

**Brighton & Hove  
Virtual School  
for Children in Care & Previously in Care**

**Training & Activities  
Offer**



**2018-19  
Academic Year**

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## For non-school professionals (multi-agency training)

### ➤ Attachment Aware Brighton & Hove: 1 day course

Delivered by the Educational Psychology Service (EPS), this multi-agency training is open to all non-school colleagues, including those working with Brighton & Hove Children in Care (CiC) and Previously in Care (PiC). The training is based on the **Secure Base Model** (which is already used in various teams across the Children's Workforce - e.g. in Fostering & Adoption) and is part of the programme to promote increased Attachment Awareness across the city.

#### **Attachment Aware Brighton & Hove:**

**Wed 23 Jan 2019, 09.30- 16.30- Volks Room, Bartholomew Square, Brighton Town Hall**

Please see the new Brighton & Hove Learning Gateway for detailed flyer and to book yourselves on directly: <https://learning.brighton-hove.gov.uk/cpd/portal.asp>

### ➤ Emotion Coaching: 1 day course

Delivered by the Educational Psychology Service (EPS), this multi-agency training is open to all non-school staff, including those working with Brighton & Hove Children in Care (CiC) and Previously in Care (PiC).

#### **Emotion Coaching:**

**Tue 20 Nov 2018, 09.30-16.30 - Volks Room, Bartholomew Square, Brighton Town Hall**

Emotion Coaching has been found to help children and young people better understand their emotions, as well as regulate, improve and take ownership of their behaviour. Emotion Coached children and young people:

- ✓ Achieve more academically in school
- ✓ Are more popular
- ✓ Have fewer behavioural problems
- ✓ Have fewer infectious illnesses
- ✓ Are more emotionally stable
- ✓ Are more resilient

(Gottman 1997)

Emotion Coaching can also help practitioners to be more sensitive to the needs of children and young people, create more consistent responses to behaviour, feel more 'in control' during incidents, and promote positive relationships between adults and children.

Please see the new Brighton & Hove Learning Gateway for detailed flyer and to book yourselves on directly: <https://learning.brighton-hove.gov.uk/cpd/portal.asp>

**NB: For school staff Attachment Aware and Emotion Coaching training, please see page 4**

## For Teaching Assistants, Mentors, Key Teachers, Senior Managers & Designated Teachers:

### ➤ Termly Designated Teacher Networks

Primary and Secondary networking opportunity for Designated Teachers to meet termly with the Virtual School to discuss current national and local issues around the education of CiC.

#### **Secondary, Special and 16+ DTs**

**Tue 09 Oct 2018, 3.45-5.00pm, Moulsecoomb Hub South**

**Thu 28 Feb 2019, 3.45 – 5.00pm, Moulsecoomb Hub South**

**Thu 16 May 2018, 3.45 – 5.00pm, Moulsecoomb Hub South**

#### **Primary DTs**

**Tue 13 Nov 2018, 3.45-5.00pm, Moulsecoomb Hub South**

**Thu 26 Feb 2019, 3.45 – 5.00pm, Moulsecoomb Hub South**

**Tue 14 May 2019, 3.45- 5.00pm, Moulsecoomb Hub South**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details.

### ➤ Attachment Aware training for schools in Brighton & Hove

In Brighton & Hove we promote Attachment Aware approaches in schools to support Social, Emotional and Mental Health (SEMH) inclusion and positive Emotional Mental Health and Well-Being (EMHWP) across the whole school.

**Guidance has been published (September 2018)** to support all schools across the city to develop an **Attachment Aware Behaviour Regulation Policy**, with the support of the school's link Educational Psychologist (EP). This also details the whole school **Attachment Aware** training offered by the Educational Psychology Service (EPS), which draws upon the latest research on the brain and is based upon the **Secure Base Model** (which is used in various teams across the Children's Workforce - e.g. in Fostering & Adoption). It promotes a **graduated approach**, where: *all pupils* benefit from Attachment Aware whole school practice; *some pupils* require targeted support; *a few* pupils will need specialist attachment support. It also emphasises the importance of reflective practice for staff working with children and young people (CYP) in a variety of settings.

The Educational Psychology Service (EPS) also offers whole school training on **Emotion Coaching**, which is an evidence-based approach and builds on Attachment Theory and research on neuroscience to provide a practical framework for supporting emotional regulation.

**For further details on these trainings, and how the EPS can support schools around their behaviour policy development, please liaise with your school's link EP.**

You can also contact Sarah Ahmed, Assistant Principal Educational Psychologist and Strategic Attachment Aware Lead:

[Sarah.Ahmed@brighton-hove.gov.uk](mailto:Sarah.Ahmed@brighton-hove.gov.uk) (01273 293481)

For other citywide and bespoke trainings, as well as a wide range of interventions offered at the whole school, group and individual level by the EPS and wider Brighton & Hove Inclusion Support Service (BHISS), **please see BEEM and the BHISS Local Offer:**

<https://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/BHISS%20services%20to%20schools.pdf>

<https://www.brighton-hove.gov.uk/content/children-and-education/local-offer/brighton-hove-inclusion-support-service-bhiss>

### ➤ Attachment Team Pupil Support Groups

To offer relationship to those who have experienced relational trauma and loss is vital for adaption and recovery. It can also be very challenging, and togetherness is equally vital to provide the relational buffering, connection and support necessary.

These off-site half-termly support groups provide an afternoon of reflective space to build knowledge, skill you up and share experiences.

For Teaching Assistants, Mentors, Teachers, SENCos and Senior Managers of Team Pupil who are seeking to work in an Attachment Aware and Trauma Informed (AATI) way. Teaching Assistants and Mentors who are 1:1 Key Adults are invited in to a three-year support package to facilitate permanency at school.

**Year 1** for anyone who is part of the team around the child in school and who is interested in attending these attachment aware and trauma informed groups – teachers, senior managers as well as support staff.

**Year 2** is for those who have completed the Year 1 group.

**Year 3** is for those who have completed Years 1 and 2 of the groups.

**The Advanced Group** is open to anyone who is an Attachment Lead or has completed at least 3 years of support with TouchBase.

<b><u>Year 1</u></b>	<b><u>Year 2</u></b>	<b><u>Year 3</u></b>	<b><u>Advanced Group</u></b>
1 <sup>st</sup> October 2018 26th November 2018 28th January 2019 25th March 2019 15th May 2019 1st July 2019	17th September 2018 12th November 2018 14th January 2019 11th March 2019 1st May 2019 17th June 2019	24th September 2018 19th November 2018 21st January 2019 18th March 2019 8th May 2019 24th June 2019	8th October 2018 3rd December 2018 4th February 2019 1st April 2019 22nd May 2019 8th July 2019

All groups are from 13.30- 15.00 at TouchBase, West Werks, 41-43 Portland Road, Hove BN3 5DQ. Contact [info@touchbase.org.uk](mailto:info@touchbase.org.uk) for places for the new academic year.

## ➤ **Virtual School Conference**

An annual 'Brighton & Hove Virtual School for Children in Care Conference', involving keynote speakers and addressing key educational issues for CiC.

**Tue 09 July 2019, 9.30am – 3.30pm – Bramber House, Sussex Uni**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details.

## **For Young People**

### ➤ **CiC Raising Aspirations day**

Following on from the previous year's inspirational trips for B&H CiC to Cambridge and Sussex Universities, this year there will be further opportunities to experience university life as it might be and to see what great incentives are available to CiC.

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or to book on.

### ➤ **Awards Ceremony**

Our annual extravaganza in association with the Fostering Support Team will once again this year celebrate the achievements of 50 B&H CiC in this exclusive setting.

**Fri 23 Nov 2018, 14.00- 17.00, iTalk Lounge, Amex Stadium**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or to book on.

### ➤ **Virtual School Clubs**

The Virtual School funds and assists weekly activities for CiC enabling them the opportunity to socialise and receive expert tuition in sport and leisure activities.

**Table Tennis Club – Mondays 5.30-7.00pm, St John the Baptist Church, St George's Terrace, Kemptown**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or to book on.



## For Social Workers

### ➤ PEPs & Education Matters

An offer to social workers to attend a 2 hour training session with Key Stage Advisor Rob Caddick to discuss education matters such as curriculum, assessment levels and SEN.

**Tue 02 Oct 2018, 13.30 – 16.00, Moulsecoomb Hub South, Conf Rm 5**

**Tue 12 Feb 2019, 13.30 – 16.00, Moulsecoomb Hub South, Conf Rm 5**

**Tue 02 Jul 2019, 13.30 – 16.00, Moulsecoomb Hub South, Conf Rm 5**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or to book on.

### ➤ Education Update for Pods

Virtual School representatives will attend each POD meeting during the autumn term 2018 to address all education matters but with emphasis on the new PEP process and attendance. These meetings will be individually arranged by Virtual School with pod managers.

## For Foster Carers

### ➤ Foster Carer Training

This is an opportunity for Foster Carers to develop their awareness, knowledge and skills around how to support the educational needs of CiC.

**Fri 24 May 2019, 10.00 – 12.00pm – Virtual School Q & A, Great Hall, Moulsecoomb North Hub**

To book on, please contact [robert.caddick@brighton-hove.gov.uk](mailto:robert.caddick@brighton-hove.gov.uk) 01273 296480

### ➤ Foster Carer Conference on Education Matters

An exciting opportunity for all foster carers to come together with the Virtual School to discuss key issues pertaining to their role in the education of young people in their care.

**Tue 12 Mar 2019, 10.00- 13.00, Bramber House, Terrace Room, Sussex University**

Contact [virtualschool@brighton-hove.gov.uk](mailto:virtualschool@brighton-hove.gov.uk) for further details or call 01273 293992

## For Special Guardianship Order Carers of Children Previously in Care

### ➤ Clinics

The Virtual School has funded TouchBase to run Clinics which are free for Special Guardianship Order Carers who can attend on their own/as a couple, **and with a Key member of school staff**. Clinics offer an informal 45 minute session with Anne Henderson to explore helpful tips and strategies to support the education of children/young people previously in care. **NB: This is not a formal consultation or therapeutic intervention.**

#### Autumn Term

**10 Sep 2018** x 4 available sessions  
**05 Nov 2018** x 4 available sessions

#### Spring term

**07 Jan 2019** x 4 available sessions  
**04 Mar 2019** x 4 available sessions

#### Summer Term

**10 Jun 2019** x 4 available sessions

Please contact TouchBase to book a Clinic space: [info@touchbase.org.uk](mailto:info@touchbase.org.uk). The Clinics are run on Monday afternoons at TouchBase, West Werks, 41-43 Portland Road, Hove, BN3 5DQ. **NB: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.**

## Training for Parents of Children and Young people Adopted from Care

### ➤ Workshops and Clinics

Our offer of Workshops and Clinics delivered for the Virtual School by TouchBase - free to parents who are adopters:

#### Workshops for Parents of Children and Young People Adopted from Care

School can be a big ask for children and young people who have experienced relational traumas and losses, and it is not always easy knowing how best to help them. Our Workshops cover a range of topics on supporting your child through their educational journey. Come along to develop your knowledge and understanding, meet other parents who are adopters, and gain new tools and strategies to help your child make the most of their education.



The Virtual School has funded TouchBase to run these Workshops - written by Louise Michelle Bomber and by Anne Henderson (Attachment Lead), who is also the Workshop facilitator.

We are running the following 1.5 hour Workshops in 2018-2019:

### **15th October 2018 - Settling to Learn**

This session will focus on how we can help our children settle into their new class at the start of the new school year. How we can encourage and support them with practical strategies and attachment based advice.

### **10th December 2018 - Regulation difficulties: staying calm**

We know that children who have experienced toxic stress in their early years have faulty alarm systems. Together let's think about our children's alarm systems and consider how we can help our children quieten them so they can be freed up to think clearly.

### **11th February 2019 - Psychological difficulties: control battles**

Powerlessness is the essence of trauma. Children who have experienced trauma and loss don't trust grown-ups. Together we will think how we can encourage education staff and parents alike to tame these children into relinquishing control and following our lead.

### **29th April 2019 - Moving to Secondary**

Every transition activates the stress system. For a pupil with an already fried nervous system, moving on to secondary phase could be difficult. Together we will explore tried and tested strategies that will enable your child to have a smooth transition.

### **13th May 2019 - Starting school**

Starting school is a big transition especially when a child's attachment system has been compromised. Together we will think how we can make it a positive move with their safety, security and stability well attended to.

### **15th July 2019 - Managing Disappointment & Change**

If something has to be interrupted or at worse can't happen our children can become overwhelmed. Come and learn how to use strategies that can soothe and help them to manage the uncertainties that come with life at school.

To book a place or for further information contact: [info@touchbase.org.uk](mailto:info@touchbase.org.uk) . All Workshops are on Mondays from 1pm til 2.30pm and are run at TouchBase, West Werks, 41-43 Portland Road, Hove, BN3 5DQ. Please note: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.

## Parents of Children and Young people Adopted from Care and School Staff

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### Autumn Term

**10 Sep 2018**            **x 4 available sessions**

**05 Nov 2018**            **x 4 available sessions**

### Spring term

**07 Jan 2019**            **x 4 available sessions**

**04 Mar 2019**            **x 4 available sessions**

### Summer Term

**10 Jun 2019**            **x 4 available sessions**

Please contact TouchBase to book a Clinic space: **info@touchbase.org.uk**. The Clinics are run on Monday afternoons at TouchBase, West Werks, 41-43 Portland Road, Hove, BN3 5DQ. **NB: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding.**

**Enquiries about workshops and clinics and/or to book a place: [info@touchbase.org.uk](mailto:info@touchbase.org.uk)**

## For Parents & Carers concerned about their child's emotional wellbeing

The Schools Wellbeing Service's team of Primary Mental Health Workers are offering a **coffee morning/afternoon** for any parents or carers who are concerned about their child's emotional mental health and wellbeing. This is a chance to have an informal chat about any questions carers and parents may have in a safe, friendly environment.

Spaces are limited so please RSVP to [emma.sharpe@brighton-hove.gov.uk](mailto:emma.sharpe@brighton-hove.gov.uk) with the session you would like to attend and number of people attending.

<b>Group Room</b>  <b>Brighton &amp; Hove Music &amp; Arts Building</b>  <b>County Oak Avenue</b>  <b>Brighton</b>  <b>BN1 8DJ</b>	<b>Wednesday 1<sup>st</sup> August, 10:30-12:30</b>
	<b>Friday 10<sup>th</sup> August, 2:00-4:00</b>
	<b>Wednesday 22<sup>nd</sup> August, 10:30-12:30</b>
	<b>Friday 31<sup>st</sup> August 2:00-4:00</b>
<b>Great Hall</b>  <b>Moulsecoomb Hub North</b>  <b>Hodshrove Lane, Moulsecoomb</b>  <b>Brighton BN2 4SE</b>	<b>Wednesday 8<sup>th</sup> August, 10:30-12:30</b>
	<b>Friday 17<sup>th</sup> August 2:00-4:00</b>
	<b>Wednesday 29<sup>th</sup> August, 10:30-12:30</b>
<b>PACA</b>  <b>Chalky Road</b>  <b>Portslade</b>  <b>BN41 2WS</b>	<b>Friday 3<sup>rd</sup> August 2:00-4:00</b>
	<b>Wednesday 15<sup>th</sup> August, 10:30-12:30</b>
	<b>Friday 24<sup>th</sup> August 2:00-4:00</b>

## For Professionals, Parents & Carers

These courses are provided by the Educational Psychology service and can be booked online via the Learning Gateway.

Course	Dates	Named EP and other Trainer/s	Total hrs/days delivery	Venue	How to Book
Attachment Aware	23 Jan 2019	Abigail Bickford-Smith & Viv Fahmy	1 day	Volks Room, Brighton Town Hall	Learning Gateway
Promoting Positive behaviour for Under 3s	08 Jan 2019	Liz Whitley	1 day	See CWD Early years	Learning Gateway Early Years Channel
Solution Focused Approaches for Children and Families	26 Mar 2019 & 02 Apr 2019	Viv Fahmy & Jane Cuomo	2 days	Volks Room, Brighton Town Hall	Learning Gateway
Emotion Coaching	20 Nov 2018	Sarah Ahmed & Abigail Bickford-Smith	1 day	Volks Room, Brighton Town Hall	Learning Gateway
Attachment: Secure Base (Early Years)	28 Nov 2018	Clare Bradley and Lorna Cadwallader	1 day	Hove Town Hall - Training Room G108	Learning Gateway Early Years Channel
EYS areas of need training EYS and ASC	18 Jun 2019	Howard Nottingham and specialist teacher and practitioner	1 day	Group Room, County Oak Avenue, Brighton, BN1 8DJ	Learning Gateway Early Years Channel
EYS areas of need training EYS and SEMH	21 Nov 2018	Howard Nottingham and specialist teacher	1 day	Group Room, County Oak Avenue, Brighton, BN1 8DJ	Learning Gateway Early Years Channel
Autism Aware Award Champion Programme	08 Jan 2019 15 Jan 2019 22 Jan 2019 29 Jan 2019 05 Feb 2019 12 Feb 2019  (All 1pm-4pm)	EPs Clare Bradley and Jane Cuomo with Sadie Gillett and SALT and special school teacher	6 afternoons	Group Room, County Oak Avenue, Brighton, BN1 8DJ  Other venue TBC	BEEM  Please also discuss with link language/ASC specialist teacher and/or EP