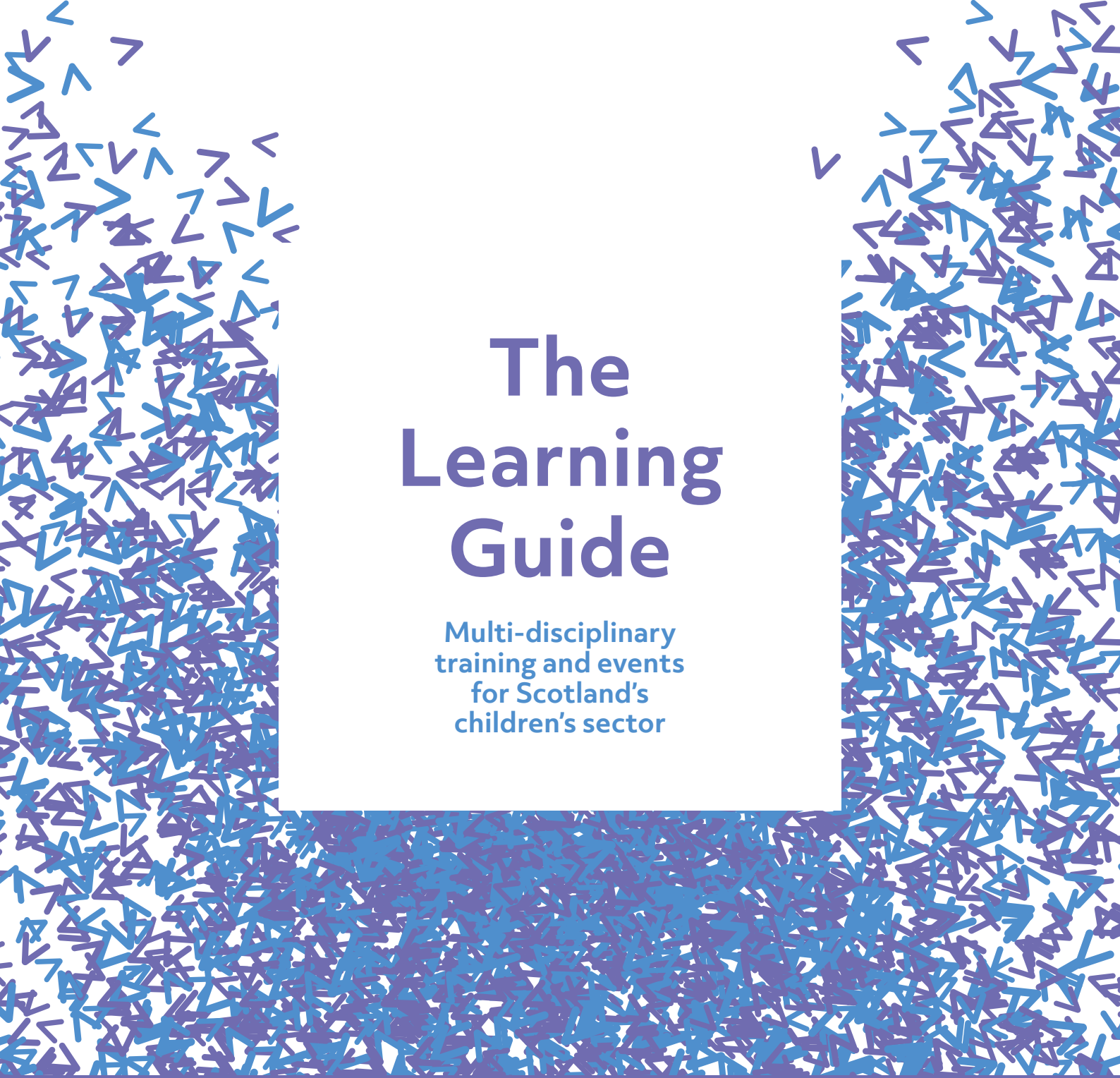




Autumn/Winter 2017-18

# Children in Scotland



## The Learning Guide

Multi-disciplinary  
training and events  
for Scotland's  
children's sector

Play Girls and autism **Transitions** Childhood bereavement **Mindfulness** Building attachment  
Wellbeing Child sexual exploitation **Child rights** Mental health **Trauma** Child protection



## Glen Strathie Partnership

enhancing and sustaining change in the workplace

Over twenty years' experience in training and development

### Video Interaction Guidance (VIG)

We are accredited (by AVIGuk) and highly experienced trainers and supervisors for VIG. Glen Strathie Ltd are the leading providers in the UK of Video Enhanced Reflective Practice (Leadership & Management) - see website for more VERP based courses.



We work with experienced practitioners, professionals and academics as partners to offer effective development programmes. We work sensitively and ethically with the social, cultural and economic needs of our partners and commissioners to bring about sustainable change.

Our core learning is about: **relationships, attunement and wellbeing**

[contact@verp.uk.com](mailto:contact@verp.uk.com)



[www.verp.uk.com](http://www.verp.uk.com)



### Visit the Care Inspectorate Hub for

Knowledge

Innovation

Improvement

Our role at the Care Inspectorate is to protect and support some of the most vulnerable people in society. Almost every person in Scotland will use a care service at some stage in their lives.

Our job is to help those care services to be as good as they can be.



The Hub is your gateway to a range of resources aimed at supporting improvement in the social care and social work sectors.

- A library of good practice guidance.
- Information on the latest developments in policy and legislation.
- Video based examples of innovative practice.
- Guidance to help users carry out their own research.
- Toolkits and useful apps aimed at supporting improvement.

[hub.careinspectorate.com](http://hub.careinspectorate.com)



## Bereavement training and support for professionals



We are the leading bereavement training providers in the UK and offer support to professionals, and families they work with.

Find out about our training and conferences in Scotland

visit: [childbereavementuk.org/training](http://childbereavementuk.org/training)

call: 01494 568909

email: [training@childbereavementuk.org](mailto:training@childbereavementuk.org)

Registered Charity in England and Wales: 1040419 and in Scotland SCO42910



**Children in Scotland**  
Level 1, Rosebery House  
9 Haymarket Terrace  
Edinburgh, EH12 5EZ  
Telephone: 0131 313 2322  
info@childreninscotland.org.uk  
www.childreninscotland.org.uk

## About Children in Scotland

Giving all children in Scotland an equal chance to flourish is at the heart of everything we do. By bringing together a network of people working with and for children, alongside children and young people themselves, we offer a broad, balanced and independent voice. We create solutions, provide support and develop positive change across all areas affecting children in Scotland. We do this by listening, gathering evidence, and applying and sharing our learning, while always working to uphold children's rights. Our range of knowledge and expertise means we can provide trusted support on issues as diverse as the people we work with and the varied lives of children and families in Scotland.

## Further discounts and free events for Children in Scotland members

Members of Children in Scotland receive substantial discounts on all of our training and events. This is on top of the price reductions that have been introduced for 2017. We also run a programme of free events for our members (page 27).

To find out more about the savings you can make plus other member benefits call Tracy Hope on **0131 313 8829**, email [membership@childreninscotland.org.uk](mailto:membership@childreninscotland.org.uk) or apply for membership online at [www.childreninscotland.org.uk/join](http://www.childreninscotland.org.uk/join)

**Bespoke training to meet your needs – when and where you need it (see page 31).**

## Design

Template: Alan Tait

Additional design & layout: Aimée Colley

Brand: Michael O'Shea

## Photography

Anna Cervinkova

# Welcome...

We are delighted to introduce our new Autumn/Winter 2017-18 programme, which includes many of our most popular training courses as well as brand new offerings introduced as a result of your invaluable feedback.



**Karin Mckenny**  
@karinmckenny  
Learning and Events Manager

In the past year, we have enjoyed talking to you at our events, and reading your feedback. We've worked hard to identify new speakers and trainers who are experienced, knowledgeable and passionate about their specialist areas.

We've used all of this to plan a new programme of conferences, seminars, training and study trips.

This year some of our most popular topics have been mindfulness, autism, attainment and trauma. We've included these and expanded the guide to include further complementary events, as well as some completely new courses.

Our annual conference this year will be our most ambitious yet, with more than 25 different sessions and 70 speakers, including several workshops run directly by young people.

Following on from the success of our March 2017 study trip to Finland, we have another planned for September, and a trip to the Netherlands in March 2018.

We hope that you find this programme as educational and inspiring as we have in putting it together – and should you think of something that's missing, please let us know!

## Prices for 2017

	Member rate	Non-member rate
Training workshops	From £79 for a full day	From £99 for a full day
Seminars and conferences	From £89	From £109

**This issue also includes a useful planner (pages 16-17).**

## Contents

- Child protection | page 4
- Health & wellbeing | page 6
- Raising attainment | page 9
- Communication & learning difficulties | page 13
- Early years | page 20
- Adverse childhood experiences | page 24
- Member events | page 27
- Conferences & study visits | page 29
- Learning Guide Planner | page 16-17

**[www.childreninscotland.org.uk/training-and-events](http://www.childreninscotland.org.uk/training-and-events)**

0131 313 8828 [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk)

[f childreninscotland](https://www.facebook.com/childreninscotland) [@cisweb](https://twitter.com/cisweb)



# Child protection

 CONFERENCE

 SEMINAR

 TRAINING WORKSHOP


This season's child protection training will bring you up to date with the latest legislation, and covers topics including online safety, child sexual exploitation, and understanding the additional vulnerabilities of children with learning disabilities.

## Child protection for all: an introduction and refresher

**Date:** Thursday, 7 December 2017 (Edinburgh)  
Thursday, 26 April 2018 (Glasgow)

**Trainer:** Donald Urquhart

**Cost:** from £79

 This workshop provides an overview of what child protection is, what your individual and organisational roles and responsibilities are, and what steps to take should you feel a child requires your support. Even the most experienced among us will benefit from learning about child protection in the context of the most up-to-date legislation and practice.

### Key learning:

- What is 'child protection'?
- Use the terms 'child abuse', 'harm' and 'significant harm' appropriately
- Identify the indicators of risk
- Recognise what to do if certain situations present themselves
- Where to go for more information.




## Child protection for managers and designated persons

**Date:** Monday, 9 October 2017 (Glasgow)  
Thursday, 1 February 2018 (Edinburgh)  
Thursday, 10 May 2018 (Glasgow)

**Trainer:** Campbell Bell

**Cost:** from £79

 Learn about the roles and responsibilities of designated persons within the context of national policies and frameworks such as GIRFEC and the Children and Young People (Scotland) Act 2014.

### Key learning:

- The role of the designated person
- Policy and legislation
- Referral procedures
- Support to staff
- Best practice in safeguarding.

### Meet the trainer



**Campbell Bell** is one of our longest-serving trainers. In addition to delivering training for us, he heads up the Safeguarding in Sport service, a partnership between Children 1st and sportscotland. In this role, he maintains strong links with coaches and the sporting community to

enable sporting groups to fulfil their child wellbeing and protection responsibilities.

A social worker by qualification, Campbell has worked with children, young people and families for the past 35 years. In addition to direct provision in the community and residential work, he has significant experience as a professional trainer, training officer and lecturer.

He holds a certificate in training practice from the Chartered Institute of Personnel and Development, an Honours degree in Theology and a Certificate in Residential Care.

## Online safety in Scotland: keeping children safe in the digital world

**Date:** Tuesday, 5 December 2017 (Edinburgh)  
Friday, 27 April 2018 (Glasgow)  
**Trainer:** Jess McBeath  
**Cost:** from £79



This training workshop focuses on the latest technology trends, including what apps children and young people are currently using.

Learn about online safety risks for both children and professionals, about the national regulations, strategies and policies that are designed to prevent and respond to those risks, and how to develop an action plan for next steps.

### Key learning:

- How children use the internet
- Digital participation (why it's good to be online!)
- Online safety risks for children (from bullying and relationships to fake news and digital footprint) and for professionals
- Regulations, strategies and policies in Scotland relevant to online safety
- Key resources and sources of support
- Developing a personal action plan.

## Identifying and responding to child sexual exploitation

**Date:** Wednesday, 24 January 2018 (Edinburgh)  
**Trainer:** Daljeet Dagon, Barnardo's  
**Cost:** from £79



Enhance your understanding of how children and young people become involved in child sexual exploitation (CSE), consider the impact of their involvement, and learn about strategies for responding and providing protection and support.

### Key learning:

- Terminology and definitions relating to CSE
- Key vulnerability factors, risk indicators and the spectrum of experiences relating to CSE
- Strategies for direct work with children and young people who are involved with CSE
- The importance of information-sharing and multi-agency partnerships.

"Excellent course! Fantastic info and content, great speaker – very relatable and friendly"

**Identifying and responding to child sexual exploitation**

## Understanding the disclosure and PVG process

**Date:** Wednesday, 7 February 2018 (Edinburgh)  
**Trainer:** Stewart Rafferty and Gareth Wilks, Disclosure Scotland  
**Cost:** Free for members; £60 for non-members



This course will enable you to understand the processes and criteria required to navigate disclosure under the Protection of Vulnerable Groups (PVG) Scheme, whilst ensuring that you meet your obligations under the Protection of Vulnerable Groups (Scotland) Act and Code of Practice.

### Key learning:

- Applying the legislative criteria for the various disclosure levels, including how to decide if a role is 'regulated work'
- The legal obligation to refer to Disclosure Scotland, and why it matters
- Avoiding common application errors that slow down the processing of PVG certificates
- How the PVG Scheme operates, including updates around the disclosure of spent conviction information.

## Unprotected, overprotected: children with learning disabilities and CSE

**Date:** Friday, 17 November 2017, half-day (Edinburgh)  
**Trainer:** Daljeet Dagon, Barnardo's  
**Cost:** from £55



Any child can be at risk of child sexual exploitation (CSE), and research has revealed that children with learning disabilities are particularly vulnerable.

This workshop, aimed at frontline practitioners and frontline managers, will enhance your understanding of CSE relative to children and young people with learning disabilities, and equip you to take appropriate action if you have concerns.


### Key learning:

- Understanding CSE and the additional vulnerabilities for children and young people with learning disabilities
- The benefits of, and barriers to, working with young people with learning disabilities who are at risk of CSE
- Current research and resources, and what action to take if you have concerns.

Our expert trainers focus on a broad range of techniques designed to help you support children's health and wellbeing, strengthening your knowledge and skills in areas such as mental health, reflective practice and communication.

## Group work with young people

**Date:** Thursday, 26 October 2017 (Edinburgh)  
Thursday, 19 April 2018 (Edinburgh)  
**Trainer:** Stan Godek  
**Cost:** from £89

 Designed for teachers, support staff, youth workers and others who work with children and young people, this training provides both theoretical and practical insight into a range of techniques for effective group work.

### Key learning:

- The purpose, nature, aims and objectives of group work, including its strengths and limitations
- Organisation and communication skills, group dynamics and dealing with resistance and conflict
- What happens in groups: content; process; and maintenance
- Types of groups: task-centred; activity based; discussion; and peer education
- Understand leadership skills and behaviours.

### Meet the trainer




**Stan Godek** is a human relations trainer and consultant with over 20 years' experience in working directly with emotionally damaged/traumatised young people and their families in a variety of settings.

He has managed residential units in Edinburgh and London and has worked in the field of social work, probation and mental health. Originally specialising in working with trauma, the effects of abuse and managing challenging behaviour, he now offers a wide range of training for those working with children, young people and adults in social care, education and health sectors and increasingly works on attachment theory and its relationship to brain development in infancy.

"Stan is an excellent speaker, very knowledgeable and brilliant at sharing examples of work and explaining things clearly."  
**delegate, Mindfulness and anger management training in May 2017**

## A map to the future: how to set goals and achieve them

**Date:** Tuesday, 28 November 2017 (Edinburgh)  
**Trainer:** Jan Montgomery  
**Cost:** from £79

 This creative workshop will help you design a visual map of your future to help ensure you do not go through life following others or on a path with no destination. The session will help you create an image of your dream and a path that can lead you to fulfil it.


As you develop your own personal or professional map, you will learn how the process can be adapted for work with children and young people, individuals and teams.

### Key learning:

- The importance of 'future planning'
- Identifying what is important to you, your strengths and who can support you, and using this to set goals
- Providing a timeline for moving towards your goals.

## Positive mental health in children and young people

**Date:** Monday, 29 January 2018 (Glasgow)  
**Trainer:** Alison Ebbitt  
**Cost:** from £79

 Just as first aid can help prevent physical injury from becoming worse, mental health first aid can support improvement in mental wellbeing.

While this course does not train you to become a mental health professional, it will give you an invaluable understanding of mental health and relevant strategies to support children and young people.

### Key learning:

- How to discuss mental distress
- Provision of initial support
- Sign-posting to appropriate help
- Signs and symptoms of conditions, including: depression and anxiety; eating disorders; substance misuse; and self-harm.

## Mindfulness work with children and young people: Module 1

**Date:** Thursday, 30 November 2017 (Edinburgh)  
Thursday, 15 March 2018 (Perth)  
Thursday, 7 June 2018 (Edinburgh)  
**Trainer:** Stan Godek  
**Cost:** from £89



This very practical workshop is an introduction to mindfulness, focusing on the origins of mindfulness and how it can benefit children and young people.

### Key learning:

- What mindfulness is and what it offers children and young people
- How to explain mindfulness in a meaningful way to children and young people
- The link between regulating emotions and impulsive behaviour
- How to apply mindfulness techniques in your work with children and young people.

"Very well presented. Made learning easy due to practical and simple language."

"Very calm atmosphere, very knowledgeable trainer – both friendly and approachable."

**Mindfulness work with children and young people: Module 1**

## Mindfulness in your setting: Module 2

**Date:** Thursday, 2 November 2017 (Edinburgh)  
Thursday, 22 February 2018 (Edinburgh)  
**Trainer:** Stan Godek  
**Cost:** from £89



This workshop follows *Mindfulness Module 1* (see above). It is suitable if you have begun to use mindfulness techniques in your work, or are considering developing a mindfulness programme.

This course will offer guidance on which mindfulness techniques to use and how to develop and deliver a programme.

### Key learning:

- How stress arises and affects us physically and psychologically, and mindfulness-based stress reduction
- Case study analysis - the Royal Blind School's mindfulness programme
- How to develop your own mindfulness programme
- Mindfulness exercises – learning through practice.

## Mindfulness and anger management

**Date:** Thursday, 7 December 2017 (Edinburgh)  
Thursday, 1 February 2018 (Dundee)  
Thursday, 17 May 2018 (Edinburgh)  
**Trainer:** Stan Godek  
**Cost:** from £89



This training workshop is designed for anyone working with children and young people whose levels of anger have become a source of concern.

It will explore mindfulness-based stress reduction and cognitive techniques that have proved effective in helping regulate and manage emotions like anger and anxiety.

### Key learning:

- Helping children and young people understand what anger is and where their anger comes from
- What the cognitive approach tells us about anger and what our brain does when we experience angry feelings
- The trigger, escalation and crisis phases in the Arousal Cycle
- Mindfulness exercises to help children manage their angry feelings – learning through practice.

\* *Mindfulness and anger management Module 2* will be introduced in summer 2018. To register interest, please email [training@childreninscotland.org.uk](mailto:training@childreninscotland.org.uk).

## Reflective practice and self-awareness

**Date:** Wednesday, 7 March 2018 (Edinburgh)  
**Trainer:** Jan Montgomery  
**Cost:** from £79



Reflective practice is about self-awareness. It is about practising what we preach. In order to best serve the children and young people we work with, we need to understand ourselves.

This training will provide a framework for reflective practice and encourage practitioners to challenge themselves to face the part they play in the lives of the children and young people they work with.

### Key learning:

- How our own biases and individual backgrounds impact on how we relate to others
- Emotional literacy and communication
- Understanding power and self-acceptance.

## Relationships and the brain

**Date:** Wednesday, 14 March 2018 (Glasgow)  
**Trainer:** Jan Montgomery  
**Cost:** from £79



The quality of our initial relationships with primary carers, usually parents, establish neural pathways that set a blueprint for future relationships and for the way we interact with the world.

This training course focuses on how the relationships that practitioners and carers build with children and young people, in good and challenging times, mould developing brains and can trigger positive changes to help build resilience.

### Key learning:

- How our understanding of the brain should inform the way we view relationships
- How knowing ourselves helps us build healing relationships
- The impact of trauma on relationships
- Working with children and young people who have difficulties in forming relationships.

## Improving outcomes: an introduction to Video Interaction Guidelines (VIG)

**Date:** Friday, 2 February 2018, half-day (Edinburgh)  
**Trainer:** Dr Laura McDonald, SeeChange  
**Cost:** from £55



Video Interaction Guidance (VIG) is an evidence-based intervention for developing or repairing relationships - between parents and children, teachers and pupils, and staff and patients or clients.

The National Institute for Health and Care Excellence (NICE) guidelines recommend video feedback methods for improving parental sensitivity, attachment, attention and reciprocity, especially in the areas of early years, autism spectrum disorders, and children in or at risk of entering care. This session provides information about VIG and how it can help improve outcomes.

### Key learning:

- What VIG is and how it works
- Theoretical background and evidence
- Examples of effective applications.

## Connecting listening with health and wellbeing

**Date:** Monday, 4 December 2017 (Edinburgh)  
**Trainer:** Maureen Wilson and Marie Ogilvie, Listen Well Scotland  
**Cost:** from £79



There is a great demand for trained listeners, particularly when children and young people feel the need to talk to someone in a safe and confidential environment.

This training will introduce you to the basic skills of active listening and the connection between listening, health and wellbeing.

### Key learning:

- The foundations of good listening and what makes a good listener
- Using listening to reflect on your relationship with self and others
- Recognising what has shaped how you listen and respond, and when listening can be difficult
- Adapting your way to listen in different contexts
- Using good listening skills in everyday situations.

## A self-esteem approach to building body confidence in children aged 4-13

**Date:** Friday, 2 February 2018 (Edinburgh)  
**Trainer:** Nicky Hutchinson and Chris Calland  
**Cost:** from £89



Poor body image and its impact on self-esteem and mental health is an issue that is increasingly affecting younger children.

Research has found that body image is the single biggest worry for one in three girls and one in five boys aged 10.

This seminar will improve your understanding of the issue. It will equip you to offer practical support and help improve children's emotional resilience to the pressures they are under.

### Key learning:

- The impact of poor body image on children and how to spot the warning signs
- The link between poor body confidence and eating disorders
- Evidence-based strategies and activities for raising children's body confidence.



## Raising attainment

 CONFERENCE


 SEMINAR

 TRAINING WORKSHOP

This series of learning opportunities brings new thinking and ideas for educators delivering Curriculum for Excellence. We're excited to introduce several new training topics this season, including STEM provision, supporting EAL learners, and teaching writing.

### Supporting EAL learners (P4-S3) in mainstream classroom settings

**Date:** Friday, 27 October 2017 (Edinburgh)  
**Trainer:** Catharine Driver  
**Cost:** from £79

 The number of learners with English as an additional language (EAL) in Scottish schools has increased by more than 30% since 2013, with a growing gap in attainment between native and non-native speakers at P4, P7, and S3.

This workshop will provide an overview of the distinctive needs of EAL learners and an introduction to inclusive teaching practices and resources for EAL learners. It is suitable for both class and subject teachers, and those who are new to teaching EAL learners from P4 up to S3.

#### Key learning:

- The process of second language acquisition and EAL learners' needs using a case study approach
- Including EAL pupils at beginner and intermediate levels in mainstream lessons
- Strategies and ideas for planning interactive teaching, and producing resources for 'language-aware teaching'.

#### You might also be interested in

**Introduction to digital citizenship**  
 See page 27


**Children in Scotland's Annual Conference 2017**  
 (includes workshops on Raising attainment)  
 See page 29

"Sometimes you need to hear someone like Sue to remind you that you are thinking and doing the right kinds of things and can build with confidence as well as being empowered to defend your own practice/inspire or challenge others."

**Foundations of literacy: delivered by Sue Palmer**

### Teaching writing in the upper years of primary: a seminar with Sue Palmer

**Date:** Friday, 19 January 2018 (Edinburgh)  
**Trainer:** Sue Palmer  
**Cost:** from £89

 The latest Scottish Survey of Literacy and Numeracy survey showed that the attainment gap in writing is widening at P4, and even more so at S2. This isn't surprising as writing is the most difficult aspect of literacy to teach, particularly in today's high-tech, fast-moving culture.

In this seminar, literacy specialist and high-profile author Sue Palmer draws on experience spanning four decades. She will share valuable insight and practical ideas on how to inspire and motivate, and integrate writing into teaching across the curriculum.

#### Key learning:

- Motivate reluctant writers, develop children's appreciation for written language patterns, and improve organisational and thinking skills to support writing
- Techniques for quick bursts of word and sentence level teaching/revision
- A simple model for integrating writing into teaching across the curriculum.

#### Meet the trainer



**Sue Palmer** is a former headteacher, literacy specialist and author of over 250 books on child development including *Toxic Childhood*, *21st Century Boys*, and *Upstart: the case for raising the school starting age and providing what the under-sevens really need*.

Sue has also acted as a consultant to the National Literacy Trust, Basic Skills Agency, Department for Education (England) and the BBC. In recent years, she has been Chair of the Scottish Play Commission and served on the Scottish Government's Early Years Task Force.

## Raising attainment through parental engagement

**Date:** Friday, 3 November 2017 (Edinburgh)  
**Trainer:** Dr Val Corry  
**Cost:** from £89



Parental engagement is a powerful lever for raising attainment in schools. This workshop will draw on the latest research showing why parents matter and, through practical activities, help you develop ideas and plan an approach for engaging parents in your own setting.

### Key learning:

- The policies, practice and research that highlight the importance of engaging with parents
- Insights into parents' needs and barriers
- Strategies for engagement
- Knowledge exchange to develop new ideas for engaging parents.

100% of delegates at our last *Raising Attainment through parental engagement* training rated the trainer's (Val's) knowledge as "excellent."

## Sharing impact and challenges of parental engagement

**Date:** Wednesday, 21 February 2018 (Edinburgh)  
**Trainer:** Dr Val Corry  
**Cost:** from £89



This interactive seminar is designed as a follow up to the *Raising attainment through parental engagement* training (although prior participation is not a pre-requisite). It will demonstrate how a group coaching model can be used effectively to bring about transformational change in the way that schools engage parents and families.

By encouraging questioning and reflection, this seminar will help generate new ways of thinking about key challenges in order to find ways of moving forward.

### Key learning:

- The benefits of group coaching and the skills required for effective coaching
- Exchange knowledge and experiences of parental engagement
- The impact and challenges of parental engagement improvement initiatives through a group coaching model.

## Raising attainment and closing the gap – what works?

**Date:** Wednesday, 11 October 2017 (Glasgow)  
**Trainer:** Dr Val Corry  
**Cost:** from £89



Explore the academic literature, policies and practice relating to raising attainment in Scottish schools.

This interactive seminar focuses on the key factors known to impact on a child's learning and achievement, and the drivers that bring about sustainable impact. Practical activities will help you engage productively with the policy and academic findings, and support you to apply this knowledge in your own setting.

### Key learning:

- Deeper understanding of the policies designed to raise attainment
- Factors that impact on a child's achievement
- Drivers of attainment and how these can be applied in your own setting
- Identify the professional learning required to improve practice and bring about long-term change.

### Meet the trainer



**Dr Val Corry** is an education consultant, and former secondary headteacher with over ten years' experience in senior management roles in schools. She has worked extensively on behalf of Children in Scotland delivering masterclasses in parental engagement.

Val is a trained facilitator for Executive Arts Limited, the licensor of the transformational change tools that she uses in her training, and Practice Advisor for International Futures Forum. Val also works with the University of Glasgow, delivering leadership programmes including a postgraduate Middle Leadership and Management course and Into Headship, and delivers bespoke leadership programmes for schools.

Val was part of a small group seconded to work with the Scottish Government to give advice on raising attainment, and has worked with the Scottish Government and Education Scotland as a Professional Advisor with a focus on raising attainment and reducing inequity.

"An excellent learning experience which I will take back and develop in my context."

"Very friendly and informative course. Enjoyed the practical activity and the chance to talk to others."

**Raising attainment through parental engagement**

## Transforming school improvement planning: a seminar with Frank Crawford

**Date:** Friday, 1 December 2017 (Glasgow)  
**Trainer:** Frank Crawford  
**Cost:** from £89



Ever wondered why every school is not a great school, even though we know from decades of research what makes a school great? In this seminar, Frank Crawford will take you through stages of thinking about change in a very practical way. He will encourage you to keep asking: why are we doing the things we do?; why this way?; what is the direct impact on outcomes for children and young people?; and what is it that makes a school great?

### Key learning:

- Develop new skills in communicating and dealing with different types of change
- Develop clearer thinking about your school's future and plan pathways towards that future
- Develop new insights into leadership and use hands-on leadership tools and techniques to lead future change.

### Meet the trainer



**Frank Crawford** is a freelance education consultant working with individual schools and groups of schools (including with learners and parents), education authorities, government departments and charities.

He is a former HM Chief Inspector of Education in Scotland and now acts as a coach to senior leaders. He has also worked with health services and a number of national agencies. His focus is on how people at all levels can lead change and transformation to improve outcomes. In education, he makes critical links across learners, teachers, schools and systems to achieve improvements.



## The engagement model: supporting and motivating hard-to-reach learners

**Date:** Monday, 20 November 2017 (Edinburgh)  
**Trainer:** Lindsay Graham  
**Cost:** from £79



This course presents the engagement model as a form of personalised learning. It shifts the emphasis away from the learner's interests as a way of personalising learning and, instead, looks at the particular way(s) they engage. You are taught to analyse what is happening when learners are engaged, and how the information gained from this can then be used to motivate these learners in other contexts.

### Key learning:

- Using the engagement model to analyse how an individual engages
- The difficulties faced by those who find it hard to engage in learning
- Understanding the long-term nature of personalised support
- Strategies for developing a learning plan based on how a pupil engages in activities.

## Making primary maths more creative: a seminar with Rob Eastaway

**Date:** Friday, 8 December 2017 (Edinburgh)  
**Trainer:** Rob Eastaway  
**Cost:** from £89



This seminar, led by best-selling author, Rob Eastaway, will help you teach maths more creatively, making it more enjoyable and accessible for children inside and outside of the classroom. The content is ideal for those working with children in the upper years of primary (P4 to P7), but there are many ideas that are relevant to younger and older children too.

### Key learning:

- Making maths more engaging for all abilities through a range of fun activities
- Problem-solving through games, puzzles, and mathematical 'magic' transferred straight to the classroom
- Engaging parents in their children's maths, including activities to incorporate into their busy lives
- Enriching teachers' own views of maths beyond the constraints of the curriculum.

## Supporting primary teachers with key concepts in STEM

**Date:** Friday, 9 March 2018 (Edinburgh)  
**Trainer:** Scottish Schools Education Research Centre  
**Cost:** from £79



A day of practical workshops designed to increase primary teachers' confidence in the delivery of key physics concepts, particularly the 'Forces, Electricity and Waves' organiser within Curriculum for Excellence, electric circuits and sound.

You will focus on progression through the levels (Early to Second) within the lines of development for electricity and sound, and will gain ideas and activities suitable for use throughout the primary school.

### Key learning:

- Support for delivery of: SCN 1-09a; SCN 2-09a; SCN 0-11a; SCN 1-11a; and SCN 2-11a
- Practical activities and ideas, which can be easily replicated in the primary classroom
- Understanding the key scientific concepts underpinning these Experiences and Outcomes.

## Foundations of literacy: a seminar with Sue Palmer

**Date:** Friday, 6 October 2017 (Glasgow)  
 Friday, 17 November 2017 (Aberdeen)  
**Trainer:** Sue Palmer  
**Cost:** from £89



To become committed readers and writers, children need the right support during their early years to develop the abilities that underpin literacy acquisition.

In this seminar, Sue Palmer draws on UK and European research, and expertise from specialists in speech and language therapy, developmental psychology, literacy and the early years, music, storytelling, and children's physical development and play, to develop 'literacy readiness' between the ages of three and seven.

### Key learning:

- Supporting all children in language development, including listening skills in a visual child
- Integrating music, movement, stories and songs into daily practice to support literacy
- Developing children's concepts about print and building phonic knowledge
- The relationship between mark-making, emergent writing and explicit teaching.

## Embedding a whole-school approach to promoting gender balance in STEM

**Date:** Friday, 26 January 2018 (Glasgow)  
**Trainer:** Charlotte Govan and Heather Earnshaw, Institute of Physics  
**Cost:** from £89



The percentage of girls taking STEM subjects such as physics and technology at Higher is critically low (30% and 5% respectively), with a similar gender bias in the UK STEM workforce. If the 'Girls into STEM' message is not making the necessary impact, perhaps a different approach is needed.

In this seminar you will focus on taking a whole-school approach to tackling gender stereotyping and bias in your school in order to remove barriers that prevent young people from taking STEM subjects.

This event will be held at the Glasgow Science Centre.

### Key learning:

- Unconscious bias, gender stereotyping, and how to recognise and challenge your own assumptions
- How bias and stereotypes play into pupils' expectations
- How to change the learning environment and general practice to reduce barriers for young people.

## Nursery to primary: easing transitions through play

**Date:** Friday, 29 September 2017 (Edinburgh)  
 Wednesday, 17 January 2018 (Edinburgh)  
**Trainer:** Kate Johnston  
**Cost:** from £79



A key part of the drive to make transitions easier for children was Curriculum for Excellence's proposal that more 'nursery'-type learning through play should be practised in the early stages of primary.

As this is a significant departure from the norm for many schools in Scotland, this workshop has been designed to explore how transformation can be achieved and the opportunities it presents.

### Key learning:

- Adapting current settings to include more play whilst ensuring progression in learning
- The role of the teacher in supporting transitions
- Finding confidence to be more adventurous and try out a different way of working.





CONFERENCE



SEMINAR



TRAINING WORKSHOP

Providing the right support at the right time for children and their families is crucial. Our expert trainers focus on techniques for supporting children affected by disorders including autism, Fetal Alcohol Spectrum Disorders and Pathological Demand Avoidance Syndrome.

## Girls and autism: a seminar with Sarah Hendrickx

**Date:** Tuesday, 3 October 2017 (Edinburgh)

**Trainer:** Sarah Hendrickx

**Cost:** from £89



Despite the increasing numbers of girls being diagnosed with autism spectrum disorders, girls are still less likely to be identified than boys and, as a result, are not referred for diagnosis or miss out on suitable support.

This seminar is led by Sarah Hendrickx – an expert and author in autism spectrum conditions and neuro-diversity, who also happens to have Asperger Syndrome.

### Key learning:

- Current research into girls on the spectrum – how autism presents differently in girls
- Diagnosis and how to apply the criteria
- Analysis of each section of the diagnostic criteria in relation to girls
- Key problems that girls face, including anxiety, teen years and co-morbidity
- Strategies to support girls on the spectrum and their families.

"Sarah has been fab! Lovely to hear about autism from someone who truly understands it."

"Really helpful and covered both research and practical elements. It would be great if all staff could have this training so we can better support our young people."

"Sarah was a fantastic facilitator. Great knowledge, humorous delivery and passion for her topic."

**Girls and autism: a seminar with Sarah Hendrickx**

## Supporting early years children with autism spectrum disorders (ASD)

**Date:** Wednesday, 25 October 2017 (Edinburgh)

**Trainer:** Corrie McLean and Christine Collingwood, Autism Network Scotland

**Cost:** from £79



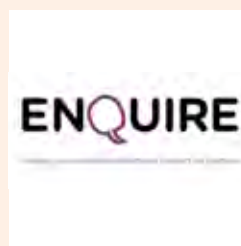
As awareness of autism is on the rise, more children are being diagnosed in their early years. It is widely accepted that the earlier the intervention, the better the support that can be provided to children and their families.

This course will explore different autism spectrum disorders, how they present in young children, and how to encourage children with their learning and behaviours, plus offer support to their families.

### Key learning:

- Key identifiers of autism at an early age and diagnostic pathways
- How autism can affect sensory, environment and behaviours within your setting
- The importance of working with families
- Relevant strategies, resources and signposting.

### Watch this space:



Enquire, the Scottish advice service for additional support for learning (ASL), will host its Annual Conference in March 2018, building on the success of previous years (find out more on page 30).

Keep an eye out for updates on our website and on social media.

To register interest, please email [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk) or call us on 0131 313 8828.

## Practising yoga with children and young people with ASD

**Date:** Wednesday, 1 November 2017 (Glasgow)  
**Trainer:** Liliash Nicholls  
**Cost:** from £79



This training workshop follows the progress of six school-age pupils severely affected by autism, over the course of a year, while they participated in a yoga programme.

In this practical session Liliash Nicholls, who led the research, will describe the results of the study and the potential benefits of including yoga in a school curriculum.

### Key learning:

- Understanding yoga and its benefits
- Impact of yoga on (autistic) children's physical and mental wellbeing
- Implementing a short programme of Asanas (poses) for use in different settings.

## Fetal Alcohol Spectrum Disorders: supporting children and young people

**Date:** Tuesday, 21 November 2017 (Edinburgh)  
Monday, 26 February 2018 (Dundee)  
**Trainer:** Eileen Calder  
**Cost:** from £79



Exposure to alcohol prenatally can interfere with a child's development, and cause growth deficiency and alterations to the internal organs, skeleton and central nervous system. Often the conditions go undiagnosed, or are misdiagnosed, for example as autism.

This training workshop gives insight to the wide range of conditions encompassed by Fetal Alcohol Spectrum Disorders (FASD) and explores practical ways of supporting children who are affected by them.

### Key learning:

- Conditions and symptoms by age and stage, and diagnosis of FASD
- Secondary disorders
- FASD's impact on learning and development
- Support tools and strategies for building on strengths.

## Understanding, educating and caring for children and young people with ASD

**Date:** Friday, 1 December 2017 (Glasgow)  
**Trainer:** Rita Jordan  
**Cost:** from £89



This training workshop will help you understand the development of children on the autism spectrum and use this to devise your teaching and caring strategies. It goes beyond describing behaviour to understanding why that behaviour is there, and recognising that successful approaches take account of ASD and individual differences.

### Key learning:

- Unique characteristics of those on the autism spectrum and mutual empathy problems
- Recognising individual difference and taking an individualised approach
- Strategies to create educational opportunities and improve quality of life over the longer term
- Developing effective behaviour support plans
- Approaches for working with complex and challenging behaviours.

## Resilience and wellbeing in children with autism: a seminar with Prof. Tommy MacKay

**Date:** Wednesday, 31 January 2018 (Glasgow)  
**Trainer:** Prof. Tommy MacKay  
**Cost:** from £89



This seminar will explore flexible approaches to social and emotional resilience and wellbeing in children and young people.

It is aimed particularly at those supporting children and young people aged 7+ with high functioning autism or Asperger's Syndrome, who often have difficulty identifying troubling feelings such as anger, fear and anxiety.

"The course was excellent, very informative and plenty of practical examples given."

"A wonderfully comprehensive session on this important subject."

"This has been one of the most interesting and educational training days I have attended."

**Fetal Alcohol Spectrum Disorders (FASD): supporting children and young people**

Scotland needs 3,278 therapists to work with children, who have emotional, behaviour and mental health problems!

There's less than 300 at present.

A very worthwhile career.

Courses in Play Therapy providing University Awards and professional registration in Edinburgh and Glasgow.



The APAC courses are the only ones in the UK that meet the requirements of the PTUK Register of Play and Creative Arts Therapists accredited by the Professional Standards Authority.

[www.playtherapyregister.org.uk](http://www.playtherapyregister.org.uk)



Courses run Friday to Sunday to minimise your time away from work.

Our one-day Introduction to Play Therapy course will show you how we train and why we and our trainees are so successful.

Choose from three stages to match your experience and aspirations.

- PG Certificate in Therapeutic Play Skills
- PG Diploma in Play Therapy
- MA in Practice Based Play Therapy

Post Graduate awards by Leeds Beckett University.

When trained to the required standards you can work full time, part time or as an independent private practitioner.

It's a rewarding career in all respects.



Dee Rose, Administrator  
APAC The Coach House, Uckfield TN22 1BP  
Tel: 01825 761143 Email: [mokijep@majemail.com](mailto:mokijep@majemail.com)  
[www.playtherapy.org.uk](http://www.playtherapy.org.uk)



for the perfect print experience

Proud to Support  
Children in Scotland



Tel: 0131 270 6000



[www.allander.com](http://www.allander.com)

[enquiries@allander.com](mailto:enquiries@allander.com)

# The Learning Guide Autumn

<div>OCTOBER</div> <div>&gt;</div>	<div>Life Story Work with troubled children: a seminar with Richard Rose</div> <div><div>Date: 2 October</div><div>Location: Aberdeen</div><div>Page: 24</div></div>	<div>Girls and autism: a seminar with Sarah Hendrickx</div> <div><div>Date: 3 October</div><div>Location: Edinburgh</div><div>Page: 13</div></div>	<div>Supporting children and young people who internalise their distress</div> <div><div>Date: 4 October</div><div>Location: Glasgow</div><div>Page: 25</div></div>	<div>Developing empathy and resilience with early and primary years children</div> <div><div>Date: 5 October</div><div>Location: Edinburgh</div><div>Page: 20</div></div>	<div>Foundations of literacy: a seminar with Sue Palmer</div> <div><div>Date: 6 October</div><div>Location: Glasgow</div><div>Page: 12</div></div>
<div>Maximising your organisation's online presence</div> <div>Free for members</div> <div><div>Date: 27 October</div><div>Location: Glasgow</div><div>Page: 27</div></div>	<div>Supporting EAL learners (P4-S3) in mainstream classroom settings</div> <div><div>Date: 27 October</div><div>Location: Edinburgh</div><div>Page: 9</div></div>	<div>NOVEMBER</div> <div>&gt;</div>	<div>Practising yoga with children and young people with ASD</div> <div><div>Date: 1 November</div><div>Location: Glasgow</div><div>Page: 14</div></div>	<div>Mindfulness in your setting: Module 2</div> <div><div>Date: 2 November</div><div>Location: Edinburgh</div><div>Page: 7</div></div>	<div>Attachment-led early years practice: a seminar with Dr Suzanne Zeedyk</div> <div><div>Date: 3 November</div><div>Location: Edinburgh</div><div>Page: 23</div></div>
<div>Foundations of literacy: a seminar with Sue Palmer</div> <div><div>Date: 17 November</div><div>Location: Aberdeen</div><div>Page: 12</div></div>	<div>The engagement model: supporting and motivating hard-to-reach learners</div> <div><div>Date: 20 November</div><div>Location: Edinburgh</div><div>Page: 11</div></div>	<div>Fetal Alcohol Spectrum Disorders: supporting children and young people</div> <div><div>Date: 21 November</div><div>Location: Edinburgh</div><div>Page: 14</div></div>	<div>There's more to tears and tantrums: early years behaviours and you</div> <div><div>Date: 23 November</div><div>Location: Edinburgh</div><div>Page: 22</div></div>	<div>A map to the future: how to set goals and achieve them</div> <div><div>Date: 28 November</div><div>Location: Edinburgh</div><div>Page: 6</div></div>	<div>Mindfulness work with children and young people: Module 1</div> <div><div>Date: 30 November</div><div>Location: Edinburgh</div><div>Page: 7</div></div>
<div>Child protection for all: an introduction and refresher</div> <div><div>Date: 7 December</div><div>Location: Edinburgh</div><div>Page: 4</div></div>	<div>Mindfulness and anger management</div> <div><div>Date: 7 December</div><div>Location: Edinburgh</div><div>Page: 7</div></div>	<div>Making primary maths more creative: a seminar with Rob Eastaway</div> <div><div>Date: 8 December</div><div>Location: Edinburgh</div><div>Page: 11</div></div>	<div>Trauma-informed practice 1: understanding bereavement, trauma and loss</div> <div><div>Date: 8 December</div><div>Location: Glasgow</div><div>Page: 25</div></div>	<div>JANUARY</div> <div>&gt;</div>	<div>Nursery to primary: easing transitions through play</div> <div><div>Date: 17 January</div><div>Location: Edinburgh</div><div>Page: 21</div></div>
<div>FEBRUARY</div> <div>&gt;</div>	<div>An equal future? Scotland's next steps for including LGBT children and young people</div> <div><div>Date: 1 February</div><div>Location: Edinburgh</div><div>Page: 30</div></div>	<div>Child protection for managers and designated persons</div> <div><div>Date: 1 February</div><div>Location: Edinburgh</div><div>Page: 4</div></div>	<div>Mindfulness and anger management</div> <div><div>Date: 1 February</div><div>Location: Dundee</div><div>Page: 7</div></div>	<div>A self-esteem approach to building body confidence in children aged 4-13</div> <div><div>Date: 2 February</div><div>Location: Edinburgh</div><div>Page: 8</div></div>	<div>Improving outcomes: an introduction to Video Interaction Guidelines (VIG)</div> <div><div>Date: 2 February</div><div>Location: Edinburgh</div><div>Page: 8</div></div>
<div>Learning through play the Froebel way</div> <div><div>Date: 23 February</div><div>Location: Edinburgh</div><div>Page: 20</div></div>	<div>Fetal Alcohol Spectrum Disorders (FASD): supporting children and young people</div> <div><div>Date: 26 February</div><div>Location: Dundee</div><div>Page: 14</div></div>	<div>Trauma-informed practice 2: solutions for supporting traumatised children</div> <div><div>Date: 28 February</div><div>Location: Edinburgh</div><div>Page: 25</div></div>	<div>MARCH</div> <div>&gt;</div>	<div>Enquire Conference 2018</div> <div><div>Date: March</div><div>Page: 30</div></div>	<div>Study visit to the Netherlands</div> <div><div>Date: March</div><div>Page: 30</div></div>
<div>Supporting primary teachers with key concepts in STEM</div> <div><div>Date: 9 March</div><div>Location: Edinburgh</div><div>Page: 12</div></div>	<div>Relationships and the brain</div> <div><div>Date: 14 March</div><div>Location: Glasgow</div><div>Page: 8</div></div>	<div>Mindfulness work with children and young people: Module 1</div> <div><div>Date: 15 March</div><div>Location: Perth</div><div>Page: 7</div></div>	<div>Every child a mover (Outdoors): Providing young children with the physical opportunities they need</div> <div><div>Date: 16 March</div><div>Location: Edinburgh</div><div>Page: 23</div></div>	<div>An introduction to working with symbols</div> <div><div>Date: 21 March</div><div>Location: Edinburgh</div><div>Page: 26</div></div>	<div>Understanding and addressing parental alienation: with Dr Sue Whitcombe</div> <div><div>Date: 23 March</div><div>Location: Edinburgh</div><div>Page: 26</div></div>
<div>Child protection</div> <div>Health &amp; wellbeing</div>	<div>Raising attainment</div> <div>Communication &amp; learning difficulties</div>	<div>Early years</div> <div>Adverse childhood experiences</div>	<div>Member events</div> <div>Conferences &amp; study trips</div>		



<b>Learning through play the Froebel way</b>  <b>Date:</b> 6 October <b>Location:</b> Edinburgh <b>Page:</b> 20	<b>Child protection for managers and designated persons</b>  <b>Date:</b> 9 October <b>Location:</b> Glasgow <b>Page:</b> 4	<b>Listening to children and young people: exploring meaningful participation</b> Free for members <b>Date:</b> 10 October <b>Location:</b> Edinburgh <b>Page:</b> 28	<b>Raising attainment and closing the gap – what works?</b>  <b>Date:</b> 11 October <b>Location:</b> Glasgow <b>Page:</b> 10	<b>Supporting early years children with autism spectrum disorders (ASD)</b>  <b>Date:</b> 25 October <b>Location:</b> Edinburgh <b>Page:</b> 13	<b>Group work with young people</b>  <b>Date:</b> 26 October <b>Location:</b> Edinburgh <b>Page:</b> 6
<b>Raising attainment through parental engagement</b>  <b>Date:</b> 3 November <b>Location:</b> Edinburgh <b>Page:</b> 10	<b>Children in Scotland's Annual Conference 2017 If not you, then who?</b>  <b>Date:</b> 8/9 November <b>Location:</b> Edinburgh <b>Page:</b> 29	<b>Communicating with traumatised children: a seminar with Richard Rose</b>  <b>Date:</b> 13 November <b>Location:</b> Glasgow <b>Page:</b> 24	<b>Addressing Islamophobia in Scottish schools</b> Free for members <b>Date:</b> 14 November <b>Location:</b> Glasgow <b>Page:</b> 27	<b>Supporting better environments and learning for two year olds</b>  <b>Date:</b> 16 November <b>Location:</b> Glasgow <b>Page:</b> 22	<b>Unprotected, overprotected: Children with learning disabilities and child sexual exploitation</b>  <b>Date:</b> 17 November <b>Location:</b> Edinburgh <b>Page:</b> 5
<b>DECEMBER</b>  	<b>Transforming school improvement planning: a seminar with Frank Crawford</b>  <b>Date:</b> 1 December <b>Location:</b> Glasgow <b>Page:</b> 11	<b>Understanding, educating and caring for children and young people with ASD</b>  <b>Date:</b> 1 December <b>Location:</b> Glasgow <b>Page:</b> 14	<b>Connecting listening with health and wellbeing</b>  <b>Date:</b> 4 December <b>Location:</b> Edinburgh <b>Page:</b> 8	<b>Online safety in Scotland: Keeping children safe in the digital world</b>  <b>Date:</b> 5 December <b>Location:</b> Edinburgh <b>Page:</b> 5	<b>Supporting young carers in education settings</b> Free for members <b>Date:</b> 6 December <b>Location:</b> Edinburgh <b>Page:</b> 27
<b>Teaching writing in the upper years of primary: a seminar with Sue Palmer</b>  <b>Date:</b> 19 January <b>Location:</b> Edinburgh <b>Page:</b> 9	<b>Identifying and responding to child sexual exploitation</b>  <b>Date:</b> 24 January <b>Location:</b> Edinburgh <b>Page:</b> 5	<b>Introduction to digital citizenship</b> Free for members <b>Date:</b> 25 January <b>Location:</b> Edinburgh <b>Page:</b> 27	<b>Embedding a whole school approach to promoting gender balance in STEM</b>  <b>Date:</b> 26 January <b>Location:</b> Glasgow <b>Page:</b> 12	<b>Positive mental health in children and young people</b>  <b>Date:</b> 29 January <b>Location:</b> Glasgow <b>Page:</b> 6	<b>Resilience and wellbeing in children with autism: a seminar with Prof. Tommy MacKay</b>  <b>Date:</b> 31 January <b>Location:</b> Glasgow <b>Page:</b> 14
<b>Understanding the disclosure and PVG process</b> Free for members <b>Date:</b> 7 February <b>Location:</b> Edinburgh <b>Page:</b> 28	<b>Working with children and young people who have experienced traumatic stress</b>  <b>Date:</b> 7 February <b>Location:</b> Glasgow <b>Page:</b> 25	<b>Understanding Pathological Demand Avoidance (PDA) Syndrome in children</b>  <b>Date:</b> 8 February <b>Location:</b> Edinburgh <b>Page:</b> 19	<b>Sharing impact and challenges of parental engagement</b>  <b>Date:</b> 21 February <b>Location:</b> Edinburgh <b>Page:</b> 10	<b>Mindfulness in your setting: Module 2</b>  <b>Date:</b> 22 February <b>Location:</b> Edinburgh <b>Page:</b> 7	<b>Attachment Narrative Therapy: a seminar with Prof. Rudi Dallos</b>  <b>Date:</b> 23 February <b>Location:</b> Edinburgh <b>Page:</b> 26
<b>Developing empathy and resilience with early and primary years children</b>  <b>Date:</b> 1 March <b>Location:</b> Edinburgh <b>Page:</b> 20	<b>The spectrum of participation: effectively engaging parents and carers</b> Free for members <b>Date:</b> 1 March <b>Location:</b> Edinburgh <b>Page:</b> 28	<b>Schemas and the characteristics of effective learning</b>  <b>Date:</b> 2 March <b>Location:</b> Edinburgh <b>Page:</b> 22	<b>The benefits of context learning for learners with autism</b>  <b>Date:</b> 6 March <b>Location:</b> Edinburgh <b>Page:</b> 19	<b>Reflective practice and self-awareness</b>  <b>Date:</b> 7 March <b>Location:</b> Edinburgh <b>Page:</b> 7	<b>Understanding and embedding good governance</b> Free for members <b>Date:</b> 8 March <b>Location:</b> Edinburgh <b>Page:</b> 28
<b>APRIL</b>  	<b>Group work with young people</b>  <b>Date:</b> 19 April <b>Location:</b> Edinburgh <b>Page:</b> 6	<b>Trauma-informed early years practice: what does it look like?</b>  <b>Date:</b> 20 April <b>Location:</b> Edinburgh <b>Page:</b> 23	<b>The Autism Toolbox: providing support for children in mainstream schooling</b>  <b>Date:</b> 23 April <b>Location:</b> Edinburgh <b>Page:</b> 19	<b>Supporting children and young people who internalise their distress</b>  <b>Date:</b> 25 April <b>Location:</b> Edinburgh <b>Page:</b> 25	<b>Child protection for all: an introduction and refresher</b>  <b>Date:</b> 26 April <b>Location:</b> Glasgow <b>Page:</b> 4

Do you know someone raising a disabled child or young person?



We help  
families  
across  
Scotland

Find  
out more

Email us:  
[info@familyfund.org.uk](mailto:info@familyfund.org.uk)  
Call us:  
**01904 550055**

Our grants may  
be able to help



**Family Fund**

Helping disabled children

[www.familyfund.org.uk](http://www.familyfund.org.uk)

Private company limited by guarantee. Incorporated in England and Wales.  
Registration no. 3166627. Registered charity number 1053866. Scottish charity number SCO40810.



For further information contact:  
[Miriam@vigorkney.co.uk](mailto:Miriam@vigorkney.co.uk)  
[www.vigorkney.co.uk](http://www.vigorkney.co.uk)



## AVIGuk-accredited Initial Training Courses in Video Interaction Guidance (VIG) and Video Enhanced Reflective Practice (VERP)

with Miriam Landor

Educational psychologist, National Supervisor Association of VIG  
UK, and one of the leading developers of VIG.

HCPC, Associate Fellow BPS, Register of Applied Psychology Practice Supervisors.

### Bespoke courses – time and place to suit clients:

1. The classic two-day VIG Initial Training Course
2. Residential VIG Initial Training Course, weekend or week
3. NEW! Video Enhanced Reflective Practice (VERP)  
one day Initial Training Course for would-be Guiders  
working in professional development context

**Miriam specialises in distance learning methods for delivering  
VIG and VERP training and supervision, with current trainees  
in Europe, Canada, Australia, and the Far East.**

The VIG Initial Training Course is for 'helping professionals' working with parents and carers who are experiencing difficulties in communication with their children and who wish to develop better relationships with them.

*VIG is a strengths-based therapeutic intervention in which an accredited VIG guider uses video clips taken from day-to-day interactions in order to promote more attuned connection, by focusing on the 'better than usual'.*

*VIG and VERP are also evidence-based and effective for staff who work with infants, children and adults of any age in early years, school, health, therapeutic, counseling, residential or care settings, and for staff in higher education who support others in teaching and supervision skills.*

## Understanding Pathological Demand Avoidance (PDA) Syndrome in children

**Date:** Thursday, 8 February 2018 (Edinburgh)  
**Trainer:** Ruth Fidler  
**Cost:** from £89



The seminar will help you develop a better understanding of the distinct behaviour profile associated with Pathological Demand Avoidance (PDA) Syndrome and will explore how to provide better support to those pupils who are affected.

Although the Syndrome is not yet officially recognised as being part of the autism spectrum, parents, carers and the sector have identified a need for improved guidance and support on this topic.

### Key learning:

- The distinctive profile of PDA, in particular the way children are driven to avoid demands and expectations
- Issues for educational settings in meeting the needs of pupils with PDA
- Effective strategies for engaging with children with PDA and promoting their emotional wellbeing.

"This course was presented with excellence."

"The trainer had a lovely manner and five hours felt like two."

"It has been a pleasure to attend such a well-managed presentation."

**Understanding Pathological Demand Avoidance (PDA) Syndrome in children**

### Meet the trainer



**Lindsay Graham** has over 15 years' experience of working in the field of learning disability, and has worked to support those with additional needs in independent living and in employment.

For the last 10 years she has been working in education provision for young adults with complex needs, creating learning plans and resources, as well as training staff in teaching and learning strategies.

Lindsay has worked both in Scotland and internationally, in India, where she worked with families to develop learning plans, and with local NGOs and schools to train staff and raise awareness of learning disability. Lindsay is currently education consultant with Your Learning Ability.

## The benefits of context learning for learners with autism

**Date:** Tuesday, 6 March 2018 (Edinburgh)  
**Trainer:** Lindsay Graham  
**Cost:** from £79



Children on the autism spectrum can have difficulty transferring or generalising knowledge, which gives learning in context greater significance.

This training workshop will focus on how to gain a better understanding of the different ways in which an individual can learn, and how this knowledge can be used to break down everyday tasks and situations to promote effective learning.

### Key learning:

- The characteristics of learners with autism and the difficulties they face in learning environments
- Understanding a variety of learning styles and how learning can happen 'in context'
- Analysing everyday tasks and situations to identify opportunities for maximising learning.

## The Autism Toolbox: providing support for children in mainstream schooling

**Date:** Monday, 23 April 2018 (Edinburgh)  
**Trainer:** Corrie McLean and Christine Collingwood, Autism Network Scotland  
**Cost:** from £79



This training introduces the Autism Toolbox – an online resource developed by Autism Network Scotland, who are promoting inclusion for autistic children and young people.

Practitioners can use the tool to upskill their knowledge and learn more about how to make their approach and setting more autism friendly.

### Key learning:

- Basic introduction to autism
- How autism might affect a child's experience of learning
- Tips on how to make the environment more autism friendly
- Identifying triggers and managing challenging behaviour
- Case studies to put learning into practice.

## Early years



CONFERENCE



SEMINAR

TRAINING  
WORKSHOP

Our early years training is for those working with children aged 0-7 to support the best possible start in life for every child. This season's programme provides opportunities to connect with renowned experts including Sue Palmer and Dr Suzanne Zeedyk.

### Developing empathy and resilience with early and primary years children

**Date:** Thursday, 5 October 2017 (Edinburgh)  
Thursday, 1 March 2018 (Edinburgh)

**Trainer:** Stan Godek

**Cost:** from £89



Developing an ability to tune in to the feelings of others is vital to the process of socialisation in childhood and to the ability to self-regulate behaviour. Failure to develop an empathetic capacity can lead to relational and behavioural difficulties in the primary stage and throughout adolescence.

This course offers a working understanding of what we mean by empathy, how it develops and how we can help children whose capacity for demonstrating empathy has been impaired.

#### Key learning:

- Empathy and its role in curbing aggressive behaviour
- What attachment theory and neuroscience tell us about empathy
- Developing infants' empathetic capacity through play, mindfulness, visualisation and story-telling.



### Learning through play the Froebel way

**Date:** Friday, 6 October 2017 (Edinburgh)  
Friday, 23 February 2018 (Edinburgh)

**Trainer:** Cowgate Under 5s Centre

**Cost:** from £79



Pioneer Friedrich Froebel's theory that "play is the highest expression of childhood development; it alone is the free expression of a child's soul" has been applied within early years establishments across the globe.

This workshop with the acclaimed Cowgate Under 5s Centre in Edinburgh explores practical ways to put Froebel's theories into action in your own setting.

#### Key learning:

Practical ways to meet children's needs in the following areas identified by Froebel:

- Physical activity
- Sensory awareness
- Creative expression
- Exploration of ideas
- The experience of living among others.

"Very informative course delivered by excellent presenters who clearly love their profession."

"A great visual course that is adaptable and flexible to suit delegates."

**Learning through play the Froebel way**

"Stan delivered the training in a clear and understandable way. Excellent!"

"Stan's experience and knowledge is fantastic. I found this inspiring as he related it to his own practice."

**Developing empathy and resilience with early and primary years children**



## Foundations of literacy: a seminar with Sue Palmer

**Date:** Friday, 6 October 2017 (Glasgow)  
Friday, 17 November 2018 (Aberdeen)  
**Trainer:** Sue Palmer  
**Cost:** from £89



To become committed readers and writers, children need the right support during their early years to develop the abilities that underpin literacy acquisition.

In this seminar, Sue Palmer focuses on 'literacy readiness' between the ages of three and seven. She draws on UK and European research, and expertise from specialists in speech and language therapy, developmental psychology, literacy and the early years, music, storytelling, and children's physical development and play.

### Key learning:

- Supporting all children in language development, including listening skills in a visual child
- Integrating music, movement, stories and songs into daily practice to support literacy
- Developing children's concepts about print and building phonic knowledge
- The relationship between mark-making, emergent writing and explicit teaching.

## Supporting early years children with autism spectrum disorders (ASD)

**Date:** Wednesday, 25 October 2017 (Edinburgh)  
**Trainer:** Corrie McLean and Christine Collingwood, Autism Network Scotland  
**Cost:** from £79



As awareness of autism is on the rise more children are being diagnosed in their early years. It is widely accepted that the earlier the intervention, the better the support that can be provided to children and their families.

You will learn about different autism spectrum disorders, how they present in young children, and how to encourage children with their learning and behaviours plus offer support to their families.

### Key learning:

- Key identifiers of autism at an early age and diagnostic pathways
- How autism can affect sensory, environment and behaviours within your setting
- The importance of working with families
- Relevant strategies, resources and signposting.

## Nursery to primary: easing transitions through play

**Date:** Friday, 29 September 2017 (Edinburgh)  
Wednesday, 17 January 2018 (Edinburgh)  
**Trainer:** Kate Johnston  
**Cost:** from £79



A key part of the drive to make transitions easier for children was Curriculum for Excellence's proposal that more 'nursery'-type learning through play should be practised in the early stages of primary.

As this is a significant departure from the norm for many schools in Scotland, this workshop has been designed to explore how transformation can be achieved and the opportunities it presents.

### Key learning:

- Adapting current settings to include more play whilst ensuring progression in learning
- The role of the teacher in supporting transitions
- Finding confidence to be more adventurous and try out a different way of working.

"Delivery was engaging, amusing and I liked the break up of activities. Lots of opportunities for discussion."

"Very inspiring speakers. Thank you so much!"

**Nursery to primary:  
easing transitions through play**

### You might also be interested in

**Positive mental health**

[See page 6](#)

**A self-esteem approach to building body confidence in children aged 4-13**

[See page 8](#)

**Understanding educating and caring for children and young people with ASD**

[See page 14](#)



## Supporting better environments and learning for two year olds

**Date:** Thursday, 16 November 2017 (Glasgow)  
**Trainer:** Jane Brumpton, Early Years Scotland  
**Cost:** from £79



Funded early learning and childcare was extended to some two year olds in 2015.

Although children develop at different rates, the overall developmental changes between children who have just passed their second birthday and children who have almost reached their third birthday, are enormous.

This course focuses on ensuring that your setting can meet the learning and development needs of two year olds, and continue to deliver high quality early learning and childcare for every child.

### Key learning:

- Planning and managing positive transitions
- Creating effective environments for two year olds, exploring both mixed age and dedicated spaces
- Understanding young children's patterns of play and behaviour to support and enrich learning and development.

## There's more to tears and tantrums: early years behaviours and you

**Date:** Thursday, 23 November 2017 (Edinburgh)  
 Thursday, 26 April 2018 (Edinburgh)  
**Trainer:** Stan Godek  
**Cost:** from £89



We've all heard about the "terrible twos" being one of the most challenging times in a child's development. However, before a child reaches even that early stage a lot of brain development has already taken place. This starts in the womb, and is affected by a number of factors from then on.

This course provides an understanding of early brain development, what may bring out challenging behaviours, and ways to manage and engage therapeutically with our youngest children.

### Key learning:

- Brain development pre-birth, post-birth and throughout infancy
- How children self-regulate emotional states, what impedes this and the impact of unregulated stress
- Tools and techniques for dealing effectively with behaviours that challenge you.

## Schemas and the characteristics of effective learning

**Date:** Friday, 2 March 2018 (Edinburgh)  
**Trainer:** Stella Louis  
**Cost:** from £89



Schemas are patterns of repeated behaviour that allow children to explore and express developing ideas and thoughts through play and exploration. They are essential for children's development.

In this seminar (aimed at practitioners working with children aged 0-7) you will learn how to facilitate schematic exploration so that children become engaged and sustained in their self-chosen activities.

### Key learning:

- The links between schemas and effective learning
- How children use play as a starting point to extend their schematic explorations
- Supporting children to represent their symbolic ideas, thoughts and actions through use of all their senses to find out about the things that interest them.

### Meet the trainer



**Stella Louis** is an early years consultant who has worked as a nursery nurse, nursery manager, DCE course coordinator and Early Years training coordinator.

She wrote her first book in 2008 on understanding children's schemas and has had articles published in Nursery

World and Early Education. Stella has developed a sustained interest in working with parents and is involved in research on sharing knowledge and understanding of young children's schemas with parents.

Stella is currently studying for a Doctorate in Education and is a Froebelian-trained travelling tutor, working in the UK and South Africa in an initiative funded by the Froebel Council.



## Attachment-led early years practice: a seminar with Dr Suzanne Zeedyk

**Date:** Friday, 3 November 2017 (Edinburgh)  
**Trainer:** Dr Suzanne Zeedyk  
**Cost:** from £89



In our society, caring for children usually includes a large component of professional input. We use the language of 'services' to describe that input.

Yet the science tells us that children aren't looking for services. They want relationships. Human beings are physiologically driven to seek out emotional connection with others, and especially with the adults who are significant in their lives – be this at home, with friends or within childcare settings.

This seminar will take an in-depth look at attachment-led early years practice, covering the following key learning points.

### Key Learning:

- Observations and key scientific insights into the human drive for relationships
- How professional services are currently conceived, designed and delivered
- Identifying gaps between children's services and children's needs – and finding ways of closing those gaps.

### Meet the trainer



**Dr Suzanne Zeedyk** is a research scientist fascinated by babies' innate capacity to connect. Since 1993, she has been based at the University of Dundee's School of Psychology.

In 2011, Suzanne stepped away from a full-time academic post in order to establish an

independent training enterprise with the aim of helping the public understand all that science has discovered about the importance of emotional connection for human health and happiness. She works internationally with organisations keen to think more deeply about fostering connection, compassion and resilience.

In 2014, Suzanne founded the organisation, 'Connected baby'. Together with her team, she works to help parents and professionals make practical use of the science of connection and relationships.

"I feel all managers and early years staff would benefit from this training!"

"You inspire me to continue to keep attachment at the forefront of my practice on a daily basis and help parents and children build on their bonds."

**Attachment-led early years practice:  
a seminar with Dr Suzanne Zeedyk**

## Trauma-informed early years practice: what does it look like?

**Date:** Friday, 20 April 2018 (Edinburgh)  
**Trainer:** Dr Suzanne Zeedyk  
**Cost:** from £89



The stress brought on by adverse childhood experiences (ACEs) can cause biological change. The consequences are surprising, ranging from heart disease to mental health problems and addictive behaviour.

This seminar focuses on the role of attachment in protecting children against such outcomes. Relationships are key to human health and happiness. What practice changes can you make to improve the relational care in your setting for children who have experienced trauma in early childhood?

### Key learning:

- The latest research on links between attachment and ACEs
- How professional services are currently conceived, designed and delivered
- Practice changes to improve relational care in professional settings for children who have experienced trauma.

## Every Child a Mover (Outdoors): providing children with the physical opportunities they need

**Date:** Friday, 16 March 2018 (Edinburgh)  
**Trainer:** Jan White  
**Cost:** from £89



Physical development is at the heart of early childhood education. In this seminar, award-winning author, Jan White, will support you to create stimulating, active and movement-rich outdoor environments that provide young children with the development opportunities they need.

This event is open to all teachers and practitioners working with children from birth to seven, including leaders and managers, advisers, further/higher education lecturers and those working with parents of children in this age range.

### Key learning:

- The link between movement and physicality, and children's health, wellbeing, development and learning
- The critical movement experiences young children need for full development
- Practical ideas for increasing movement and physicality in all aspects of care/education and life at home.

# Adverse childhood experiences



CONFERENCE



SEMINAR



TRAINING WORKSHOP

Adverse childhood experiences (ACEs) can have a huge impact. Our programme will help you understand, identify and prevent ACEs, and develop the skills and knowledge to support those children who are affected.

## Life Story Work with troubled children: a seminar with Richard Rose

**Date:** Monday, 2 October 2017 (Aberdeen)  
**Trainer:** Richard Rose  
**Cost:** from £89



Life Story Work is a therapeutic intervention to help children recover from abuse, trauma or neglect, and make sense of a disrupted upbringing in multiple homes or families.

This seminar builds on concepts including attachment, loss, magical thinking, identity, and meaning, and shows you how Life Story Work can be used to undertake deep reflective work with a child.

Through the process, the child develops a coherent and accurate story of their own life and the lives of those closest to them. They develop a better sense of who they are, their history and how they want to live their lives.

### Key learning:

- Life Story Work as a valuable model of information collation
- Communicating with children, helping them to confront painful issues and turn these into acceptance
- Creating Life Story books that are useful, valuable and represent the child.

"Amazing training and excellent trainer. Engaging, interesting, knowledgeable and approachable."

"Thoroughly enjoyed the day; illuminating, educational and thought-provoking."

"Would highly recommend this course. Really beneficial."

"I found this session extremely interesting and relevant to my work. Practical examples, for example, how you can use everyday games for therapeutic work and building a relationship with children."

**Life Story Work with troubled children: a seminar with Richard Rose**

## Communicating with traumatised children: a seminar with Richard Rose

**Date:** Monday, 13 November 2017 (Glasgow)  
**Trainer:** Richard Rose  
**Cost:** from £89



This seminar provides an opportunity to learn about theories and techniques for communicating with traumatised children aged 3+. Through a practical approach it will focus on practice-rich examples and invites contribution and group engagement. You will have the opportunity to try out these techniques and consider how they might benefit the children and young people you currently work with.

### Key learning:

- Listening, interpreting and recording information
- The significance of feelings and 'magical thinking'
- Trauma and recovery
- Issues of confidentiality
- Addressing sensitive issues and providing appropriate responses.

### Meet the trainer



**Richard Rose** is Director of Child Trauma Intervention Services Ltd and undertakes consultancy and training on Life Story therapy. He works with 'hard to reach' children and adolescents, and develops academic training programmes in the UK and internationally.

Richard works with children and their carers in out-of-home, home-based and family placements to assist understanding and attachment with the aim of enabling placements to become healthy and nurturing for all involved.

Richard is an Adjunct Associate Professor of Social Work and Social Policy at La Trobe University, Melbourne, Australia and is also a Fellow of the Berry Street Childhood Institute in Australia.



## Supporting children and young people who internalise their distress

**Date:** Wednesday, 4 October 2017 (Glasgow)  
Wednesday, 25 April 2018 (Edinburgh)

**Trainer:** Jan Montgomery

**Cost:** from £79



There are many reasons why children internalise their distress rather than act out. They can become invisible to those working with them – often seen as quiet, shy or well-behaved when, in fact, they are in pain.

This workshop will explore why some children are unable to show their feelings in a way that helps them access help and support. You will learn how to recognise, support and communicate effectively with these children when they need you most.

### Key learning:

- Trauma, attachment, childhood maltreatment, and how children internalise distress
- Relationship-building and communication skills
- Using creative tools and techniques to engage children and young people.

## Working with children and young people who have experienced traumatic stress

**Date:** Wednesday, 7 February 2018 (Edinburgh)

**Trainer:** Jan Montgomery

**Cost:** from £79



This training workshop explores the developmental impact of trauma and introduces you to working with traumatic stress using the Attachment, Self-Regulation and Competency (ARC) Framework.

### Key learning:

- Using the ARC framework to recognise danger signals and understand past and present dangers
- Managing responses and laying the foundations for the development of competencies
- Working with trauma through different contexts, including daily, community and culture
- Identifying internal and external resources and challenges
- Providing a safe context for children.

## Trauma-informed practice 1: understanding bereavement, trauma and loss

**Date:** Friday, 8 December 2017 (Glasgow)  
Friday, 5 June 2018 (Edinburgh)

**Trainer:** Steve Sweeney, Barnardo's

**Cost:** from £79



Improve your practice by learning more about the impact of trauma and grief and what can be done to support yourself and others to deal with adversity.

This introductory workshop begins with the theories of attachment, trauma and grief that underpin your work with children and young people and provides an introduction to practical techniques that can help you provide effective support, from formulating an action plan and making best use of resources, to using a range of support techniques including solution-focused grief therapy; working with the body; and psycho-education.

### Key learning:

- Applying attachment, trauma and grief theories to improve safety, mental health and wellbeing outcomes
- Formulating an action plan and knowing how to make best use of resources
- Approaches to support children and young people dealing with adversity.

## Trauma-informed practice 2: solutions for supporting traumatised children\*

**Date:** Wednesday, 28 February 2018 (Edinburgh)

**Trainer:** Steve Sweeney, Barnardo's

**Cost:** from £79



This intensive training workshop draws upon a solution-focused approach contained within a model utilising psycho-education, self-assessment tools, and exercises in sensorimotor awareness, mindfulness and self-soothing techniques.

\* Follows the introductory 'Trauma-informed practice 1', which is a prerequisite for this course.

### Key learning:

- A solution-focused approach to achieving therapeutic outcomes for children
- How to psycho-educate children on trauma and grief
- Self-assessment tools to determine a child's trauma and grief needs
- Describing and demonstrating a sensorimotor awareness
- Promoting mindfulness and self-soothing techniques.

## Attachment Narrative Therapy: a seminar with Prof. Rudi Dallos

**Date:** Friday, 23 February 2018 (Edinburgh)  
**Trainer:** Prof. Rudi Dallos  
**Cost:** from £89



This seminar explores Attachment Narrative Therapy (ANT) – an integrative approach to systemic family therapy combining ideas and techniques from attachment theory and narrative theory.

You will learn how ANT employs ideas including the concept of a secure base, the family as a dynamic attachment system, and multi-layered networks of attachment representation. Supported by case examples and film you will consider how ANT can be applied in your own work and, in small groups, practise key techniques.

### Key learning:

- Developments in contemporary attachment theory and its links with narrative therapies
- Applying attachment theory in therapeutic interventions with families and children
- ANT, its key techniques and how to apply ANT in your own work.

## An introduction to working with symbols

**Date:** Wednesday, 21 March 2018 (Edinburgh)  
**Trainer:** Jan Montgomery  
**Cost:** from £79



This workshop will focus on the meanings and uses of symbols in different contexts. It will explore how, why and when children use symbols to communicate and what this says about their cognitive and social development. You will engage meaningfully in symbolic activities to gain insight into the child's inner world and your own.

This training does not qualify participants to engage children in therapy but it can help participants to have a deeper understanding of the world of the child.

### Key learning:

- Definition of symbols
- How children understand and use symbols, and what this tells us about a child's inner world
- Using and understanding symbols to communicate effectively.

## Understanding and addressing parental alienation: with Dr Sue Whitcombe

**Date:** Friday, 23 March 2018 (Edinburgh)  
**Trainer:** Dr Sue Whitcombe  
**Cost:** from £89



When hostility, conflict or complex dynamics dominate the post-separation relationship of parents, the impact on a child can lead to their active rejection of a loving parent. Exacerbated by private family law and service provider intervention, this rejection can spread to family and friends, excluding important social and developmental support from the child's life.

This seminar explores the current understanding of alienation, including assessment protocols and interventions, with a focus on case work.

### Key learning:

- Parental alienation, family dynamics and conflict
- Defence mechanisms, psychological distress and the impact on relationships
- Legal assessments and opportunities for early intervention.

## Trauma-informed early years practice: what does it look like?

**Date:** Friday, 20 April 2018 (Edinburgh)  
**Trainer:** Dr Suzanne Zeedyk  
**Cost:** from £89



The stress brought on by adverse childhood experiences (ACEs) can cause biological change. The consequences are surprising, ranging from heart disease to mental health problems and addictive behaviour.

This seminar focuses on the role of attachment in protecting children against such outcomes. Relationships are key to human health and happiness. What practice changes can you make to improve the relational care in your setting for children who have experienced trauma in early childhood?

### Key Learning:

- The latest research on links between attachment and ACEs
- How professional services are currently conceived, designed and delivered
- Practice changes to improve relational care in professional settings for children who have experienced trauma.

## Member events



CONFERENCE



SEMINAR

TRAINING  
WORKSHOP

We have developed a programme of half-day events that are free for our members to attend. These provide opportunities for you to strengthen your knowledge and practice in a range of areas, and connect with others from across the sector.

### Addressing Islamophobia in Scottish schools

**Date:** Tuesday, 14 November 2017 (Glasgow)  
**Trainer:** Farkhanda Chaudhry and Samena Dean  
**Cost:** Free for members; £60 for non-members



Recent research revealed a high prevalence of Islamophobia being encountered by Muslim children in Edinburgh schools, and a perceived failure of schools to act or respond appropriately to incidents.

This seminar aims to raise awareness of the issue and help schools take a front-line approach to tackling Islamophobia and other forms of hatred in a sensitive and appropriate manner.

#### Key learning:

- Understanding Islamophobia, how it manifests, and how to identify it
- Children's experiences of Islamophobia and the impact this has on them
- Identifying and responding to Islamophobia and other forms of hatred in an appropriate manner.

### Maximising your organisation's online presence

**Date:** Friday, 27 October 2017 (Glasgow)  
**Trainer:** Front Page  
**Cost:** Free for members; £60 for non-members



Join award-winning creative and digital agency Front Page for a half-day workshop, providing best practice advice for organisations looking to enhance their online presence and communications, and see improved results.

#### Key learning:

- How to identify your key audience and reach them
- Digital and social media channels
- How your online conversations and communications connect with the offline (real) world
- Developing a digital strategy, and what you can do with a little bit of insight.

### Supporting young carers in education settings

**Date:** Wednesday, 6 December 2017 (Edinburgh)  
**Trainer:** Louise Morgan, Carers Trust Scotland  
**Cost:** Free for members; £60 for non-members



Personal testimonies from young carers show that they perceive a lack of awareness, understanding and empathy from their teachers about the challenges they face, and feel their school lacks an effective support system.

This seminar will explore what the issues are and how they can be addressed. It is primarily for staff in upper primary and secondary, but given the importance of early identification, may also benefit those working in the earlier years of primary.

#### Key learning:

- The need to identify young carers (a brief outline of policy and legislation)
- The issues and how young carers can be supported
- Models of support, resources and the impact of providing the right support.

### Introduction to digital citizenship

**Date:** Thursday, 25 January 2018 (Edinburgh)  
**Trainer:** Jess McBeath  
**Cost:** Free for members; £60 for non-members



Today's children are growing up online. The concepts of 'digital literacy' and 'digital citizenship' focus on supporting them to develop into ethical, critical, responsible and engaged online citizens. This encompasses elements such as ethics, reputation, fake news, privacy and self-image. This workshop will explore what it means to be a digital citizen, including the benefits and risks this entails, and introduce relevant teaching materials, resources, and sources of support.

#### Key learning:

- Understand the concept of digital citizenship
- Understand key benefits and risks to young people of being online
- Awareness of a range of relevant classroom teaching materials and resources and sources of support.

## Listening to children and young people: exploring meaningful participation

**Date:** Tuesday, 10 October 2017 (Edinburgh)  
**Trainer:** Children in Scotland  
**Cost:** Free for members; £60 for non-members



There is increasing commitment in Scotland to listening to children and young people and ensuring that their voices influence the decision making. However, what do we mean by 'meaningful participation'? And what can we, as practitioners, do to support this? This workshop will challenge us to explore together the principles and guidelines that support meaningful, inclusive participation.

### Key learning:

- The connection between UNCRC and participation work
- Principles and guidelines that support participation and engagement
- How to support participation and engagement across the six key stages of a project
- Using case studies, a chance to put the learning into practice in a supportive environment
- Tools, ideas and methodologies for future work.

## Understanding the disclosure and PVG process

**Date:** Wednesday, 7 February 2018 (Edinburgh)  
**Trainer:** Stewart Rafferty and Gareth Wilks, Disclosure Scotland  
**Cost:** Free for members; £60 for non-members



This training will help you understand the processes and criteria required to navigate disclosure under the Protection of Vulnerable Groups (PVG) Scheme, whilst ensuring that you meet your obligations under the Protection of Vulnerable Groups (Scotland) Act and Code of Practice.

### Key learning:

- Applying the legislative criteria for the various disclosure levels, including how to decide if a role is 'regulated work'
- The legal obligation to refer to Disclosure Scotland, and why it matters
- Avoiding common application errors that slow down the processing of PVG certificates
- How the PVG Scheme operates, including updates around the disclosure of spent conviction information.

## The spectrum of participation: effectively engaging parents and carers

**Date:** Thursday, 1 March 2018 (Edinburgh)  
**Trainer:** Lynn Powell  
**Cost:** Free for members; £60 for non-members



There is a wide range of legislation and guidance around parent, patient, child and community engagement and participation. Providers of services to children, young people and families are expected – and sometimes required – to engage their service users in planning services.

This seminar will develop a practical understanding of participation, the appropriateness and effectiveness of a range of engagement methods, and the implications of these for professional practice.

### Key learning:

- The 'spectrum of participation', methods of engagement and where they sit on the spectrum
- Ethical issues: the balance of power and control
- Barriers to participation and what effective participation feels like in practice
- Action-planning to improve participation practice.

## Understanding and embedding good governance

**Date:** Thursday, 8 March 2018 (Edinburgh)  
**Trainer:** Lianne Lodge, Gillespie Macandrew  
**Cost:** Free for members; £60 for non-members



Good governance is essential for the success of any charity, and guidance on this issue is available from a wide range of sources, including the Scottish charity regulator OSCR. Despite this, it can be challenging for charities to be sure that their own circumstances, board management structures and procedures do comply.

This seminar will improve your understanding of this important issue, and help aid compliance. It will be of particular use to trustees and board members of charities.

### Key learning:

- Trustee statutory duties and ensuring that all trustees comply
- What constitutes misconduct
- Understanding the powers available to OSCR and when it might exercise these powers.



## Conferences & study visits



CONFERENCE



SEMINAR




TRAINING  
WORKSHOP

Our conferences bring together knowledge, skills and experience from across the children's sector in the UK and abroad, providing opportunities to reflect, discuss and seek solutions. Two study visits in 2018 will explore approaches to health, education and learning in Finland and the Netherlands.

## Children in Scotland's Annual Conference 2017

### If not you, then who?

**Date:** Wednesday, 8 November,  
Thursday, 9 November 2017 (Edinburgh)  
**Cost:** from £169 (two days)

 Our annual children's sector flagship event is a unique opportunity for you to network, reflect, learn and debate the most pressing issues affecting the lives of children, young people and families today.

This year our programme focuses on harnessing the power of individuals to make a difference in children's lives.

You will hear from inspirational speakers who have made their mark, including **Elaine Wylie** who introduced and rolled out the Daily Mile, **Sara Rowbotham** who blew the whistle on the Rochdale child sexual exploitation scandal, and **Amal Azzudin**, the Saltire Society's Young Outstanding Woman of Scotland for 2016, who used grassroots activism to force change in the UK's asylum protocols.

You will choose from a range of workshops, and have the time and space to reflect, discuss and plan how you can make a positive difference to children's lives by yourself and through collaboration with others.

**"All speakers were inspirational"**

**Delegate, Children in Scotland Annual Conference 2016**

**"The annual conference is a chance to network, learn, appreciate and offer solutions. The range of speakers, the quality of debates, the opportunities offered by an array of workshops, the delegates from across the children's sector and beyond - if the welfare of children and families is your business, I urge you to go along. It's two days well spent."**

**Sally McNair, BBC Scotland broadcaster, 2017**

#### Workshops:

**First steps to exploring human rights with young children**  
Amnesty International

**Hearing children's voices on separation and divorce**  
Relationships Scotland

**Lessons learned in campaigning**  
TIE (Time for Inclusive Education)

**The golden thread**  
KIN, supported by Families Outside and Vox Liminis

**'Build up one another'... and your musical confidence!**  
Fischy music

**Exploring barriers to the participation of children and young people with learning disabilities**  
East Park School

**Don't give me grief, give me hope!**  
Good Shepherd Centre

**Empowering young people to co-design funding and services**  
Life Changes Trust

**Beyond the school gates – raising attainment for all**  
Includem

**The real deal; finding our voices**  
TIM, supported by Scottish Dance Theatre

**Breaking the news – gently**  
Child Bereavement UK

**The views of young CSE survivors on confidentiality**  
Eighteen and Under

**Join the conversation on twitter using #CISAC17**

**Book your place today:**

[events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk)

0131 313 8828

[www.childreninscotland.org.uk](http://www.childreninscotland.org.uk)

## Enquire Conference 2018

**Date:** March 2018



Enquire, the Scottish advice service for additional support for learning, will host its Annual Conference in March 2018, building on the success of previous years.

Last year's conference welcomed over 150 delegates from across Scotland and high-level speakers, such as autism expert Dr Peter Vermuelen, Professor Geraint Jones, and former Scottish International rugby player Kenny Logan. Read what delegates have said on Twitter #EnquireConf2017.

Keep an eye out for updates on our website and on social media.

To register interest, please email [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk) or call us on 0131 313 8828.

## An equal future? Scotland's next steps for including LGBT children and young people

**Date:** Thursday, 1 February 2018 (Edinburgh)



All children and young people deserve to grow, learn and develop in inclusive and supportive environments, free from prejudice and discrimination.

In partnership with LGBT Youth Scotland, this one-day conference, kicking off LGBT History Month 2018, will increase your skills and confidence in creating environments where lesbian, gay, bisexual and transgender children and young people feel included. You will also learn practical ways to support LGBT children, young people and their families directly.

The conference will include keynote speeches, panel discussions and workshops around:

- LGBT Youth Scotland's research on "Life in Scotland for LGBT young people"
- LGBT inclusion in schools
- Supporting LGBT children, young people and their families
- Mental health and discrimination
- The experiences of transgender young people.

The conference is open to anyone working with children, young people and families.

To register interest please contact: [events@childreninscotland.org.uk](mailto:events@childreninscotland.org.uk), 0131 313 8828.

## Study visit to the Netherlands

**Date:** March 2018

Join us in Amsterdam in March 2018 to learn more about the city's approach to child health and wellbeing, including its world-leading Healthy Weight Programme, which has seen an impressive decline in childhood obesity levels across all socio-economic groups.

To register interest, please email [training@childreninscotland.org.uk](mailto:training@childreninscotland.org.uk).

## Study visit to Finland

**Date:** Autumn 2018

After two sold-out study visits in 2017, we will be planning an additional trip to Helsinki in autumn 2018. To find out about our previous trips, search #CiSFinland.

To register interest, please email [training@childreninscotland.org.uk](mailto:training@childreninscotland.org.uk).



"This trip has been by far one of the most interesting experiences I've had in my working life, and the opportunity to learn in so much depth about Finnish organisations was extremely inspiring."

"It was excellent - professional, fun, adventurous, interesting. Everything was so well organised and gave us all an insight and cross-section view of how education, social care and culture merge together. I am still bouncing from the experience and feel you supported us so well."

"Really valued the opportunity to learn about a variety of aspects of Finnish education system. Appreciated the warm welcome we got everywhere we went and the hospitality. Karin, Linsey and Svenja co-ordinated the visit very well."

"I found much of what we saw quite inspirational and returned with renewed enthusiasm and new ideas which will benefit the children I work with."

"It was very well organised and the content was fantastic. It was also great to meet other people working in many different ways with children and young people throughout Scotland (and England). This chance to connect was really invaluable."

**Study visit to Finland, March 2017**

## Couldn't find what you're looking for? In-house training – when and where you need it



Have you identified a training need that isn't in our programme?

Have you seen a course you would like to attend but it's too far to travel or the date isn't suitable?

We can bring it to you on a day that suits you. Working with our network of expert trainers, we can design training that is tailored to meet the needs of your staff.

Members of Children in Scotland receive a discount on all in-house training.

### Contact us

Please contact us to discuss your training needs:  
events@childreninscotland.org.uk  
0131 313 8828

[www.childreninscotland.org.uk/training-and-events](http://www.childreninscotland.org.uk/training-and-events)

## Venue Hire

Located in the heart of Scotland's capital just minutes away from Haymarket railway station, our centrally located office space is fully accessible making it an ideal venue for training, interviews and meetings.



### Training Room

Our training room (Eilean Donan) provides a relaxed and welcoming space for your meeting or training course. Fully equipped with a plasma TV screen, laptop, flipchart and pens as well as complimentary WiFi, the space can also be split into two rooms for a more intimate space or to create a break out area for smaller groups.

### Meeting Rooms

Ideal for interviews or meetings of 2-10 people. The largest meeting room is equipped with a whiteboard and we can provide laptops, projectors and speakers to any room on request.

To book contact Erin Butler on  
0131 313 8827 or  
venue@childreninscotland.org.uk

Room	Maximum Capacity	Hourly Rate
Eilean Donan	Theatre: 35 Cabaret: 25 Boardroom: 20	£25
Eilean Room	20	£20
Donan Room	10	£15
Urquhart Room	10	£20
Glamis Room	6	£15
Blackness Room	4	£15
Tea and Coffee	£1.50 per person	
Catering	£7.50 per person	
The above prices are for Children in Scotland members. Prices do not include VAT (charged at the standard rate).		

"I really look forward to training in this venue the staff are always so accommodating..."  
The Academy of Play  
and Child Psychotherapy



# Children in Scotland

**Be part of our network  
Join us in membership  
[www.childreninscotland.org.uk/join](http://www.childreninscotland.org.uk/join)**

Our vision is to give every child in Scotland an equal chance to flourish.

We bring together a network of people working with and for children,  
to offer a broad, balanced and independent voice.

We amplify your views and strengthen the children's sector.

We do this by listening, gathering evidence and sharing our expertise,  
while always working to uphold children's rights.

We provide trusted support on issues as diverse as the people we work  
with and the varied lives of children and families across Scotland.

We work in partnership with other UK nations and in solidarity with  
children in Europe and around the world.

