



**SECTION 31 TRAINING
& CONSULTANCY**

CARE EXPERIENCED TRAINING

20

24

TABLE OF CONTENTS

01

Introduction

02

Message from the founder

04

The Mission

06

Services

07

Training - In-Person & Virtual

18

E-Learning

19

Testimonials

21

Contact

For those who are already using Section 31 Training services, head to page 06 for an updated list of services and training courses for 2024



INTRODUCTION

Section 31 Training & Consultancy was set up in 2016 by Scott King, a former fostered child. Scott has spent his entire life living and working in the care system and through that has gained great insight and a huge amount of valuable experience which he uses to help, support and educate those working with children in care.

Scott was taken into care when he was 6 months old along with his brother who was 3 at the time. After a failed adoption Scott went on to have a roller coaster journey consisting of 36 placement moves, 2 of which were in residential care. Scott's traumas were compounded whilst in care as he suffered many let downs, a split from his brother at age 7 and even abuse from foster carers.

Scott officially stopped receiving services at 24 and since he left care he has dedicated his life to educating foster carers and social care professionals around the importance of stable placements and the deep traumas that are caused by multiple moves.

Scott has been involved in a range of changemaking movements and now runs Section 31 Training & Consultancy. Scott is a passionate advocate for looked after children and care leavers with his main goal being to reduce the amount of moves children are subject to in the care system by providing care providers and caregivers with a new level of understanding and new ways of thinking.

Scott has worked within this system ever since he left care in various different roles including residential support work, advocacy, mentoring, parliamentary advisory work, children's champion and youth work. Scott is also a proud member of The Care Leaders.

Scott stands as an example that people can prevail in the face of adversity. Through his training and support services he aims to make fostering a better experience for everyone involved.

MESSAGE FROM THE FOUNDER



Scott King
Director & Founder

Hello, my name is Scott King and I am the Founder and Director of Section 31 Training & Consultancy.

My main goal is to do all I can to reduce the amount of placement moves children have in care by bringing a new level of understanding to what many typically define as “challenging behaviour”. I believe that many of the negative stories we hear from children in care come from miscommunication and misunderstanding more than anything else.

My journey through care was chaotic and traumatic. I was left emotionally scarred. After leaving care I had many questions in my head about my past and so I embarked on a 3 year recovery journey to get those questions answered. That journey involved accessing my care files, learning about the care system from the others side but also I spent a long time revisiting places from my past and finding significant adults from my life.

On the list of people to find were foster carers, residential care staff, social workers, therapists, teachers and youth workers. I found everyone. What I will say is that this journey has been a hugely therapeutic experience. I discovered that actually, I was very much loved in foster care and I was never forgotten, by anyone.

02

It became very clear to me that what caused me the most trauma in care did not come from what was factually happening around me, it came from my understanding of what was happening. The reality is that I didn't know what was going on behind the scenes, things were not explained to me in a way I could understand and from my files I could see that although so many people were trying to help me, the system around me was very much focussed on my surface behaviours.

I learned that actually most people misunderstood what I wanted and needed because as a child I couldn't articulate it, I just screamed, I shouted and I threw things around. People who I loved I told that I hated. People I wanted near me I would attack and tell to go away. When I wanted a hug I would physically attack. No wonder people struggled to understand me.

My Journey has been a long one and I feel experientially much older than I am. After 24 years of living in this system and 10 years working within it I have learned a lot. My care experience has helped me to understand the difficulties that face children in care and my professional experiences have helped me to understand the difficulties that those working in the system face. I have seen this system from all sides and I can see so many solutions in between.

I set up my training company to help those working with children in care to understand those things that children cannot articulate. I call it "the language of trauma". My hope is that by sharing my experiences and projecting the voice of other children in care, people will see that children who have experienced trauma do not have behavioural issues which need to be addressed, they have extreme survival skills which need to be understood.

I stand as an advocate for the "naughty kids", as a firm promotor of trauma informed practice and as a testament to the fact that children in care can make it through.

I believe this is a good system that is abundant with love and incredible individuals. I believe that if I can increase understanding, that will change how people feel, if people change how they feel that will change their response and ultimately it is the responses of those around children that impact how children feel and behave.

I am confident that my training and support services will leave long lasting impacts that make a big positive difference to care experiences. Feedback has shown that my method works and that with increased understanding, additional trauma can be prevented.

THE MISSION

Reduce the amount of placement moves children have

Training aimed at aiding understanding around why children behave the way they do. Carers and staff are taught new skill sets and fresh mindsets. Courses are built to help adults understand children's behaviour and respond better. This helps to result in stronger relationships, behavioural improvements and more stable placements.

Prevent more children coming into care

Through training and support comes better care and this can help children to recover and break free from the cycles of abuse from which they came. Breaking a cycle for one child can break the cycle for the next generation.

Retain Carers & Staff

It is evident that most carers and staff give up on themselves before they give up on the children they work with or their role as a whole. Section 31 Training recognises the importance of building confidence within caregivers and rewarding the incredible work they do. All training courses are built to inspire everyone to continue to champion the needs of children in care even when things become difficult.

Provide children and young people with a platform to share their experiences.

Providing workshops and support for children and care leavers, helping them to understand the importance of speaking up about their experience and utilising this knowledge to help others.

Inspire and Promote Change

Show the people that the system is the people and everyone has an opportunity and the ability to make a real positive difference to a child's life. Courses are there not just to provide new insight but also to build caregivers up and to help them to be the life changers that children in care need.

SERVICES



01 — In - Person Training

Day courses, typically run from 10AM - 2PM although times can be flexible.



02 — Virtual Training

All courses are available through virtual delivery. This can be via Zoom or Microsoft Teams, whichever is preferred.



03 — E-Learning

Video-based, narrated E-learning courses accessible through the Section 31 Training Learning Dashboard. A great resource for smaller groups and individuals.



04 — Keynotes / Events

Inspirational, motivational and thought provoking speeches available for events. Messages that last and promote immediate change.



05 — Workshops

Interactive workshops available for professionals and / or young people. Workshops are always bespoke and can cover a range of specific topics.



06 — Support

Direct, bespoke support for individuals or groups who may either be struggling to improve a difficult situation.

TRAINING

Section 31 Training offers a number of courses focusing on a range of topics. Courses typically run between 10AM and 2PM although times can be flexible.

All courses are designed to reflect the training needs of fostering providers with bespoke tailoring options available.

The aim is always to meet specific organisational training requirements and learning outcomes.

Courses cover many of the Fostering National Minimum Standards (and the Learning & Development Framework Wales).

To find out which courses cover which standards visit the TSD and L&D page here: www.section31training.co.uk/tsd-and-ld-framework

For a full list of fees please email contact@section31training.co.uk

Growing Up In Care Lived Experience

IN-PERSON



VIRTUAL



Course Overview

Scott will take learners through his own personal experiences. Every move, every hardship, all the ups and all the downs from his perspective as a child and as an adult looking back. By understanding Scott and his brother Ben's journeys it will give learners a better insight into how a journey through care and trauma can feel and what it is like in the shoes of a child in care. From this new level of understanding, learners can better understand the children they work for and think differently about the decisions they make.



"An In-depth, incredibly honest and brave personal account. The course covers a huge amount of ground providing in the process invaluable insight into growing up in the care system from a 360 perspective."

-Foster Parent-

08

Self - Awareness

IN-PERSON



VIRTUAL



Course Overview

This course will help attendees to understand what influences their own behaviours and feelings. Psychology and service user reflections are used to aid understanding of how a sense of right and wrong is formed and how this impacts on external behaviours. This course has been developed to help professionals move the focus away from the child's behaviour and look at behaviour holistically and in context, opening minds and building a better understanding of self. Attendees will then begin to understand how much the influence of their own actions have on the children in their care.



"This course has been a huge eye opener. We often focus on children's behaviours as an issue but to children, we can be challenging. How we react has a huge impact on how the children react"

-Foster Parent-

09

Identity & Self-Esteem

IN-PERSON



VIRTUAL



Course Overview

Developing self-compassion is helpful to good mental health and contributes to a stable sense of identity. Children in care will have faced great adversity in their life and so will often have low self-esteem, low self-worth and be confused about their identity. This course will take a look at these issues. We will look at just how important identity and self-esteem is, not just in the now but in the long term. Many children in care do not like themselves and it is of paramount importance that we teach them how to value themselves and believe in themselves, to teach them self-compassion and to be kind to themselves.



An excellent course reminding us that helping a child build a positive sense of self will allow them to flourish as adults.

-Foster Parent-

10

Siblings In Care

IN-PERSON



VIRTUAL



Course Overview

This course will look at the complex "push & pull" relationships that siblings in care have. Attendees will understand the importance of sibling bonds and how important it is to keep siblings together but also how to work with siblings expressing challenging behaviours. Real care experience is shared to aid understanding around the deep rooted emotions that impact on relationships between siblings and their families.



The course had me in tears. I think we focus too much on over assessing sibling rivalry and behaviour in the system. It is more complicated than that. We need to do more to keep siblings together and this course has helped to understand some ways to do that.

-Foster Parent-

11

Capturing The Journey

IN-PERSON



VIRTUAL



Course Overview

Children raised by their birth families will have their lives recorded in the memories of those around them, by their family, by those who love them. A consistent caregiver not only provides a stable foundation for children to spread their roots and grow, they also provide a stable external narrative. Children and young people in care will also have their lives recorded by those around them but the difference is that for many children in care, especially those on long term care orders, those around them are constantly changing and so that external narrative comes from a huge list of authors, all carrying different opinions and motives. This course will explore how children are portrayed on paper with a focus on the power of blanket statements and labels, encouraging caregivers and professionals to narrate a child's life positively rather than focussing on what a child has said or done wrong without context. Scott will also pull on his own life experiences, presenting some of his own files, reflecting on the way he was written about as a child.



"I can't recommend this course highly enough. Whether you are a Childcare Social Worker, a Supervising Social Worker with Foster Carers, or are a Foster Carer yourself; this course is probably one of the most insightful, honest and thought-provoking courses you will benefit from doing."

-Social Worker-

12

The Language Of Trauma

IN-PERSON



VIRTUAL



Course Overview

Children who have suffered trauma at times, can present behaviours which many people find challenging. When a child is attacking, pushing away and being outwardly expressive it can be hard to see beyond that, it can be hard to see the true messages a child is trying to convey. How children behave and how children feel are often two completely different things. This course looks at what these behaviours really mean and gets people to start thinking about what the children in their care may be trying to communicate. Above all else this course is about helping people to understand the importance of responding to feelings rather than outwardly expressive surface behaviours. Facilitator Scott King will also share some of his own experiences of being a “naughty kid”, articulating the feelings he was unable to articulate as a child.



This course has helped me to really take a step back and look at the feelings behind the behaviours. In their behaviours they are telling me everything.

-Foster Parent-

13

Transitions & Healthy Endings

IN-PERSON



VIRTUAL



Course Overview

Children in care will have experienced significant loss by entering the system. Whilst in care many different people will enter their lives and leave. If transitions are not managed sensitively it can compound traumas and this will have a direct impact on how children form relationships along their journey. This course looks at how sudden loss can cause harm. This course also focusses on the importance of communication between children and adults and also looking at how a child's understanding of events can differ hugely from factual events. Facilitator Scott King will talk about the many placement moves he had and how this impacted him whilst providing solutions to these issues. Anybody working with children in care will benefit from this course as it applies to everyone and is a fundamental element of reducing emotional harm to children in care.



I think, the main thing I have learned is "If you leave, leave properly" . Children need notice, children need to grieve. We can't just walk out.

-Social Worker-

14

The Journey Into Independence

IN-PERSON



VIRTUAL



Course Overview

Leaving care is a significant milestone in a young person's life and it is one of the most difficult and emotionally challenging times in their journey. After years of living in a risk adverse system surrounded by restrictions and rules, the prospect of independence can be exciting. No more rules, no more meetings, no more social workers, no more controlling adults. The time to escape this system has finally arrived. Equally the thoughts of losing all support, having to fend for themselves, worrying about how they may support themselves if anything goes wrong can be overwhelming and frightening. It is important to understand the issues that young people leaving care face and find ways of providing a new kind of support that will help ease the tension and support young people as they venture out of this system and into the world of independence. This course looks at the leaving care and the issues young people face as they "age out" of the care system and provides a number of tools to help foster carers better understand what their young people may be going through.



"I found the course very good, Scott explained everything that foster carers need to think about when preparing a young child to be independent and how important that they know you will always be there for them once they have left to start their life independently."

-Foster Parent-

15

Working With Teenagers

IN-PERSON



VIRTUAL



Course Overview

Being a teenager is tough, being a parent to a teenager can feel even tougher, but being a teenager who is also carrying the additional weight of trauma and adverse childhood experiences is tougher than both combined. This course looks at some of the difficulties that all teenagers face but also, how growing up in care can exacerbate the already very difficult developmental changes and stages of adolescence. Tools and tips are provided to aid understanding and to nurture a new way of thinking about teenagers and their external behavioural expressions whilst always linking how they behave to how they feel.



"Absolutely wonderful course from Section 31 – as always, the child's voice is right at the forefront of every section. Full of understanding, and compassion, this course really helps you to stand back a little and view the world through the young person's eyes."

-Foster Parent-

16

Trauma Awareness In Schools

IN-PERSON



VIRTUAL



Course Overview

This course is specifically aimed at teaching staff to aid understanding around trauma. Trauma informed practice is something that recently many local authorities and virtual schools are imbedding into schools. This course brings lived experience to the topic looking at the behaviours children may exhibit as they struggle to process their adverse experience. This course is not just specific to working looked after children but all children living in difficult environments and circumstances. The aim of this course is to give teaching staff a number of tools to enable better support of children suffering traumas.



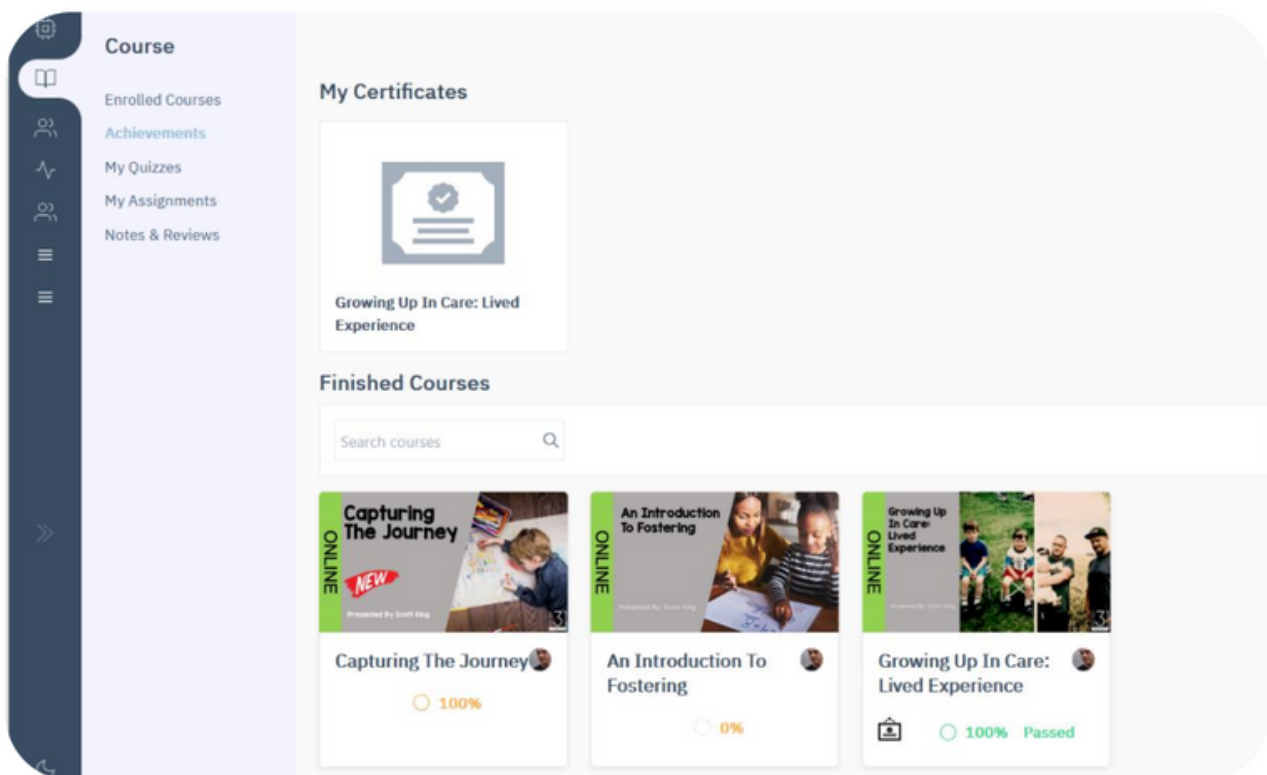
"This has been the most insightful and gripping sessions i have ever attended. I can relate what Scott is saying to so many of our children. We must see children as struggling children rather than naughty or problematic children"

-Primary School Teacher-

17

E-LEARNING

Section 31 Training Online was set up in early 2020 to allow the continuation of training services during the COVID-19 Pandemic. The platform has however proven to be popular as an ongoing resource to use alongside in-person and virtual training services. This platform allows individuals or groups to progress through video based, audibly narrated courses in their own time with certificates automatically generated upon completion. For more information on E-Learning email contact@section31training.co.uk



“ I found the platform to be very easy to use and the courses were easy to watch, east to listen to and highly impactful ”

-Foster Carer-

TESTIMONIALS

Section 31 Training has always received overwhelmingly positive feedback. It is impossible to share all of the 500 testimonials that have been received. Here are just a few kind words that have been received by various services using Section 31 Training

Independent Fostering Agency

"You made such an impact on the staff and foster parents - one of the best courses we all attended at our agency. So real, so honest and so heart-breaking. Your life experiences moved us all and taught us to truly listen to the child and advocate for them, not just follow a set of expectations. Wishing you every success. Thank you for sharing your journey to make a difference to other children in care"

Local Authority

"We have been using Section 31 for a number of years now to deliver our more specialised courses and Scott is always flexible and accommodating in fitting in with our schedule. The feedback we receive from our foster carers and staff is ALWAYS excellent hence why we hope to continue using them in the future."

Independent Fostering Agency

"We have worked with Scott for the past 6 years or more. Scott has always been well received by both our fostering families and staff. He has an incredible story to share, which is both personal and very poignant. Scott has the ability to capture the audience and deliver his training in an unforgettable way. Scott has worked with us to design bespoke training for our fostering families, in line with our vision and policies. He is always up for the challenge and happy to tweak training to suit our organisational needs. Would thoroughly recommend Section 31 Training."

Foster Parent

"I attended Growing Up In Care: Lived Experience (In-Person) and completed the online version as well. I have taken so much away from these courses. I feel I am now able to decode "bad behaviour" and respond to how my little one feels rather than how he behaves. Section 31 Training is an invaluable resource and so for those who do not outsource training for their carers I suggest they think again because it has changed my life and through changing me it has changed the lives of the children in care for. One thing Scott said was 'For me, training isn't all about telling people what's what, it isn't about ticking a box, training is about providing people with more tools in their box but also respecting and reminding people of the many tools they already have and encouraging them to keep using them. It is about empowering people to make a difference'. This has changed my view of training entirely."

Independent Fostering Agency

"Scott has contributed to our face to face training programme for a number of years and since the pandemic we have been able to offer his new on-line training portfolio to our foster carers and staff. The take up for places has been tremendous. Scott's training courses always receive excellent feedback. He is a powerful orator and gives his audience a unique insight into the emotional inner-world of children growing up in care. The quality of his training is excellent and I would highly recommend it to foster carers and social care staff who work with children and families."

Foster Parent

"I would just like to thank you for delivering your fabulous training today. Never have I felt so inspired, motivated and emotionally moved by training. I nearly cancelled as I thought it might be like the usual preaching "do this not this" and making me feel inadequate and useless. Instead I am more passionate about trying to do the right thing with the children I look after and also feel as though the 'job' I have done for 28+ years has been worth it and that I am a good person trying my best. Having acknowledgement of how sometimes hard it is to foster is reward enough."

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