

# Leicester Children's Hospital School

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**Training & Support  
offer for schools /  
external support**

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**Programme  
2023 - 24**



# Training & Support

At Leicester Children's Hospital School, we are committed to supporting schools and other partners through a regular CPD programme and a bespoke training offer which can be delivered in your setting to small groups or whole staff teams. We are a member of the National Association for Hospital Education and work in collaboration with a number of teaching schools across the region.



Our offer includes the following:

- Youth Mental Health First Aid qualifications (MHFA accredited)
- Supervision for School Mental Health Leads
- Regular CPD twilight programme of events at our school or online
- Bespoke 'in-house' training for your school or provision
- SLE and LLE deployment in schools
- Development of resources and policies to support children with medical needs
- Art therapy sessions for young people
- School audits to evaluate medical needs provision and offer advice
- Opportunity to visit our school



***"I wanted to say thank you for your support. It has encouraged me to consider tweaking the presentation of our holistic and academic data slightly so that it is easier to identify progress and those 'stuck' pupils."***

# Youth Mental Health First Aid



MHFA England

## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA offers a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Every MHFA England course is delivered by a quality assured Instructor Member.

## Our Instructor Member

Our facilitator Lorraine Biddle is an accredited MHFA instructor. Lorraine works as Head of School at the Beacon Children & Adult Mental Health Services (CAMHS) unit based at Glenfield Hospital.

Lorraine has taught at the CAMHS Unit since 2017 and was previously senior teacher with the Leicestershire Autism Outreach Service. Lorraine also has prior experience as a SENCO and SLT in mainstream primary education. She has been Lead SENCO for Leicestershire and in her SLE role has carried out 4 SEND Reviews – 2 in Primary Settings and 2 in Secondary Settings.

Lorraine has completed her NPQSL and is a member of the school's senior leadership team.

She is accredited to deliver a number of MHFA courses including Mental Health first aid for schools, Mental Health Champions and Mental Health Awareness.

At the Children's Hospital School we are able to deliver this training in 2-day, 1 day or ½ day training sessions.



# 2-day Youth Mental Health First Aid Training Sessions



## Dates:

28th & 29th September 2023

14th & 15th December 2023

15th & 16th February 2024

23rd & 24th May 2024

**Venue:** Soar Valley Training Centre, Gleneagles Avenue, Leicester LE4 7GY

**Cost:** £250 per person include resources and refreshments

## What will I learn?

The course provides a more in depth understanding of specific mental health issues and is delivered in four manageable chunks:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

The course focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting. The course will increase awareness around young people's mental health. Allowing you to develop practical skills to identify a range of mental health issues and support a young person to get the help they need. Completing the 2-day course qualifies you as a Youth Mental Health First Aider.

Please click on our Eventbrite link below for available dates and to make a booking:

[The Children's Hospital School Events | Eventbrite](#)

**We are also able to deliver this 2-day course in your school or trust. For further details and to discuss costs, please email:**

[training@childrenshospital.school.leicester.sch.uk](mailto:training@childrenshospital.school.leicester.sch.uk)

# 1-day Youth Mental Health First Aid Champion Training Sessions



## Dates:

28th November 2023

19<sup>th</sup> March 2024

18<sup>th</sup> June 2024

**Venue:** Soar Valley Training Centre, Gleneagles Avenue, Leicester LE4 7GY

**Cost:** £165 per person include resources and refreshments

## What will I learn?

This one-day course trains you as a Youth MHFA Champion, giving you:

- An understanding of common mental health issues and how they can affect young people
- Ability to spot signs of mental ill health in young people and guide them to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

Please click on our Eventbrite link below for available dates and to make a booking:

[The Children's Hospital School Events | Eventbrite](#)



# ½-day Mental Health Awareness Training Sessions

## What will I learn?

This introductory 3-hour session raises awareness of young people's mental health. It covers:

- Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis.
- Skills to work more effectively with young people living with mental health issues.
- Ways to support young people with a mental health issue and relate to their experiences.

**We are flexible and can offer training delivered in your own setting or at a venue of your choice.**



**For any enquires or further information please email**

[training@childrenshospitalschool.leicester.sch.uk](mailto:training@childrenshospitalschool.leicester.sch.uk)

## Evaluation Feedback from a recent 2-day Youth MHFA Course

**“It was an excellent course with just the right mix of delivery, activity and time for discussion.”**

**“I feel better prepared now, to deal with mental health issues that may arise with the young people I work with.”**

**“The activities we did on the day were so well sequenced and really did make you think/reflect/learn.”**

**“The course materials are so useful and it’s lovely to have reference materials and support to go away with.”**

**“The knowledge and understanding I have gained over these two days really are so valuable.”**

**“This has honestly been the best CPD that I have done in years.”**

**“The whole course has been so well thought through.”**

**“I cannot promote this course enough.”**

**“Very informative course and I loved it all!”**





# School CPD

## Programme

We organise regular training sessions online or in person. Details of our upcoming courses are below, and bookings can be made by emailing us or by visiting our [Eventbrite page](#).

| Date   | Event   | Venue / cost                           | Facilitator(s)             |
|--|---|--|----------------------------|
| <b>Autumn Term 2023</b>  |   |  |                            |
| Wednesday 1 <sup>st</sup><br>November<br>2023<br><br>(2.30 – 3.30pm) | <u><a href="#">Supporting Children with Medical Needs &amp; Individual Health Care Plans</a></u> <ul style="list-style-type: none"> <li>To support schools in understanding their responsibilities for supporting children with medical needs</li> <li>Guidance on developing Individual Health Care Plans</li> </ul>   | Willow Bank School, LE2 9AH<br><br>£25 | Diane Davies (Willow Bank) |
| Thursday 9 <sup>th</sup><br>November<br>2023<br>(4 – 5pm)            | <u><a href="#">Neurodiversity &amp; Associated Mental Health Challenges</a></u> <ul style="list-style-type: none"> <li>Many young people with neurodivergence (ASD and ADHD) experience mental health challenges.</li> <li>What might we observe and what might be driving these behaviours?</li> <li>What are some of these challenges and what can we do in schools to support?</li> <li>Improving communication, consistency and trust.</li> </ul> | Online (Zoom)<br><br>£25               | Lorraine Biddle            |
| <b>Spring term 2024</b>  |   |  |                            |
| Thursday 25 <sup>th</sup> January<br>2024<br>(4 – 5pm)               | <u><a href="#">Anxiety &amp; Anxiety Disorders</a></u> <ul style="list-style-type: none"> <li>What is the difference between anxiety and an anxiety disorder?</li> <li>Outline of the most common anxiety disorders, including some myth busting!</li> <li>What might we see in school and what can we do to help?</li> <li>Where to find further support and guidance.</li> </ul>  | Online (Zoom)<br><br>£25               | Lorraine Biddle            |
| Thursday 29 <sup>th</sup> February<br>2024<br>(4 – 5pm)              | <u><a href="#">Supporting Young People with Eating Disorders</a></u> <ul style="list-style-type: none"> <li>Develop your understanding of different types of eating disorders, presentations and challenges</li> <li>What can schools do to help? Consider specific strategies, adjustments, personalization, improve attendance and performance.</li> </ul>  | Online (Zoom)<br><br>£25               | Lorraine Biddle            |

| Summer term 2024                                     |  |  |                               |
|--|--|--|-------------------------------|
| Thursday<br>9 <sup>th</sup> May 2024<br>(4 – 5.30pm) | <a href="#">ACEs and Trauma</a> <ul style="list-style-type: none"> <li>• What is Trauma and what are Adverse Childhood Experiences?</li> <li>• How can we support young people in school who have experienced Trauma and ACE's. What does trauma informed provision look like and what support / adjustments might be needed to improve attendance, engagement, and attainment?</li> </ul> | Willow Bank School, LE2 9AH<br><br>£50 | Lorraine Biddle (Willow Bank) |

### Feedback from our recent training sessions

**“Brilliant and informative. Some great examples given and my understanding has greatly improved.”**

**“Really impressed with the quality of this training. Not only did it give me an excellent insight into BPD but also gave some really useful and practical suggestions on how to work with our young people struggling with this. The presenter was extremely knowledgeable and was able to answer all queries. It was really interesting and well presented.”**

**“It raised a few questions that I was able to take back to my workplace to follow up. The template that you have sent is very useful and I will pass on to the relevant team members.”**

**“Super content – possibly needed longer as it meant we had so many questions!”**





## In-school / external support

We can provide training for staff at your school, either in small groups or for the whole team. This can be arranged during the school day or as a twilight session. Below are examples of the sessions we could deliver, although we are able to design a bespoke package for schools. Please contact us at school to discuss options or to book a session.

### Example training topics:

- Whole school approach for supporting children with medical needs
- Support for school leaders – understanding statutory guidance & responsibilities
- Understanding borderline personality disorder type presentation within the classroom
- Designing a medical needs policy for your school
- Effective use of individual health care plans
- Managing self-harm in young people
- Supporting children with gender identity
- Understanding and managing anxiety in school
- Supporting education of young people with cancer
- Understanding eating disorders
- Working effectively with parents of children who are ill
- Coordinating an effective multi-agency approach
- Strategies to improve attendance / engagement
- Reducing anxiety by ensuring appropriate learning environments
- What does / should reasonable adjustments look like?

Training costs start from £150 per hour depending on number of staff, resources and planning time.

Contact us:

[training@childrenshospitalschool.leicester.sch.uk](mailto:training@childrenshospitalschool.leicester.sch.uk)

***“Thanks also for being so open and sharing some of your vision for the school. It so closely mirrors our own and gives food for thought as we head towards discussions with our local authority.”***



# Leadership support

Our headteacher is designated as a Local Leader of Education (LLE) and we have three Specialist Leaders of Education (SLE). Each are available for deployment in your school which can be arranged by emailing the school.

Bespoke school support can be arranged following a discussion about your requirements. Examples of previous requests by schools include:

- Audit of school provision for children with medical needs
- Developing policies and individual health care plans
- Assessing the needs of pupils & making reasonable adjustments
- Supporting individuals with mental health
- Improving outcomes through effective student provision and support
- Compliance with statutory guidance for children with medical needs

Example of an SLE deployment to your school:

| <b>Package A (half day)</b>  | <b>Package B (full day)</b>   |
|--|---|
| <ul style="list-style-type: none"> <li>• Initial meeting in school to explore concerns / issues</li> <li>• Environmental audit – What’s in place already and what could help further?</li> <li>• A staff workshop (45 Mins)</li> <li>• Action planning + review</li> </ul> | <ul style="list-style-type: none"> <li>• As Package A but could include:</li> <li>• Home Visit</li> <li>• Follow up Visit</li> <li>• Whole school training session</li> </ul> |

| <b>Support level</b> | <b>Full day</b> | <b>Half day</b> |
|----------------------|-----------------|-----------------|
| LLE                  | £500            | £250            |
| SLE                  | £350            | £175            |

Contact us:

[training@childrenshospitalschool.leicester.sch.uk](mailto:training@childrenshospitalschool.leicester.sch.uk)

### Cancellation & Refunds

Please refer to the terms & conditions within our [Cancellation & Refunds Policy \(CPD\)](#)

# Training Planner

2023



|   |  |                     |      |   |
|---|--|---------------------|------|---|
| <b>SEPTEMBER</b>                                      |  |                     |      | ✓ |
| Thursday & Friday 28 <sup>th</sup> & 29 <sup>th</sup> | <a href="#">2-day Youth Mental Health First Aid (MHFA)</a>                         | Soar Valley College | £250 | ○ |
| <b>NOVEMBER</b>                                       |  |                     |      |   |
| Wednesday 1 <sup>st</sup>                             | <a href="#">Supporting Children with Medical Needs &amp; Individual Care Plans</a> | Willow Bank School  | £25  | ○ |
| Thursday 9 <sup>th</sup>                              | <a href="#">Neurodiversity &amp; Associated Mental Health Challenges</a>           | Online              | £25  | ○ |
| Tuesday 28 <sup>th</sup>                              | <a href="#">1-day Youth Mental Health Champion (MHFA)</a>                          | Soar Valley College | £165 | ○ |
| <b>DECEMBER</b>                                       |  |                     |      |   |
| Thursday & Friday 14 <sup>th</sup> & 15 <sup>th</sup> | <a href="#">2-day Youth Mental Health First Aid (MHFA)</a>                         | Soar Valley College | £250 | ○ |

2024

|   |  |                     |      |   |
|---|--|---------------------|------|---|
| <b>JANUARY</b>  |  |                     |      |   |
| Thursday 25 <sup>th</sup>                             | <a href="#">Anxiety &amp; Anxiety Disorders</a>                    | Online              | £25  | ○ |
| <b>FEBRUARY</b>                                       |  |                     |      |   |
| Thursday & Friday 15 <sup>th</sup> & 16 <sup>th</sup> | <a href="#">2-day Youth Mental Health First Aid (MHFA)</a>         | Soar Valley College | £250 | ○ |
| Thursday 29 <sup>th</sup>                             | <a href="#">Supporting Young People with Eating Disorders</a>      | Online              | £25  | ○ |
| <b>MARCH</b>  |  |                     |      |   |
| Tuesday 19 <sup>th</sup>                              | <a href="#">1-day Youth Mental Health Champion (MHFA)</a>          | Soar Valley College | £165 | ○ |
| <b>MAY</b>  |  |                     |      |   |
| Thursday 9 <sup>th</sup>                              | <a href="#">Adverse Childhood Experiences (ACE's) &amp; Trauma</a> | Willow Bank School  | £50  | ○ |
| Thursday & Friday 23 <sup>rd</sup> & 24 <sup>th</sup> | <a href="#">2-day Youth Mental Health First Aid (MHFA)</a>         | Soar Valley College | £250 | ○ |
| <b>JUNE</b>   |  |                     |      |   |
| Tuesday 18 <sup>th</sup>                              | <a href="#">1-day Youth Mental Health Champion (MHFA)</a>          | Soar Valley Centre  | £165 | ○ |