

CHUMS - WORKSHOPS 2022

These workshops are designed as a starting point for families with children who have low level difficulties and may not have accessed support from mental health services.

Please also note, we can only accept families onto these workshops who are registered at a GP Surgery in either Luton, Central Bedfordshire or Bedford Borough going forward.

If you are interested in attending any of the workshops below, please contact Mrs Speight, Wellbeing Lead, at abigail.speight@biddenham.beds.sch.uk or telephone the school on 01234 342521.

Deadline for registering is one week before the workshop is due to take place.

Workshop	2022 Dates	Description
Parent Sleep Workshop (Children aged 12 and under)	Tuesday 11 th January 9:30am - 11:30am Monday 28 th February 5:00pm - 7:00pm	The workshop will cover the following topics: Why sleep is important. What is 'good' sleep. Possible causes of sleep difficulties and learning strategies to help overcome sleep problems.
Teenage Sleep Workshop (Children aged 13+)	Wednesday 2 nd February 4:00pm - 6:00pm Tuesday 15 th March 4:00pm - 6:00pm	The workshop will cover the following topics: Why sleep is important. What is 'good' sleep. Sleep hygiene tips and strategies for managing worries at night.
0-5 Resiliency Workshop (Parents only)	Tuesday 18 th January 5:00pm - 7:00pm Thursday 21 st April 9:30am - 11:30am	The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.
Primary Resiliency Workshop (Parent workshop for children aged 6-12)	Wednesday 2 nd March 9:30am - 11:30am	The workshop will cover the following topics: Mental health vs mental health problems. Emotional regulation. Psychoeducation around anxiety and low mood. Strategies for relaxation.

<p>Secondary Resiliency Workshop (For Teens aged 13+)</p>	<p>Wednesday 23rd March 4:00pm - 6:00pm</p>	<p>The workshop will cover the following topics: Mental health vs mental health problems. Emotional regulation. Psychoeducation around anxiety and low mood. Strategies for relaxation.</p>
<p>Anxiety Workshop (For parents of children under the age of 12)</p>	<p>Thursday 31st March 5:00pm - 7:00pm</p>	<p>The workshop will cover the following topics: Emotional development in children. Emotional regulation. Psychoeducation around anxiety and anxiety management strategies.</p>
<p>Behaviour Workshop (For parents of children under the age of 8)</p>	<p>Wednesday 27th April 9:30am - 11:30am</p>	<p>The workshop will cover the following topics: Emotional development in children. Emotional regulation. Common behaviour difficulties and strategies to promote positive behaviours.</p>