

# Conference: Turning Mental Health on its Head

**Wednesday 19th September – 9.00 – 15.00**  
**Norwich Professional Development Centre**

**Audience:** SLT, Teachers, Governors and Support staff

**Trainers:** Josie Rayner-Wells and Kevin Holland

**The Prime Minister has said that mental health is one of the  
“greatest social challenges of our time”.**

Schools and colleges are vitally positioned to promote positive mental wellbeing and prevent mental illness in children.

This conference will provide an opportunity to solely focus on the 'me, you and them' and is an event not to be missed – let's put the heart back into education...

**Reserve your place now via SLA Online  
or contact us on 01603 307710 or  
[enquiry@educatorsolutions.org.uk](mailto:enquiry@educatorsolutions.org.uk)**



Presentations/Workshops	Speakers
<b>Understand how schools are best placed to support EHWB</b>	Sarah Barnes, Public Health Commissioning Manager for Sexual Health, Children and Young People
<b>Starting with you...</b> Staff coaching for workplace wellbeing	Kevin Holland, Education Adviser (Specialising in PE), Educator Solutions
<b>Mental health</b> What are the issues? An exploration of learning from current research and evidence	Josie Rayner-Wells, Education Adviser (Specialising in PSHE/RSE), Educator Solutions
<b>Voices of Norfolk children</b> What are Norfolk Children and young people telling us?	Sarah Barnes, Public Health Commissioning Manager for Sexual Health, Children and Young People
<b>The impact of classroom pressures</b> What strategies can be employed in everyday teaching to promote emotional health and wellbeing?	Hilary Anderson, Education Adviser (Specialising in Behaviour), Educator Solutions
<b>Identifying root-cause prevention</b> What does vulnerability look like in Norfolk?	Keeley White, Head of Virtual School for looked after and previously looked after children, Norfolk County Council
<b>The force of the forces!</b> How does being a child of a forces family affect EHWB?	Michaela Webb, Principal, Cherry Tree Academy
<b>Caring for the carer</b> How can schools support young carers EHWB, and raise their attainment?	Andy McGowan, Young Carers Service Manager, Carers Trust
<b>What is it like to be LGBT+?</b> Learning how to improve the EHWB provision of LGBT+ learners in schools	Fiona Liew-Bedford, Project Manager, Norfolk LGBT Project
<b>Get active for mental wellbeing!</b> How to gain maximum impact from the health and wellbeing grant	Kevin Holland, Education Adviser (Specialising in PE), Educator Solutions
<b>Engaging the hard to engage!</b> Understand how enrichment activities can be used to promote EHWB	Karl Dickerson, Activities Manager, Open Youth Trust
<b>Taking a whole-school approach</b> What is required to ensure a culture of promoting positive mental health?	Nick O'Brien, Assistant Head teacher, Dereham Neatherd High School
<b>Creating a WSA action plan</b> Small steps = big changes	Josie Rayner-Wells, Education Adviser (Specialising in PSHE/RSE), Educator Solutions

### Delegates will have the opportunity to:

- Listen to National and Local Experts on mental health and wellbeing
- Engage in interactive workshops to increase knowledge and understanding of factors that can lead to vulnerability of poor mental health
- Know how to develop a preventative approach to mental health and well-being, through a whole-school approach leaving with clear actions to implement
- Network with other schools and service providers
- Enjoy 'food for mood' refreshments

The conference costs £125 per delegate and includes 'food for mood' refreshments and a **FREE** follow up twilight workshop to further develop their whole-school approach action plans to promote healthy, happy and safe schools.

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