

YOU'VE BEEN MISSED

Webinars for professionals



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.

Summer Term 2020

Sessions hosted on Zoom

TO BOOK, VISIT <https://bep.education/events/>

UNDERSTANDING AND NORMALISING ANXIETY

DATE: 2ND JULY, 10AM - 11AM

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.

Autumn Term 2020

Sessions hosted on Zoom

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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

Autumn Term 2020

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