



Newsletter Autumn Term 2022



Welcome to the Autumn Term newsletter from

Barnardo's Education Community

News



New Content

A slide titled "Critical Incident Debriefing" with a photo of David Newton and the Barnardo's Education Community logo. The slide text reads: "The Spaces for Wellbeing programme is focused on staff wellbeing and is designed to 'provide inspiration and our instruction!'".

Critical Incident Debriefing

David Newton MBE MBACP
Team Manager and co-ordinator

The Spaces for Wellbeing programme is focused on staff wellbeing and is designed to 'provide inspiration and our instruction!'

Barnardo's Education Community
Supporting the most vulnerable young people

RECORDED EVENT - Spaces for Wellbeing

David Newton: Critical Incident Debriefing

UPCOMING:

- [PODCAST: #S2 - Ep 5 - Care Journeys](#) [In this soon to be released episode of BEC, 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.]
 - ARTICLE: Promoting positive mental health: the importance of seeing yourself represented/representation in education settings
 - RECORDED CPD: 'The Theme of Loss: Death, Dying and Change', 'Developing Awareness of Self-Harm and Suicidal Behaviours', 'Cross-Cultural Perspectives on Grief and Mourning'.
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Collaboration with Association of Muslim Schools



BEC and the Association for Muslim Schools (AMS) were awarded funding from the Centre of Expertise to pilot a collaborative approach to the development of mental health and wellbeing resources for schools. The AMS provides support and leadership to over 150 Muslim schools across the UK to help improve the lives and wellbeing of children and young people from faith and non-faith backgrounds.

A model of co-production was proposed to 'develop, test and to embed resources' that were 'specific and targeted; whilst supporting best practice.'

[The Centre of Expertise for Black and Asian Children and Young People is a multi-disciplinary team, funded by the Home Office and hosted by Barnardo's, who work closely with key partners from academic institutions, local authorities, health, education, police and the voluntary sector. The team supports children and young people by using evidence and insight to develop new approaches and apply learning in practice.]

These resources and more information about this collaboration will be available on the BEC website in October.

Navigating Relationships

Name: _____

AMS UK
Barnardo's Education Community
Barnardo's Education UK Ltd

The cover features a central white area with a collection of colorful, stylized arrows in various directions and colors (blue, green, purple, red). The title 'Navigating Relationships' is written in a large, bold, blue font. Below the title is a line for a name with arrows pointing left and right. Logos for AMS UK, Barnardo's Education Community, and Barnardo's Education UK Ltd are located in the bottom right corner.

Understanding Illness

Barnardo's Education Community
AMS UK

The cover features a central white area with a colorful illustration of a landscape. A yellow sun is rising over a green hill, with a winding path leading up to it. The sky is blue with white clouds. The title 'Understanding Illness' is written in a large, stylized, multi-colored font. Logos for Barnardo's Education Community and AMS UK are located in the top left and top right corners respectively.

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 is 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.

[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.



Upcoming Live CPD (Continuing Professional Development)

- **Trauma and Attachment (Part 2: Scenario Examples and Discussion)**

Thursday 15th September 16:00 - 17:30

- **The Use and Power of Language**

Thursday 22nd September 16:00 - 17:30

[Follow the link above to access the timetable as a PDF document that you can print/save. An updated version will be available soon]

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.

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

Our next event will be on Thursday 29th September exploring 'Mindfulness' with Alessandra Bowditch. This event will be interactive and will include practical Mindfulness activities for participants to engage in.

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 Burley (Consultant Clinical Psychologist)
Thursday 10th 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)

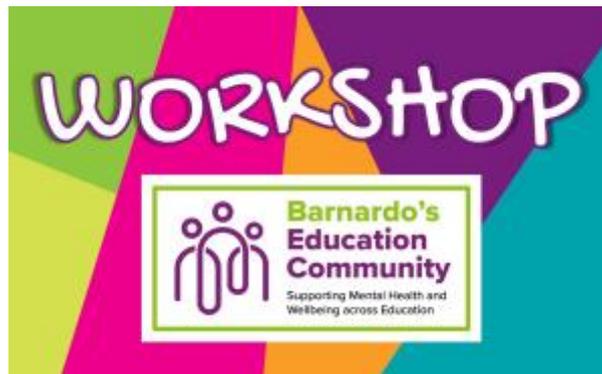
Planned Workshops:

In July and August we held two workshops 'Supporting CYP with SEND exploring their gender/sexuality'.

An outcome of this was the generation of ideas for resources that will enable staff to support families and young people with SEND who are questioning their gender or sexuality:

- Raising awareness of LGBTQ+ and SEND and disabilities amongst the family network
- Developing awareness of LGBTQ+ and children with SEND/disabilities amongst education staff/professionals
- How to support young people within an education setting as their trusted adult
- A space for reliable information for education staff and for young people.

At the second workshop we decided to focus on Autism and create an online course for staff which will be a mixture of pre-recorded and live sessions, and include links to resources and signposting.



*In our next workshop on **Monday 10th October 2022 4.00-5.30pm** we will further develop this resource: [registration available here](#)*



Other potential workshops

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

Current thoughts include:

- Support on neurodevelopment and behaviour.
- Resources for Early Career Teachers (formerly NQTs)

For Education Staff



We are currently in a new phase of development and are trialling **monthly thematic reflective spaces** to replace the 'Education Hubs'.

The BEC Steering Group suggested the first theme be related to **'Supporting CYP who struggle to manage in school with their feelings or behaviour, and who may display distress.'** It is an opportunity to share practical strategies and experiences, as well as give you a space to feel heard and validated.

- DATE FOR FIRST THEME: **Thursday 6th October** - further details will be published on the website 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.

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



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.

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.

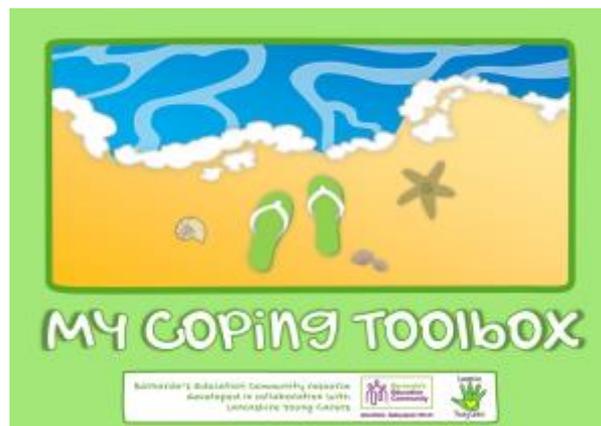
There are a host of [Events](#) throughout the year and [Podcasts](#) with key insights from a range of professionals.

We host a range of trauma-informed resources including:

- [Articles](#)
 - [Blogs](#)
 - [Worksheets](#)
 - [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

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...

Headline the TV channels below:

Channel 1:
at the beach

Channel 2:
at the park

Which channel will you choose today?

Write one of the channels above on each spot with a pin through this to tell you that the one that works for you.

Use this coping tool helpfully?

- 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 near red the square, add it to your toolbox!

Visualize

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
- Sit-ups
- Jumping on a trampoline
- Running or playing catch
- Playing in the park

Try these soothing exercises:

- Self-massage (head, neck, arms, legs)
- Breathing
- Rhythmic tap
- Body scan
- S, S, S, S, S breathing

Coping

Use one of the coping tools on this page.

More information about these exercises is on the next two pages.

Use this coping tool helpfully?

- 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 use with your favourite active or soothing activity, tear 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
- Bubbles
- The wind in the trees

Songs can also relax you:

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

Use this coping tool helpfully?

- 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 use with or draw the sound or song you will listen to, tear out the square & add it to your toolbox!

LISTEN TO

EXPLORING GRIEF



Contact Us



Visit us on the web at

[Barnardo's Education Community](#)

Email us : BECommunity@barnardos.org.uk

