



Well-Being:
making a
difference

Summer 2006

WELL-BEING

The newsletter of the Norfolk Children's
Services Staff Well-Being Programme

WELCOME !

Welcome to our Summer 2006 newsletter.

News and Views

Do you have anything you would like to share about Well-Being in your organisation? We are always looking for items for the termly newsletter and the web-site. We would love to hear from you!

Contact Paula Amis at the Well-Being office, Room 055, County Hall, Norwich NR1 2DL

Tel 01603 222326 or e mail
paula.amis@norfolk.gov.uk

CONFERENCE 2006

The Well-Being Programme will be running two conferences this year, one on the 15th June at Barnham Broom Golf Club and one on the 16th June at Sprowston Manor Country Club. In the afternoon we have a speaker called Ian Chakravorty. He has written a book with his partner, Andy Gilbert, which is named "Go Mad" which means "Go Make A Difference." It is a self help manual for identifying your goals and then setting criteria to obtain those goals. If you have not already booked your place at the Conference, please contact the Well-Being office for availability.

www.norfolkesinet.org.uk

Well-Being at Middleton Primary School

We are Well-Being Facilitator's at Middleton School. We recently held a well being meeting to see how staff were feeling. We all had a good laugh - we got everyone to play 'pass the parcel' - when the parcel landed on someone they had to do what the piece of paper on the wrapper said - e.g. pay some one a compliment, say one reason why they liked working at our school etc, - the winner of pass the parcel won some choc's! It got everyone smiling and everyone communicating with each other! Everyone seemed to enjoy the confidence boost!

Thought it was a good idea to share a positive Well-Being experience and share our ideas.

Cheers, Ifat Malik

WHO MOVED MY CHEESE?

One of the new resources available from the Well-Being Programme is *Who Moved My Cheese? The Change Programme*. This consists of a DVD and work booklet based on the best selling book of the same name.

The DVD tells the animated story of four characters, who represent different people or different responses from one person. Sniff and Scurry, the Mice who rush around looking for cheese, and Hem and Haw, the Little People, who are happier with familiar situations.

They all live in a maze, which has stockpiles of cheese placed within it. They find one stockpile of cheese, which they frequent regularly and then don't investigate the rest of the maze for other stockpiles. When the cheese runs out, the lessons of the story begin...

Sniff and Scurry sniff out and chase new things, Hem gets hemmed in by fear and Haw eventually overcomes his fears to find new cheese.

The accompanying workbook has activities, which look at your change situation, what inspires and nourishes you, loses and gains and re-evaluating your situation.

The Change Program offers the simple approach of making the most of unwelcome and threatening change. By trying new things until you get better results, you feel less threatened and more empowered.

However, this resource is not for everyone. For some, the message is too simplistic and people can take exception to being encouraged to embrace change without question.

That said, the DVD and workbook do provide a focal point and framework to enable a full discussion on change to take place. In an environment of change, this resource may be useful in stimulating debate on the challenges facing your organisation.

If you would like to borrow *Who Moved My Cheese? The Change Programme*, or have a member of the Well-Being programme come and run a session on this, please contact the Well-Being Office.

Need new facilitators trained or would your school like to join the Programme?

Spaces are available on the following training days-

9th May 2006 - Dereham Football Club
26th June 2006 - West Norfolk PDC
26th September 2006 - Norwich PDC
2nd October 2006 - West Norfolk PDC
6th November 2006 - Imperial Hotel, Great Yarmouth
14th November 2006 - Dereham Football Club
15th January 2007 – Norwich PDC
26th February 2007 – West Norfolk PDC
9th March 2007 –Imperial Hotel, Great Yarmouth

Please contact the Well-Being office to book a place. Facilitator training is still free!

**Norfolk Support Line:
0800 169 7676**

For future details on all Well-Being issues, please look at the Well-Being website at www.norfolkesinet.org.uk.

Network Meetings

These are opportunities for you to meet each other in your area, exchange ideas and look at new resources. They are very informal.

Dates for network meetings this term are:

18 th May 2006	West Norfolk Group: West Norfolk Professional Development Centre	2.00pm or 4.00pm
Contact:	Paula Amis	01603 222326
7 th June 2006	Framingham Earl High School: Learning Support Centre	4.00pm
Contact:	Jackie Auger	01508 492547
8 th June 2006	County Hall: Anna Sewell Room, County Hall Annexe	2.00pm
Contact:	Paula Amis	01603 222326
20 th June 2006	Thetford Garden Centre, Thetford	4.00pm
Contact:	Lesley Farrer or Sue Graves	01842 762810
20 th June 2006	Wayland Community High School	4.00pm
Contact:	Ruth Hardy or Nicola Creed	01953 881514
22 nd June 2006	Ashleigh Infant & Nursery School, Wymondham	4.00pm
Contact:	Sally Montgomerie	01953 602410
27 th June 2006	Manor Field First & Nursery School, Long Stratton	4.00pm
Contact:	Barbara Adams or Judith Baker	01508 530356
28 th June 2006	Falcon Middle School, Sprowston	4.00pm
Contact:	Julie Burgess or Linda Sayer	01603 441417
6 th July 2006	Herman First School, Gorleston	4.00pm
Contact:	Brigid Smith or Maureen Ashman	01493 661247

FOR FUTURE DETAILS ON THE WELL-BEING NETWORK MEETINGS, PLEASE LOOK AT THE WELL-BEING SITE AT www.norfolkesinet.org.uk AND ON THE E-COURIER



teacher support network

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Norfolk Children's Services Staff Well-Being Programme:
Network meetings Summer 2006

These are opportunities to share ideas, look at resources, find out more about the programme and maintain the momentum of an established programme.

Meetings are open to well-being facilitators and all staff interested in promoting well-being in their organisations. Please contact the named person below if you wish to attend the meeting.

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If anyone would like to hold a Network meeting at their school or start up a new group, please contact the Well-Being Office.

IN FUTURE, NETWORK MEETINGS WILL BE PUBLICISED ON THE WELL-BEING SITE AT www.norfolkesinet.org.uk AND ON THE E-COURIER.

