children & household	17 Dec — Personality, adult life and previous relationships 7 Jan — Social support networks 12 Jan — Adult relationships 21 Jan — Identity and diversity* 28 Jan — Resilience and commitment
Kinship-Focused Workshops	
18 Feb — Family dynamics 25 Feb — Relationship with the child and meeting the child's needs 4 Mar — Assessing support needs	10 Mar — Case law and kinship assessments* 18 Mar — Suitability recommendations*
Mainstream Only Workshop	
4 Feb — Suitability recommendations	
Times	
10am–12pm unless marked *	*Extended session: 10am–1pm

Who is it for?

Practitioners undertaking mainstream, connected persons or kinship fostering assessments.

Choose the sessions you need

See the individual booking pages for full details and registration:

[BOOK HERE](#)





Workshop

AFKA CYMRU

Safeguarding for Fostering and Adoption Panels



8th September 2026

Details:

Time: 10am-2pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Natalia Osborne-Pearce

This course offers a chance to reflect on your role at panel in relation to safeguarding children. You will revisit important legislation that governs your responsibilities. Through the use of case studies and scenarios, you will explore and discuss what safeguarding means in practice, particularly in the context of assessing and reviewing prospective and approved caregivers. Additionally, you will have the opportunity to reflect on your personal and professional identity and how it may influence your role as a panel member.

Audience

Panel Members, Panel Chairs/Vice Chairs, Panel Advisors and any Practitioner working with Panels in Wales.

Feedback

"AFKA Cymru gives positive opportunity to openly discuss experience and gain advice and direction".

BOOK NOW





Workshop

AFKA CYMRU

Learning from Child Practice Reviews



17th September 2026

Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

A workshop for social workers from across the Permanency sector to come together to look at learning from Serious Case Review (Child Practice Reviews) in adoption, fostering and Special Guardianship Order placements. Looking at how this learning can impact on your work and where changes can be made to improve practice.

Audience

Practitioners working with children and young people.

BOOK NOW



Feedback

"I was able to develop my knowledge of child practice reviews and the challenges that may arise. Also, I was able to discuss challenges and solutions with other professionals within the local authority".



Workshop

AFKA CYMRU

Panel Chairs/Vice Chairs and Panel Advisors – Fostering and Adoption



24th September 2026

Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

The role of the Panel Chair, Vice Chair and Panel Advisor is central to ensuring that fostering and adoption panels operate effectively, fairly and in accordance with legislation, regulations and national guidance in Wales. Together, they provide leadership, oversight and quality assurance, helping panels reach recommendations that are robust, evidence-based and focused on achieving the best outcomes for children.

This workshop is designed to strengthen an understanding of the roles and responsibilities within the panel process.

More information via the 'book now' link below.

Audience

Panel Members, Panel Chairs/Vice Chairs, Panel Advisors and any Practitioner working with Panels in Wales.

BOOK NOW



Feedback

"As a new 'chair' I felt that the session was very effective. The role of the panel and chair especially. Sharing practice with other Panels will be useful in developing our own practice"



Workshop

AFKA CYMRU

Effective Annual Reviews



Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

Annual Reviews are an essential part of our statutory support and supervision of foster carers. In this course, we explore how to complete an annual review well. We explore how to ensure the review meets the needs of the Fostering Service to be legally compliant, but also of carers to feel valued and supported, whilst keeping children at the centre of the process.

We will be using the recently published CoramBAAF publication "Annual Reviews for use in Wales with Welsh revisions and guidance by Tracy Bowen".

Audience

Fostering Practitioners.

Feedback

"Tracy delivered the training at an appropriate rate; she explained things very well and brought interesting case scenarios".

BOOK NOW





Workshop

AFKA CYMRU

Blocked Trust / Blocked Care



5th October 2026

Details:

Time: 9:30am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Martina Wolter

This workshop will consider what blocked trust is, how it develops, how it shows and why is it so important to care for foster carers in order to help the child. Participants will be looking at early trauma, insecure attachment, inner working model and perception of correction for insecure/mistrusting children. The course will support participants to identify foster carers' own triggers and how to support themselves and others to get out of blocked care. There will also be exploration around when interventions don't work and the child has to move on.

Audience

Practitioners, Caregivers and their support networks working with and caring for children and young people.

Feedback

"Really informative course, and made me really think about my practice and how I can support foster carers in the future".

BOOK NOW





Workshop

AFKA CYMRU

Rest & Relax: Free Breathwork session for Kinship Carers



9th October 2026

Details:

Time: 10am-11am

Location: Virtual

Member price: FREE

Non-member price: FREE

Trainer: Amy Shepherd

Take an hour just for **you**. Join us for a gentle, accessible breathwork session designed to help kinship carers pause, reset and recharge. No experience needed — just come along and give yourself some well-deserved time to relax.

Audience

Kinship Carers / Connected Persons / Friends & Family Foster Carers and Special Guardians.

Feedback

"Very relaxing. It was nice to take a short time away for myself to try to recharge".

BOOK NOW





Workshop

AFKA CYMRU

Kinship Foster Carer / Special Guardian Preparation Training



13th October 2026

Details:

Time: 9:30am-3:30pm

Location: Virtual

For further information on booking/pricing, please contact info@afkacymru.org

Trainer: Amy Shepherd

This workshop is designed to equip your carers with the knowledge and understanding necessary to participate fully in decision-making. This course addresses the rewards, complexities, and demands of kinship foster care and special guardianship. It supports carers in their journey of developing skills to enable them to provide the best possible care to children.

Further dates:

- Tuesday 12th January 2027

Audience

Kinship or connected individuals currently in the pre-assessment, assessment, or recently approved stage of becoming kinship foster carers or special guardians.

BOOK NOW



Feedback

"Got more information from this course than we did through over 6 years of fostering"

"Amy was very helpful and insightful, and it was lovely to speak to people going through the same thing."



Workshop

AFKA CYMRU

Rest & Relax: Free Breathwork session for Adoptive Parents



20th October 2026

Details:

Time: 10am-11am

Location: Virtual

Member price: FREE

Non-member price: FREE

Trainer: Amy Shepherd

Take an hour just for **you**. Join us for a gentle, accessible breathwork session designed to help kinship carers pause, reset and recharge. No experience needed — just come along and give yourself some well-deserved time to relax.

Audience

Adopters and prospective adopters currently under assessment.

Feedback

"Very relaxing. It was nice to take a short time away for myself to try to recharge".

BOOK NOW





Workshop

AFKA CYMRU

Assessing Resilience in Adoption



2nd November 2026

Details:

Time: 10am-2pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Natalia Osborne-Pearce

When evaluating a person's suitability to adopt a child, professionals must gather evidence regarding the prospective adopters' understanding of children's needs, their views on parenting, and their ability and willingness to meet a child's individual needs throughout their life. Many children are born into complex and adverse environments. While the child's needs are the primary concern during the assessment of potential parents, parental resilience is essential for providing stability and permanence for these children, who often experience multiple losses. This course focuses on analysing assessments and reviewing the evidence of adopter resilience presented at adoption panels. It also offers guidance on the latest research and tools, as well as clarifications on the support that adoptive families may need now or in the future.

Audience

Assessing Social Workers and Panel Members.

Feedback

"Very engaging trainer."

BOOK NOW





Workshop

AFKA CYMRU

The Impact of Shame on Children



3rd November 2026

Details:

Time: 9:30am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Martina Wolter

In this training we will explore what 'shame' is and how it develops, in particular the toxic stress experienced by children with a background of abuse and/or neglect. As well as exploring the causes we will identify the signs and the connection of shame to trauma. We will learn to identify 'typical' shame responses, we will think about how parents and carers can help children regulate this big emotion and also how they can help to minimise shame-based behaviour.

Audience

Practitioners, Caregivers and their support networks working with and caring for children and young people.

Feedback

"Martina was passionate, fluent and easily understood".

BOOK NOW





Workshop

AFKA CYMRU

Lunch and Learn - Introducing the Revised Fostering Competencies for Wales: What's Changed and Why it Matters



3rd November 2026

Details:

Time: 12:30pm-1:30pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Tracy Bowen

This lunch and learn provides an introduction to the recent revised Mainstream Fostering Competencies for Wales. It will explain the rationale for the revisions, key changes within the framework and what these mean for foster carers and practitioners. This session will explore how the competencies can be used meaningfully in assessment, supervision, annual reviews and ongoing learning and development to support reflective and effective fostering practice.

Audience

Assessing Social Workers,
Fostering Practitioners and Panel
Members.

Feedback

"Very knowledgeable trainer, up
to date information and relevant."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series - The basics: Legal and Practice Requirements & Planning an Assessment



5th November 2026

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

Starting a fostering assessment with confidence. This practical workshop covers the essential legal and practice requirements, alongside how to plan and structure an effective assessment. Perfect for practitioners who are new to fostering assessments and those looking to refresh their knowledge or approach to undertaking these assessment sin an effective and timely manner.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

BOOK NOW



Feedback

"Amy's approach to facilitation is clear and she is very interesting to listen to. She appears to have a good understanding of the topics which makes the learning of the topic easy to understand."



Workshop

AFKA CYMRU

Lunch and Learn: Think Kinship Tool



10th November 2026

Details:

Time: 12pm-1:30pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

How can we identify, understand and sustain a child's network of family and important relationships?

Join us for a practical lunch and learn exploring how the Think Kinship Tool can be used at different stages of a child's journey — from early identification of potential kinship carers in pre-proceedings, through care planning and review, to supporting children to maintain important relationships as they grow and move towards adulthood.

More information available via the 'book now' link below.

Audience

Childcare Social Workers and Support Workers across intake, child protection, long term and child looked after teams, Social Workers and Support Workers in kinship/connected persons teams, Independent Reviewing Officers, Cafcass Guardians.

Feedback

"Session was informative."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Motivation and Impact



12th November 2026

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

What is really driving the decision to foster — and what could fostering mean for everyone involved? This practical workshop explores how to move beyond the surface of applicants' motivations, consider the potential impact of fostering on family life, and use evidence and professional curiosity to inform your assessment.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy is fabulous and engaging."

BOOK NOW





Workshop

AFKA CYMRU

Professional Curiosity: Assessing & Supporting Neurodivergent Caregivers



16th November 2026

Details:

Time: 10am-2pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Natalia Osborne-Pearce

An increasing number of individuals in Wales are seeking diagnoses for ADHD or autism, leading to a significant rise in referrals to neurodevelopmental services across many health boards. This workshop will explore the common barriers faced by neurodivergent adults and discuss effective ways to assess and support prospective caregivers during both the assessment process and the post-approval stages.

Audience

Assessing Social Workers,
Fostering Practitioners and Panel
Members.

Feedback

"Delivery was great."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Undertaking Reference Visits



19th November 2026

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

Reference visits can offer some of the most valuable evidence in a fostering assessment — but only when we know how to make the conversation count.

This practical workshop explores how to plan and conduct effective reference visits, ask the right questions, test the evidence and turn what we hear into meaningful analysis for the assessment.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy's approach to facilitation is clear and she is very interesting to listen to."

BOOK NOW





Workshop

AFKA CYMRU

Understanding Fostering and Adoption Panels: Roles, Responsibilities and Effective Decision-Making



19th November 2026

Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

This course aims to give aspiring, new and recently appointed fostering and adoption panel members an opportunity to gain a greater understanding of the tasks, roles and responsibilities involved and as a result develop confidence in their role as an effective panel member.

Fostering and Adoption panel work is challenging to all concerned in the process and this course is intended to share experiences, dilemmas and best practice. Learning will be set within the context of the current legislative framework, best practice guidance and emerging research.

Audience

Aspiring, new and recently appointed fostering and adoption panel members.

Feedback

"The training was a mixture of factual information and Tracy's own experiences and had opportunities for group discussions."

BOOK NOW





Workshop

AFKA CYMRU

Preparing Assessing Social Workers and Supervising Social Workers for Fostering Panel *Expectations, Responsibilities and Best Practice*



26th November 2026

Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

This practical course explores the roles and responsibilities of assessing and supervising social workers throughout the fostering panel process. It considers the factors relevant to mainstream fostering and connected persons from preparing high-quality assessments and reports to supporting foster carers before during and after panel. It will consider what panel expects from social workers, presenting information clearly and confidently and ensure recommendations are evidence based and child centred. Through the use of case examples and group discussions we will explore best practice and common challenges, and how social workers can work effectively with panel members to support robust decision making.

Audience

Fostering Social Workers,
Managers and other fostering
professionals

BOOK NOW



Feedback

"Very informative training, lots of opportunity for engagement and discussion!"





Workshop

AFKA CYMRU

Supporting Families Caring for Teenagers



1st December 2026

Details:

Time: 9:30am-3pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Natalia Osborne-Pearce

Over the past decade, there has been a significant increase in the number of teenagers entering the care system in Wales. According to the Family Justice Data Partnership, adolescents aged 14-15 represent the largest group of new entrants each year. When it comes to matching foster families, teenagers are often overlooked in favour of younger children, due to the misconception that caring for them is more challenging. As a result, many of our most traumatised young people miss out on the crucial family support they need during a critical time in their lives. This workshop will emphasise the benefits of caring for teenagers, dispel common myths, provide guidance on assessing risks, and support families in caring for adolescents.

Audience

Practitioners, Caregivers and their support networks working with and caring for children and young people.

BOOK NOW



Feedback

"I did learn some useful resources that I can share with carers which I wasn't aware of."

"The training will help me better support foster carers."





Workshop

AFKA CYMRU

Beyond Behaviour: Understanding Trauma and Neuro-Diversity in Foster Care and Adoption



3rd December 2026

Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

This workshop explores how neuro-developmental differences can influence, children's behaviour, relationships, communication and emotional regulation, particularly in the context of developmental trauma and care experience. Designed for practitioners, foster carers and adopters, it will develop understanding of conditions such as autism, ADHD and FASD, alongside practical relationship based strategies for supporting children and the adults caring for them. The course will also consider how practitioners, carers and wider services can work together to develop effective, coordinated support around the child and family.

Audience

Practitioners, Caregivers and their support networks working with and caring for children and young people.

Feedback

"Very knowledgeable trainer, up to date information and relevant."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Family History and Childhood



3rd December 2026

Details:

Time: 10am-1pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

Our early experiences can shape how we understand relationships, parenting and ourselves — but how do we explore this meaningfully in a fostering assessment?

This workshop explores how to go beyond gathering a family history, using curiosity, analysis and professional judgement to understand the experiences that may influence an applicant's capacity to foster.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Engaging trainer and useful content."

BOOK NOW

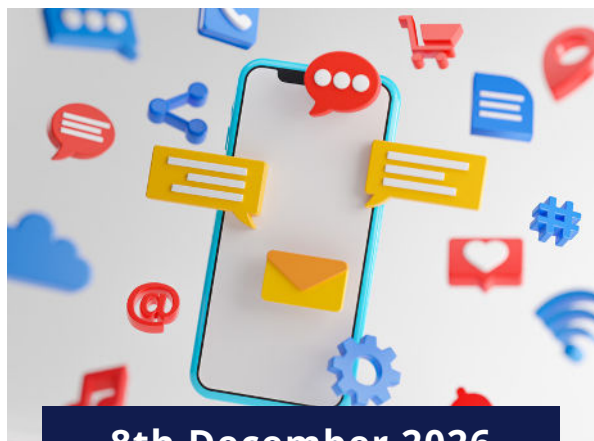




Workshop

AFKA CYMRU

Accessing Social Media when Assessing & Supervising Caregivers



8th December 2026

Details:

Time: 9:30am-3pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Natalia Osborne-Pearce

Any evaluation of potential caregivers will include an assessment of their internet usage. Online activities and social media are important parts of life for professionals, caregivers, and the children in their care. This workshop will not only explore the current and potential use of social media by caregivers but also assess their digital competence. Additionally, it will examine how caregivers can assist children in using technology responsibly in today's digital world.

Audience

Assessing Social Workers, Panel Members, Practitioners working with caregivers.

Feedback

"AFKA Cymru gives positive opportunity to openly discuss experience and gain advice and direction."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Assessing Children and Household Members



10th December 2026

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

Fostering affects the whole household. This practical workshop explores how to meaningfully assess the experiences, views, needs and capacity of children and other household members, ensuring their voices are heard and their impact on — and response to — fostering is carefully considered.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy was excellent facilitator, I'd go as far as to say one of the best I've had."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Personality; Adult Life, Employment and Previous Relationships



17th December 2026

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

How do applicants' personalities, experiences and relationships shape their capacity to foster?

This workshop explores how to build a meaningful picture of applicants' adult lives, including employment and previous relationships, moving beyond description to consider patterns, strengths, vulnerabilities and what the evidence tells us about their potential to foster.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy is fabulous and engaging."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Social Support Networks



Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

Who is really in an applicant's corner — and how might their support network respond when fostering gets tough?

This workshop explores how to assess the quality, accessibility and resilience of an applicant's support network, using tools such as the eco-map to look beyond who is there and understand how support actually works in practice.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy was brilliant, lots of energy"

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Assessing Adult Relationships



12th January 2027

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Natalia Osborne-Pearce

This session aims to provide participants with an overview of best practices in the assessment of adult relationships. Participants will delve into the critical importance of various factors that influence adult relationships, including attachment styles and their impact on emotional connections. We will examine the role of motivation in relationship dynamics, recognising the complexities and diverse experiences that shape relationships. By the end of the course, participants will have a richer understanding of the multifaceted nature of adult relationships and the skills necessary to assess and support them.

Audience

Assessing Social Workers, Panel Members, Practitioners working with caregivers.

BOOK NOW



Feedback

"Natalia was amazing, I started the day not really having an understanding. Finished the day with a vast knowledge. It enabled the team to connect on a deeper level and share their stories and experiences."



Workshop

AFKA CYMRU

Kinship Foster Carer / Special Guardian Preparation Training



12th January 2027

Details:

Time: 9:30am-3:30pm

Location: Virtual

For further information on booking/pricing, please contact info@afkacymru.org

Trainer: Amy Shepherd

This workshop is designed to equip your carers with the knowledge and understanding necessary to participate fully in decision-making. This course addresses the rewards, complexities, and demands of kinship foster care and special guardianship. It supports carers in their journey of developing skills to enable them to provide the best possible care to children.

Audience

Kinship or connected individuals currently in the pre-assessment, assessment, or recently approved stage of becoming kinship foster carers or special guardians.

BOOK NOW



Feedback

"Got more information from this course than we did through over 6 years of fostering"

"Amy was very helpful and insightful, and it was lovely to speak to people going through the same thing."



Workshop

AFKA CYMRU

Building a Circle of Support: Strengthening Foster Families through Effective Support Networks



14th January 2027

Details:

Time: 9:45am-1pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

This workshop explores how we can strengthen the network around foster families and create the conditions in which carers - and the children they care for - can thrive. It will consider formal and informal support, buddying and mentoring, peer networks, supporting sons and daughters of foster carers, respite and practical help as well as recognising the impact of isolation, stress and carer burnout. The course will encourage practitioners and carers to think creatively about building sustainable networks that support resilience and placement stability.

Audience

Practitioners, Caregivers and their support networks working with and caring for children and young people.

Feedback

"Very knowledgeable trainer. Good interaction with other training participants".

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Identity & Diversity Including Sex and Sexuality



21st January 2027

Details:

Time: 10am-1pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

How do identity, culture, diversity, sex and sexuality shape an applicant's experiences, relationships and approach to fostering? This workshop explores how to have confident, respectful conversations about difference and identity, while considering how these aspects of an applicant's life may influence their capacity to understand, support and advocate for children and young people.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy was very detailed and explained everything very well."

BOOK NOW

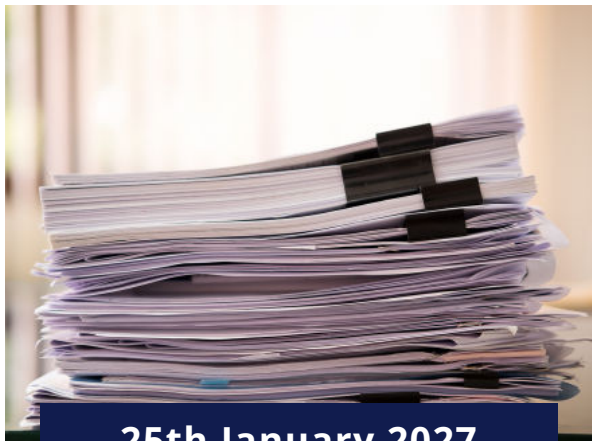




Workshop

AFKA CYMRU

Mastering Fostering Documentation: Quality Recording, Report Writing, & Preparing Audits in Foster Care



25th January 2027

Details:

Time: 9:30am-1:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Natalia Osborne-Pearce

Elevate your team's recording standards with this intensive, 3-hour workshop designed specifically for supervising social workers in Wales. A case file is more than paperwork—it is a legal safeguard, a tool for professional accountability, and a child's life story. This session bridges daily practice with regulatory requirements, equipping practitioners to write impactful notes, analytical reports, and audit-ready paperwork. Participants will explore the core principles of quality recording through examples of positive and negative practice.

Further information available via the 'book now' link below.

Audience

Fostering Practitioners.

Feedback

"Very engaging trainer".

BOOK NOW





Workshop

AFKA CYMRU

Staying Connected Through Trauma



26th January 2027

Details:

Time: 10am-2pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Amy Shepherd

This workshop will look at the function of the nervous system and focus on their impact of trauma on nervous system function. Attendees will delve into an exploration of polyvagal theory which explores how the state of our nervous system determines how safe and connected we feel in day-to-day life. Some states lead to disconnection, withdrawal and self protection, while others promote social engagement, exploration, and curiosity. Trainers will discuss strategies to befriend and tend to the nervous system for better outcomes.

Audience

Open to all.

BOOK NOW



Feedback

"First online zoom course where we all felt connected".

"I enjoyed looking at techniques to relax the nervous system and control our responses when others are struggling with their regulation".



Workshop

AFKA CYMRU

Supporting Placement Stability for Children Looked After in Foster Care



28th January 2027

Details:

Time: 9:45am-3:30pm

Location: Virtual

Member price: £99+VAT

Non-member price: £109+VAT

Trainer: Tracy Bowen

This course is designed to bring the AFKA Cymru Good Practice Guide to life.

Practitioners will have the opportunity to discuss, reflect and learn from the guide and their peers which ensures that the good practice recommendations are afforded the opportunity to be embedded in practice. Practitioners will gain the tools and techniques required to support and build placement stability for vulnerable children and their foster carers.

Audience

Practitioners working with children and young people.

Feedback

"Extremely interesting and informative."

BOOK NOW





Workshop

AFKA CYMRU

Fostering Assessments Series: Resilience and Commitment



28th January 2027

Details:

Time: 10am-12pm

Location: Virtual

Member price: £49.50+VAT

Non-member price: £54.50+VAT

Trainer: Amy Shepherd

Fostering can be rewarding, demanding and unpredictable. This workshop explores how to assess applicants' resilience, motivation and commitment to fostering, and how these factors may influence their ability to manage challenges, respond to change and contribute to placement stability over time.

Audience

Practitioners involved in fostering assessments, both mainstream and connected persons / kinship

Feedback

"Amy is fantastic trainer, very knowledgeable with a passion for sharing her knowledge."

BOOK NOW





Commissions

AFKA CYMRU



AFKA Cymru also has a number of course titles in addition to those listed in this brochure, which can be offered as a commission to your service. Our most popular titles are below. If you would like further information on these or would like a discussion on other courses which are not advertised in this brochure, please contact by completing our [**training request**](#) form.

Commissioned Courses	Trainer/Consultant
Foster Panel	Tracy Bowen
Preparation to Foster	Amy Shepherd / Tracy Bowen / Natalia Osborne-Pearce
Preparation to Adopt	Helen Hawksworth
Adoption Panel	Helen Hawksworth
Matching for Children Looked After	Samantha Frith-Jones
Permanency Planning for Foster Carers	Tracy Bowen
Making Good Assessments – Adoption	Natalia Osborne-Pearce
The Role of Child Care Social Workers in Making and Supporting Adoptive Placements	Helen Hawksworth
Moving Children On	Amy Shepherd



Commissions

AFKA CYMRU

When I Am Ready	Amy Shepherd
Section 7 & 37 Reports	Barbara Evans
Secure Base for Care Givers	Joan Hunt
Understanding and Navigating Food and Self Care Issues	Joan Hunt
Emotional Coaching – An Emotional Approach to Behaviour Management	Joan Hunt
Telling Children Difficult Information	Natalia Osborne-Pearce
Safeguarding in Kinship Care and Building Relationships in Kinship Care	Amy Shepherd
SGO Support Plan	Sarah Coldrick
Panel Administration Support – Foster & Adoption	Samantha Frith-Jones
Preparation to Kinship Foster Care / Special Guardian	Amy Shepherd
Supporting Reunification Plans	Tracy Bowen
Thinking of Becoming a Special Guardian?	Amy Shepherd
Family Time/Contact for Special Guardians	Natalia Osborne-Pearce
Supervising Social Worker - Supporting Foster Carers with Caring for Children with Complex Needs	Tracy Bowen
Transitions from residential care into a foster home (social work practitioners)	Martina Wolter
Life Journey Work for Special Guardians	Samantha Frith-Jones
Supporting Families Caring for Teenagers	Natalia Osborne-Pearce



Commissions

AFKA CYMRU

Learning from Child Practice Reviews	Tracy Bowen
Transitions – from residential care into a foster home (foster carers)	Matina Wolter
DDP Level 1 & Level 2	Alison Keith
Improving Placement Stability for Children Looked After in Foster Placements	Tracy Bowen
Blocked Trust / Blocked Care	Martina Wolter
Making Good Assessments – Fostering	Amy Shepherd
Exploring bias, discrimination and becoming a culturally competent practitioner	Natalia Osborne-Pearce
Understanding Special Guardianship Orders	Amy Shepherd
Preparation Training for Parent and Child Foster Carers	Tracy Bowen
Making Good Assessments – Kinship / Connected Persons	Amy Shepherd
Staying Connected Through Trauma: Nervous System Regulation	Amy Shepherd
Assessing Adult Relationships	Natalia Osborne-Pearce
Panel Chair/Vice Chair- Fostering	Tracy Bowen
Mastering Critical Thinking and Analysis in Fostering Assessments	Amy Shepherd
Supervising Social Worker - Annual Reviews	Tracy Bowen
The Impact of Shame on Children	Martina Wolter



Commissions

AFKA CYMRU

Supervising Social Worker - Supporting Foster Carers with their Learning and Development Needs	Tracy Bowen
PACE (in the context of a wider therapeutic parenting/care approach)	Martina Wolter
Assessing Risk & Providing Support to Families Caring for Children who Self-Harm	Natalia Osborne-Pearce
est & Realx: Free Breathwork session for Kinship Carers	Amy Shepherd
Lunch and Learn - Introducing the revised fostering competencies for Wales: What's Changed and Why it Matters	Tracy Bowen
Preparing Assessing Social Workers and Supervising Social Workers for Fostering Panel. Expectations, Responsibilities and Best Practice	Tracy Bowen
Beyond Behaviour: Understanding Trauma and Neuro-Diversity in Foster Care and Adoption	Tracy Bowen
Building a circle of support: Strengthening Foster Families through Effective Support Networks	Tracy Bowen
Understanding and applying the kinship competency framework for kinship foster carers in Wales	Amy Shepherd
Conversations that change assessments	Amy Shepherd





Feedback

AFKA CYMRU

"We were a group of mixed levels of experience and the trainer aimed this course at all of us perfectly".



"A really enjoyable day with a fantastic trainer who made everything so easy to understand".



"AFKA Cymru courses are always relevant and contain the latest information and guidance".



"The course contained brilliantly selected case studies which I will use for reference in practice".



"I am so much more confident following my training, the peer-to-peer chats were excellent".



"The warm delivery was professional and clear; I will actively seek out future AFKA Cymru courses".





Get in Touch

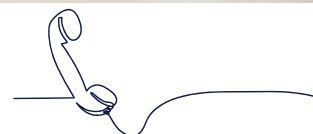
AFKA CYMRU



Advice Line

AFKA Cymru is proud to offer practitioners and carers information and advice on permanency related enquiries. Please contact us [HERE](#) with your query.

02920 761 155



AFKA Cymru
c/o St. David's Children Society
Lambourne House, Lambourne Crescent,
Llanishen Business Park,
Cardiff, CF14 5GL



afkacymru



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<https://afkacymru.org.uk/>





**AFKA
CYMRU**

Cymdeithas ar gyfer Maethu,
Gofal Perthynas a Mabwysiadu

Association for Fostering,
Kinship and Adoption