

Wolverhampton Education Wellbeing Network Bulletin



Welcome to the first edition of the Wolverhampton Education Wellbeing Bulletin!

This bulletin has been created to illustrate upcoming events and highlight research and training.

If you have anything that you would like to share in future bulletins, please email: anisa.rafaqat@wolverhampton.gov.uk

Upcoming Education Wellbeing Network Meetings

- 9th of May - 1-3.30pm – Online (MS Teams)
- 4th of July - 1-3.30pm - face to face (Fordhouses Cricket Club)



Free Bereavement Training

Child Bereavement UK

Bereavement by suicide



25th April 2024 3.30-5.00pm (FREE)

<https://www.childbereavementuk.org/Event/bereavement-by-suicide-support-for-schools>

Please note there are more training opportunities on the website- <https://www.childbereavementuk.org/>

Free Multi-agency Restorative Practice training

Restorative Practice is a strengths-based, relational and solution focused approach which encourages high aspirations and high expectations to achieve good outcomes for children.

In Wolverhampton, we are committed to restorative core beliefs and principles, embedding restorative practice as a fundamental part of our work with children and families.

The training takes place over three days at the Civic Centre in Wolverhampton, you must be able attend all three days. Available dates this year:

- 13th and 14th May and 6th June 2024
- 9th, 10th July and 1st August 2024
- 18th, 19th September and 10th October 2024
- 3rd, 4th and 19th December 2024



[Book your places here](#)

Every Mind Matters Campaign - Loneliness

The Department for Culture, Media and Sport (DCMS) has launched an Every Mind Matters campaign focusing on Loneliness.

'Loneliness. It's a part of life. Let's talk about it.'

Based on research, 16-24 year olds are the loneliest age group, as well as being least likely to take action to help themselves. The campaign aims to target young people to reduce the stigma of loneliness, increase knowledge of where to find support and encourage taking

[Loneliness - Every Mind Matters - NHS](#)

[Campaign Resources](#)



Five to Thrive: Free Online Training

The Five to Thrive training programme is open to people who work and engage with expectant and existing parents, and their families. It is an approach which describes the building blocks for healthy brain development in babies, children, and young people and how these contribute to maintaining healthy and effective relationships throughout life. Find out more and book your place here:

[KCA: Reg form: Five to Thrive training 2024](#)

Contact us:



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MindEd Online Learning

MindEd is a national organisation who have worked with the NHS and developed a huge range of training for education and healthcare professionals - it is all e-learning that can be accessed for free.

There is an extensive range of topics that can support to broaden knowledge to help support young people and children. The following link has a large range of topics that can be accessed easily online:

https://mindedhub.org.uk/media/quvlpqkv/minded_brochure_a4_r6.pdf

Some examples or topics associated with wellbeing are listed below, but this is just a snapshot of what MindEd has to offer:

- Anxiety and Distress in the Classroom: Internalising Difficulties
<https://www.minded.org.uk/Component/Details/673057>
- Loss and grief: <https://www.minded.org.uk/Component/Details/445691>
- Self-harm and risky behaviour: <https://www.minded.org.uk/Component/Details/591066>
- Keeping ourselves strong: <https://www.minded.org.uk/Component/Details/653148>

To sign up please use the following link: <https://www.minded.org.uk/>



Senior Mental Health Lead Training

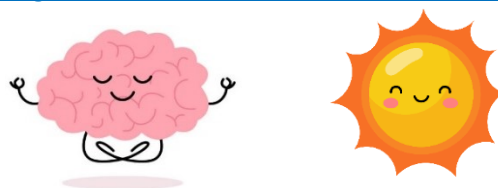
Grants of £1,200 are still available to access continuing professional development (CPD) for your school or college's mental health lead. If you haven't already done so, claim your grant this term and join the 15,000 schools and colleges that have already accessed a DfE quality assured [senior mental health lead](#) course.

Take five minutes to claim your training grant [here](#). You can now also claim a 2nd grant [here](#) if your trained mental health lead left your setting before fully developing your whole school or college approach.

Looking after your own wellbeing

As the weather gets warmer (hopefully!) try and spend some time outdoors to promote positive well-being. Nature is an important need for many and vital in keeping emotionally, psychologically, and physically healthy.

<https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHAW21-Nature-research-report.pdf>



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