



HeadStart Newham
training
PROGRAMME

HeadStart Newham offers a range of workshops and training courses for Newham schools and local organisations that work with young people.

core

appropriate for front line staff, those new to the school or organisation, and those who would benefit from input around wellbeing and resilience

enhanced

focus on some specialist areas which may suit staff with a focus on wellbeing of young people and/or pastoral support

targeted

appropriate for staff with a focus on wellbeing and pastoral support who can take away resources ready to implement in the school or organisation

The HeadStart Newham 2018–19 training programme offers the following courses and workshops for any school or organisation working with young people in Newham.

core

The Role of the Significant Adult

Attendees will gain a foundation in theory, an understanding of the importance of the role of the adult in a young person's life and strategies to develop these relationships.

Mental Health of Young People

Attendees will gain confidence in recognising the signs of mental health issues in young people and a range of support strategies to implement.

HeadStart Newham: supporting approaches to wellbeing

Attendees will gain a baseline to build resilience with an organisation wide approach utilising Angie Hart's Resilience Framework.

enhanced

Identifying and Supporting Young People with Emerging Mental Health Difficulties

Using data, activities and staff training to identify young people with emerging mental health difficulties.

Cascading Youth Mental Health First Aid training

How to cascade this training in the organisation or school to get maximum impact and ensure high quality support for young people.

Early Mental Health Support Teams

Bringing together the team in a setting to provide holistic support for young people with emerging mental health difficulties.

Co-Production: nothing about me without me

Embedding young people's voice in the whole school or organisation approach to mental health and wellbeing.

Embedding Wellbeing Across the Team

Practical tips to ensure wellbeing is embedded in the everyday practice for those across the team.

Schools and the Community

How to enhance links between schools and the community for the benefit of young people.

targeted

Delivering Light Touch Interventions

Attendees will take away a Light Touch Intervention that can be rolled out in schools or organisations.

Supporting Vulnerable Young People

A trauma-informed approach to supporting young people's wellbeing during mid-year transfers, managed moves and temporary placements. Attendees will receive a toolkit with a range of strategies.

Review and Planning for Year 4 with HeadStart Newham

Continuing to maximise the impact of HeadStart Newham. HeadStart Resilience Training Leads will be in touch with more details.

training

T I M E T A B L E

Autumn
2018–19

Spring
2019–20

Summer
2019–20

CORE workshops are offered in the morning and afternoon. These are suitable for Form Tutors, Pastoral Leaders, Youth Workers / Practitioners, Learning Mentors and staff new to the school or organisation.

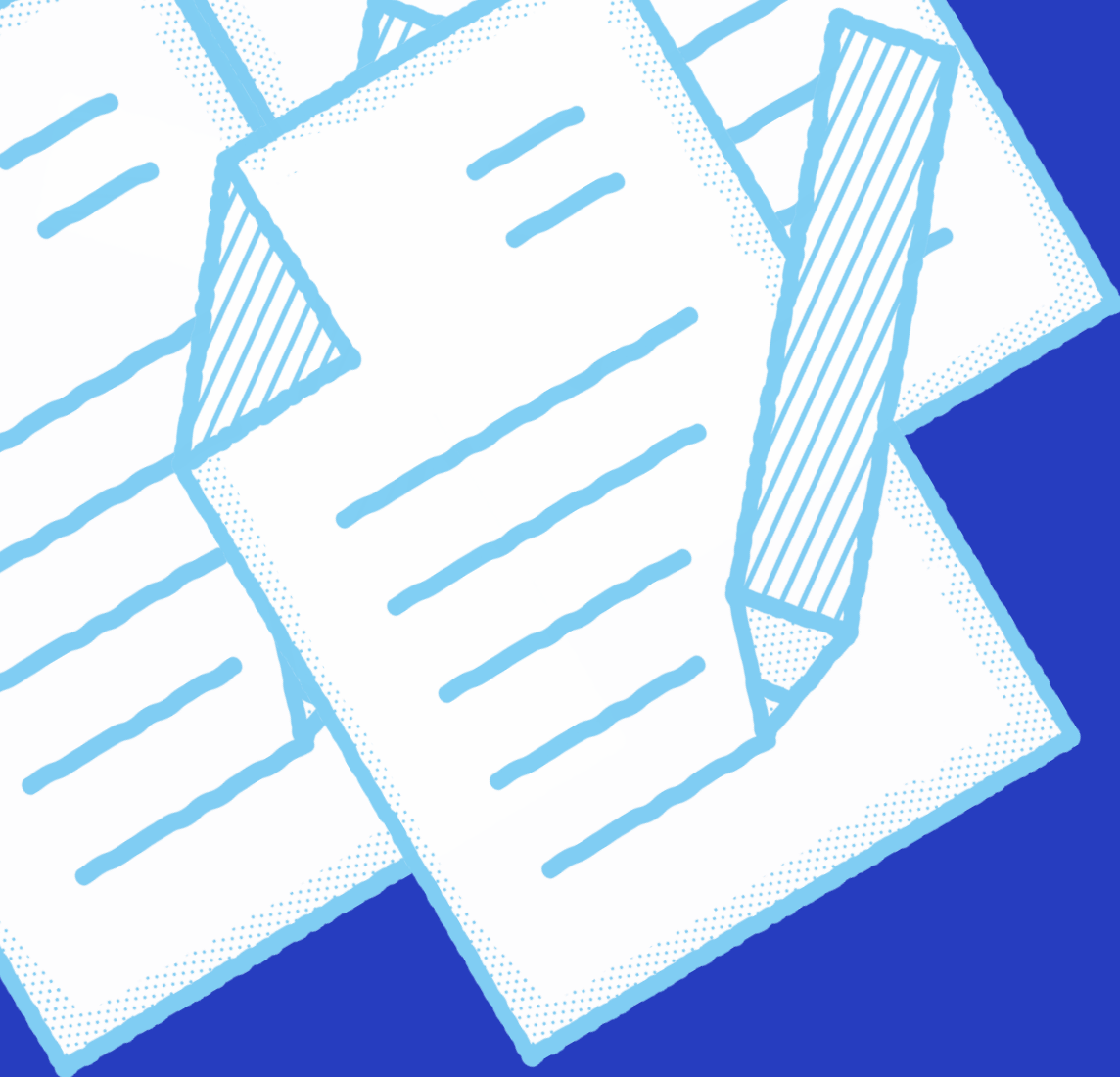
The Role of the Significant Adult	5 December 2018 AM: 9am–12pm PM: 1pm–4pm		
Mental Health of Young People		26 March 2019 AM: 9am–12pm PM: 1pm–4pm	
HeadStart Newham: supporting approaches to wellbeing			2 July 2019 AM: 9am–12pm PM: 1pm–4pm

ENHANCED workshops are suitable for Senior Leadership Teams, Pastoral Leaders, Youth Workers / Practitioners, Governors, and Community Officers

Identifying and Supporting Young People with Emerging Mental Health Difficulties	12 December 2018 9am–12pm		
Cascading Youth Mental Health First Aid Training <i>(for those who have completed YMHFA Training)</i>	12 December 2018 1pm–4pm		
Early Mental Health Support Teams		2 April 2019 9am–12pm	
Co-Production: nothing about me without me		2 April 2019 1pm–4pm	
Embedding Wellbeing Across the Team			9 July 2019 9am–12pm
Schools and the Community			9 July 2019 1pm–4pm

TARGETED workshops are suitable for Senior Leaders, Pastoral Leaders, Learning Mentors, Teaching Assistants and Youth Workers / Practitioners

Delivering Light Touch Interventions	13 December 2018 AM: 9am–12pm PM: 1pm–4pm		
Supporting Vulnerable Young People		8 May 2019 AM: 9am–12pm PM: 1pm–4pm	
Review and Planning for Year 4 with HeadStart Newham <i>(for Senior Leaders / Governors in HeadStart Newham secondary schools)</i>			16 July 2019 TBC



**SIGN
UP** 

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