

Nurturing transitions to wellbeing – Empowering our children and young people with the tools for developing better mental health

6 November 2018

Ashford International Hotel,
Simone Weil Avenue, Ashford,
Kent TN24 8UX



This one day conference brings together experts in the field of mental health in children and young people in order to discuss pertinent issues and evidence-based practice and resources to enhance wellbeing and resilience.

The mental health of young people is becoming a very real issue for those supporting them in both the learning and social contexts. It is evident that many aspects of today's society are unhelpful – to say the least – for the mental health of children and young people in the UK. As they grow and develop, children must navigate a complex and ever-changing world, facing challenges and pressures in numerous aspects of their lives.

The following issues are impacting upon our young people in various and complex ways:

- Family breakdown is widespread
- There is so much pressure to have access to money, the perfect body and lifestyle
- Materialist culture heavily influences young people
- 24-hour social networking and what young people can access from a young age can have a negative impact on their mental health and wellbeing
- Bullying on and offline is rife
- Increasing sexual pressures and early sexualisation throw young people into an adult world they don't understand
- Violence is rife in many communities and fear of crime a constant source of distress for thousands of young people
- Schools are becoming more and more like exam factories; university entry has become more competitive and expensive
- 13% of 16-24-year olds are not in employment, education or training (NEET)



Conference contributors:

Dr Tina Rae (Consultant Psychologist and author) will present the new Well Being Tool Kit for Teens (a nurtureuk publication) which provides practitioners with 20 sessions of evidence-based resources to build resilience and mental health in young people. Tina's keynote will also introduce the main issues and concerns regarding our children's mental health and wellbeing.

Professor Barry Carpenter (OBE, CBE) will provide us with the afternoon keynote entitled 'Creating Mental Wealth; Policy and Pedagogy'.

Kevin Kibble (Chief executive nurtureuk) will deliver a keynote on the topic of Nurturing Transition – highlighting the need to effectively support the transition from KS2-3 and also the ways in which a nurturing approach is both relevant and successful.

Delegates will also be able to participate in workshops from the new resource which include using tools from cognitive behavioural therapy, understanding self-harm, teens in the media, coping with sexual behaviours and difference, healthy relationships, and developing assertiveness and confidence. Presenters will include **Dr Jody Walshe** (Child and Educational Psychologist), **Dr Sarif Alrai** (Child and Educational Psychologist), and staff from Goldwyn school's STLS.

Additional workshops include 'Managing Me' – managing stress, anxiety and depression, an intervention developed by **Nikki Brooker and Josie Ledger** (Young People's wellbeing workers Maidstone and Mid Kent MIND) and Managing transitions from **Dr Florence Ruby** (Research officer nurtureuk).



There will be opportunities to network and a market place to access a range of services (including stalls from nurtureuk, mind, place2be, headstart kent) and resources all aimed at supporting the wellbeing and mental health of our children and young people.

This conference promises to be a stimulating day and will ensure that you leave with a range of useful tools, resources and an increased awareness and understanding of what works and how to access support.

Price:

£150pp (inc. VAT)
10% off available for nurtureuk members

To book please email:
training@goldwyn.kent.sch.uk