

Wellbeing for Education – Further Opportunities to Access the training.

Sign up [here](#) for twilight sessions

Be you

Wellbeing For Education Return Covid-19

Mental health and wellbeing training
Learning from the pandemic

This project is funded by the Department for Education, Department of Health and Social Care, in partnership with Health Education England, Public Health England, NHS England and NHS Improvement.

MindEd
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Anna Freud
National Centre for Children and Families

NHS
Northumberland
Clinical Commissioning Group

Northumbria Healthcare NHS

Northumberland
County Council

The third annual Senior Mental Health Leads Conference was held on 5th November. 75 participants, representing 51 schools, the virtual school, EOTAS and the LINT (Low Incidence Needs Team) team enjoyed a day with content from the DfE Wellbeing for Education Return Project. The national training has been developed and adapted to the Northumberland context by the Educational Psychology, Mental Health Support and Primary Mental Health Worker teams.

Three sessions during the day provided a refresher for Senior Mental Health Leads and other key staff about:

- Whole school approaches to Wellbeing and Mental Health (twilights will be held Wednesday 25th November, Wednesday 9th December)
- Supporting individuals with different needs e.g., low mood, anxiety (twilights will be held Thursday 26th November, Thursday 10th December)
- Staff wellbeing (Twilights will be held Monday 30th November, Monday 14th December)

Participants had the opportunity to discuss with peers and were provided with the resources they need to share the content / messages in school. This was particularly valued by participants:

“Having the opportunity to discuss with colleagues from other schools - I have missed this since Lockdown and it is very valuable”

“the opportunity to chat to a variety of professionals, input of a variety of different roles really helpful.”

Overall, feedback received highlighted the value placed on the training:

Statement	Mean Score (Max 10)
This training has met the objectives outlined at the beginning of the session	8.9
This training has increased my knowledge of the potential impact of COVID-19	8.0
This training has increased my knowledge of the support mechanisms we can implement in school.	8.5
This training has increased my knowledge of wider support services that are available if required.	8.5
This training has promoted collaboration and joint working to support mental health and wellbeing.	8.7
The standard of presentation, style and delivery was appropriate and encouraging.	9.1
The materials and resources provided were useful and of high quality	9.1

We hope that all schools and educational settings (primary and secondary age) will be able to access this training. We are therefore running twilight sessions that will cover the content of the day over three sessions, these will be repeated on two occasions. There will also be a mechanism to request follow up support with cascading the training in school.

If you were unable to attend the SMHL conference, please sign up using this [link](#) .