Key reasons to attend:

- Implement a whole school strategy to promote mental health and wellbeing.
- Work effectively with other agencies to support pupils.
- Implement practical and workable strategies to help tackle self-harm, anxiety, depression, eating disorders, low self-esteem and much more.
- Know how to identify and refer pupils with mental health concerns.
- Learn effective strategies to engage and support families with mental health concerns.
- Use therapeutic play techniques to support pupils with emotional difficulties.
- Learn practical mindfulness techniques to help support pupils and staff.
- Resource book containing speaker presentations and additional toolkits.

Key Speakers include:

- **Sarah Brennan**, Chief Executive of Young Minds
- **Professor Neil Frude**, Consultant Clinical Psychologist
- **Catherine Gamble**, Head of Nursing working for South West London and St George’s Mental Health NHS Trust
- **Dr Fiona Piennar**, Director of Clinical Services for Plac2Be
- **Natasha Devon MBE**, Mental Health Champion for the Government
- **Siriol Burford**, Wellbeing Consultant

**Mental Health & Wellbeing in Schools Conference**

23 May 2016 Cardiff

**Save £30 when you book before 6 March 2016**
**Sarah Brennan, Chief Executive of Young Minds**
Sarah Brennan joined YoungMinds, the leading national charity promoting emotional wellbeing and mental health for children and young people, as Chief Executive in 2008. Passionate about young people, Sarah now has many years’ experience championing their causes. At YoungMinds she promotes the voice of young people and parents in improving services, advises government and ministers about the mental health needs of children, young people and their families. She is a member of the Children’s Health Outcomes Forum and the CYP Mental Health Taskforce, co-chairs the vulnerable young people’s group, and is chair of the London and South East Collaborative for Children and Young People’s Increased Access to Psychological Therapies. With a background in developing and running services for homeless young people, young offenders, and vulnerable young women, she is constantly inspired by young people’s bravery, abilities and humour in the face of adversity.

**Professor Neil Frude, Consultant Clinical Psychologist**
Professor Neil Frude is a consultant clinical psychologist. Until 2015 he was Clinical Research Director for the University of South Wales training course in clinical psychology. Neil holds honorary professorships from both Cardiff University and the University of South Wales and has published a number of books on topics as diverse as family problems, violence, disruption in schools and human interaction with computers. His current interests include positive psychology and its application in organisational, educational and clinical contexts. In 2003 Neil devised a book prescription scheme for mental health which has since become a national scheme in Wales and England and has been introduced in several other countries. In 2004 he embarked on ‘something completely different’ and appeared as a stand-up comedian for sixteen nights at the Edinburgh Fringe Festival. In 2012 Neil co-founded The Happiness Consultancy which provides training and consultancy in positive psychology to educational, health and commercial organisations. Neil is a Fellow of the British Psychological Society and was honoured with a Lifetime Achievement Award by the Society in 2014.

**Catherine Gamble, Head of Nursing for South West London and St George’s Mental Health NHS Trust**
Catherine Gamble is a Head of Nursing working for South West London and St George’s Mental Health NHS Trust and a Clinical Associate Director for Health Innovation Network, South London. Her main responsibilities lie in supporting practitioners to work collaboratively with people with psychosis and their families. Her knowledge of and expertise in family work has resulted in her being asked to disseminate the approach to mental health professionals nationally and internationally. Catherine has published widely and has received professional awards. Her career spans a number of decades which has given her considerable insight into the complexities of tackling stigma and including families in mental health care. Catherine is looking forward to making connections and sharing strategies to engage and support families with mental health concerns.

**Dr Fiona Piennar, Director of Clinical Services, Place2Be**
Fiona has a background of over 30 years in teaching in primary and intermediate schools, special needs education, counselling in schools, counsellor education, educational and mental health resource development, private practice and mental health research – in the UK, New Zealand and her native South Africa. She has a PhD in Behavioural Science and a MEd in Counselling as well as teaching and special needs qualifications, and has taught postgraduate Counselling programmes at Cambridge University, the University of Auckland and the CONTED programme at Oxford University. Fiona’s research has focused primarily on children’s experiences of stress and coping, with a particular interest in self-harming behaviour and resilience in children and young people. Fiona joined Place2Be in 2013.

**Natasha Devon MBE, Mental Health Champion for the Government**
Natasha Devon MBE is a writer, campaigner and television pundit. She is founder of the multi award-winning Self-Esteem Team and creator of the Body Gossip Education Programme, both working in schools to help teenagers, their parents and teachers with mental health and body image issues. Natasha writes regularly for the Independent and the Telegraph, and has a column in Cosmopolitan magazine. She appears regularly on Sky News as a paper reviewer and expert on education and young people. Natasha was named a Mental Health Association ‘Hero’ and Cosmopolitan’s ‘Ultimate Woman of the Year’ in 2012, and one of Ernst & Young’s top 50 Social Entrepreneurs in 2013. In 2014 the Self-Esteem Team won a government-affiliated Body Confidence Award. In 2015 Natasha was awarded an MBE in the Queen’s Birthday Honours and was appointed the Department of Education’s Mental Health Tsar. Natasha’s book Fundamentals: A Guide for Parents and Teachers on Mental Health and Self-Esteem was published in 2015.

**Siriol Burford, Wellbeing Consultant**
Siriol Burford was a Deputy Headteacher until recently and is very passionate about the wellbeing of pupils. She taught in several schools before becoming a Deputy Headteacher of Wellbeing in Welsh medium schools as well as the Michaelston and Glyn Derw Federation in the West of Cardiff. Developing an ethos of respect and harmony is at the root of Siriol’s philosophy as a wellbeing senior leader. Over the last fifteen years, Siriol has worked with many pupils to improve their emotional literacy through leadership skills. This work includes peer mentoring, counselling and a host of other enrichment activities such as healthy relationship leaders, sports leaders, nutrition leaders and academic leaders. This work has gained recognition by the Welsh Government and local government. Siriol won a community award for her anti-bullying strategies at Ysgol Plasmawr. She has worked with many agencies to improve the quality of pupils’ lives. She regularly works with third-sector agencies to ensure the safeguarding of young people.
Deputy and Assistant Headteachers
School Improvement Officers
Heads of Year
SENCos
Inclusion Managers
Pastoral Leaders
Family Engagement Officers

Educational Psychologists
School Counsellors
Education Welfare Officers
Emotional Health and Wellbeing Managers
Psychotherapists
Child Protection Officers
Local Authorities

Who should attend?

Is your school:
Prioritising mental health?
Effectively supporting your vulnerable pupils?
Implementing early intervention strategies to identify mental health problems?
Offering pupils the necessary therapeutic support?

1 in 10 children and young people aged 5 to 16 suffer from a diagnosable mental health disorder that is around three children in every class.
Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.
Nearly 80,000 children and young people suffer from severe depression.
72% of children in care have behavioural or emotional problems; these are some of the most vulnerable people in our society.

*Statistics taken from Young Minds

Mental Health & Wellbeing in Schools Conference
23 May 2016 Cardiff

What delegates said about a previous NSM Training & Consultancy conference:

“Excellent, well-organised day and I will go away with some great ideas to improve learning for young people.”
S Morgan, Porthcawl Comprehensive School

“A truly informative and inspiring conference – thank you.”
E Brown, Llandaff City CIW Primary

“Such an exciting day. I can’t wait to share everything with my colleagues.”
K Ayling, Fairwater High School

“Thank you for organising today – I found the day useful and provided me with a number of ideas to consider with my SLT when I get back to school. The opportunity to network with colleagues was of great benefit too.”
N Davies, Mynydd Cynffig Junior School

“Excellent day which proved to be inspiring, thought-provoking and very enjoyable. Thank you.”
N Griffiths, Porth Junior School

“A superb conference. I specifically like the fact that the pace of the day was fast moving – no wasted time.”
A Marchant, Newport City Council

“What an inspirational day! All key speakers held my attention and were enjoyable and informative to listen to. Professor Robert Winston was a real treat. I have travelled from N Wales and even with a 4½ hour train journey home I would have happily stayed longer.”
J Newell, Bodnant Community School

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Brought to you by NSM Training & Consultancy Ltd
## Programme

### 09.30 – 09.35
**Welcome**

### 09.35 – 10.10
**Sarah Brennan, Chief Executive of Young Minds**  
*Children & Young People’s Mental Health – Every School’s Responsibility*

### 10.10 – 10.40
**Professor Neil Frude, Consultant Clinical Psychologist**  
*Practical steps to promote positive mental health*

### 10.40 – 11.10
**Catherine Gamble, Head of Nursing for South West London and St Georges Mental Health NHS Trust**  
*Effective strategies to engage and support families with mental health concerns*

### 11.10 – 11.15
**Questions**

### 11.15 – 11.45
**Break**

### 11.45 – 12.15
**Dr Fiona Pienaar Director of Clinical Services for Place2Be**

### 12.15 – 13.00
**Natasha Devon MBE, Mental Health Champion for the Government**  
*Mental Wellbeing & Education: A plan for schools and teachers*

### 13.00 – 13.05
**Questions**

### 13.05 – 13.50
**Lunch**

### 13.50 – 14.20
**Siriol Burford, Wellbeing Consultant**  
*Creating a whole school approach for mental health and wellbeing*

### 14.20 – 14.35
**Refreshments**

### 14.35 – 15.15
**Workshops**

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| **Mindfulness**  
Age range: Early Years, Primary, Secondary & FE | **Resilience**  
Age range: Primary | **Peer Mentoring**  
Age range: Primary & Secondary |
| Using Mindfulness in the school context  
Professor Neil Frude, Consultant Clinical Psychologist | Practical ways to help pupils with bullying, bereavement, domestic violence, family breakdown, neglect and trauma through using ‘Place2Be’  
Linda Nicklin, (Wales & Somerset), with Glan-yr-afon Primary School | Implementing a peer mentoring scheme for pupils to promote wellbeing  
Siriol Burford, Wellbeing Consultant |

### 15.15 – 16.00
**Workshops**

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| **Identifying, understanding and responding to signs of common mental health issues**  
Age range: Early Years, Primary & Secondary | **Appearance, anxiety and body confidence**  
Age range: Secondary (& FE) | **Therapeutic play in schools**  
Age range: Early Years & Primary |
| How to recognise and respond to mental health issues in pupils and be familiar with the appropriate support services  
Jill Delaney, Trainer and Restorative Supervisor, Positive Steps UK | Practical support skills and evidence-based techniques to effectively support male and female students with body confidence issues  
FREE USB including PSHE resources and lesson plans  
Martin Staniforth, Dove Self-Esteem Project Catalyst | Using therapeutic play techniques in a school setting to support children who have emotional difficulties that impact on their behaviours and presentation  
Lisa Waycott, Clinical Director Stepping Stones (Child Therapy Consultants) |

### 16.00
**Conference close**
REGISTER

Attending on your own? We'll introduce you to other delegates on arrival.
A great networking opportunity!

Next Step

1. To register for the Mental Health & Wellbeing in Schools Conference just complete the booking form and either:
   - Email: nsmtcbooking@hotmail.com
   - Post: NSM Training & Consultancy Ltd, 97 King George V Drive, Heath, Cardiff, CF14 4EH
2. An invoice will be sent to your organisation
3. Joining instructions will be emailed to you four weeks before the conference

Delegate(s) Details

Please use capital letters

Delegate 1:
Forename: ..........................................................
Surname: ..........................................................
Job title: ............................................................
Email: .............................................................

Delegate 2:
Forename: ..........................................................
Surname: ..........................................................
Job title: ..........................................................
Email: .............................................................

Organisation to Invoice

Organisation name: ...........................................
Address: ..........................................................
.............................................................
Post code: ......................................................
Phone: ..........................................................
Email: ..........................................................
Purchase order number ..................................

I have read the Terms and Conditions

Your signature ..............................................
Date ..........................................................

Terms and Conditions

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Delegate place £195+VAT

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