



## **Workshops for Carers of Children Previously in Care<sup>1</sup>**

School can be a big ask for children and young people who have experienced a difficult or unsettled start in life, 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 carers and gain new tools and strategies to help your child make the most of their education opportunities.

The **Virtual School** has funded **TouchBase** and is working in partnership with the **Family and Friends Team** to run the following free\* Workshops - written by Louise Michelle Bomber. They will be facilitated by **Michael Reeves**, an Integrative Child Psychotherapist and Specialist Teacher on both the TouchBase therapy and education teams.

\* Please note: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding, thanks.

**12<sup>th</sup> October 2020    Settling to Learn**    This session will focus on how we can help children settle into their new class and new school year. How we can encourage and support them with practical strategies and advice to help strengthen their relationships.

**23<sup>rd</sup> November 2020    Control battles**    We will think through how, together with education staff, we can support children to let go of their need for control and follow our lead.

**18<sup>th</sup> January 2021    Organisation and Planning challenges (Executive Functioning).**  
Together we will explore strategies to support children to develop the organisation and planning skills they will need in school.

**15<sup>th</sup> March 2021    Regulation challenges: staying calm**    Together let's think about how we can help children learn to manage their emotions and find ways of staying calm, so they can be freed up to think clearly and make the most of school life.

**26<sup>th</sup> April 2021    Moving to Secondary**    Every change or transition activates the stress system. Together we will explore tried and tested strategies that will support children as they move on to Secondary school.

**24<sup>th</sup> May 2021    Starting School**    Beginning school life is a big change or transition. Together we will think how we can make it a positive move for children with their safety, security and stability well attended to.

**28<sup>th</sup> June 2021    Friendship and Play**    This session looks at how we can support children to develop positive relationships with friends in school and how play can help.

Please contact **the Family and Friends Team** to book a Workshop place:  
[Tanith.Grice@brighton-hove.gov.uk](mailto:Tanith.Grice@brighton-hove.gov.uk) or enquire at [marieke@touchbase.org.uk](mailto:marieke@touchbase.org.uk).

All Workshops are on **Mondays** from **1pm til 2.30pm** and will be **online** until it is safe to run them at Hove Methodist Church, Portland Road, Hove, BN3 5DR.

## Clinics for Carers of Children Previously in Care<sup>1</sup>

The **Virtual School** has funded **TouchBase** to run Clinics which are free\* for Carers of children previously in care who can attend on their own/as a couple, **and with a key member of school staff**.

Clinics offer an informal session with **Alice Mallorie**, a TouchBase Therapeutic Attachment Lead Specialist. This is a chance together to explore strategies and discuss helpful tips to support the education of children/young people previously in care (it isn't a formal consultation or therapeutic intervention).

\* Please note: If you book a free place we will expect you to attend (barring unforeseen emergencies) so as not to waste this funding, thanks.

### Clinic dates:

#### Autumn Term

19<sup>th</sup> October 2020 x 3 available sessions - 1pm, 2pm, 3pm

7<sup>th</sup> December 2020 x 3 available sessions - 1pm, 2pm, 3pm

#### Spring term

8<sup>th</sup> February 2021 x 3 available sessions - 1pm, 2pm, 3pm

26<sup>th</sup> April 2021 x 3 available sessions - 1pm, 2pm, 3pm

#### Summer Term

21<sup>st</sup> June 2021 x 3 available sessions - 1pm, 2pm, 3pm

Please contact **TouchBase** to book a Clinic: [marieke@touchbase.org.uk](mailto:marieke@touchbase.org.uk)

The Clinics are run on **Monday afternoons** at **1pm, 2pm & 3pm** and will be run **online** until safe to provide them in person (when they will be at Hove Methodist Church, Portland Road, Hove, BN3 5DR).

<sup>1</sup> *Workshops and Clinics are available for:*

*Carers of a child/young person previously in care who are Special Guardians or hold Child Arrangement/Residence Orders.*

