

FRIENDS Resilience Programme
Online Training Opportunity for Northumberland Schools
Facilitator Training for Teachers and Teaching Assistants

To register complete this [form](#)

What it is

The FRIENDS Resilience programmes are cognitive behaviour therapy (CBT) based programmes endorsed by the World Health Organisation. Each programme is delivered over 10 one hour sessions and two booster sessions. The courses are designed to build life-long resilience in individuals, families, schools and communities through fun activities. The FRIENDS courses help guide the social and emotional development of children, develop coping skills and to prevent anxiety. They help children and young people build resilience, confidence, and emotional wellbeing which improves learning and social outcomes in schools and families.

There are 4 courses available:

- Fun Friends (ages 4-7)
- Friends for Life (ages 8-11)
- My Friends Youth (ages 12-15)
- Adult Resilience (ages 16-18+)

Why we suggest it would be useful for return to school

- Building Resilience is the focus of FRIENDS and on return to school it is likely all of our children and young people will be encountering new situations and have experienced a range of unusual circumstances.
- The skills taught in FRIENDS can help children and young people be able to identify their feelings, explore their thoughts and experiences and find ways forward.
- The FRIENDS Resilience programme can help children build/rebuild appropriate peers relationships and support networks within school.
- The activities help the children and young people to identify thoughts and feelings which are unhelpful to them and choose more appropriate behaviours and ways to respond to negative situations.

Who can train and deliver the courses

- Training is open to all members of staff. On completion of the online training you will be a facilitator, which enables you to deliver the programme to children and young people of the age group you have trained for.
- The programme can be delivered as a universal course, at a whole class level, or as targeted intervention with a group of children.

- We currently have 100 facilitator training places available. If there is interest for further places we will apply for more.

How to sign up

- To sign up, please complete this [form](#), **using your school email address**.
- Upon completion of the form you will be registered with Friends Resilience and you will receive an email with your login details. You will be sent a separate email from the Be You team with a step by step photo guide on how to log in and access the online training resources.
- Training is online via video learning. The first facilitator course undertaken will take five to six hours to complete, please ensure you will be able to complete the full course. If you take courses for more than one age group, subsequent courses will take two to three hours as you will have already completed some key modules.

Cost implications after training

- At present, all the course materials and resources are available online. For full delivery you will need to purchase 'a package' which includes access to online activity books for each participant (child/ young person) and facilitator access to manuals and resources. You will soon be able to buy printed copies at an additional cost.

Questions

If you have any questions about the course to help you decide if this training would be useful for staff in your school please contact

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Or

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