

Healthy Minds: Positive Outcomes for Our Children and Young People

16 October 2018

By the age of 14, half of all mental health problems have been established.

This conference will focus on how to promote positive mental health and resilience in children and young people and what we can do to make a difference.

Who should attend?

Staff from KS1-5; Mental Health Champions, Designated Leads, Pastoral Leads, PHSE Leads, Senior Leaders, Teachers, SENCos and HLTAs and professionals who support children and young people

Venue: Dryden Centre, Evistones Road, Gateshead NE9 5UR

Cost: £150/170 per person (SLA/non-SLA) **Early Bird Discount!** Book by 16 July 2018

Times: 8.45am-4pm (registration from 8.15am)

“Children as young as seven believe that they are valued more for their appearance than for their character. It’s time to break down these stereotypes.”

Natasha Devon MBE

“Our mission is to prevent anyone feeling the pain we felt as a family when we lost Daniel. We truly believe that talking can save lives.”

Shirley Smith
(IUCS Founder &
Daniel’s Mother)



Your Keynote Speakers

Natasha Devon MBE

3 Key Skills for Promoting Good Mental Health & High Self-Esteem

Natasha discusses the unique functions of the developing brain and how the skills of critical thinking, healthy stress coping mechanisms and emotional literacy can be nurtured during this time. This talk also examines social media, sexuality and gender and their link to self-esteem.

About Natasha Devon

Natasha is a writer, campaigner & pundit. She tours schools and colleges throughout the UK, delivering talks as well as conducting research on mental health, body image, gender and social equality. She regularly gives evidence to the Education and Health Select

Committees, representing the interests of teenagers and teachers.

Natasha has authored several books, writes regularly for the Guardian, is a former columnist for the Independent and Cosmopolitan Magazine and currently has a weekly column in the Times Educational Supplement. In 2016, the Sunday Times and Debrett's named Natasha one of the 500 most influential people in Britain.

Natasha consults with a range of mental health, body image and diversity-focused charities and campaigns, sharing the results of her research to help them meet the needs of young people.

Shirley & Matthew Smith - If U Care Share Foundation

This session explores the subject of mental health and suicide, which is presented through personal loss. We know the last thing a teacher wants to hear is that the young person in your care is feeling suicidal but it is now the biggest killer of young men, and in women the issue is on the rise in this country. We feel the best way to deal with this issue is by talking. The session will help you to:

- understand issues surrounding emotional and mental health in young people
- have open conversations that allow these issues to be explored
- have the skills to provide appropriate support should a young person be experiencing difficulties
- explore how we can spot the signs and symptoms that someone may be struggling
- and provide different sources of help available

About Shirley and Matthew Smith

Shirley is the co-founder of the charity If U Care Share Foundation, set up in memory of her son, Daniel who died by suicide aged 19. The charity has supported over 1200 individuals bereaved or at risk of suicide.

Shirley has created links with Public Health and Durham Constabulary to create an Early Alert System to offer immediate support to people bereaved by suicide.

In 2016, Shirley received a Winston Churchill Fellowship to visit the USA to identify good practice in postvention, with a view to improve postvention services in the UK. She is a member of the National Suicide Prevention Strategy Advisory Group.

Matthew is the co-founder of the charity If U Care Share Foundation, set up in memory of his brother who took his own life. Matthew leads on TEAMH (Tackling Emotional and Mental Health) and is responsible for the design and delivery of workshops within primary schools, secondary schools, colleges and football clubs across the country. Matthew has worked with over 22,000 young people, to date. In 2015, Matthew was awarded a Winston Churchill Travel Fellowship to visit the USA and observe ways in which suicide prevention is tackled with young people. Matthew launched a campaign in 2018 to appoint a government minister to take on official responsibility for suicide prevention and bereavement support, the campaign has gathered over 250,000 signatures to date.

About Gateshead Psychological Service (GPS): Educational Psychologists come with extensive training in child mental health. They are well placed to work at an individual level and systemic level to build capacity, change cultures and promote positive mental health and wellbeing. They know and understand the needs of the school community.

You will also hear from:

- **Alice Wiseman (Public Health)** – The Local Landscape
- **Whickham School** – HEalthy Lives Programme HELP!

Your Workshops

You will attend two workshops during the day; choosing from the eight different workshops on offer.

A. FRIENDS: A Social and Emotional Learning Intervention (GPS)

Key Stage 2, 3 and 4

This workshop will introduce you to FRIENDS; an anxiety prevention programme endorsed by the World Health Organisation. It will look at:

- Ways to develop coping strategies
- How to improve resilience
- How to understand feelings
- Changing unhelpful thoughts into helpful thoughts

B. Tools: Developing coping strategies in children and young people (GPS)

Key Stage 2, 3, 4 and 5

This workshop will help participants to understand stress and anxiety.

It will explore a range of interventions and techniques to help young people develop positive coping strategies, thus improving their resilience and problem-solving skills.

C. Puppets: Using Stories to Build Resilience (GPS - Kirstin Tate)

Foundation Stage and Key Stage 1

The workshop will focus on using different types of story to build resilience in children through equipping them with tools for positive framing and self-talk. The following resources/structures will be discussed:

- Persona Dolls; introducing new experiences positively, dealing with and normalising worries, discussing sensitive issues indirectly
- Using published stories to deal with worry and strong feelings, such as anger
- Social Stories; teaching the 'what, why and what I should do' for specific situations
- Scrap Book Stories; developing self-worth and self-esteem and problem solving

Persona Dolls is a strategy suitable for whole class and small groups; Social Stories and Scrap Book Stories are more specific to individuals.

D. VIG: Using Video to improve communication and relationships (GPS – Dr Emma Miller)

Staff working in all phases

Video Interaction Guidance (VIG) is a method which aims to improve communication and relationships for participants. Participants are supported by a VIG guider to view and discuss short clips of their personal interaction. Through this process participants become aware of their skills in effective communication through self-analysis and self-reflection, building on strengths and challenging assumptions. Relationships, interactions and behaviour can improve as participants change their communication style. VIG was first developed as a parent-child intervention with the aim of developing attunement and attachment between the infant and caregiver. Today VIG is being used in a range of ways in Educational and Clinical Psychology Services. Dr Emma Miller, Educational Psychologist is currently undergoing the VIG accredited training programme and is keen to share this approach and consider creative ways in which it can be utilised by schools with parents, children and staff to support positive communication, relationships and wellbeing.

E. Gaming and Social Networking (Julian Hughes - Clennell Education Solutions)

Staff working in all phases

- Exploring the negative effects of children's social networking habits
- The impact of children playing violent and sexualised games
- Health risks linked to the use of mobile devices
- Practical advice and guidance

F. Using Play Therapeutically (GPS)

Key Stage 1 and 2

The workshop will cover:

- The importance of play for emotional development
- The importance of connectedness
- Introduction to Sunshine Circles, a way of using play therapeutically within the classroom. This will comprise an interactive demonstration of a classroom /group play session based on the Sunshine Circles model including discussion of underlying principles

Continued on next page

G. Mindfulness Approaches (GPS)

Staff working in all phases

- What is Mindfulness, why is it popular at present and how does it work?
- The benefits for staff and pupils in using mindfulness approaches
- Practical strategies for use in schools

H. ASD: Recognising and promoting wellbeing for pupils with autism (HINT ASC Team)

Staff working in all phases

- Understanding the individual nature of wellbeing
- Considering when and how Autism Spectrum Condition can support or act as a barrier to wellbeing
- The importance of self-awareness, understanding and reflection
- Approaches to support pupils to recognise and regulate their emotional state, manage stress and promote their own wellbeing
- First person accounts from autistic individuals

Who is it for?: Staff from KS1-5; Mental Health Champions, Designated Leads, Pastoral Leads, PHSE Leads, Senior Leaders, Teachers, SENCos and HLTAs and professionals who support children and young people

Venue: Dryden Centre, Evistones Road, Gateshead. NE9 5UR

Cost: £150/170 per person (SLA/non-SLA)

Early bird discount: £10 off per person, when booking's received by 16 July 2018

Times: 8.45am-4pm (Registration from 8.15am)



Please use the application form attached

Healthy Minds: Positive Outcomes for Our Children and Young People

An educationGateshead Conference, 16 October 2018, Dryden Centre, 8.45am - 4pm (Registration 8.15am)

Please book my place on the above course.

(One form per person – places and workshops will be allocated on a first come first served basis)

Name: _____ Role: _____

Do you have any specific dietary or access requirements? _____

School: _____

Please pick 2 workshops from each session.

NB Some sessions are repeated to give you the best opportunity to cover all topics. (You will attend a total of 2 workshops.)

Session 1 (AM)	Friends: A Social and Emotional Learning Intervention	Tools: Developing coping strategies	Puppets: Using Stories to Build Resilience	VIG: Using Video to improve communication and relationships	Gaming and Social Networking	1st Choice WS1	2nd Choice WS1
	Key Stage 2, 3 and 4	Key Stage 2, 3, 4 and 5	Foundation Stage and Key Stage 1	All Phases	All Phases		
	A*	B*	C	D	E		
Session 2 (PM)	Friends: A Social and Emotional Learning Intervention	Tools: Developing coping strategies	Using Play Therapeutically	Mindfulness Approaches	ASD: Recognising and promoting wellbeing for pupils with autism	1st Choice WS2	1st Choice WS2
	Key Stage 2, 3 and 4	Key Stage 2, 3, 4 and 5	Key Stage 1 and 2	All Phases	All Phases		
	A*	B*	F	G	H		

* Repeated sessions

Invoice address: _____

School Status (please tick as appropriate): LA Maintained Academy Independent

Purchase Order Number (Acad/Ind/PVI/Non Gateshead schools only): _____

Contact Name: _____ Tel: _____

Email Address: _____

Signed (Headteacher/Senior Leader): _____ Date: _____

Please return to: Angela Crossley, CPD Admin, Dryden Centre, Evistones Road, Gateshead. NE9 5UR
Email: AngelaCrossley@Gateshead.Gov.UK Fax: 0191 433 8764

Other important information:

How we will use the information you supply:

The information supplied on this form will be retained by Gateshead Council and will be used in the administration of this event, and shared with organisations associated with the event, with other attendees and to compile a paper delegate list to be distributed at the event. For further information see the Gateshead Council Privacy and Data Protection Policy at <https://www.gateshead.gov.uk/article/3711/Privacy-and-Data-Protection>

We (the school/organisation) agree that by signing and returning this booking form to adhere to the specifications detailed below.

- **Fees:** Fees will be recovered via invoice after the training; purchase order numbers will be quoted on any correspondence (if they have been supplied). All prices quoted are subject to VAT (standard rate).
- **Specific Requirements:** If you have any specific access or dietary requirement including food allergies can you please advise us of these at least **7 working days** ahead of the training to allow us to make the necessary arrangements?
- **Cancellation Policy:** failure to notify of non-attendance at least **7 working days** ahead of course date will result in the full cost of the course being charged to schools (unless stated otherwise).
- **Parking:** There is limited parking available at the Dryden Centre and parking is not guaranteed. Please park with consideration for our neighbours if you are unable to find a space within the car park and please be aware that our community police officer has asked we remind any visitors that illegal/inconsiderate parking will result in parking tickets being issued.