



Newsletter October 2021



Welcome to the first newsletter from

[Barnardo's Education Community](#)

What is BEC?



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



Our priorities are:

- Supporting staff to support children and young people experiencing grief, loss, bereavement, and trauma
- Supporting staff with their own wellbeing

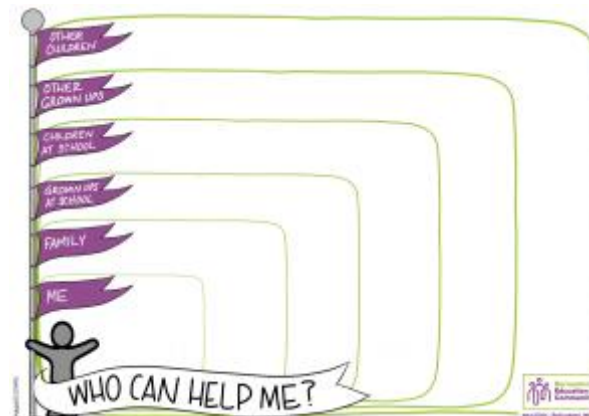
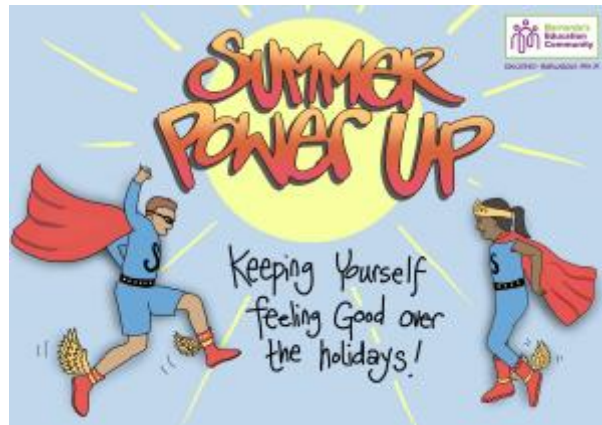
Our team is experienced in supporting children and young people across a variety of settings and age ranges (early years to university). There is content that is relevant for all ages, stages, and contexts, whilst other content is more specific and targeted.

The virtual space also has a [Community of Practice](#), a network formed of like-minded peers and professionals ready to support each other through the challenging and rewarding times that working within education services can bring.

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 & Workbooks](#)
 - [Pre-recorded CPD](#)
 - [Live CPD/training](#)
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fomo- fear of Missing Out



AM HAPPY TO JOIN IN WITH...

WHY DOES IT FEEL SAFE?

AM APPREHENSIVE ABOUT JOINING IN WITH... BUT FEAR MISSING OUT ON...

WHY DOESN'T IT FEEL SAFE?

SOMETIMES PEOPLE PUT ON A MASK TO HIDE THEIR ANXIETY OR WORRY.

WHY DO YOU PUT ON A MASK?



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WHAT MAKES ME FEEL GOOD?



WHAT DOESN'T MAKE ME FEEL GOOD?



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BIG CHANGES AT HOME - MY PARENTS HAVE SEPARATED/DIVORCED



WHICH OF THESE CHANGES ARE YOU EXPERIENCING?

<p>My mum/dad lives in a different home to us</p>	<p>New/different home</p>	<p>New school</p>	<p>New mum/dad</p>
<p>I have 2 lots of clothes and other things</p>	<p>Weekends are split between my parents' homes</p>	<p>Bedtime routine is different</p>	<p>We don't do things with both our parents</p>
<p>I can't stay over with my mum/dad because they haven't got space for me</p>	<p>I feel sad sometimes now</p>	<p>I don't see my old friends every day</p>	<p>I only see my/one of my mum(s)/dad(s) at weekends now</p>
<p>I feel safer now</p>	<p>It is quiet now at home</p>	<p>My mum/dad doesn't help me with my homework now</p>	<p>My family isn't the same as my friends' families</p>

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Special Memories ♥

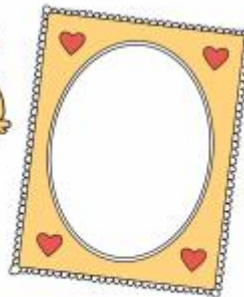
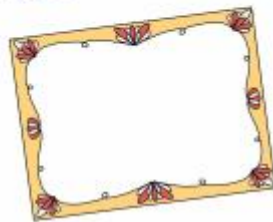
MY SPECIAL PERSON WAS _____



Draw a picture of them in the frame

Describe them in three words

TOGETHER WE DID THESE THINGS...



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News



We have carried out several surveys to inform our content. The latest in September asked people to review the website. Below are some of their comments.



‘To be honest I was blown away by the Trauma section. such useful information. Loved the handouts. The Invisible Backpack and the Suicide Risk articles would be particularly helpful.’

‘...feel that it is really helpful...clearly set out... lots of resources. Great for someone in an educational setting.’

‘I’ve already recommended it - even just this week – to other schools and quite widely in my networks.’

Content



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. A Young People's group has been set up with the aim of hearing what some of these are.

New Content

- *Following the success of our previous workbooks, we developed the [Change Challenge](#) to support children aged 5-11 on their return to school.*
 - *There is a new blog on [Traumatic Bereavement](#).*
 - *Our new article is [Trauma in Early Childhood](#).*
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Upcoming Articles:

Racial trauma

- Part 1: What Racial Trauma is and how it impacts on children and young people
- Part 2: Developing an anti-racist approach in settings and schools



Season 2 of the BEC [Podcast](#) will be with you soon. In the pipeline we have:

- Hull Headstart talking about the targeted work they do on MHWB through the Wellness Recovery Action Plan (WRAP) programme.
- Sarah Hunt from Leicester University talking about the research she is undertaking on the Mental Health Needs of refugee and asylum-seeking children and young people.
- Adam Burley, Consultant Clinical Psychologist at NHS Lothian, will talk about vicarious trauma and the importance of support within our workplaces.

Events



[Live CPD \(Continuing Professional Development\) for October - November - December](#)

[Staff Wellbeing:](#)

This 2-hour session is for any member of staff in education settings and focuses on both individual and collective wellbeing. We will share feedback from recent research, explore how awareness of your body supports emotional wellbeing, share ideas on how you can improve your wellbeing and that of your colleagues, as well as identify individual goals and actions.

Thursday 11th November 4.00 - 5.00pm

[Invisible Backpack:](#)

The aim of this learning opportunity is to try and have a trauma-informed approach regarding the wider world of the young person and understand the baggage that they can carry around on their

shoulders. They may have baggage due to adversity experienced over a long period of time or Covid-related: periods of lockdown and isolation.

Wednesday 17th November 4.30 - 5.30pm

Get involved

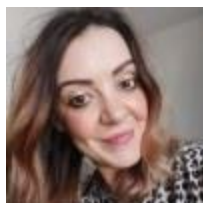


Ways you can get involved in Barnardo's Education Community:

- You can join the [Community of Practice](#) to network with colleagues across the 4 nations.
- If you would like to be involved in shaping BEC, join our Steering Group please [email us](#).
- [Spaces for Wellbeing](#) programme; it is focused on staff wellbeing and is designed 'to provide inspiration, not instruction', reflecting themes identified by education staff themselves. If you would like to be involved in the **two planning sessions (4th Nov and 2nd Dec)**, please [email us](#). From January the programme will feature guests from teaching, social care, educational psychology, and academia to discuss solutions that support staff wellbeing.
- Please share the [information](#) and [resources](#) with any colleagues working within education services for children and young people.

We want to make the platform useful for you as professionals working in education; let us know what you think and what you would like to see on our website.

The Team



Programme Manager – Samara Barnes

Samara started working with children and young people in 2005. She started her career in therapeutic children's homes and since then has specialised in working with young people with complex needs.



Project Worker - Marie Thomas

Marie is a qualified primary school teacher and a specialist in working with children aged 2-5. She has worked with staff, children and families and communities for over 30 years in a range of roles, including that of Headteacher and Area SENDCo.



Project Worker - Carly Goodwin

Carly has worked for Barnardo's for the past 10 years in Services in South Wales, working primarily with Children, Young People and their families around emotional wellbeing and collaborating with schools and other community-based services.



Project Worker - Lucy Kuipers

Lucy is a fully qualified registered psychotherapist who has worked in both Barnardo's London Region and Barnardo's North Region. She has worked in a range of clinical and therapeutic roles with Children and Young People and alongside multi-agency professionals.

[Contact Us](#)



Visit us on the web at

[Barnardo's Education Community](#)

Email us : BECommunity@barnardos.org.uk

