Birmingham’s #you’vebeenmissed campaign is to support children and young people, parents and carers and professionals throughout the Covid pandemic. As part of the campaign, Lydia Stafford, a Mental Health Nurse working in the Forward Thinking Birmingham’s early help team is leading 3 webinars to support parents. Lydia is passionate about supporting parents to maintain and strengthen relationships with their children, whilst being able to manage difficulties and challenges. There are many transitions ahead for everyone moving slowly back into life after lockdown: Lydia would like to offer parents a webinar that explains why self-care as a parent at this time is a priority not only for their well-being but also in supporting and being “present” for their children during these transitions. Parents will also hear how the smallest acts to look after ourselves can make a significant difference. Lydia is also a parent to 3 children, she will be bringing aspects of both her personal and professional self to bring this concept across in a real, honest and connected way. For resources and videos visit: bwc.nhs.uk/youve-been-missed

PARENTING SELF-CARE SUPPORT

SESSION LEADER: LYDIA STAFFORD - FORWARD THINKING BIRMINGHAM STICK TEAM
AVAILABLE DATES:
2ND JULY, 1.30PM - 2.30PM
17TH JULY, 10.30AM - 11.30AM
25TH AUGUST, 1.30PM - 2.30PM

Sessions hosted on Zoom
TO BOOK, VISIT https://bep.education/events/
The #you'vebeenmissed campaign is led by a partnership within Birmingham supporting pupils, parents, carers and education professionals to aid our children and young people return to school. Established prior to the Covid pandemic with a view to offer 'early help' to pupils at risk of Emotionally Based School Avoidance, our partnership is now offering a series of webinars and training to school staff to support pupils on themed issues e.g. anxiety, depression and self-harm. More sessions and BEP’s highly successful series of mental health shorts will be added as they become available so keep watching this space!

Birmingham Education Partnership is proud to work with the Birmingham Children’s Partnership to support the emotional and mental health of Birmingham’s children and young people and those who care for them.
UNDERSTANDING AND NORMALISING ANXIETY

DATE: 16TH JULY, 11AM - 12PM
PHASE: ALL
SESSION LEADER: RACHAEL WALL - FORWARD THINKING BIRMINGHAM STICK TEAM

By the end of the webinar it is hoped those attending will have a greater understanding of what anxiety is; this will include the functioning of the brain during anxiety as well as the physiological responses it causes. This Webinar will also help professionals to identify the variations between anxiety and worry and the different responses these presentations require.

EMOTIONAL FIRST AID, LOOKING AFTER OURSELVES AND EACH OTHER DURING COVID 19

DATE: 8TH JULY, 11AM - 12.30PM
PHASE: ALL. SUITABLE FOR ALL SCHOOL STAFF
SESSION LEADER: DR MARIE KERSHAW, PRINCIPAL CLINICAL PSYCHOLOGIST, BIRMINGHAM ADOPTION SERVICE, BIRMINGHAM CHILDREN’S TRUST

During this webinar, attendees will be reminded of the ways that our bodies and brains respond to stress and how we can support ourselves and others. A great way to support yourself over the summer and begin to think of new ways to sustain yourself next academic year.

FTB THERAPY TOOLKIT SEMINAR, ANXIETY AND WORRY (SECONDARY)

DATE: 9TH JULY, 10AM - 11AM
PHASE: SECONDARY
SESSION LEADER: RACHAEL WALL - FORWARD THINKING BIRMINGHAM STICK TEAM

Learn about the FTB anxiety toolkit and how you can use it to directly support secondary age pupils in school.

FTB THERAPY TOOLKIT SEMINAR, ANXIETY AND WORRY (PRIMARY)

DATE: 9TH JULY, 2PM - 3PM
PHASE: PRIMARY
SESSION LEADER: RACHAEL WALL - FORWARD THINKING BIRMINGHAM STICK TEAM

Learn about the FTB anxiety toolkit and how you can use it to directly support primary age pupils in school.
FTB THERAPY TOOLKIT SEMINAR: LOW MOOD (SECONDARY)

**DATE:** 8TH SEPTEMBER, 10AM - 11AM  
**PHASE:** SECONDARY  
**SESSION LEADER:** RACHEL MCGUINNESS – FORWARD THINKING BIRMINGHAM

FTB THERAPY TOOLKIT SEMINAR: LOW MOOD - FEELING SAD (PRIMARY)

**DATE:** 8TH SEPTEMBER, 2PM - 3PM  
**PHASE:** PRIMARY  
**SESSION LEADER:** RACHEL MCGUINNESS – FORWARD THINKING BIRMINGHAM

FTB THERAPY TOOLKIT SEMINAR: RESILIENCE (SECONDARY)

**DATE:** 10TH SEPTEMBER, 10AM - 11AM  
**PHASE:** SECONDARY  
**SESSION LEADER:** RACHAEL WALL – FORWARD THINKING BIRMINGHAM STICK TEAM

FTB THERAPY TOOLKIT SEMINAR: ANGER (SECONDARY)

**DATE:** 11TH SEPTEMBER, 10AM - 11AM  
**PHASE:** SECONDARY  
**SESSION LEADER:** ELAINE HOFFMAN – FORWARD THINKING BIRMINGHAM STICK TEAM

FTB THERAPY TOOLKIT SEMINAR: ANGER (PRIMARY)

**DATE:** 11TH SEPTEMBER, 2PM - 3PM  
**PHASE:** PRIMARY  
**SESSION LEADER:** ELAINE HOFFMAN – FORWARD THINKING BIRMINGHAM STICK TEAM

*Sessions hosted on Zoom*

*TO BOOK, VISIT https://bep.education/events/*
MANAGING ANXIETY

DATE: 9TH OCTOBER 2020, 1PM - 3.30PM
PHASE: ALL
SESSION LEADERS: ANNA ROBINSON, ANNA BATEMAN, MANDY MCCROHON - BEP & ELAINE HOFFMAN - FORWARD THINKING BIRMINGHAM STICK TEAM

The first of BEP’s successful mental health shorts for 2020. Relevant for both primary and secondary. Led by Psychotherapist Anna Robinson and experienced education leaders Mandy McCrohon and Anna Bateman from BEP’s NewStart Team.

UNDERSTANDING SELF HARM

DATE: 20TH NOVEMBER 2020, 1PM - 3.30PM
PHASE: ALL
SESSION LEADERS: ANNA ROBINSON, ANNA BATEMAN, MANDY MCCROHON - BEP

Relevant for both primary and secondary school staff, this workshop will build your confidence in understanding self harm and also help you learn how schools can support pupils. Led by Psychotherapist Anna Robinson and experienced education leaders Mandy McCrohon and Anna Bateman from BEP’s NewStart Team.

For resources and videos visit: bwc.nhs.uk/youve-been-missed