

PSHE Leads' Bulletin

Message from GHLL

We hope you've had an enjoyable Easter break - the weather is looking brighter which will certainly lift our moods.

With the summer term starting, schools will be supporting pupils with upcoming SATs and exams. This can be a stressful time, so it is important to look after yourselves and each other.

We hope you find this content useful; if you wish to see a particular feature in a future edition, please do get in touch.

As always, the GHLL team is available to support you - do not hesitate to contact us:

ghll@gloucestershire.gov.uk

Fiona and the team.



Anti-Bullying Week & Free CPD

Anti-Bullying Week is scheduled to take place from Monday 14th - Friday 18th November. The theme will be launched in May 2022 and announced [here](#).

The Anti-Bullying Alliance offer a comprehensive suite of [free online CPD courses](#) across a range of topics including cyberbullying, mental health and bullying, sexual bullying, and more.



Free e-Bug Educator Training

Delivered by GHLL Lead Teachers, e-Bug training combines information, demonstration, and discussion on how to deliver fun, engaging and practical learning on microbes, infection prevention, control and treatment.

e-Bug materials are free to schools, and link to Science, PSHE and RSHE curriculums. To book your place for training in May or June, email ghll@gloucestershire.gov.uk or [click here](#).



Live Reporting on Mental Health in Gloucestershire



TIC+ is a local mental health charity working with children and young people across Gloucestershire. They are proud to have launched a Live Impact Dashboard providing real time information on issues, demographics, trends and importantly, the impact that early intervention can achieve. TIC+ are believed to be the first Mental Health charity in the UK to produce a dashboard of live data.

[View the dashboard here](#)



Congratulations to Gloucestershire's Healthy Schools



Well done to each of the schools below for their efforts and successes.

The following schools have been recredited with their Healthy Schools Award:

Bledington Primary School
Calton Primary School
Carrant Brook Junior School
Cranham CofE Primary School
Hatherley Infant School
Kingsholm CofE Primary School

Kingsway Primary School
Northleach CofE Primary School
Rowanfield Infant School
Rowanfield Junior School
The Milestone School

Newly awarded: Soudley School

[Learn more about GHLL awards](#)

Pupil Wellbeing Survey 2022 Now Closed



The PWS 2022 has now closed. Thank you to all the students who took part and the school staff that made the running of the survey possible.

In the upcoming months, the survey data will be uploaded to the Pupilinform database. Individual school reports will also be sent out to education establishments that participated, and a county level report will be available online.

Once data is available to view on Pupilinform, teachers and support staff will be given the opportunity to take part in training to understand how they can access their results and make the most out of the Pupilinform data set. Training is likely to be held at the end of the Summer term and at the start of the next academic year; further details will be released in due course.

Learning and Teaching

Guidance & Resources

Free Consent Resources for Primary and Secondary Schools

GHLL has collaborated with the Office of the Police and Crime Commissioner (OPCC) to create resources for primary schools on the topic of consent which include an animation, lesson plans, and resources.

An additional suite of learning and teaching materials for secondary schools, created by GHLL and Gloucestershire County Council's Safeguarding team, covers topics including permission seeking, dealing with rejection, introduction to sexual consent, sexual harassment, and more. The package includes a film, scheme of work, and supplementary resources.

[Explore the KS2 – KS3 resources](#)

[Explore the KS3 – KS4 resources](#)

**Free training event on the
KS3 – KS4 resources coming soon!**



Free KS2 – KS4 Resources on Parental Separation and Children's Rights

Rosie's Story is a fun and interactive two-part PSHE lesson plan on the topic of parental separation for Upper **Key Stage 2** pupils. The resource was devised by Prof. Anne Barlow and Dr Jan Ewing at Exeter Law School in collaboration with The National Youth Advocacy Service (NYAS) and The National Association of Child Contact Centres (NACCC).

'The Rights Idea?' lesson plan for Upper **Key Stage 3** and **Key Stage 4** pupils explores children's rights when parents separate.

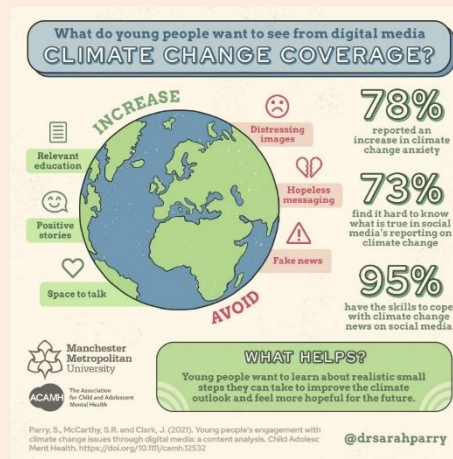
[Read more & access the resources](#)



Mental Health and the Global Ecological Crisis

ACAMH is providing events, podcasts, and Open Access papers on the mental health implications of climate change. There is an ongoing debate about how relevant the topic should be for mental health professionals, and those that work with children. CAMHS have produced evidence and action plans to help address the topic.

[View the content here](#)



Free Revision App

Gojimo offer a free app to support GCSE and A-Level revision. Content can be optimised according to exam board specifications.

[Learn more here](#)



Knife Crime Toolkit

Free resource designed for use with young people at risk of carrying or using a knife.

[View and download it here](#)



New Anti-Racism Resources

10 practical resources designed around a **5-step framework** to create a whole-school approach to mental health and wellbeing.

[Available here](#)



Staying Mentally Healthy During Exams

Activities, resources, and lesson plans to support staff and students ahead of exams.

[Available here](#)



DfE Exam Preparation Tips

[Guidance available here](#)



Wellbeing Ideas

Ideas and Resources for Classrooms



The latest newsletter from the SEAL Community provides a wealth of ideas for supporting and teaching wellbeing including:

- A wellbeing resource collection
- Ideas for celebrating [Empathy Day](#) on 9th June (the 2022 theme is: empathy, our human superpower)
- Tips for designing a therapeutic space during your next classroom makeover
- A guide to creating a calmer class in four weeks
- A link to the SEAL YouTube channel
- Easy ideas to nurture pupil's mental health

[View the SEAL newsletter here](#)



Teacher Wellbeing Blog



The Department for Education's blog is produced by teachers, for teachers. The blog has a page dedicated to teacher wellbeing and features posts on the topics of reducing workload, finding belonging, building a flexible working culture within schools, and more.

[Read the articles blog](#)

[Learn more about the blog, or contribute](#)



Positive News and Self-Help Magazine

Free to read online [here](#)

'Meaningful May' Calendar (Action for Happiness) – [Download it here](#)

Meaningful May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Support & Services

Support for Staff

Education Support

UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities.

- **Helpline:** 08000 562 561
- [Visit the website](#)
- **Poster** to direct staff to wellbeing support services.

Employee Assistance Programme (EAP)

School staff and their dependent family members can access free personal, financial and legal support from a 24 hour **Employee Assistance Programme (EAP)**. Gloucestershire County Council has extended access to the EAP until 31st August 2022. The EAP is free of charge to all schools as part of the LA's response to the challenges faced post pandemic.

- **Helpline:** 0800 030 5182
- **Poster**

Occupational Health

The Occupational Health team are here to help support the health and wellbeing needs of staff. Whether it is a sudden death of a member of staff or the death of a pupil there is support available.

Occupational Health have an in-house counselling team and can offer on-site support in certain circumstances where a group of staff have been affected by a life changing or serious event.

- **Contact:** 01452 425073 (option 1)
- **Email:** OHU@gloucestershire.gov.uk
- [Read more here](#)



Mental Health Services for Children and Young People in Gloucestershire

Universal services		Targeted services
These services are all free, confidential and do not require a referral/appointment.		
On Your Mind Glos For all ages. An NHS website to explore topics such as bullying, eating disorders and anxiety, and where you can go for more support. Available 24/7. www.onyourmindglos.nhs.uk	Shout For all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. www.shout.glos.gov.uk • Text SHOUT 85258 to text a trained Crisis volunteer.	Bereavement For all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling. https://www.winstonswish.org/ • Freephone: 08088 020 021 (Mon-Fri 9am - 5pm)
Teens in Crisis (TIC+) for 9 - 21 years living in Gloucestershire. Free, confidential counselling by phone, online text chat or video chat. www.ticplus.org.uk • Call 01994 372777 • Text 07520 634063 TIC+ Chat - anonymous one to one support via calling 0300 303 8080 or online live chat. (Available Sun - Thurs 5pm - 9pm)	ChildLine for under 19 years. Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone. www.childline.org.uk • Speak to a counsellor online via a one to one chat (9am to 12pm) • Freephone 0800 1111 • Download the ChildLine App	WINSTON'S WISH For all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling. https://www.winstonswish.org/ • Freephone: 08088 020 021 (Mon-Fri 9am - 5pm)
keeth for 11 to 18 years olds. An online platform to help with anyone experiencing issues with their emotional wellbeing, such as anxiety, low mood or stress. Access counselling, articles and peer support forums. https://www.keeth.com/ Available 24/7 • Confidential counselling available Mon-Fri 12pm to 10pm, and 6-10pm at weekends. Check website for availability.	Chat Health for 11 to 19 years olds. A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team. http://www.glos.nhs.uk/our-teams-and-services/school-nursing/ • Text 07507 333351 (available Monday to Friday from 9am-4.30pm)	Trained Mental Health Youth Workers Young Gloucestershire Link Chat for 16 to 25 years olds. Link Chat matches you with a Youth Worker who will give you regular telephone or online calls each week. Together you can discuss anything you like. Whether that's personal goals and aims that you want to work towards or just how you are feeling that week. Young people can be referred or can refer themselves. https://www.youngglos.org.uk/young-people/mental-health/ • Email: getinvolved@youngglos.org.uk
THE MIX for under 25 years olds. Support with mental health, money, homelessness, finding a job, relationships and drugs. www.themix.org.uk • Online support chats available Sunday to Thursday 8pm-9.30pm • Call 0808 808 4994, available every day from 4pm-11pm	Samaritans for all ages. If you need someone to talk to, we listen. We won't judge or tell you what to do. www.samaritans.org • Call 116 123 (Available 24/7) • Email: jo@samaritans.org • Download the Samaritans Self - Help app	Eating Disorders Eating Disorders Service for all ages. Supporting people with an eating disorder. One-to-one, group and group therapy as part of community care and day treatment. Young people can be referred or can refer themselves online. https://www.glos.nhs.uk/our-teams-and-services/eating-disorders-glos/ • Call 01242 634242
Gloucestershire Self-Harm Helpline for all ages. Provide confidential safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers. www.youngminds.org.uk	Gloucestershire Self-Harm Helpline for all ages. Provide confidential safe, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers. Support available between 6pm - 10pm either by: • online chat at www.gloucestershireselfharm.org • Freephone 0808 801 0606 • Text 07537 410 022	Gloucestershire County Council

[Click here to see more](#)

New Podcast from Active Gloucestershire

Active Gloucestershire have launched their new podcast *Free range children – The importance of play* to inspire, connect and enable community groups, clubs, and organisations to help them get people active.

[Listen here](#)



Exam Results Stress

Young Minds have dedicated webpages offering support and advice on the topic of exam stress.

[Advice for young people](#)

[Advice for parents](#)



New App from Keep Safe Gloucestershire

The new Keep Safe app aims to support users to stay independent by providing information on safe places that they can access if support is needed when they are out in the community.

[Learn more about the app](#)



New Support After Suicide Service

Gloucestershire's new service provides support for people aged 18+ who have been bereaved by suicide. This includes family, partners, friends, colleagues, and professionals.

[Visit the website.](#)



WHAT'S ON YOUR MIND?



Find the help that's right for you

Anonymous mental health support finder for young people in Gloucestershire



Visit enyourmindglos.nhs.uk or text 07984 404388

[Learn more](#)

Projects and Opportunities

OPEN MICS CHALLENGE

DEMENTIA ACTION WEEK
16TH - 23RD MAY



Making contact, showing interest, giving your time, listening to someone elderly, are all great gifts to give. By connecting with someone who may be lonely, who may have dementia, or may at times seem invisible to the outside world not only helps them but, in turn, makes us feel good about ourselves.

MAKE CONTACT

Choose someone who you would like to interview. This could be an elderly family member, a neighbour, a family friend, a care home resident, or someone else you feel would be suitable.

INTERVIEW AND INVESTIGATE

Find out as much as you can about them!
Things about their past...
Where they have lived...
Holidays they have enjoyed...
What music they liked...
...Or anything else you can think of!
You could make notes or record your interview.

CREATE

Create a visual display of all that you have found out. This could be a collage, drawing, photographs, paintings, a storyboard... it's up to you! You might want to annotate your creation.

SHARE

Take a photograph of your project. Submit it, via your school, in an email entitled 'Open Mic' to ghll@gloucestershire.gov.uk Include your name, year group, and the name of your school/college in your entry.

Prizes for pupils in Key Stages 2-5. Closing date: 6th June 2022.

[Learn more here](#)

Platform



Platform is a rail education scheme that works with schools to improve young people's understanding of sustainable and healthy travel, and build knowledge of rail-safety. They can offer:

- Free in-school workshops linked to careers and areas of the curriculum
- Free rail-familiarisation trips
- Bespoke, local resources

[Visit the website](#)

Free 12 Week Healthy Lifestyles Course for Families

Aimed at 5-15 year olds and their families, the course covers healthy snacking, balanced meals, portion size and keeping active together.

Lydney Community Centre
23rd May – 25th July, 4.30pm - 6.30pm

Podsmead Community Centre
24th May - 26th July, 4.30pm - 6.30pm

St Paul and St Stephen's Church
25th May – 27th July, 5pm - 7pm

[Visit the website to make a referral](#)



Celebrate LGBTQ+ Equality and Inclusivity

Celebrate achievements and contributions made towards LGBTQ+ equality and inclusivity and learn about the remaining challenges.

[Find out more](#)

[Join with this link](#)



SkillZONE

Where safety is for life.



ARE YOU INTERESTED IN VOLUNTEERING?



SkillZONE is an interactive life skills centre in Tuffley, with an indoor village and activities to help children learn to stay safe at home, online and out in their community.

We are looking for volunteer guides aged 18 and up to show school children around the indoor safety village and deliver our safety education messages. If you can spare 2.5 hours twice a month, on days to suit you, we would love to hear from you.

We offer full training and support to help you feel confident in the role. You will meet new people, have fun and know that you are making a difference every time you come in.

Why not contact us and see for yourself how rewarding volunteering can be?
Email volunteere@glosfire.gov.uk or call 01452 834150
Please visit our website for our online application.

Please visit skillzone.glosfire.gov.uk



Active Dads Gloucestershire



Informal drop-in group for dads and their children aged 3 - 11 years.

Participate in active games, parachute activities, ball games, den building, and more. Alongside adult led activities there will also be free play activities available during each session. Meet and chat to other dads, or simply come and do some activities with your children. Snack, tea and coffee is provided.

The group runs on the last Saturday of every month 1.30pm to 2.30pm.

[Visit the website](#)





Contact email: hollytaylor@activeconnections.org




[Visit the SkillZone website](#)




[Download a copy of the SkillZone poster](#)





Free CPD



MAY

<p>Wednesday 25th May 2022 -18:00 Book here</p>	<p>Why sleeping well matters and what you can do to improve it! - Christine Curl</p> <p>Is it really true that we can cut sleep and get away with it? And what if it's a struggle to get to sleep? During this webinar, Christine will explain why sleep matters to our young people's physical and mental health and what is happening in the body and mind when you sleep. She will suggest some ideas and habits to build to improve the quality of your sleep and your children's sleep.</p>	
<p>Tuesday 10th May 2022 – 12:00 Book here</p> <p>Tuesday 17th May 2022 – 18:00 Book here</p>	<p>Loneliness: How to Support Young People - Alex Cochrane</p> <p>It's normal to feel lonely sometimes. However, now with the COVID-19 pandemic isolating young people perhaps more than ever before, if it looks and feels like these feelings are taking over in young people, we want to be there. As parents, carers and educators we want to be able to recognise the signs, and this presentation will help us to have a better understanding of loneliness.</p> <p>The session will help us feel more confident to offer support to our young people experiencing symptoms of loneliness, who may have barriers in trusting others. We will look at ways of starting a conversation and discuss ways to help and potential signposting for young people to know there is support available. Our goal is for us to help the young person to feel less alone and for them to feel comfortable to reach out and choose something or someone to connect with.</p>	
<p>Thursday 12th May 2022 – 9:00 (2 hours 30 mins Book here</p>	<p>Transgender Awareness: Supporting Transgender Children and Young People</p> <p>This workshop is delivered online via zoom and designed to be an information-gathering session with time to explore particular steps that could be considered as are commended pathway to supporting a young person who is questioning or looking for support with thoughts around their gender. This will be helpful for school staff, teachers, care workers, or anyone who is currently supporting a young person or a child professionally in the community.</p> <p>The content has been carefully considered to cover both practical and emotional challenges, and how these may influence a young person and their surroundings whilst going through this experience. We talk through what affirming support is and its benefits and how organisational processes can support alleviating any additional stress for the person/s involved. Topics also include gender-variant individuals, terminology and language, pronouns, the equalities act, and issues that may arise through this experience.</p>	
<p>Thursday 19th May 2022</p> <p>Thursday 26th May 2022</p>	<p>e-Bug Training</p> <p>e-Bug resources support students to learn about microbes, infection prevention and control, antibiotics and vaccination. Each lesson plan is mapped to the National Curriculum and includes activities, handouts, worksheets and adaptable content.</p>	

<p>Morning sessions 9:15 (2 hours 45 mins)</p> <p>Afternoon sessions 13:00 (2 hours 30 mins)</p> <p>Book here</p>	<p>GHLL are offering free face-to-face half day training to support the role out of e-Bug and the use of the resource pack. This guidance covers key infection, prevention and control topics to supplement your Health Curriculum and is also DfE approved.</p> <p>It is a progressive resource which you can use from EYFS through to Key Stage One and Two.</p>	
<p>Tuesday 24th May 2022 – 17:00 (1 hour)</p> <p>Book here</p>	<p>CAMHS Around the Campfire Journal Club: Technology-delivered CBT for paediatric anxiety disorders – Matti Cervin</p> <p>The efficacy of technology-delivered cognitive-behavioral therapy (tCBT) for pediatric anxiety disorders (ADs) is uncertain as no meta-analysis has examined outcomes in trials that used structured diagnostic assessments at pre- and posttreatment. A systematic review and meta-analysis was undertaken of randomized controlled trials of tCBT for pediatric ADs that included participants <18 years of age with a confirmed primary AD according to a structured diagnostic interview. Nine studies with 711 participants were included.</p>	
<p>Thursday 26th May 2022 – 17:00 (45 mins)</p> <p>Book here</p>	<p>Myth Busting Anxiety – Chloe Chessell</p> <p>Explore the evidence-base, focus on the facts, and bust some of the myths around Anxiety. This webinar is aimed at parents, mental health professionals, special education professionals, and those with an interest in Anxiety.</p> <p>Anxiety disorders in children and young people are common and can have a significant impact on mental health and well-being. Anxiety disorders can affect family, school and social life, leisure activities and educational achievement and they often occur alongside other mental health problems. They are particularly prevalent in children with <u>autism spectrum disorder</u> and <u>ADHD</u>.</p>	
JUNE		
<p>Thursday 9th June 2022</p> <p>Thursday 23rd June 2022</p> <p>Thursday 30th June 2022</p> <p>Morning sessions 9:15 (2 hours 45 mins)</p>	<p>e-Bug Training</p> <p>e-Bug resources support students to learn about microbes, infection prevention and control, antibiotics and vaccination. Each lesson plan is mapped to the National Curriculum and includes activities, handouts, worksheets and adaptable content.</p> <p>GHLL are offering free face-to-face half day training to support the role out of e-Bug and the use of the resource pack. This guidance covers key infection, prevention and control topics to supplement your Health Curriculum and is also DfE approved.</p> <p>It is a progressive resource which you can use from EYFS through to Key Stage One and Two.</p>	

<p>Afternoon sessions 13:00 (2 hours 30 mins)</p> <p>Book here</p>		
<p>Friday 10th June 2022 – 12:00 (2 hours)</p> <p>Book here</p> <p>Wednesday 29th June 2022 – 18:00 (2 hours)</p> <p>Book here</p>	<p>Perfectionism in Young People: Practical Tips for Parents, Carers and Staff - Jenny Langley</p> <p>During this webinar, Jenny will support participants to understand what resilience is and its place in perfectionism. She will look at how to support our young people to tolerate failure. Jenny offers a toolbox of simple and practical, evidence-based skills which includes advice on how to role-model our learning from our mistakes and making a “good enough” effort a healthy approach to have.</p>	
<p>Wednesday 15th June 2022 – 12:00 (2 hours)</p> <p>Book here</p> <p>Tuesday 28th June 2022 – 18:00 (2 hours)</p> <p>Book here</p>	<p>County Lines and Safeguarding: The Teen Brain, Crime and Gangs - Alex Cochrane and Debbie Spens</p> <p>This presentation is for parents, carers, educators and anyone working with young people to gain a better understanding of gangs and crime. You will learn how to recognise the signs of exploitation and to support young people at risk of being drawn into crime and being potentially targeted and exploited. We will look at the impact of crime on people’s mental health and on our communities at large. We look at risk, safeguarding and understanding the different stages of young people’s brain development in relation to criminal activity.</p> <p>We will explore the signs within our communities, the challenges and various support in our local community and UK-wide. We know that everyone is affected by crime, directly or indirectly. Safeguarding young people is paramount and we offer guidance on having the confidence to approach this area and the impact it will have on the wellbeing of all concerned.</p> <p>We know that county lines are growing across the UK and we will look at young people who are mostly likely to be exploited or who are attracted to or targeted in this area.</p> <p>By having the information, knowledge and understanding we need, we can feel more confident to offer interventions and support to our young people, to protect their futures and their wellbeing.</p>	
<p>Thursday 16th June 2022 13:00 (2 hours 30 mins)</p> <p>Book here</p>	<p>Protective Behaviours - Keeping Myself Safe</p> <p>'Keeping Myself Safe' is based on the Protective Behaviours programme and is a school-based resource designed to teach KS1 and Upper KS2 children:</p> <ul style="list-style-type: none"> - That they all have the right to be safe all the time - How to recognise situations where they do not feel safe - How to manage unsafe situations - How to recognise their network of support. <p>The resource can be used alongside other GHLL resources to help schools deliver elements of the PinK Curriculum, particularly the ‘Developing Risk Management’ theme at both KS1 and KS2.</p>	

<p>Thursday 16th June 2022 15:30 (90 mins)</p> <p>Book here</p>	<p>Staff Wellbeing On-line Training</p> <p>This Staff Wellbeing Training session will allow staff chance to focus upon themselves and will include the following:</p> <ul style="list-style-type: none"> - An opportunity to share concerns and best practice - An exploration of what helps during Covid and beyond - Sign posting to resources. 	
<p>Tuesday 21st June 2022 – 15:45 (75 mins)</p> <p>Book here</p>	<p>Anxiety – Pedagogy in Practice</p> <p>Anxiety is a part of life and some anxiety is essential because it helps us to act to protect ourselves and ensure our safety. However, anxiety can become problematic when it is out of proportion to the threat in the environment, causes distress and interferes with children and young people's everyday lives. When this occurs it is often considered to be an 'anxiety disorder'. Anxiety disorders are extremely common and often start in childhood or adolescence. They can have a significant and ongoing impact on mental health and well-being. Anxiety disorders can affect family, school and social life, leisure activities and educational achievement. Teachers have a role to play in supporting children and adolescents to understand anxiety as part of the new RSHE curriculum, as well as needing to feel confident that they can recognise the impact it may have on the children they work with. This webinar brings together teachers from a range of settings to consider how they are supporting pupils in the school to understand anxiety. Event attendees will have access not just to the event itself but to supporting materials and resources to help them embed effective practice in their schools.</p>	 <p>The Association for Child and Adolescent Mental Health</p>
<p>Tuesday 28th June 2022 – 15:30 (90 mins)</p> <p>Book here</p>	<p>Self-Harm Awareness Online Training</p> <p>In response to the training needs of schools and adapting to the current situation of school closures, we are pleased to be able to offer school staff the opportunity to take part in an online CPD training session around self-harm. The aim of the session is to build confidence around the subject of self-harm by reducing stigma, anxiety and fear and will be delivered by Satveer Nijjar, an expert in her field. This 1.5 hour Zoom session will aim to include:</p> <ul style="list-style-type: none"> - Statistics and definition of self-harm - Why people turn to self-harm – triggers and functions - Myths & language use - How to support someone in your school who self-harms - Broaching suspected self-harm - Alternative strategies, focusing on stopping and more. 	
<p>Tuesday 28th June 2022 – 17:00</p> <p>Book here</p>	<p>CAMHS Around the Campfire Journal Club: Adolescent Gender Diversity – Akhgar Ghassabian</p> <p>Gender diversity in young adolescents is understudied outside of referral clinics. This webinar discusses the paper 'Adolescent gender diversity: sociodemographic correlates and mental health outcomes in the general population', which investigated gender diversity in an urban, ethnically diverse sample of adolescents from the general population and examined predictors and associated mental health outcomes.</p>	

<p>Wednesday 29th June 2022 – 17:00 (45 mins) Book here</p>	<p>Myth Busting Hearing Voices – Sarah Parry</p> <p>Many people hear voices, it is a relatively common human experience. Naturally there a number of different experiences of hearing voices, some don't mind them and can like them, whilst others might find them irritating, and in some instances intrusive. But what does the latest research tell us about how this impacts children and young people, and what can we do to help them?</p>	 <p>The Association for Child and Adolescent Mental Health</p>
JULY		
<p>Tuesday 12th July 2022 – 15:45 (75 mins) Book here</p>	<p>Sleep: Pedagogy in Practice</p> <p>This FREE online event is exclusively for teachers and school leaders, and offers insights into best practice in supporting children and adolescents to understand sleep and the importance of good quality sleep, building on the latest evidence base.</p>	 <p>The Association for Child and Adolescent Mental Health</p>
SEPTEMBER		
<p>NEW – STARTING IN SEPTEMBER 2022</p>	<p>CPCAB Level 2 Certificate in Counselling Skills & Level 3 Certificate in Counselling Studies</p> <p>TIC+ is providing training for a CPCAB Level 2 Certificate in Counselling Skills & Level 3 Certificate in Counselling Studies Launching in September 2022. The Level 2 course will be delivered in Gloucester on Mondays over 18 weeks and leads to a nationally regulated qualification award by Counselling and Psychotherapy Central Awarding Body (CPCAB). It's designed for students starting out on their journey to be a professional counsellor or for those who want to learn counselling skills to improve their professional and personal relationships. Successful completion of the CPCAB Level 2 Certificate in Counselling Skills will lead to CPCAB Level 3 Certificate in Counselling Studies, commencing in February 2023 for 18 weeks, until July 2023.</p> <p>TIC+ has been providing training since 2016 and, every year, their training is judged as outstanding by awarding bodies and their students.</p> <p>For an information and application pack contact: Sue Cook - training@ticplus.org.uk Tracey Hannis - 07398 818391</p>	