



Team TRAINING



Team Training is made up of :





Most popular training requests from November's Conference:

- Sleep
- Eating
- Behaviour
- Toileting
- Anger Management
- EHCPs



Most popular training requests from November's Conference:

- Post 16
- Sibling Support
- Making friends
- Social Media
- Benefits
- Supporting children in care and foster care



Sessions offered since Nov 2023:

- An introduction to Sensory Needs
- Managing Sensory Challenge
- Wills and Trusts
- The Graduated Approach to SEND
- The EHCP process & the right to appeal
- Monthly SENDIASS drop-in sessions at each of the 15 family hubs



Sessions offered since Nov 2023 continued:

- Understanding Why Children Might Be Anxious About School
- Anxiety – over 11 years
- Anxiety – 5 – 11 years
- Emotional Wellbeing
- Understanding Sleep
- Understanding Behaviour Development in Children & Young People



Coming up from Team Training:

- Understanding why Children might be anxious in School
- Anxiety – over 11 years
- Anxiety – 5 – 11 years
- Emotional Wellbeing
- Understanding Sleep
- Understanding Behaviour Development in Children & Young People



Coming up from Team Training continued:

- Making Sense of Caring
- Paediatric First Aid
- Monthly SENDIASS drop-in sessions at each of the 15 family hubs and a fortnightly online drop-in session
- NEAS Durham face to face Workshops – At Horden and Willington Family Hubs
- Intro to ADHD delivered by Daisy Chain at various Durham Family Hubs



Coming up from Team Training continued:

- MCT & Sensory Worx are working on a leaflet of common things that parents have asked for information about.
- Team Training are looking at the possibility of producing some leaflets around topics that have been highlighted by parent carers – watch this space!

So, look out for
Team Training
Publicity on our
social media
platforms.
It will look like
this....



Understanding Why Children Might Be Anxious About School

Tuesday 21st May 2024, 9.30 am—11.30 am

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.

Anxiety (Two groups)

Tuesday 4th June 2024, 9.30 am—11.30 am—Over 11 years

Tuesday 11th June 2024, 9.30 am—11.30 am— 5-11 years

This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Emotional Wellbeing

Tuesday 9th July 2024, 9.30 am—11.30 am

This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children.

To book places please email tevv.countydurhamcamhstraining@nhs.net or scan the QR code below to access the Trust website for further details. Please state which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS. If you have any additional needs, please mention this in the booking email.


Tees, Esk and Wear Valleys
NHS Foundation Trust



Future Plans:

We would love to hear of any ideas you have for future sessions.

There is a sheet in your pack for you to complete now, the information recorded on these sheets are shared with all members of Team Training and help us identify parent carer training needs.

You can contact any of the following organisations through our social media platforms or website.



CIO CHARITY No 1202217
"MAKING CHANGES TOGETHER"

www.mctdurham.co.uk



Durham County
carers support

www.dccarers.org

Tel: 0300 0051213



<https://www.durham.gov.uk/helpforfamilies>



Tel: 0191 5873542 or
03000 267 007

<https://durhamsendiass.info/>