



# Newsletter Autumn Term 2022



---

*Welcome to the SECOND Autumn Term newsletter from*

**[Barnardo's Education Community](#)**

---

## News



**Barnardo's Education Community was successful in its application to become Zurich Community Trust's new National Mental Health Partner for the next 2 years (July 2022 – July 2024).**

We are focusing on mental health and wellbeing more widely, providing a range of resources and training to staff working with children and young people in schools and education settings.

This new funding will enable the team to enhance the wider offer with an additional targeted approach to support children and young people who experience, or who are at risk of experiencing, poor mental health.

**The BEC website is currently under development** during this new phase, and we will be launching our refreshed website in January 2023.

The new site will include:

- support for you and your staff (**Staff Wellbeing**)
- support for you in your work with children and young people (**CPD and training, resources**)
- support for you to connect with colleagues across the UK (**Communities of Practice**)
- links to Barnardo's MHWB services in education.



---

### New Content

---

A colorful flyer for a 'Mindfulness' event. The flyer has a white background with a colorful border. It features a photo of Alessandra Bowditch, a former teacher and therapist. The text describes her background in photography and her experience with mindfulness. The event is on Thursday 29th Sept 2022, from 4:15 to 5:45pm. It includes an introduction, a short presentation, and a discussion. The flyer also mentions that the event is part of the 'Spaces for Wellbeing' programme, which is designed to provide inspiration and self-reflection. The Barnardo's Education Community logo is at the bottom right.

**Mindfulness**

Alessandra Bowditch

Former Teacher, School Practitioner and Therapist (MACP)

Barnardo's North West Mental Health and Trauma Services Delivery Platform

Alessandra (Alex) has a background in photography, media, art, and graphics, and worked in the photography industry for 20 years. Alex has experience in teaching and lecturing, and now works as a therapist supporting children and young people from the ages of 5 – 18 in education settings. Alex also has experience of working with care experienced children, and children at risk of criminal exploitation.

Alex became interested in **mindfulness** in the early 2000s. After going through a significant trauma, Alex discovered the power of the creative process and utilised Mindfulness techniques to help her find balance and clarity in her mind and body.

During this event, you will be invited to focus on mindfulness practice and engage in some grounding and creative activities that you can add to your wellbeing toolbox.

We will be moving between the 'thinking' and 'feeling' brain to learn more about how to utilize both parts, and help you to find logical and creative solutions to support staff wellbeing.

Please bring any creative materials with you such as paper, pens, pencils, or anything else that may support you in your reflections.

**Thursday 29th Sept 2022**  
**4:15 - 5:45pm**

The session will feature:

- An introduction
- A short presentation

Followed by:

- Discussion and Q&A

The Spaces for Wellbeing programme is focused on staff wellbeing and is designed to provide inspiration and self-reflection!

[www.alessandra-bowditch.org.uk/and](https://www.alessandra-bowditch.org.uk/and)  
[www.spacesforwellbeing.org.uk/and](https://www.spacesforwellbeing.org.uk/and)

**Barnardo's Education Community**

---

### RECORDED EVENT - Spaces for Wellbeing

#### [Alessandra Bowditch - Mindfulness](#)

---

FEEDBACK from the Mindfulness event:

**"This has been really interesting to think about and lots of things to take forward."**

**"Thank you, really enjoyed this."**

---

**RECORDED EVENT - Spaces for Wellbeing**

**Andy Walker - Autogenic Therapy**

---

**FEEDBACK from the Autogenic Therapy event:**

- "Another great session. Thank You."
  - "I've found it really interesting, thank you."
- 

**PODCAST: #S2 - Ep 5 - Care Journeys** - we talk with Kim and Tiff from the Care Journeys Programme in Barnardo's, which focuses on providing positive pathways into employment, education, training, or other positive destinations for care experienced young people aged 19-21.

---




---

**Available next week: RECORDED CPD: 'The Theme of Loss: Death, Dying and Change'**

---



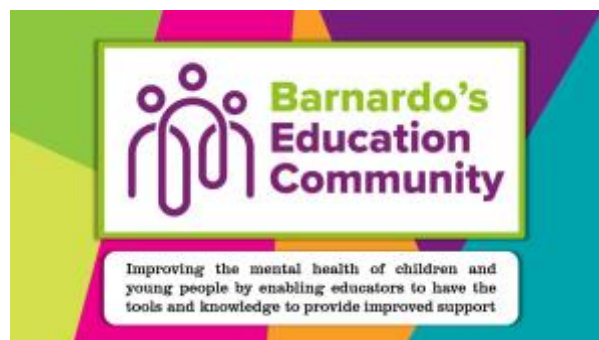
## UPCOMING CONTENT:

- ARTICLE: Promoting positive mental health: the importance of seeing yourself represented/representation in education settings
- RECORDED CPD: 'Developing Awareness of Self-Harm and Suicidal Behaviours', 'Cross-Cultural Perspectives on Grief and Mourning'!

---

*[For more information about Barnardo's Education Community watch our video](#)*

---



## Events



---

*We are moving into a new phase of BEC with a wider scope of mental health and are developing our CPD opportunities in line with this.*

Please complete this [short form](#) to let us know what you would like BEC to offer.

---



The final three events for our [Spaces for Wellbeing programme](#) will be held over the next few months.

---

Thursday 14th July	Safe	Critical Incident Debriefing	David Newton (Team Manager and counsellor)
Thursday 29th September	Nurturing	Mindfulness	Alexandra Bowditch (Former Teacher, Career Practitioner and Therapist)
Thursday 13th October	Healthy	Autogenic Therapy	Andrew Walker (Trauma Therapist)
Thursday 10th November	Respected & Included	Building a strength-based, trauma-informed environment	Lynn Miles (Senior Lecturer in Education)
Thursday 24th November	Active	Creative Journaling	Dr. Lucy Kelly (Senior Lecturer in Education)
Monday 23rd January 2023	Safe	Building safe spaces	Adam Burley (Consultant Clinical Psychologist)



Planned Workshop:

**Thursday 24th November**

**10.00-11.30am**

---

We will be continuing conversations from the previous workshop (Monday 17th October 2022) and begin to develop ideas and resources around therapeutic games for relationship building.

This reflective workshop will be a space for you to:

- Creatively develop a range of activities that can be used (indoors or outdoors) with individuals and small groups for relationship building.

- Explore your creative ideas (that might not be fully formed yet) with colleagues and be supported in putting them into practice.

This will be an interactive session where we will invite you to share what needs are coming up in your work. This space is an opportunity to create a collection of adaptable resources that can be used in Secondary or Further Education.



---

*Thematic Reflective Spaces provide an opportunity to share practical strategies and experiences, as well as give you a space to feel heard and validated.*

*Our November reflective session will focus on 'supporting teenagers who express negative thinking patterns'.*

*Thursday 17th November 2022 4.00 - 6.00pm*

---

Previous thematic reflective spaces:

- October - 'Supporting CYP who struggle to manage in school with their feelings or behaviour, and who may display distress.'

**FEEDBACK:**

***"Thank you very much. I enjoyed listening in to your sharing. Thank you all."***

***"Really enjoyed this. great space to chat and reflect. Thank you."***

## Best Practice



At Barnardo's Education Community we want to celebrate your work and share effective practice. We are building up a library of Case Studies and would like your contributions that we can share in our community across the 4 Nations.

In these [Case Studies](#) we'd like to see:

Work with children and young people:

- how you have supported children and young people in your setting with their mental health and wellbeing
- the resources and activities you find most useful
- the impact and outcomes
- short clips, images of children and young people, or of any artwork, etc

Staff wellbeing:

- how you have supported your own wellbeing and that of your colleagues
- how you have created a positive whole school/setting approach
- the impact and outcomes

**\* Please change any identifiable information for confidentiality reasons and consent from pupils and parents/carers/guardians to be obtained \***

To send your Case Study please complete this [document](#) (attach any images/clips) and email to us at: [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk)

## Information about BEC





[Barnardo's Education Community](#) (BEC) is a website for staff across England, Northern Ireland, Scotland, and Wales, that has been set up to support education staff in all phases of education around mental health and wellbeing.

Barnardo's Education Community is funded by Zurich Community Trust's as their new National Partner for Mental Health.

Our team is experienced in supporting children and young people across a variety of settings and age ranges (early years to university). There is content that is relevant for all ages, stages, and contexts, whilst other content is more specific and targeted.

There are a host of [Events](#) throughout the year and [Podcasts](#) with key insights from a range of professionals.

---

*We host a range of trauma-informed resources including:*

---

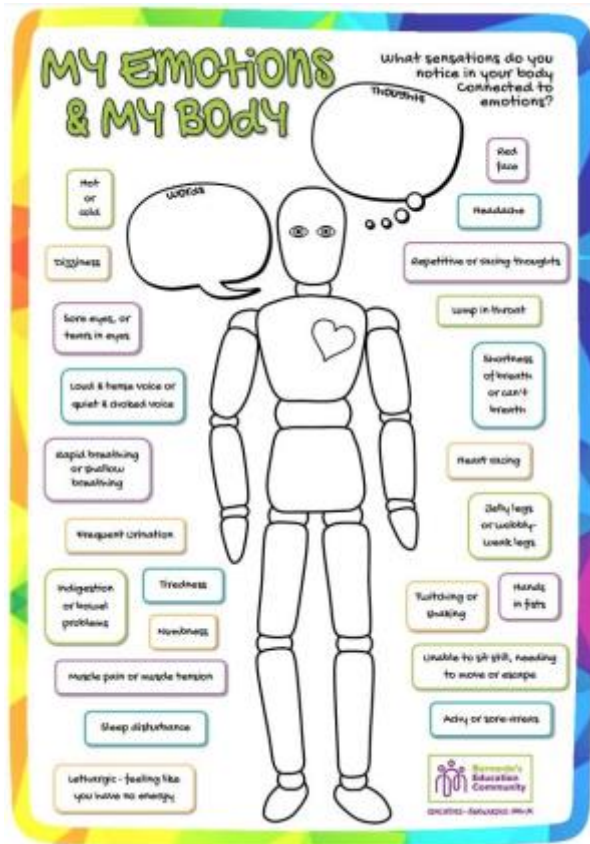
- [Articles](#)
  - [Blogs](#)
  - [Worksheets](#)
  - [Wakelets](#)
  - [Continuing Professional Development \[CPD\]](#)
- 

**Our content is developed in response to:**

1. Emerging issues within education and wider society that impact on children, young people and their families, and education staff.



2. Priorities identified by education staff.
3. Priorities identified by young people.



## MY COPING TOOLBOX

### Get Creative

Getting creative is one of the best ways you can use to help you when there are challenges.

Try these creative activities:

- Write something
- Draw
- Make a card
- Dance - great for working
- Play a musical instrument
- Make a poem
- Colouring something on
- Create a new game to play

Which creative activity did you enjoy the most?

Are there any other creative activities that you enjoy which help you feel better?

### How helpful is this coping tool for me?

- 1 Very helpful for me
- 2
- 3
- 4
- 5 A little helpful for me
- 6
- 7
- 8
- 9
- 10 Not helpful for me

Will I use this tool again?

Yes  No

Why?

If you don't get, write how you like to get creative, read out the square & add it to your toolbox!

### Get Creative

## MY COPING TOOLBOX

### The Magic TV Remote

Using your imagination to create happy and calming thoughts can help you during difficult times.

Take your eyes and pick up your magic remote...

Imagine the TV channels below:

Channel 1: all the beach

Channel 2: all the parks

Channel 3: on a mountain top

Which channel will you choose today?

Watch one of the channels please or create your own, it's up to you! This is to help you feel the way that you want to be.

### How helpful is this coping tool for me?

- 1 Very helpful for me
- 2
- 3
- 4
- 5 A little helpful for me
- 6
- 7
- 8
- 9
- 10 Not helpful for me

Will I use this tool again?

Yes  No

Why?

If you don't get, read out the square, & add it to your toolbox!

### Visualise

Your Calm TV Channel

## MY COPING TOOLBOX

### Active or Soothing Exercises

An active exercise will help you feel more awake. A soothing exercise will help you feel calm.

Try these active exercises:

- Ball activities
- Stairs
- Jumping on a trampoline
- Dancing or playing when playing in the park

Try these soothing activities:

- Self-massage (use your own body)
- Breathing
- Bouncing ball
- Body scan
- Relaxing

More information about these activities on the next page.

### How helpful is this coping tool for me?

- 1 Very helpful for me
- 2
- 3
- 4
- 5 A little helpful for me
- 6
- 7
- 8
- 9
- 10 Not helpful for me

Will I use this tool again?

Yes  No

Why?

If you don't get, write your favourite active or soothing activity, read out the square & add it to your toolbox!

### COMPLETE AN EXERCISE

## MY COPING TOOLBOX

### Listen to ...

A great way to soothe yourself is to listen to something that relaxes you.

Try listening to these sounds on a music platform:

- Rain falling
- Ocean waves
- Windy
- The wind in the trees

Songs can also relax you:

- Sing a song
- Listen to your favourite song
- Create a song

### How helpful is this coping tool for me?

- 1 Very helpful for me
- 2
- 3
- 4
- 5 A little helpful for me
- 6
- 7
- 8
- 9
- 10 Not helpful for me

Will I use this tool again?

Yes  No

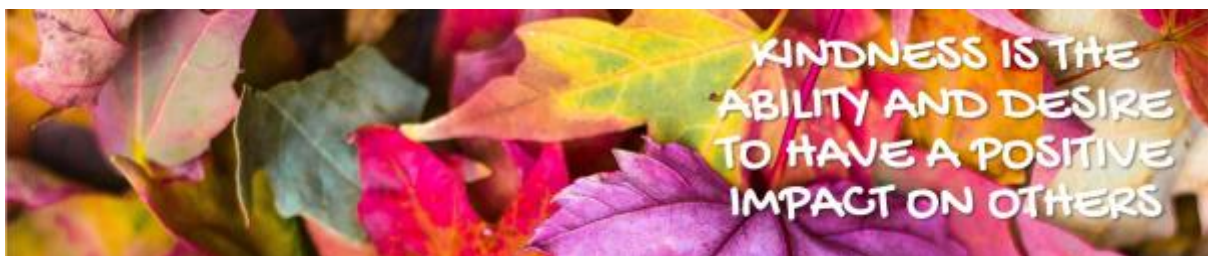
Why?

If you don't get, write or draw the sound or song you will listen to, read out the square & add it to your toolbox!

### LISTEN TO



Contact Us



Visit us on the web at

[Barnardo's Education Community](https://www.barnardos.org.uk/education-community)

Email us: [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk)

---

