

*"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).

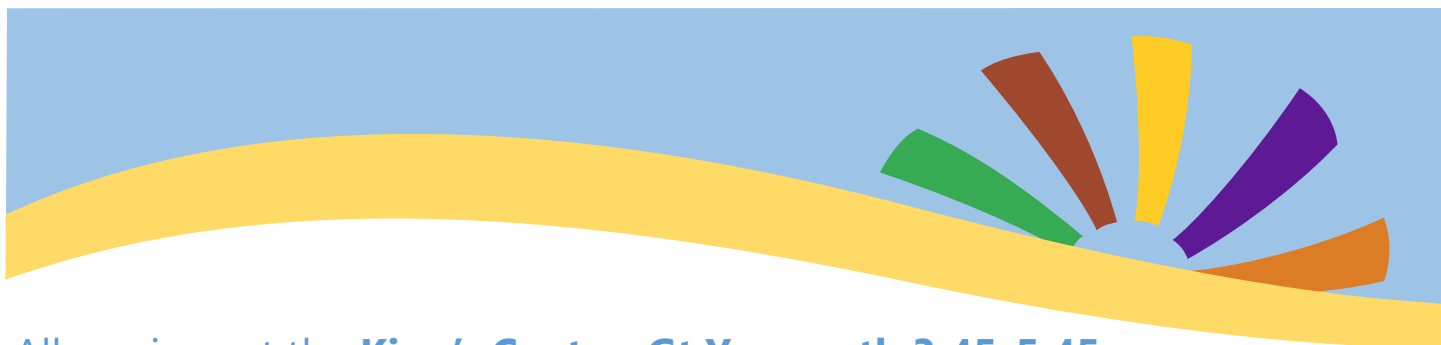
N.B: The Toolkit will eventually be delivered across all parts of Norfolk—North Norfolk starting spring 2016,

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: Rita Adair, Educational Psychology and Specialist Support, Children's Services, Carrow House, 2nd Floor, 301 King Street, Norwich, NR1 2TN.

If you require further details please contact Rita Adair, Senior Lead Educational Psychologist —rita.adair@norfolk.gov.uk or 01603 307567

Autumn Term

6/10/2015 Understanding Mental Health & Wellbeing

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20/10/2015 Developing Assessment for Wellbeing

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3/11/2015 Understanding Attachment & Trauma

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

Management & Support Issues

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

Management & Support Issues

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15/12/2015 Understanding Stress, Depression & Anxiety

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Summer Term

12/04/2016 Using Strategies from

Motivational Interviewing

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26/04/2016 Using Mindfulness Approaches

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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

☐

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

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Name

Title

School

Contact number

Email