



Headstart Kernow

There is so much going on currently in the programme that we thought it would be helpful to send this to you to let you know about some fantastic opportunities, training, information and resources that we hope you will find exciting / useful / interesting!

HeadStart and TIS UK Update:

1. **CPD:** HeadStart is pleased to introduce a variety of CPD that is now available. The webinars can be viewed at any time which gives you the flexibility to access these sessions up until the end of July 2021 and at a time which is convenient. Terms and Conditions for the webinars can be found on the TIS website. Please feel free to share access to webinars 1-3 with all of your colleagues. There are 2 webinars for TIS Practitioners; information and how to join these have been sent directly to practitioners.

Webinar 1, Part 1&2

Part 1 - Meeting the needs of young people in schools who feel isolated, worthless, anxious or depressed (age 13-25)

Part 2 - Meeting the needs of young people in schools who feel angry, unmotivated, alienated from schoolwork (age 13-25)

<https://www.traumainformedschools.co.uk/webinars-schools/meeting-the-emotional-needs-of-young-people>

Access code - 5B3C42B7JI

Webinar 2

Attachment Play For Children in Primary Schools

<https://www.traumainformedschools.co.uk/webinars/attachment-play-for-primary-aged-children-age-5-to-10>

Access code - 63JJ57BAE5

Webinar 3

The resilience narrative in schools: How does it sit with what we know about trauma and recovery?

<https://www.traumainformedschools.co.uk/webinars-schools/resilience>

Access code - 49IJ4I78GE

Meanwhile, the following opportunities can be booked at www.headstartkernow.org.uk

2. **Whole staff training sessions available on these dates:**
 - a. 25 January, 3.30 – 6.30pm (part 1)
 - b. 26 January, 3.30 – 6.30pm (part 2)
 - c. 1st March, 6pm – 9pm – a dedicated 3 hr TIS overview for all professionals working in the **voluntary and community sectors**.

Please invite your colleagues to attend the whole staff training as they are available to all professionals working with children and young people.



3. **Supervision** for TIS Practitioners: Dates for supervision with the Educational Psychology team and also Dr Lynette Rentoul are available to book.
4. **Secondary Schools** – a consultant is available to support Senior Leaderships Teams in advancing their TIS trauma informed approach.
5. **TIS 10 Day Practitioner Training** – there are a few places available on the final course. Priority will be given to schools that haven't yet accessed the training and then to schools with only one practitioner. Please email headstarttraining@cornwall.gov.uk if you would like more information.

The Hub

Is an ambitious Cornwall-wide online children and young people mental health and emotional wellbeing support network for schools and others. For all school staff, governors, colleagues and partners to support Mental Health and Wellbeing in schools and beyond.

- Online meetings / training / webinars
- E-learning
- Online, on demand CPD
- Forums / bulletin board
- Good practice sharing
- Access to Quality Assured Audit(s), wellbeing measurement tools and guidance
- Quality Assured Resource Library (including downloads)

Membership is free and open to all schools and settings and anyone who can support young people.

Head to the Headstart Hub page at www.headstartkernow.org.uk/ to sign up!

FREE Mental Health Training for Schools

“Same Storm, Different Boats” - Weathering the Storm! – Part Two

Mental Health and Wellbeing in Schools – FREE Training for ALL School Staff; Governors and colleagues supporting Mental Health and Wellbeing in schools.

The Educational Psychology Service, working with colleagues in Headstart and beyond, have localised materials provided by the DfE and integrated best practice across Cornwall into a practical and flexible resource to help YOU, the wider school community and children and young people to ‘Weather the Storm’ and navigate safely to calmer waters...

Following the success of the introductory webinars in Autumn 2020 we are now offering 45 minute focused sessions on:

- Staff wellbeing (including secondary trauma)
- Anxiety and Low Mood



- Emotionally Based School Avoidance
- Stress and Trauma
- Loss and Bereavement

More information www.headstartkernow.org.uk/sec-sch-support/wer/wellbeing-webinars-part-2/

Online Wellbeing Action Plan and Wellbeing Toolkit for Young People

Created by young people in Cornwall for young people in Cornwall.

Young people can explore, create, save and print a personalised Wellbeing Action Plan. In the Wellbeing Toolkit young people can try, choose and download helpful tools and activities from calming and relaxation ideas to feelings trackers and self-care suggestions

www.startnowcornwall.org.uk/wellbeing-action-plan

Online Resilience Tool Training

We've added new dates to our remote Online Resilience Tool Training. The training supports professionals who work with children, young people and families to identify whether a young person's online behaviour is Not Harmful, Potentially Harmful or Harmful, and what the next steps should be once identified. The training covers relevant aspects of the law and looks at case studies which participants will be able to discuss with one another.

The training is split into 2 parts. The first is self-guided e-learning, which will be sent out one week prior to the training date. This should take no longer than 2 hours, and can be completed in one go, or over a few sessions. The second part is the video call, which will be held via Teams. This will be one hour and is an opportunity for participants to discuss issues and ask questions which arose during the training as well as look in detail at case studies.

You can sign up at <https://www.headstartkernow.org.uk/calendar/book-training/> (the date you select relates to the video call).

If you have any questions or would like to enquire about single agency training for your team, contact louisa.street@packshare.org

'Design an App' Competition, Update

In November 2020, as part of the HeadStart Community contract, a 'Design an App' competition was launched for young people in Cornwall, offering them the opportunity to be involved in a real-world design project. As part of the competition, young people were asked to research the [Your Way 11+](#), [Mind Your Way](#) and [Start Now](#) websites to better understand the broad range of mental health and emotional resilience services and resources available to them. The final competition entries detailed informative and interactive app designs which had a clear mental health focus.



All entrants will receive certificates to thank them for their hard work. The first prize winner is being invited to work with a professional app developer throughout the development of the app, which will be modelled on content from Your Way 11+, Mind Your Way and Start Now webpages, alongside the designs of the 1st, 2nd and 3rd place winners. The top five entries have also been awarded 12-month Adobe Creative Cloud Student Subscriptions. The app should be available for downloading and use by young people later in the year.

Young People's Mental Wellbeing Legacy Fund

Young people in Cornwall will be able to access grants to support mental wellbeing thanks to a new grant programme launched by Headstart Kernow, the partnership programme run by Cornwall Council and funded by The National Lottery Community Fund. Headstart Kernow are working in partnership with the Cornwall Community Foundation (CCF), the Cornish community grants charity, to create and administer the Fund. In a ground-breaking development, a panel of young people will meet regularly to consider applications to the programme and award the grants.

For more information, eligibility criteria and applications please head to <https://www.cornwallcommunityfoundation.com/>

SPACE (Supporting Parents and Carers Emotionally) Training

An exciting opportunity to join Rock Pool and Headstart Kernow to train as a facilitator for the SPACE programme. The two-day course focuses on the underpinning principles of the programme and helps you to gain all the knowledge and skills you need to deliver a 5-week trauma informed educational programme to parents and carers.

It's a universal programme intended for all parents and carers, SPACE supports the building of knowledge and learning that promotes a good understanding of both children's and adult's emotional health, wellbeing, and behaviour. With an emphasis on building the verbal and emotional literacy of parents and carers to support good communication and encourage them to take the necessary steps to maintain positive emotional, mental health and wellbeing for both themselves and their children.

For more information please email headstartkernow@cornwall.gov.uk, and to book your place it's www.rockpool.life