



Newsletter Spring Term 2023



Welcome to the Spring Term newsletter from

Barnardo's Education Community¹

News



Our website is being **relaunched** on **Monday 30th January**, showcasing our **new 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:

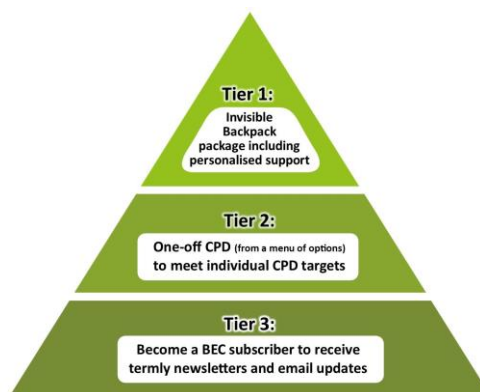
- For you and your staff (**Staff Wellbeing**)
- For you in your work with children and young people (**Training and CPD; Resources**)
- For you to connect with colleagues across the UK (**Communities of Practice**)
- Including links to **Barnardo's MWHB Support**.

¹<https://www.educators-barnardos.org.uk/>



Alongside our wider mental health offer, BEC are now able to offer **additional targeted support** to educational establishments.

We will offer **3 Tiers of support**:



Learn more about the **FREE Barnardo's Education Community 2023 offer** at one of our upcoming events!

Dates:

- **Thursday 9th February: 4.15-5pm**
- **Thursday 2nd March: 4-4.45pm**
- **Thursday 16th March: 3.45-4.30pm**

We will record this session so you can access it at a time that is convenient for you.

Save the dates - registration will be available soon!

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 – Thursday 9th March
- Part B: Reflective Practice – Thursday 20th April
- Part C: Practical Discussions – Thursday 18th May

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 Discussions – Thursday 29th June

Save the dates - registration will be available soon!



We offer two co-production workshops followed by a programme series of monthly events. Each event will be recorded and added to the 'Training and CPD' section of the website.

This year, we will be collaborating with educators based in Hull and surrounding areas as part of the co-production process to develop the Spaces for Wellbeing Programme (2023-2024). This will be at a Barnardo's event on 8th February.

Provisional dates for the diary: (4.15-5.45pm)

- Thursday 23rd March
- Thursday 27th April
- Thursday 25th May
- Thursday 22nd June
- July (break)
- August (break)
- Thursday 28th September
- Thursday 12th October
- Thursday 2nd November
- Thursday 16th November

Resource Development Workshops

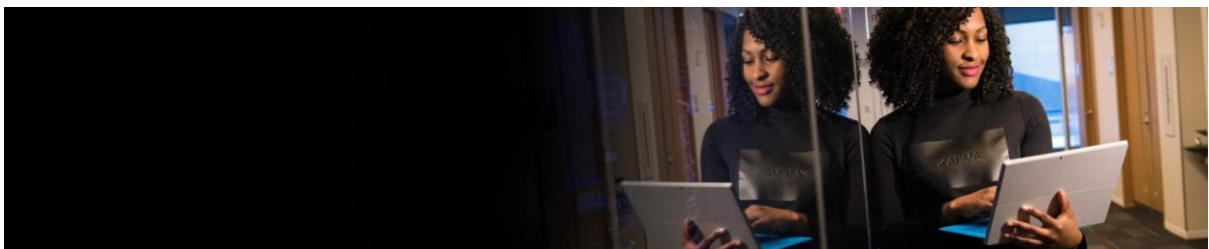
Workshops **provide a space to collaborate on the development of resources** to meet an identified and unmet need highlighted by education staff or children and young people. The resources that are created will be hosted on the BEC website.

There are currently **two developments** in progress:

- ***Therapeutic Games for Relationship Building***
- ***Supporting CYP with SEND exploring their gender/sexuality***

We will be further developing these resources over the late spring/summer months.

New Content



Recorded CPD available now:

The Theme of Loss: Death, Dying and Change

Feedback from the live event:

'Really helpful and brilliant resources – thank you.'

'This was such a useful and supportive session. Thank you!'

Recorded Spaces for Wellbeing Programme events available when the website relaunches:

Building a strengths-based, trauma-informed environment – Lynn Miles (Senior Lecturer in Education at Teesside University)

Feedback from the live event:

'The recognition of trauma is something that is new to me, so I've found this webinar very enlightening. Thank you, Lynn for taking the time to share your experiences with us.'

'Thank you for such an interesting and honest session.'

Creative diary-keeping – Dr Lucy Kelly (Associate Professor in Education at the University of Bristol)

Feedback from the live event:

'I have always enjoyed writing. This time I definitely feel like I gave myself a mini therapy session through the freewriting activity. The more I wrote, the more I unpacked - something that made me feel a bit out of sorts today was actually probably something to do with my own views and expectations... but also allowed myself to sit with those feelings. reminded myself I am still human!'

'Just enjoying a great moment with you. Thanks for the space.'

Communities of Practice



Following confirmation of BEC's partnership with Zurich Community Trust (National Mental Health Partner 2022-2024), we have been keen to develop our Communities of Practice to support effective practice and provide a supportive field for maintaining and developing professional skills and resources for working with children, young people, and families.

We will be piloting the following **Communities of Practice** on the BEC platform:

- **Therapeutic Practitioners**
- **Steering Group**



More information about these Communities of Practice will be available on the website following the relaunch.

Partnerships



BATOD:

We have developed a partnership with the **British Association of Teachers of Deaf Children and Young People (BATOD)**. This has led to:

- A review of our website by the Co-National Executive Officer and Magazine Editor, Teresa Quail.
- An article on BEC in the BATOD December 22 newsletter.
- An invitation to speak at the BATOD Northern Ireland AGM, which will have sessions focusing on social, emotional and mental health and early years.



PESI UK:

We are proud to work with **PESI UK** – the largest clinical content provider in the UK and Europe. We are busy reviewing our courses list and will be adding new ones ready for you to access following our website relaunch.



AMS:

Continuing our collaboration with the **Association for Muslim Schools (AMS)**, the BEC website will soon launch our co-developed KS3 lesson plans and additional resources for the theme '**Understanding Illness**' (including psychoeducation around illness, self-expression, end of life, grief, death and dying).

Later this year, we will also be launching lesson plans and resources for a second theme focused on '**Navigating Relationships**' (exploring trust, respect, preferences, boundaries, risk, and options available in relationships).



Other Developments



New CPD opportunity from Barnardo's

Our colleagues from the **Care Journeys Programme** are offering a **Care Experienced Awareness Training**. This is a great opportunity for anyone working with children and young people with care experience.

The following dates still have places available:

- Wednesday 24th May 2023²
- Tuesday 27th June 2023³

More will be announced for later in the year!

Defying The Odds

Care Experience Awareness Training

A training course coproduced and delivered by young people with lived experience of the care system



²<https://www.eventbrite.co.uk/e/defying-the-odds-care-experience-awareness-training-tickets-483753679277>

³<https://www.eventbrite.co.uk/notavailable>

WHO IS THIS TRAINING FOR?

Everyone! Whether that be admin, research, trustee's, project workers or policy- we feel that having knowledge and awareness of care experience will benefit you and improve your practice overall.

WHAT WILL I GET OUT OF THE DAY?

We aim for the day to:

- Inform and inspire you!
- Help you to understand what it means to be care experienced and learn the history of care experience
- Understand the impact of the care system and how young peoples experiences and journeys differ
- Explore assumptions, stigmas and stereotypes for care experienced young people and how these can be harmful to care experienced people
- Explore and understand how you can be an Ally to care experienced young people, amplify their voices and combat the stigma of care experience and improve your practice



SIGN UP NOW!

UPCOMING DATES FOR THE TRAINING

- Tuesday 28th February 2022
[CLICK HERE](#)
- Wednesday 22nd March 2023
[CLICK HERE](#)
- Tuesday 25th April 2023
[CLICK HERE](#)
- Wednesday 24th May 2023
[CLICK HERE](#)
- Tuesday 27th June 2023
[CLICK HERE](#)

More will be announced for later in the year!



The training will be a mix of you accessing an online learning platform and working through a module, and afterwards coming back to the group to reflect, ask questions and take part in some activities!

We will use the same zoom link all day and you will access the e-learning link on the link we send you in advance.

Welcome webinar- via zoom 10-10:30am

Module 1- Self directed eLearning 10:30-11:00

Reflection webinar- via zoom 11.00-12.00

Lunch 12-12:30

Module 2-Self directed eLearning 12:30-1:30pm

Reflection webinar-via zoom 1:30-2:30

Module 3- eLearning 2:30-3:00

**Reflection webinar/ learning and
Action Planning-via zoom** 3:00-4.00pm



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Contact Us



Visit us on the web at

Barnardo's Education Community⁴

Email us : BECommunity@barnardos.org.uk⁵

⁴<http://www.educators-barnardos.org.uk/>

⁵<mailto:BECommunity@barnardos.org.uk>

