



Newsletter Summer Term 2023



Welcome to the first Summer Term newsletter from

[Barnardo's Education Community](#)

News

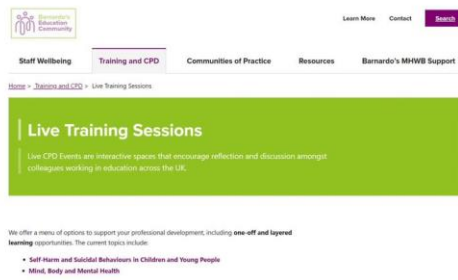


Our website was **relaunched** in **January**, showcasing our **FREE offer** of resources, training, and support for education staff across England, Northern Ireland, Scotland and Wales.

We are focusing on early intervention and prevention by providing support:

- For you and your staff ([Staff Wellbeing](#))
- For you in your work with children and young people ([Training and CPD](#); [Resources](#))
- For you to connect with colleagues across the UK ([Communities of Practice](#))
- Including links to [Barnardo's MWHB Support](#).

Learn more about the FREE Barnardo's Education Community 2023 offer:



<https://sway.office.com/7Ep6Y6MDeoUWztpQ#content=Js4fitTolFD5AL>

1 - www.educators-barnardos.org.uk/learn-more

Staff Wellbeing



We offer two co-production workshops followed by a programme series of [monthly events](#). On the 8th February this year, we collaborated with educators based in Hull and surrounding areas as part of the co-production process to develop the Spaces for Wellbeing Programme (2023-2024).

[Our summer/autumn programme of events:](#) (4.15 - 5.45pm)

- **Thursday 11th May** - Andre Spicer, Professor of Organisational Behaviour, Bayes Business School, City University London will talk **about the impact of taking breaks during the school day.**
- **Thursday 25th May/Thursday 12th October** (date tbc) - Faye McGuniness, Director of Programmes, Education Support - theme tbc.
- **Wednesday 7th June** - Professor Jane Andrews, University of West of England will talk about **'Supporting wellbeing and valuing diversity of staff, children, and families through creative practices.'**

- **Thursday 22nd June** - Beth Roberts, WULF Co-ordinator, National Education Union Cymru will talk about the **wellbeing toolkit** she has developed with her team.
- **Thursday 28th September** - Tara Elie, Coach, Founder/Director of Star Performer will talk about **work/life balance**.
- **Thursday 2nd November** - Hywel Roberts: travelling teacher – writer – humourist – speaker – storyteller, author of *Botheredness*, will talk about the importance of a **creative curriculum approach for the wellbeing of both staff and pupils**.
- **Thursday 16th November** - Ann-Marie Ireland, Founder/Director Whole-Hearted Teaching - **'Navigating Our Common Purpose in the Face of Challenges and Daily Vulnerabilities.'**

Further details and registration will be available soon!



Some of the other themes that emerged and that we hope to cover are:

- **Consistency/Common purpose** (maybe whole school approach providing clarity for staff)
- **Social time with colleagues** (maybe doing things as a team in the workplace; movie/book clubs, choir)
- **Reduce non-essential tasks** (maybe linked to self-compassion)
- **Freedom** (maybe linked to autonomy)
- **Flexibility** (maybe linked to mindset, being adaptive, responsive; being flexible within constraints; coping with change)

New CPD



BEC [Live CPD Events](#) are interactive spaces that encourage reflection and discussion amongst colleagues working in education across the UK.

We offer a menu of options to support your professional development, including one-off and layered learning opportunities. The topics include:

- **Self-Harm and Suicidal Behaviours in Children and Young People**
- **Mind, Body and Mental Health**

The above training sessions can be accessed as a **one-off session (attending either Part A, B or C)** or part of a **layered learning package (all three sessions)**.

The layered learning packages **provide an opportunity to build upon existing knowledge**. Each package is made up of a theory-based webinar, a reflective practice group, and a strategy and resource sharing session.



March – May:

Self-Harm and Suicidal Behaviours in Children and Young People (4 - 5.30pm)

- Part A: Theory – COMPLETED - 9th March
- Part B: Reflective Practice – COMPLETED - 20th April
- **Part C: Practical Session – Thursday 18th May**

[Register now for Part C](#)



May – June:

Mind, Body and Mental Health (4 - 5.30pm)

- Part A: Theory – Thursday 25th May
- Part B: Reflective Practice – Thursday 15th June
- Part C: Practical Session – Thursday 29th June

Save the dates - registration will be available soon!

New Content



[Recorded Spaces for Wellbeing Programme Events NOW AVAILABLE](#)



Spaces for Wellbeing - The power of relationships between colleagues

Dr Adam Burley (Consultant Clinical Psychologist B.Sc. (Hons) Psychology D.Clinical Psychology)

During this event, Adam will talk about the nature and dynamics of relationships, how our relational experiences impact us, as well as the impact that teacher-pupil relationships can have on staff wellbeing and the importance of peer support. Adam has an interest in health inequalities, exclusion dynamics, early years and the psychology of adversity.

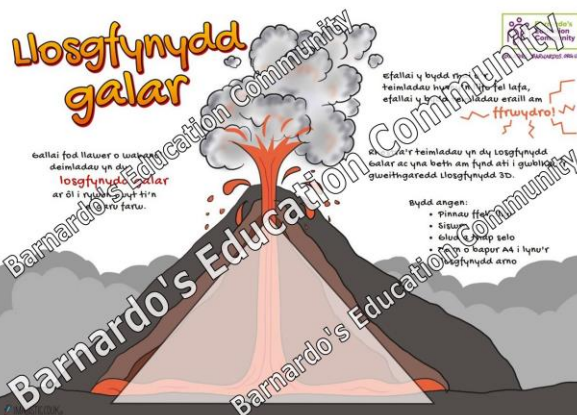
2 - <https://www.educators-barnardos.org.uk/staff-wellbeing/recorded-events-2022-2023>

Feedback from the live event:

'Thanks very much Adam - really interesting images to think about!'

'Thank you Adam, this has been really insightful.'

'Amazing info. Lots of food for thought.'





[BEC's Exploring Grief Booklet](#) has now been translated into Welsh - [Trafod galar](#)

We will be translating further resources into Welsh over the summer/autumn months.



Supporting deaf children, young people and their families

www.educators-barnardos.org.uk

Feed - NDCS The Buzz Next.js project

Supporting parents - Links: Resources and Support organisations List of organisations that support or signpost for

Scottish Sensory Centre: British Sign For everyone who is involved in the education of deaf children, deafblind

On Death and Dying - And Deaf and Hard of

Keeping my child safe online | How do I...? So much of our lives is spent online, which comes with it's own set of

Advice for new parents - The Elizabeth We are here to help We know that receiving the diagnosis of deafness for

Research Publication: Understanding theory of mind in children who are deaf - Marscarik, M. et al

BATOD Bath Association of Teachers of Deaf Children and Young People

Moving towards using positive language BATOD and the d/Deaf Teachers of the Deaf group have written this document

Useful mental health organisations - NDCS Information service for deaf young people 13 to 19 about mental health and

How to be safe and smart online | A flyer for secondary school age children, full of ideas and suggestions for using

Deaf Rainbow UK - Deaf LGBTQIA+ Proud! We aim to information and resources for Deaf LGBTQIA+ people

What are you feeling? | National Deaf Children's Society A guide to help deaf children understand and identify their emotions.

Grief and bereavement - SignHealth SignHealth Psychological Therapy Service has therapists who are

My baby has a hearing loss | Newly diagnosed If your baby has been diagnosed as being deaf you'll have many questions

Sleep Support for Children and Young Seashell offers free sleep support for children and young people with SEND

Empathy and Theory of Mind in Deaf and Abstract. Empathy (or sharing another's emotion) and theory of mind (ToM).

3 - [Wakelets - Barnardos Education Hub \(educators-barnardos.org.uk\)](https://educators-barnardos.org.uk)

[Wakelet - Supporting deaf children, young people and their families \(BATOD collaboration\)](#)

We are currently working in partnership with BATOD who support us in making BEC's resources more accessible to users. We have created a Wakelet of resources recommended by Teresa Quail (Co-National Executive Officer and Magazine Editor) for staff supporting deaf children and young people.



Eating Disorders Awareness Week 2023

Eating disorders are complex mental illnesses. If you have an eating disorder you will have an unhealthy relationship with food: this may be eating too much or too little food, or eating a lot of food in one sitting, or using food to try to manage feelings. You may become obsessed with food and your eating patterns if you have an eating disorder. Anyone, no matter what their age, gender, ethnicity or background, can develop an eating disorder.

Here are some links and information. Please speak to your GP if you have any concerns for yourself or others.

www.educators-barnardos.org.uk

edaw.beateatingdisorders... YouTube
Beat
 Eating Disorders Awareness Week 2023. Think men don't get eating disorders? Think again. This Eating Disorders Awareness

beateatingdisorders.org.uk
Beat
 Eating disorders

contentfiles.net
 https://beat.contentfiles.net/

www.nhs.uk
NHS
 Overview – Eating disorders
 Read about the different types of eating disorders including anorexia nervosa.

youngminds.org.uk
What To Do If You're Experiencing Eating
 Whether you have a diagnosed eating disorder like anorexia, bulimia or

healthforteens.co.uk
Eating Disorders: Just The Facts | Health For
 Find out more about eating disorders, including some of the most common, and how

mind.org.uk
 https://www.mind.org.uk/
Side by Side | A community platform by

chidlinae.org.uk
Eating problems | Chidlinae

Do I Have an Eating Problem? ft. Melanie
 Lots of people have difficulties with eating food, but some people can

Recovering from an Eating Disorder ft. Maria
 In this week's Voicebox, we're joined by Sammi Maria (https://

Understanding Eating Disorders in Children | Fussy Eating vs Eating Disorders
 A 'fussy' eating stage can be a normal part

Understanding Eating Disorders
 Watch time: 08:30 minutes
 Around 1.25 million people in the UK suffer from eating

Bulimia: Susannah's story
 Watch time: 08:35
 Susannah became bulimic while still at primary school.

Boys get Anorexia too
 Watch time: 06:25 minutes

Eating Disorders - Mental Health UK

healthforteens.co.uk
EATING DISORDERS

feast-ed.org
FEAST
 www.FEAST-ed.org
 FEAST: Support and resources for families
 FEAST is a global support and education community of and for parents of those

4 - [Wakelets - Barnardos Education Hub \(educators-barnardos.org.uk\)](https://educators-barnardos.org.uk)

[Wakelet - National Events 2023 - Eating Disorders Awareness Week 2023](#)

We amended the Wakelet of resources for Eating Disorders Awareness Week on 27th February 2023. Eating disorders are complex mental illnesses. Here are some links and information.



[Sharing Practice - National Education Union - resource](#)

Another resource available for educators in Wales, developed by [NEU Cymru's WULF \(Wales Union Learning Fund\) team](#), to support education settings in developing wellbeing teams as part of the Whole School Approach: [NEU Cymru - Wellbeing Toolkit for Education](#)

Beth Roberts from NEU will be speaking at our June Spaces for Wellbeing Event.

Partnerships

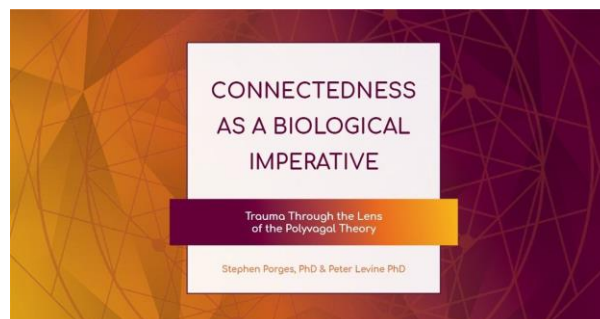


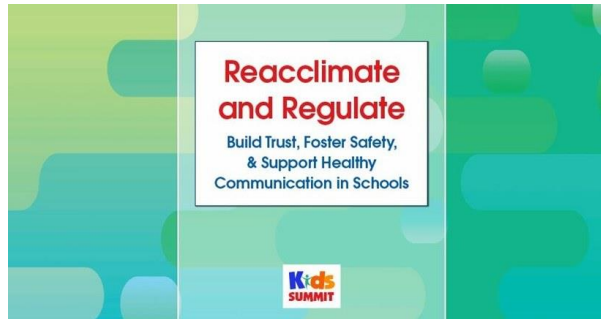
PESI UK:

We are proud to work with **PESI UK** – the largest clinical content provider in the UK and Europe. The [courses](#) below are available January - July 2023. We will continue to refresh these courses throughout the year.



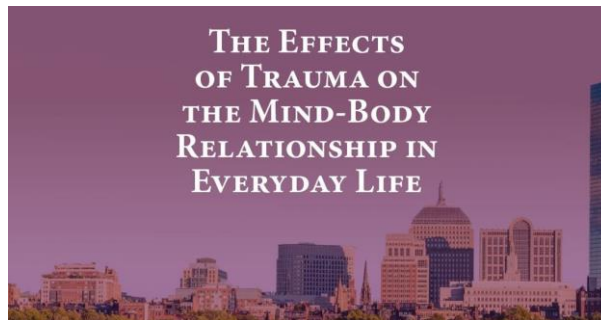
NEW PESI UK courses coming soon!



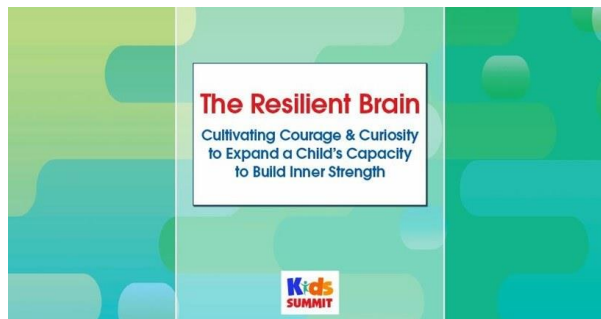


Reacclimate and Regulate
Build Trust, Foster Safety,
& Support Healthy
Communication in Schools

Kids SUMMIT

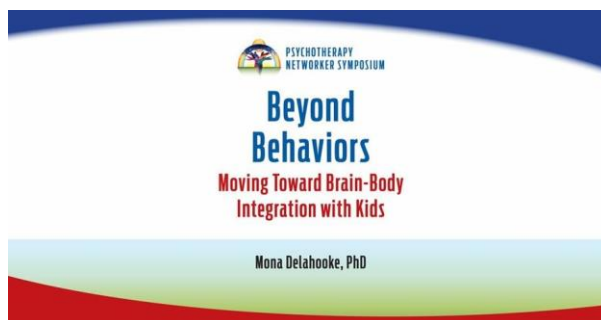


**THE EFFECTS
OF TRAUMA ON
THE MIND-BODY
RELATIONSHIP IN
EVERYDAY LIFE**



The Resilient Brain
Cultivating Courage & Curiosity
to Expand a Child's Capacity
to Build Inner Strength

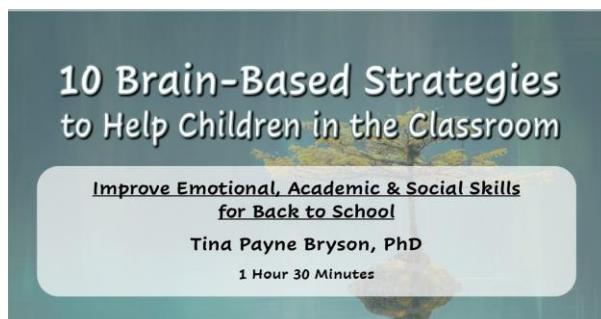
Kids SUMMIT



PSYCHOTHERAPY
NETWORKER SYMPOSIUM

**Beyond
Behaviors**
Moving Toward Brain-Body
Integration with Kids

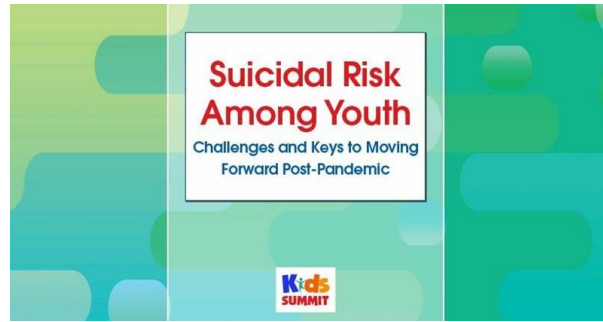
Mona Delahooke, PhD



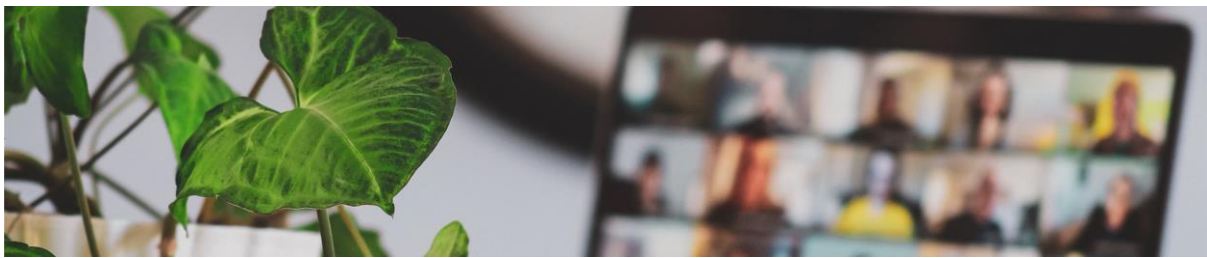
**10 Brain-Based Strategies
to Help Children in the Classroom**

**Improve Emotional, Academic & Social Skills
for Back to School**

Tina Payne Bryson, PhD
1 Hour 30 Minutes

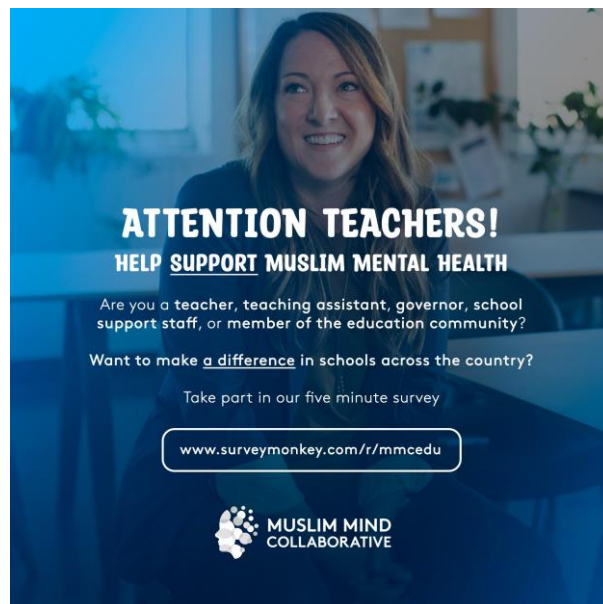


Other mental health and wellbeing news



[Muslim Mind Collaborative](#) are calling on the education community to take part in their school survey to help address an under-represented need - Muslim mental health in schools.

Are you part of the education community? Would you like to help support Muslim mental health in schools? Take part in a five-minute survey and spread the word: <https://www.surveymonkey.com/r/mmcedu>

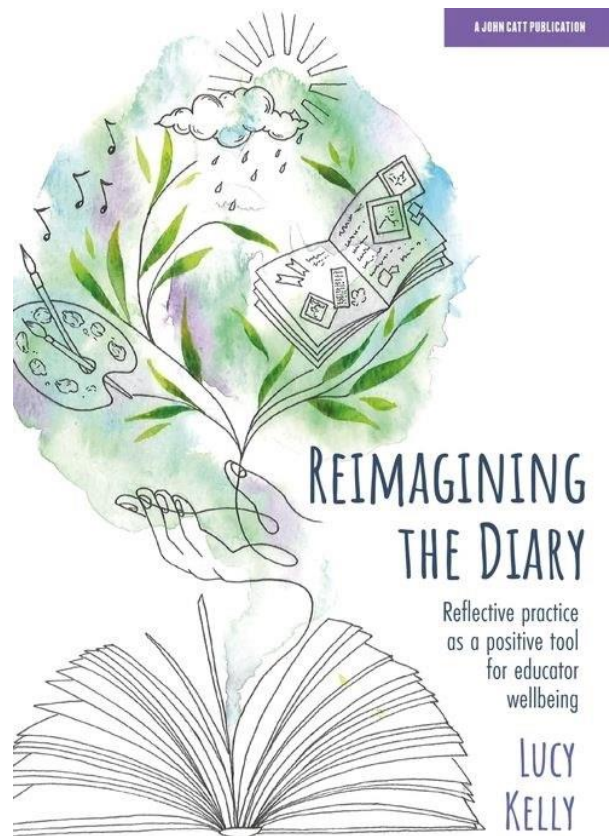


AND

Dr Lucy Kelly (Associate Professor in Education at the University of Bristol -BA, Hons, MRes (Bath Spa), PhD (Cambridge)) who was a guest speaker at a [Spaces for Wellbeing Event 2022-2023](#) has a **new book** now available.

[Reimagining the Diary: Reflective practice as a positive tool for educator wellbeing](#)

If you're in education, then you know that while there are many positives to the profession, it is also facing many challenges. This easy-to-use, accessible, and entertaining book shows us how diary-keeping can help us gain insight into our wellbeing needs and move forward in our lives, personally and professionally.



5 - [John Catt Bookshop](#)

Contact Us



Visit us on the web at

[Barnardo's Education Community](#)

Email us : BECommunity@barnardos.org.uk

