

# Wellbeing for education return programme



Department  
for Education



Department  
of Health &  
Social Care



Public Health  
England

NATIONAL  
PARTNERS

  
*Health Education England*

  
England



**Anna Freud**  
National Centre for  
Children and Families



**MindEd**  
*e-learning to support young healthy minds*



Cambridgeshire  
County Council

**PETERBOROUGH**  
  
CITY COUNCIL

LOCAL  
PARTNERS



Cambridgeshire and  
Peterborough  
NHS Foundation Trust



YMCA TRINITY GROUP



# Wellbeing for education return programme

The programme [aims to support staff](#) working in educational settings to respond to the additional pressures some children and young people may be feeling as a direct result of the pandemic.



The programme is aimed at educational settings for children and young people [aged 5-19](#). This includes maintained schools, academies, independent schools, further education colleges, specialist settings, pupil referral units and alternative provision providers.

We're committed to attendees influencing the [content](#) of the sessions, but expect to cover topics such as:

- Understanding our term 1 experiences following the return from COVID-19.
- Psychological models to help us understand a route to recovering from COVID-19.
- What neuroscience teaches us about readying ourselves, and students, for learning.
- Promoting resilience during a pandemic.
- Understanding bereavement and loss within the context of a pandemic.
- Understanding anxiety and low mood within the context of a pandemic.
- Supporting a recovery from stress and trauma.

Attendees are expected to fulfil one of the following [roles](#):

- Member of the senior leadership team.
- Special educational needs and disability coordinator.
- Designated senior lead for mental health / mental health champion.
- Member of staff with pastoral responsibilities.

Maximum two attendees from each educational setting.

In the sessions there will be opportunities to:

- Understand nationally accredited [research and good practice](#), written and quality assured by experts in child and adolescent mental health (from MindEd and The Anna Freud National Centre for Children and Families).
- Interact with representatives from [local education and mental health services](#).
- Share experiences, [collaborate](#) and problem solve (in small groups) with colleagues from similar educational settings.

## [Registration details:](#)

- Five (one hour, virtual) sessions will be offered, between November 2020 and June 2021.
- It is expected attendees attend every session. There will be three options for attendance for each session (details overleaf).
- Attendance on the programme is [free](#). However, attendees that register and then fail to attend without providing 48 hours notice will be charged £56.43 per session missed.
- Registration for the programme can be completed at: <https://www.smartsurvey.co.uk/s/LG00JA/>

Session	Option 1	Option 2	Option 3	Timings
1	16-NOV-2020	17-NOV-2020	19-NOV-2020	1545 – 1645
2	18-JAN-2021	19-JAN-2021	21-JAN-2021	1545 – 1645
3	01-MAR-2021	02-MAR-2021	04-MAR-2021	1545 – 1645
4	26-APR-2021	27-APR-2021	29-APR-2021	1545 – 1645
5	21-JUN-2021	22-JUN-2021	24-JUN-2021	1545 – 1645