



**Primary School Offer
Course Brochure**

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Whole School Approach Offers:

We Eat Elephants

Y1 & 2 – 6 Sessions

Y3, Y4, Y5 & Y6 – 5 Sessions

We Eat Elephants focuses on children's emotional literacy and introduces cognitive behavioural therapy (CBT) principles including the thinking-feeling connection and problem solving. The course is adapted depending on the year group, to offer an introduction to CBT at an age appropriate level. The course uses engaging, story-based scenarios based on 4 individual characters to support children to identify emotions and consider helpful and unhelpful thoughts and behaviours. The aim of the course is to help children to understand why they feel the way that they do. We Eat Elephants can be run as a full class intervention or as a small group of targeted children.

Feelings Sessions

(2 sessions for 5-11 year olds)

Pupils will have activity packs to complete alongside the session.

Session 1 – KS1 and KS2 Content:

Emotional Literacy – Linking feelings to words, Normalising feelings.

Education on the Fight and Flight response – Interactive use of exercise to normalise body symptoms.

Calming/distraction technique s– 5 star breathing.

Session 2 - KS1 Content:

- Recap Emotions/feelings
- What is worry – recognising worry
- Ways to help – Thinking of positive activities to help
- Make a worry monster

Session 2— KS2 Content:

- Recap Emotions/feelings
- What is worry – recognising worry
- Strategies to understanding and manage worry
- Look at 5 ways to wellbeing – Look at own wellbeing and ways to maintain
- What is resilience – Create own resilience tool kit

Peer Mentoring Programme

Our Peer Support Workers empower children through group work and play to explore their talents and skills to communicate with and look out for their peers. They empower staff to support children in their setting, to promote the children's voice and to include every child who wants to contribute to a positive mental health culture.

ASDAN - The ASDAN training programme trains young people to become Peer Mentors. In the training programme we talk about different mental health topics, the importance of clear communication and the different ways in which young people can support their peers. Once complete, it is the Peer Mentors decision as to how they want to use the training e.g. starting an after school club or having a lunchtime drop in session.

CPD - The CPD training aims to work in conjunction with the ASDAN training. The CPD training has been designed to:

- educate staff on how to support Peer Mentors
- train staff to provide low level support for emotional wellbeing and to encourage young people to talk about their issues

Building Confidence

(3 sessions for 5-11 year olds)

We recognise that young people can struggle with low confidence and have negative opinions of themselves, causing low self-esteem. Low confidence can impact on all areas of a person's life including family relationships, school and achievement, friendships, and how young people spend their free time.

Sessions focus on:

- The link between thoughts, feelings and behaviours
- Positive thinking/affirmations
- Focusing on personal strengths
- Overcoming challenges and improving resilience

Transitions

(4 sessions for Years 6)

Delivered to a class, small group or 1:1

Each young person will have a workbook to complete alongside the 4 sessions

The 4 sessions will explore:

- What is transition – focus on moving from primary to secondary school
- What will they miss and what are they looking forward to?
- Thoughts and emotions about the transition
- Normalising thoughts and emotions
- Scenarios they may face starting secondary
- What is resilience and how to be more resilient
- Getting prepared– who to ask for help?

Staff Well-being and Training

We offer several different sessions to support the promotion of staff well-being:

- Social and Emotional Mental Health (SEMH) CPD to support building capacity of staff to identify and respond to the needs of their pupils within a whole school approach.
- The Durham Resilience Project.
- Consultation with staff to discuss concerns, offer support and signpost to appropriate services.

Joint Training Offer:

The following training is available at no cost for up to two members of staff per education setting.

Please book using: <http://www.durham.gov.uk/sendcoursedirectory>

- Attention difficulties/ADHD
- Anxiety
- Self-harm
- Staff Wellbeing
- Attachment and Trauma

*We can also offer bespoke training in relation to children's mental health – please speak to your allocated Mental Health Worker to discuss individual requests

Other Offers

We are happy to discuss other needs in which your school may have. Some other examples of how we can support your school include:

Attending parents/caregivers evenings where we can:

- Introduce ourselves and our role.
- Offer advice and signposting.
- Have resources available for parents/caregivers to look at our take away.
- Encourage parents/caregivers to speak to school staff about a referral to the team if appropriate.

Attending assemblies where we can:

- Introduce ourselves and our role
- Talk about a particular topic relating to mental health and wellbeing

Supporting with Summer Schools where we can:

- Deliver specific workshops to support emotional wellbeing

Targeted Interventions:

FRIENDS for life

(1 hour sessions over 10 weeks for KS2)

Delivered in small groups of up to 10 pupils.

All pupils will be provided with a workbook to use during the sessions.

FRIENDS is a social skills and resilience intervention, that has been recognised by the World Health Organisation as an effective tool set to prevent anxiety for children. It is proven to reduce anxiety and provide young people with strategies to rise to life's challenges, and bounce back from setbacks. FRIENDS also improves social-emotional skills, the ability to focus, confidence, the capacity to relax, regulate emotions and develop empathy.

Parent Led CBT

(14 week course to support parents/carers of 4-12 year olds struggling with anxiety)

The aim of Parent Led Cognitive Behavioural Therapy (CBT) is to provide strategies to parents that they can use at home, to support their child to overcome problems with anxiety.

It aims to increase parents confidence by teaching skills and techniques to help their child manage their anxiety through building up brave behaviour and supporting them to face their fears.

Parent Led CBT is ran as a group, with parents/carers only. The 14 week course consists of 6 face to face sessions, 2 telephone check-ins and some working breaks to allow time to practice the skills they have learnt.

Behaviour Intervention

(8 week course with parents/carers)

The course aims to increase a parent/carers confidence in their ability to help and support their child and to manage their child's difficult behaviours. The course is delivered in a group with parents/carers only, and handouts will be given to complete out of session.

Parent/carers will be supported to:

- Learn about their child and their behaviour
- To enhance their relationship and support children's communication
- Building self-esteem and improving behaviour through praise
- Using routines and boundaries to set limits for their child
- Reducing problematic behaviour through withdrawing attention
- Supporting emotional regulation through calm time and dealing with non-adherence to commands in children over 5 years

*Please note this is a brief intervention to support parents/carers to manage the early onset of behavioural difficulties

Contact Details:

Piece of Mind (Mental Health Support Teams)
Stanley Primary Care Centre
Clifford Road
Stanley
DH9 0AB

All enquiries should be made through the team email address: tewv.mhstcountydurham@nhs.net





In partnership with: