

Dear Headteacher (please pass on to relevant staff i.e. pastoral workers (including managers), teachers and cluster leads, PSAs, Family Support Workers)

The Educational Psychology and Specialist Support Service is pleased to be able to offer training from the newly developed Well Being Toolkit. Developed by Dr Tina Rae, Consultant Psychologist in conjunction with SEBDA (Social, Emotional, Behavioural difficulties, Association) and the Nurture Network, the toolkit is a skills-based training programme to foster social and emotional development in children and young people. Its key aims are to allow professionals to:

1. Feel **confident** to develop the appropriate skills and knowledge base to identify at-risk students
2. Help **prevent** the escalation of any perceived difficulties and problems and
3. Provide **support** for those experiencing social, emotional and/or behavioural difficulties enabling them to achieve

The training will be delivered across all of Norfolk in four venues but will start on 6th October at the King's Centre, Great Yarmouth (30 Queen Anne's Road, Great Yarmouth, Norfolk, NR31 0LE). It will begin in north Norfolk in the spring term 2016, west Norfolk in the summer term 2016 and in Norwich in the autumn term 2016. Sessions are two hours long and will begin at 3.45 – 5.45 pm. Sessions are fortnightly across a school year.

Cost: The first two sessions (Session 1: Understanding Mental Health and Well-Being and Session 2: Developing Assessment for Well-Being) underpin all the sessions and are therefore compulsory and costed in at £50 for the two sessions. Staff can then choose additional sessions at £40. Schools/clusters who attend all the sessions receive a 20% discount (saving of £154) of the total costs and pay only £616.


Please complete the booking form and return by mail to the address on the flyer or email Michele Blazey – Michele.blazey@norfolk.gov.uk

If you have any queries contact Rita Adair, Senior Lead Educational Psychologist, Educational Psychology and Specialist Support – rita.adair@norfolk.gov.uk and 01603 307567

Rita Adair
Senior Lead Educational Psychologist

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Norwich
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*"Three children in every classroom have a
diagnosable mental health disorder" Young Minds*

Educational Psychology & Specialist Support The Wellbeing Toolkit

Developed by Dr Tina Rae, Consultant Educational Psychologist in conjunction with SEBDA
(Social, Emotional, Behavioural Difficulties Association) and the Nurture Group Network

A skills-based training programme to foster social and emotional development in
children and young people

Key aims are to allow professionals to :

1. Feel **confident** to develop the appropriate skills and knowledge base to identify at-risk students
2. Help **prevent** the escalation of any perceived difficulties and problems and
3. Provide **support** for those experiencing social, emotional and/or behavioural difficulties
enabling them to achieve.

Targeted audience: Cluster SEND leads, pastoral workers (including managers), PSAs, Family Support
Workers, teaching staff and professionals involved in supporting children's well-being.

Twilight training sessions in Norfolk delivered by staff from Norfolk County Council's,
Educational Psychology and Specialist Support Service

Venue: The King's Centre in Gt Yarmouth from September 2015 (map attached).

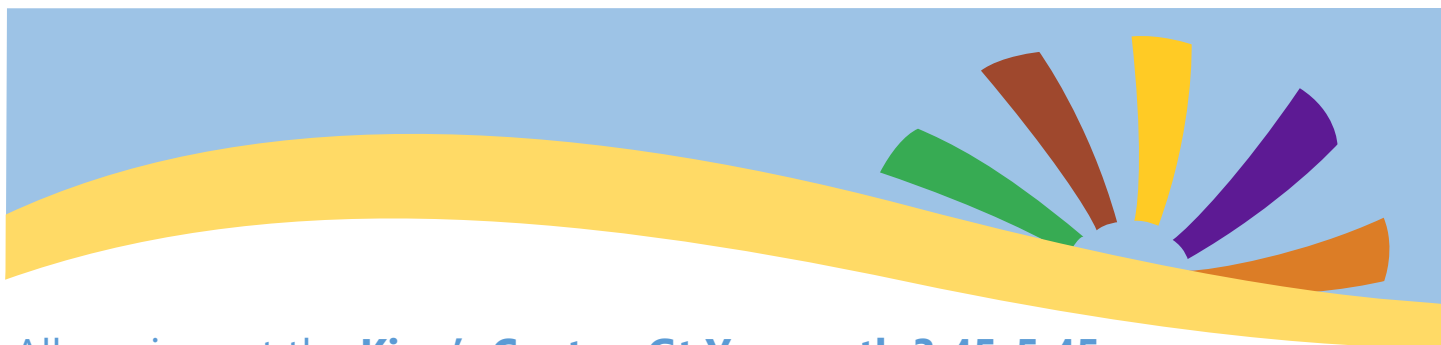
N.B: The Toolkit will eventually be delivered across all parts of Norfolk—North Norfolk starting spring 2016,

West Norfolk summer 2016 and Norwich, autumn 2016

Time: 3.45—5.45 pm



Norfolk County Council
at your service



All sessions at the **King's Centre, Gt Yarmouth 3:45-5:45 pm**

First 2 sessions compulsory

Costs: £50 (first two sessions) plus £40 each additional session booked.

Schools/clusters buying 20 sessions receive 20% discount i.e. £616 (saving of £154)

Please complete and return your reply slip to: Michele Blazey, Educational Psychology and Specialist Support, Children's Services, Carrow House, 301 King's Street, Norwich, NR1 2TN, or email michele.blazey@norfolk.gov.uk . If you require further details contact **Rita Adair**,

Senior Lead Educational Psychologist —rita.adair@norfolk.gov.uk or 01603 307567

Autumn Term

6/10/2015 Understanding Mental Health & Wellbeing ☒

20/10/2015 Developing Assessment for Wellbeing ☒

3/11/2015 Understanding Attachment & Trauma ☐

17/11/2015 Children & Young People Diagnosed with Autism:

Management & Support Issues ☐

1/12/2015 Children & Young People Diagnosed with ADHD:

Management & Support Issues ☐

15/12/2015 Understanding Stress, Depression & Anxiety ☐

Spring Term

12/01/2016 Managing Anger ☐

26/01/2016 Understanding Self Harm ☐

9/02/2016 Using Listening & Coaching Skills ☐

23/02/2016 Building Resilience Using Tools

of Positive Psychology ☐

8/03/2016 Using Strategies from Cognitive

Behaviour Therapy ☐

22/03/2016 Using Strategies from Solution

Focused Brief Therapy ☐

Summer Term

12/04/2016 Using Strategies from

Motivational Interviewing ☐

26/04/2016 Using Mindfulness Approaches ☐

3/05/2016 Developing Wellbeing through

Drama & Art Activities ☐

17/05/2016 Addressing Sensory Needs ☐

7/06/2016 Developing Wellbeing using

Horticulture & Outdoor Activities ☐

21/06/2016 Using Play to Promote Wellbeing ☐

5/07/2016 Using Strategies from

Neuro-Linguistic Programming (NLP) ☐

12/07/2016 Using Peer Supervision &

Maintaining Staff Wellbeing ☐

Name

Title

School

Contact number

Email