

Leicester Children's Hospital School



**Training & Support
offer for schools**

**Programme
2024 - 25**



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
- 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



MHFA England

Dates:

10th & 11th October 2024

30th & 31st January 2025

10th & 11th April 2025

Venue: The Atkins Building, Lower Bond Street, Hinckley, LE10 1QU – 10th & 11th April
EMCYP, 170 Whitteney Drive, Leicester LE2 9AQ – 30th & 31st January

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@childrenshospitalschool.leicester.sch.uk

1-day Youth Mental Health First Aid Champion Training Sessions

Dates:

11th February 2025

13th May 2025



Venue: The Atkins Building, Lower Bond Street, Hinckley, LE10 1QU

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

Evaluation Feedback from a recent 2-day Youth MHFA Course

“Thank you for a most enjoyable and interesting 2 days I have learned so much, I am in awe of your expertise and knowledge.”

“I thoroughly enjoyed the sessions. The course leader was incredibly knowledgeable throughout the course and happily took all questions over the two days. The course manual will be a fantastic resource I can use throughout my time working alongside young people and their families, Thanks 😊.”

“I found it really helpful to attend the course in person and meet other people working with young people and hearing their experiences. It really was a very good course and I feel much better equipped.”

“Extremely interesting and engaging course. I would highly recommend to colleagues. Great presentation, conversation and delivery of course.”





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)
Autumn Term 2024			
Thursday 19th September 2024 (4 – 5pm)	Adverse Childhood Experiences (ACE's) & Trauma <ul style="list-style-type: none"> What is Trauma and what are Adverse Childhood Experiences? 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? 	Online (Zoom) £25	Lorraine Biddle
Thursday 5th December 2024 (4 – 5pm)	Supporting Anxious Young People Back to School <ul style="list-style-type: none"> Do you have students struggling to attend school? How can schools successfully improve attendance and support young people with EBSA? 	Online (Zoom) £25	Nikki Cole
Spring term 2024			
Thursday 13th March 2025 (4 – 5pm)	Where Mental Health & Safeguarding Meet - Consider Best Practice <ul style="list-style-type: none"> When does a Mental Health concern become a safeguarding concern? Are the right people involved? 	Online (Zoom) £25	James Stafford & Lorraine Biddle
Summer term 2024			

Thursday 22nd May 2025 (4 – 5.30pm)	<u>Anxiety or Eating Disorders</u> Anxiety: What is the difference between Anxiety and an anxiety disorder? An outline of the most common anxiety disorders. What might we see in school and what can we do to help? Where might we find further support and guidance? OR Eating Disorders: Develop your understanding of different types of eating disorders, presentation and challenges. What can schools do to help? Consider specific strategies, adjustments, personalisation.	Willow Bank School, Leicester, LE2 9AH £25	Lorraine Biddle
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Feedback from our recent training sessions

“I was impressed with the knowledge shared and also the information regarding CAMHS online sessions and the helpline number. This will be really useful for our schools.”

“Excellent knowledge in relation to neurodiverse children and young adults and excellent knowledge of mental health.”

“The training will help me not just at my setting but also with my own children.”

“Super knowledgeable and approachable – it was great to be able to ask questions relevant to the child I’m working with.”

“Thanks – very interesting and super useful!”

“Brilliantly delivered.”



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

“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:

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

Support level	Full day	Half day
LLE	£500	£250
SLE	£350	£175

Contact us:

training@childrenshospitalschool.leicester.sch.uk

Cancellation & Refunds

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

Training Planner

2024/25



SEPTEMBER				✓
Thursday 19 th	Adverse Childhood Experiences (ACE's) & Trauma	Online	£25	○
OCTOBER				
Thursday & Friday 10 th & 11 th	2-day Youth Mental Health First Aid (MHFA)	The Atkins Building	£250	○
DECEMBER				
Thursday 5 th	Supporting Anxious Young People Back to School	Online	£25	○

2025

JANUARY				
Thursday & Friday 30 th & 31 st	2-day Youth Mental Health First Aid (MHFA)	The Atkins Building	£250	○
FEBRUARY				
Tuesday 11 th	1-day Youth Mental Health First Aid Champion (MHFA)	The Atkins Building	£165	○
MARCH				
Thursday 13 th	Where Mental Health & Safeguarding Meet - Consider Best Practice	Online	£25	○
APRIL				
Thursday & Friday 10 th & 11 th	2-day Youth Mental Health First Aid (MHFA)	The Atkins Building	£250	○
MAY				
Tuesday 13 th	1-day Youth Mental Health First Aid Champion (MHFA)	The Atkins Building	£165	○
Thursday 22 nd	Anxiety or Eating Disorders	Willow Bank School	£25	○