



A new programme of mental health and wellbeing support for Leicestershire schools in 2022-23

As we start the new academic year, mental health and wellbeing continues to be a priority for Leicestershire educational settings. The prevalence and impact of mental health and wellbeing problems continues to be far-reaching particularly in response to Covid and the ongoing cost of living crisis. Schools have a unique and important part to play in supporting the mental health and wellbeing of their staff, students, and other members of the school community.

Using resource provided by the Department for Education, Leicestershire County Council and the Leicestershire Healthy Schools Programme have commissioned long-standing partner Billson Consulting Ltd to coordinate and deliver a new programme of support for 2022-23 academic year. This programme will build on the previous years' well-received Wellbeing for Education Return and Wellbeing for Education Recovery programmes, known as Wellbeing for Education Leicestershire.

All sessions and resources are **FREE** to access for Leicestershire schools.



All sessions can be booked on through Eventbrite and are delivered over Zoom (accessible on a web browser).



Sign up to our mailing list or follow our Eventbrite organiser page to hear from us as new sessions are announced!



Billson Consulting Ltd will use any information you provide to keep you updated in respect of the Wellbeing for Education Leicestershire programme and other funded opportunities relevant to your profession. For more information on how your information will be used please refer to the privacy policy statements on the company website: <https://www.billsonconsultingltd.com/>.



NETWORK MEETINGS

Our monthly Network Meetings are an opportunity to hear about and discuss some interesting topics that will help you on your way to becoming a mentally healthy school. In addition to some facilitated conversations, the host will provide guidance and resources on the topic. Further support can be requested as we aim to build our programme library (to be hosted on the Leicestershire Healthy Schools Programme website) with materials that all Leicestershire schools can access. Click on the session title to be taken to the Eventbrite booking page.

Developing a mental health and wellbeing policy

Wed 28th September 2022 | 9:30AM - 11:00AM

A whole school approach to mental health and wellbeing is best served by a standalone mental health and wellbeing policy that brings together other policies that address mental health. This session will provide you rationale, tips, and a policy template that can be completed in the session.

An introduction to philosophy for children and young people

Tue 1st November 2022 | 9:30AM - 11:00AM

Philosophy is the study of the fundamental nature of knowledge, reality, and existence. This session will help you explore the impact of philosophical inquiry (PI) on the development of academic engagement, and motivation to realise one's potential - something that we can use to help those students with strengthened wellbeing to progress even further.

Introducing Psychological First Aid (PFA) in your setting

Tue 6th December 2022 | 9:30AM - 11:00AM

Psychological First Aid (PFA) is the globally recommended psycho-social approach to supporting people during and after emergencies such as COVID and the cost of living crisis. This session will provide you with an overview of PFA and various approaches you can take to ensure its three-step model (Look, Listen, Link) is adopted by the various members of your school community.

The role of Education in Reducing Parental Conflict (RPC)

Tue 17th January 2023 | 9:30AM - 11:00AM

There is strong evidence that conflict between parents - whether together or separated - can have a significant negative impact on children's mental health and long-term life-chances. Not all conflict is damaging, but where this is frequent, intense and poorly resolved it can harm children's outcomes. This session will help you explore your setting's responsibilities and opportunities under this important programme of work.

Making meaningful connections with those around you

Tue 14th February 2023 | 9:30AM - 11:00AM

Meaningful connections are the cornerstone of our lives and the key determinant in the strength of our wellbeing. This session will provide you with a map of the necessary skills and an actionable framework for creating meaningful connections that can be encouraged within your setting.

Demystifying the children and young people's mental health and wellbeing pathway

Tue 21st March 2023 | 9:30AM - 11:00AM

The local pathway can be confusing to navigate as new services are introduced and existing services change their remit on a regular basis. This session will provide you with an overview of the pathway and an opportunity to talk about lesser known support services.



GUEST SPEAKERS

Our Guest Speaker webinars are an opportunity to hear from the nation's best on topics related to children and young people's mental health and wellbeing. These sessions are open to any professional who work with Leicestershire children, young people, or families including education, local authority, and other service providers. Click on the session title to be taken to the Eventbrite booking page.

Dr Pooky Knightsmith has a PhD in child mental health from the Institute of Psychiatry, King's College London. She is the author of several books, and is a former chair of the Children and Young People's Mental Health Coalition and a managing director at Creative Education. Pooky is autistic; a late diagnosis has helped her to thrive following many years of anorexia, depression and anxiety. She has a YouTube channel which is a source of Continuing Professional Development for many educators in the UK and beyond. More information can be found at <https://www.pookyknightsmith.com/>.



Meeting the mental health needs of every learner in the classroom

Tue 8th November 2022 | 9:30AM - 11:00AM

This will be a jam-packed session with Pooky sharing ten ideas you can take away and easily adapt for use in your classroom to support your learners with mental health or emotional wellbeing needs. These ideas are win-win – making a significant difference to those who most need the support (whether you've identified that need or not) and doing no harm to the rest of the class. The ideas shared are chosen specifically because they are inexpensive and easy to implement.

Self-care for exhausted educators

Wed 8th March 2023 | 9:30AM - 11:00AM

You've done so much for your students and their families these past couple of years; so this session self-care for exhausted educators is all about you. We'll be exploring some skills and habits you can develop to promote your own wellbeing as we enter the next stage of the pandemic, whilst remaining realistic about the amount of time and resource we can each dedicate to looking after ourselves.

More sessions to be announced!





MEET THE SERVICE

Our Meet the Service sessions are an opportunity to hear from, and ask questions of, those funded or voluntary sector services that support our children and young people's mental health and wellbeing. These sessions are open to any professionals who work with Leicestershire children, young people, or families including education, local authority, and other service providers. Collectively, we can make sure that people get the support they need when they need it. Click on the session title to be taken to the Eventbrite booking page.

Mental Health Supervision for School-based Staff in Leicestershire

Thu 15th September 2022 | 4:00PM - 5:00PM

NHS East Midlands Community Forensic CAMHS

Thu 29th September 2022 | 4:00PM - 5:00PM

Active Together - Youth Engagement Activators

Thu 6th October 2022 | 4:00PM - 5:00PM

Children, Families, and Wellbeing Service - Family Support

Thu 13th October 2022 | 4:00PM - 5:00PM

CFF (Centre for Fun and Families)

Thu 27th October 2022 | 4:00PM - 5:00PM

NHS Triage and Navigation (DHU Healthcare)

Thu 3rd November 2022 | 4:00PM - 5:00PM

The Laura Centre

Thu 10th November 2022 | 4:00PM - 5:00PM

ADHD Solutions

Thu 17th November 2022 | 4:00PM - 5:00PM

Children, Family, and Wellbeing Service - Youth & Justice, and Young Carers

Thu 24th November 2022 | 4:00PM - 5:00PM

More sessions to be announced for December and the Spring Term!

If there's a particular service you'd be interested in hearing from, let us know.



STAFF WELLBEING

Working in Education is tough. It can be immensely rewarding but also physical and mentally draining – particularly in response to COVID and other challenges. Many schools recognise staff wellbeing as a priority and provide support for their staff. However, there's always room to improve.

Staff Wellbeing - Audit and Action Plan Workshops

Our half-day staff wellbeing workshops are open to a small number of attendees who want protected time to participate in facilitated conversations on staff wellbeing, audit the quality of their current policies and processes, and action plan for their setting using supplied tools as guidance. Attendees are expected to contribute to the spirit of the workshop through conversation e.g., through introspection, reflection, and questioning. So come along and share your staff wellbeing developments, successes, and challenges with others.

Staff Wellbeing - Audit and Action Plan Workshop | Option One

Mon 21st November 2022 | 9:15AM - 12:00PM

Staff Wellbeing - Audit and Action Plan Workshop | Option Two

Mon 13th March 2023 | 12:15PM - 3:00PM

Attendees will also have the option to book in for two **1-2-1 coaching sessions** on staff wellbeing at the end of the workshop. These sessions will be used to reflect on progress made and identify new or alternative opportunities to further strengthen your setting's response to staff wellbeing.

More sessions to be announced!

