



# Newsletter June 2022



---

*Welcome to the June newsletter from*

***Barnardo's Education Community***

---

## News



---

*Spaces for Wellbeing*

---

We are delighted to announce the launch of our [Spaces for Wellbeing programme](#) that has been co-developed with education practitioners. There will be a series of monthly events featuring guest speakers.



1 - Thursday 16th June

## **Our introductory session to the Spaces for Wellbeing Programme brought together practitioners from across the UK and beyond!**

We met with a range of colleagues in the teaching community, family support, senior leadership, coaching and educational psychology to start to think about individual staff wellbeing as well as the wellbeing of staff general in the settings that we work in and how we are responding to current and emerging needs.

We began conversations around what supports or has supported wellbeing and the positive factors that have helped wellbeing at work.

---

‘Thank you for having me and I look forward to hearing more!’

‘Thanks for this wonderful platform... about to log off for another meeting. Keep me in the loop. This has been the highlight of my day!!’

‘Sessions and Wakelet sounds fantastic - will spread the word!’

‘Thanks very much, it’s been lovely to chat about such an important topic. Much appreciated!’

---

**Our next event will be on Thursday 14th July**

### **Critical Incident Debriefing**



**David Newton MBE MBACP**

Team Manager and counsellor  
Barnardo's Northwest Mental Health and Trauma Services Delivery Platform

Dave has been a qualified therapist working with children for over 20 years with experience of working in both primary and secondary mainstream schools including those with a SEN and SEMH provision. He has also worked for several Barnardo's mental health and trauma services for 12 years as a Team Manager, therapist, supervisor, and trainer supporting children, young people, and families across the Northwest of England.

Dave has also worked for the Fire Service as a full-time operational firefighter and has 30 years' experience. During this time, Dave provided **Critical Incident Debriefing (CID)**, an intervention to support those colleagues witnessing and experiencing trauma and stress. He has continued to use this model of group support within Barnardo's and has supported groups, including teachers, through situations such as suicide, self-harm, child death and the pandemic.

Through his life of both witnessing and experiencing trauma, as both a firefighter and therapist, Dave says he has come to understand more about how trauma and stress can impact our lives. He feels it is important to be able to understand and normalise the reactions we have to these difficult experiences.

Being both a recipient and provider of CID has given him a greater insight into CID, an intervention that can be used not just in the emergency services but to all groups who experience a traumatic event.

**Thursday 14th July 2022**

**4:15 - 5:45pm**

The session will feature:

- An introduction
- A short presentation

Followed by:

- Discussions and Q&A

**The Spaces for Wellbeing programme is focused on staff wellbeing and is designed to 'provide inspiration and not instruction'**

[www.educators.barnardos.org.uk/cid/](http://www.educators.barnardos.org.uk/cid/)  
[spaces-for-wellbeing programme](http://spaces-for-wellbeing programme)



2 - [Critical Incident Debriefing - David Newton](#)

***New academic year dates for the Spaces for Wellbeing programme:***

*(further details about each event will be published on the [website](#) over the coming months)*

Thursday 14th July	Safe	Critical Incident Debriefing	David Newton (Team Manager and Counsellor)
Thursday 29th September	Nurturing	Mindfulness	Alessandra Bowditch (Former Teacher, Senior Practitioner and Therapist)
Thursday 14th October	Healthy	Autogenic Therapy	Andrew Walker (Trauma Therapist)
Thursday 27th October	Safe	Building safe spaces	Adam Berley (Consultant Clinical Psychologist)
Thursday 20th November	Respected & Included	Building a strengths-based, trauma-informed approach	Lynn Miles (Senior Lecturer in Education)
Thursday 24th November	Active	Creative Journaling	Dr. Lucy Kelly (Senior Lecturer in Education)

***Outcome of Zurich Community Trust application***

We applied to the Zurich Community Trust for funding in December 2021 and reached the final stages in March 2022. The Trust offers funding for one national partner in each of the following categories: Dementia, Poverty and Mental Health.

We are delighted to announce that Barnardo's Education Community will become the **new National Partner for the Mental Health category**. This is recognition of the work we are doing and will enable us to develop our work across the 4 Nations and continue to support education staff in the wonderful work that they do.

## Events



---

### [Upcoming Live CPD \(Continuing Professional Development\)](#)

---

**2022 CPD - Online sessions**

 Bernardo's Education Community  
Supporting Education Staff

Please note, we reserve the right to cancel events if there are not a viable number of attendees up to one week prior to the session date. When you sign up to a BEC event, you will be automatically subscribed to our mailing list. To unsubscribe click the link in the email.

Thursday	23rd June	16:00	17:30	Trauma and Attachment (Part 1: Theory and Reflective Practice)
Wednesday	29th June	16:00	17:30	Trauma and the Body (Part 2: Theory, Practice and Applications)
Tuesday	5th July	16:00	17:00	Spaces for Listening
Thursday	7th July	16:00	17:30	Cross-Cultural Perspectives on Grief and Mourning
Wednesday	13th July	16:30	17:30	Spaces for Listening
Thursday	14th July	16:15	17:45	Spaces for Wellbeing - Critical Incident Debriefing - David Hewton
Thursday	21st July	16:00	17:30	Developing Awareness for Self-Harm and Suicidal Behaviours
Thursday	28th July	16:00	17:30	Trauma and Attachment (Part 2: Scenario Examples and Discussion)
Thursday	4th August	16:00	17:30	The impact of bereavement on autistic CYPs
Thursday	11th August	16:00	17:30	Trauma and Attachment (Part 1: Theory and Reflective Practice)
Monday	22nd August	16:00	17:00	Spaces for Listening
Thursday	18th September	16:00	17:30	Trauma and Attachment (Part 2: Scenario Examples and Discussion)
Thursday	22nd September	16:00	17:30	The Use and Power of Language
Thursday	29th September	16:15	17:45	Spaces for Wellbeing - Mindfulness - Alessandra Bowditch
Thursday	14th October	16:15	17:45	Spaces for Wellbeing - Autogenic Therapy - Andrew Walker
Thursday	27th October	16:15	17:45	Spaces for Wellbeing - Building safe spaces - Adam Surley
Thursday	10th November	16:15	17:45	Spaces for Wellbeing - Building a strengths-based, trauma-informed approach - Lynn Miles
Thursday	24th November	16:15	17:45	Spaces for Wellbeing - Creative Journaling - Dr. Lucy Kelly

### 3 - [Live CPD Events](#)

Other ways to get involved in the community:



---

*For education staff*

---



**Role-specific [Education Hubs](#):**

- Safeguarding / Pastoral
- Early Years
- Teacher
- Teaching Assistant
- SEN / ASN / ALN
- Therapist / Counsellor / MHP
- Senior Leadership

Email us at [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk) to join the individual mailing lists for each Hub that you feel relate to your role and /or setting. New meeting dates to be organised soon.

---

*[Therapists Community Hub](#)*

---

For counsellors, psychotherapists, and mental health practitioners working with children, young people, and families in educational settings and Barnardo's services. Open to colleagues internal and external to Barnardo's.

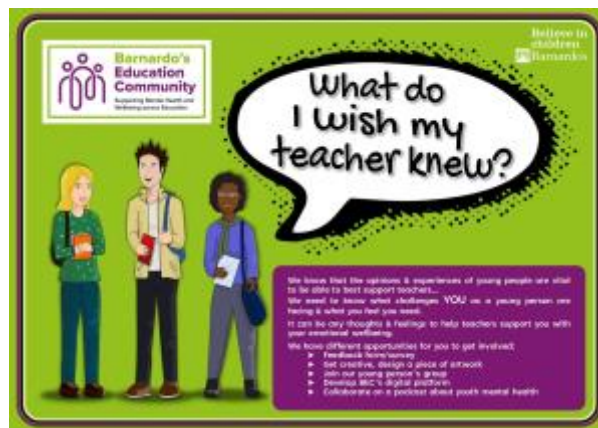
Check out the [website](#) for more details about upcoming sessions



---

*[For children and young people](#)*

---



- Complete a form/survey with their thoughts and opinions
- Create art, pictures, posters, lyrics, poems relating to 'what do I wish my teacher knew?'
- Participating in a fun and informal digital steering group meeting with other young people (up to 6 sessions - 1 a week, limited numbers of 4-6 YPs, no dates planned yet)
- Developing a space for young people on the BEC website to express/showcase these thoughts and opinions
- Collaborate on a podcast voicing their thoughts and opinions (possible topics could include: 'what do I wish my teacher knew?', youth mental health, and wellbeing)
- A teacher/education staff member facilitating a face-to-face group having linked in with a BEC worker (digitally)
- There may be other ways for a young person to voice their thoughts ([please inform us](#) if you have any other suggestions).



---

*Planned Workshop:*

---

**How to support children and young people who have additional needs/SEND who are questioning their gender and sexuality, and the impact on their mental health.**

**Monday 11th July 2022 4.00pm**

**Email us at [BECommunity@barnardos.org.uk](mailto:BECommunity@barnardos.org.uk) if you are interested in attending this workshop.**

---

*Other potential workshops*

---



We continue to collaborate with colleagues on new ideas for CPD opportunities and resource sharing.

Current thoughts include:

- A resources workshop to creatively develop some games around building relationships with children and young people following the themes of loss, acceptance, remembrance etc e.g., professionals can come away from the session with a range of activities that they can use (indoors and outdoors) to support individuals and small groups.
- Ways to work with adults who are former LAC/CECYP who are neurodiverse with overlay of mental health and the impact.
- Support on neurodevelopment and behaviour.
- Resource for NQTs.
- Ways to work with the systems when supporting children and young people.

---

*Please share the information and resources with any colleagues working within education for children and young people.*

---

## 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:

- how you have supported children and young people in your setting who are experiencing loss, grief, and/or bereavement
- your experiences
- 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

**\* 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 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:*

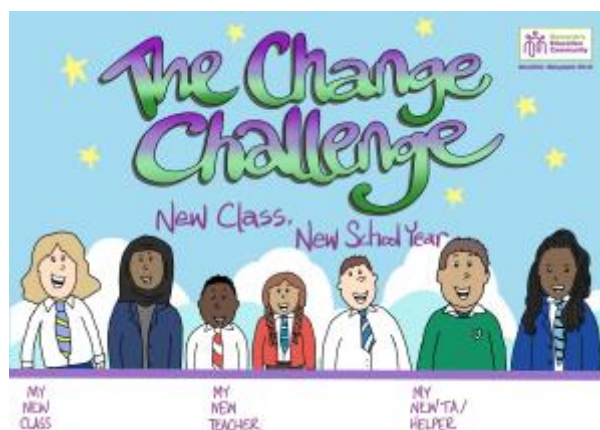
---

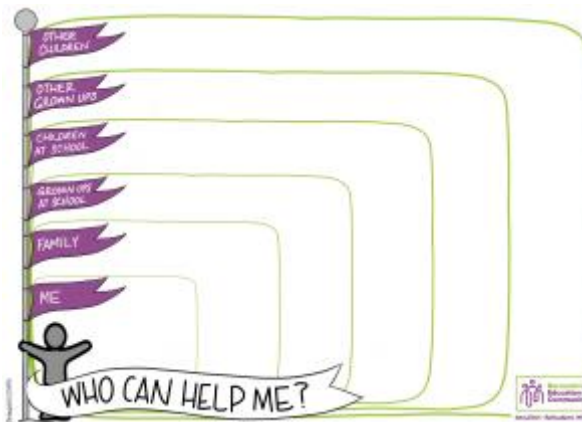
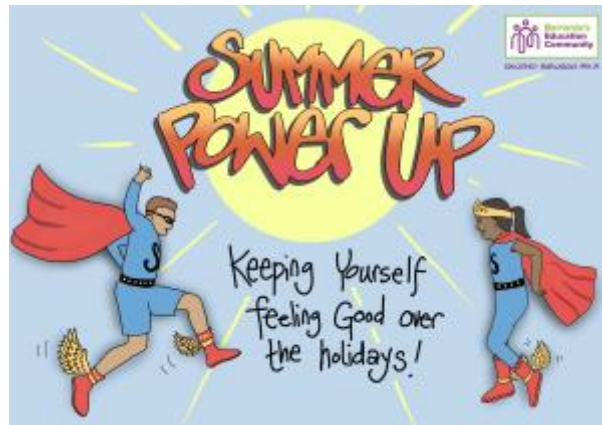
- [Articles](#)
- [Blogs](#)
- [Worksheets & Workbooks](#)
- [Pre-recorded CPD](#)

- [Live CPD/training](#)
- 

**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.





# Special Memories ♥

MY SPECIAL PERSON WAS \_\_\_\_\_

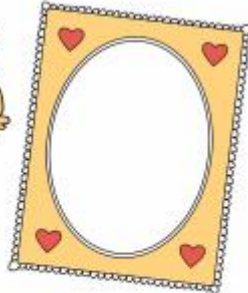
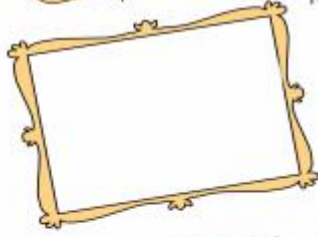


Draw a picture of them in the frame

Describe them in three words

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

TOGETHER WE DID THESE THINGS...



WHAT MAKES ME FEEL GOOD?



WHAT DOESN'T MAKE ME FEEL GOOD?



## BIG CHANGES AT HOME - MY PARENTS HAVE SEPARATED/DIVORCED



WHICH OF THESE CHANGES ARE YOU EXPERIENCING?



© Barnardo's

Contact Us



Visit us on the web at

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

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

