

Leicester Children's Hospital School



**Training & Support
offer for schools**

**Programme
2026 - 27**



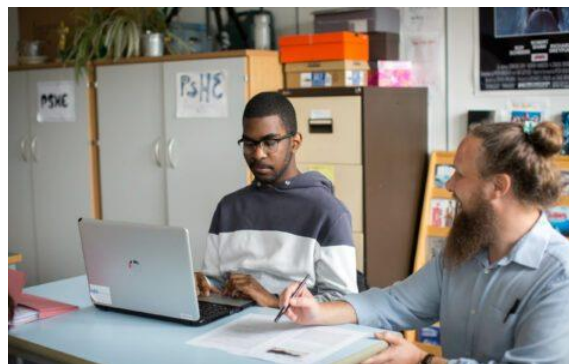
Training & Support

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 18 upwards (16 years for the Mental Health Awareness). 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 (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:

5th & 6th November 2026

24th & 25th June 2027

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

Cost: £250 per person include resources and refreshments

Details:

The Youth Mental Health First Aid course has been updated for 2025 with the latest knowledge and research. It has been redeveloped through an inclusive lens with extensive input from young people with lived experience.

This course is ideal for anyone who lives with, works with, or supports young people aged 8 to 18 and wants to gain the knowledge, awareness, and skills to spot the signs of a young person experiencing poor mental health, the confidence to start a conversation, and the tools to safeguard and signpost to appropriate support.

Train as a Youth Mental Health First Aider and you will receive three years of certification, plus access to ongoing benefits by joining the Association of Mental Health First Aiders®.

Support beyond the course - everyone who completes the course gets:

- A copy of the workbook to support their learning throughout the course
- A digital manual to refer to whenever they need it
- A wallet-sized reference card with the Youth MHFA action plan (ALGEE)

A digital Youth MHFAider certificate valid for three years.

Support that goes beyond the course

Following the course, you will be invited to join the Association of Mental Health First Aiders – England's first and only membership body for MHFAiders, and the largest community of its kind.

The Association of Mental Health First Aiders gives you access to exclusive resources and learning opportunities to empower them to carry out their roles effectively. This includes:

- The MHFAider Support App®. Access to features such as a 24/7 text support service, signposting to a national database of health services, and insights that teach critical self-care skills
- The MHFA England Online Learning Hub. This includes resources such as course manuals and YouthMHFAider guides
- First-hand insights. Learn from real people sharing their honest and lived experiences of mental health conditions
- Online networking. Invites to exclusive quarterly webinars to help Youth MHFAiders carry out their role with confidence, skill, and care
- Monthly newsletters. Youth MHFAiders are kept up to date with all the latest news from our community

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 to 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:

23rd February 2027

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](#)

Refresher Youth Mental Health First Aid Training

(This refresher course is for anyone who has completed the 2-day MHFA at least 3 years prior to attending this course).

Dates:

16th June 2027

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

Cost: £165 per person to include resources and refreshments

Stay ready to support young people

Keep your Youth Mental Health First Aid skills up to date with our Youth MHFA Refresher Course - recommended every three years. This four-hour course will renew your skills, update your knowledge,



MHFA England



MHFA England

and give you time to practice applying the MHFA Action Plan, so you're always confident and prepared to support young people aged 8 to 18.

Whether you live with, work with, or support young people, this course keeps you:

- Motivated to make a difference
- Empowered to step in
- Confident to act when it matters most

Just like physical first aid, refreshing your MHFA skills shows real commitment to building a mentally healthy environment for young people.

Support that goes beyond the course

When you train with MHFA England, you're not just ticking a box. You're joining a national movement, with ongoing support and resources through the Association of Mental Health First Aiders - helping you stay confident, capable, and connected long after the course ends.

Continuing your membership with the Association of Mental Health First Aiders, as a Youth MHFAider you will have access to:

- The MHFAider Support App® – Features include a 24/7 text support service, signposting to a national database of health services, and insights that teach critical self-care skills
- The MHFA England Online Learning Hub – Includes course manuals and Youth MHFAider® guides
- First-hand insights – Learn from real people sharing their honest and lived experiences of mental health conditions
- Online networking – Invites to exclusive quarterly webinars to help your Youth MHFAiders carry out their role with confidence, skill, and care
- Monthly newsletters – Your Youth MHFAiders will be kept up to date with all the latest news from our mental health community

This means you can have the peace of mind that you have everything you need to feel comfortable, capable, and confident in your role—every step of the way.

Please email training@childrenshospitalschool.leicester.sch.uk to secure your booking.



We also offer....

½-day Mental Health Awareness Training Sessions

We offer this to Post 16 students and parent groups.

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

- Some of the common mental health issues affecting young people, including anxiety, self-harm and suicidal thoughts.
- 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 enquiries or further information please email
training@childrenshospitalschool.leicester.sch.uk

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

“The course was both highly informative and genuinely enjoyable. The content was delivered seamlessly, creating an engaging and supportive environment. The Instructor’s knowledge and approachable style equipped us with valuable skills and confidence to become competent and effective MHFAiders.”

“I really enjoyed the course. The materials were well designed, the activities were thought provoking and led to lively discussion. Lorraine was an excellent course leader, adopting an appropriate tone at all stages and bringing all topics to life.”

“Would recommend this to anyone wanting to increase their confidence and knowledge in helping with MH concerns.”

“Great trainer, made very tough content very accessible, Thanks.”

“The trainer was very warm and friendly creating a lovely learning environment.”

“Really informative and interesting. Good videos and examples and discussion to bring it to life with good interaction in the group.”

“Was a great course, very informative and will help me in my current role. The trainer had an easy and friendly style and this was greatly appreciated, as the nature of the course is heavy and could be triggering. Highly recommended!”





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 2026			
Thursday 15th October (4 – 5pm)	<u>Risk Management In Schools</u> <ul style="list-style-type: none"> At a time when schools are managing increasing levels of risk, we are often asked when is the risk too high? How can we support these high risk students while maintaining a safe environment for other students and our staff? 	Online (Zoom) £25	Lorraine Biddle
Tuesday 24th November (4 – 5pm)	<u>FND - Functional Neurological Disorder</u> <ul style="list-style-type: none"> There are an increasing number of young people receiving this diagnosis. What is it and how can we support young people in our schools? 	Online (Zoom) £25	Lorraine Biddle
Spring term 2027			
Wednesday 10th March (4 – 5pm)	<u>Anxiety</u> <ul style="list-style-type: none"> 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? 	Online (Zoom) £25	Lorraine Biddle
Wednesday 12th May (4 – 5pm)	<u>Self-Harm</u> <ul style="list-style-type: none"> What is self-harm? How can we support young people who engage in self-harm and what we can do in school to maximise safety. 	Online (Zoom) £25	Lorraine Biddle

Summer term 2027			
Thursday 17 th June (4 – 5pm)	<u>Eating Disorders</u> <ul style="list-style-type: none"> • Develop your understanding of different types of eating disorders, presentation and challenges. • What can schools do to help? Consider specific strategies, adjustments, personalisation. 	Online (Zoom) £25	Lorraine Biddle

Feedback from our recent training sessions

“The course was excellent. The information was relevant and concise. I came away with practical tips and was able to ask questions at the end.”

“Clear presentation with useful recent examples of good practice.”

“Amazing presentation and learned a lot and will help us as a school to understand more about our students and parents going through this journey.”

“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.”

“The trainer is very experienced and very knowledgeable. Great at presenting and explaining things and really good at answering questions. Very helpful and informative. I learned a lot of new things about eating disorders and how they present, and I really hope this information helps me to help others.”



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

2026/27



OCTOBER				
Thursday 15 th	Risk Management In Schools	Online	£25	<input type="radio"/>

NOVEMBER				
Thursday & Friday 5 th & 6 th November	2-day Youth Mental Health First Aid (MHFA)	The Atkins Building	£250	<input type="radio"/>
Tuesday 24 th	FND - Functional Neurological Disorder	Online	£25	<input type="radio"/>

FEBRUARY				
Tuesday 23 rd	1-day Youth Mental Health First Aid Champion (MHFA)	The Atkins Building	£165	<input type="radio"/>

MARCH				
Wednesday 10 th	Anxiety	Willow Bank School	£25	<input type="radio"/>

MAY				
Wednesday 12 th	Self-Harm	Online	£25	<input type="radio"/>

JUNE				
Wednesday 16 th	Refresher Youth Mental Health First Aid (MHFA)	The Atkins Building	£165	<input type="radio"/>
Thursday 17 th	Eating Disorders	Online	£25	<input type="radio"/>
Thursday & Friday 24 th & 25 th	2-day Youth Mental Health First Aid (MHFA)	The Atkins Building	£250	<input type="radio"/>