

February E-Bulletin

Children and Young People's Network



February 2019



Contents

Welcome and contact us

[Children & Young People's
Network News](#)

[Star Project of the month](#)

[National News & Information](#)

[Local & regional News &
Information](#)

[Meetings & Events](#) & job
opportunities

[Forthcoming strategic Meetings](#)

[Business & Funding](#)

Please keep us up to date... Let us know
if your contact details change!

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Welcome!

Welcome to February's edition of the CYPN newsletter.

This month may have brought lots of windy/ stormy weather, but it has also brought some wonderful funding news for groups working with children & young people across B&NES. St John's have just announced their new 'Foundation Fund'. Over the next 10 years, the foundation fund will focus on building communities where every child under 12 is supported to grow into a healthy, happy and educated member of our community. Grants will focus on their 4 key areas and there should be lots of opportunities for members of the CYPN to apply for future funding. See our Local News section below for more details 😊

If you have any feedback regarding this bulletin or if you have any events coming up that you would like included in future ebulletins please get in touch! 😊

Gilly Samuddin

Children & Young People's Network Co-Ordinator
gilly@bathareaplayproject.co.uk

For more information on the Network please see
our pages on the website [here](#).



For more information about

TRC, visit their website:

www.trc-uk.org

CYPN Star Project of the Month:

The Trauma, Recovery Centre

ACES Recovery, Trauma Informed and Trauma Recovery: the continuum of care.

The Trauma Recovery Centre has been running in Bath for 8 years and we have spent over £1.4m helping families who have experienced trauma through our specialised creative therapy centres.

Many people are becoming aware of ACES (adverse childhood experiences) and so it's important to describe the difference between adversity and trauma. The adversity describes the experience and trauma can describe the short term and longer-term impact of that experience on someone's behaviour, emotions, learning, memory and relationships. Trauma informed work recognizes the centrality of relationship, the impact of threat and fear and acknowledges that children communicate their needs and fears through behaviour. Trauma Recovery focused work builds on that foundation but aims at not just helping the children to engage in the short term but actually recover from the impact of the terrifying experience. Trauma impacts people in the subconscious and body and as such those trained in that field need to be the specialists in it and so we train psychotherapists in that model.

The TRC offers a specialist trauma recovery service for children, young people and young adults aged 3-24

years. Those under 16 attend with a parent or carer who get to be part of a support group who go through a course with a trained parent support worker called 'Parenting the traumatised child', which is based on my book '*The Simple Guide to Child Trauma*' (2016). The referral criteria is that the child/young person is struggling with trauma symptoms or they have lived through some traumatic experience(s).

Trauma recovery is not currently taught on any curriculum to become a counselor, an educational psychologist, a clinical psychologist, a pediatrician, a GP, a social worker, or a teacher and as such all our team have to complete specialized training. In the early days of the organisation I wasn't aware of how little trauma training was in any of the qualified counselors and psychotherapists curriculum because I have always specialized in it and so in 2014 we implemented compulsory training for all new and existing staff at that time. All staff have to do the four day Trauma Recovery Focused framework training and many do the 13 day Certificate in Therapeutic Mentoring course too, where they can immerse themselves in an understanding of how to help a child or young person recover from trauma rather than just manage the symptoms. We have students on that course who fly in from other nations and also travel from London, Cornwall, Manchester, Bradford, Wales and many other places

alongside some from Bristol and Bath.

We are excited that the University of Christ Church Canterbury Salomons Applied Psychology Centre analysed our clinical data and produced a report on our work, which evidences extraordinary results with 98.9% of clients making significant positive developments. We have helped 847 clients in long term therapy with 17,000 hours of clinical work. 81% of our clients have multiple traumas and as such verbal counseling or CBT or any other cognitive therapy would not be able to facilitate recovery for them.

Last year we saw:
66% 4-11 year olds, 22% 12-16 year olds, 12% 16-24 year olds

We have some great resources available such as some helpful films here on [youtube](#)

We love to refer to other great organisations in Bath such as Southside for DA/V help, Mentoring plus once therapy has been concluded, for additional support, Bath City Farm for their amazing special days and other fabulous Bath organisations.

Betsy de Thierry Founder & Director

Check out our National Training Centre: www.trc-uk.org
Check out Betsy's books on Trauma Recovery in amazon [here](#).

National News & information

[Charity Catalogue #TechForGood](#) Are you looking for resources and tools for project management or ways to improve your use of technology? Why not check out [@CharityCatalog](#). They have put together a list to support communication within charities (and other organisations) and aim to help non-profits easily and quickly discover the best online tools and resources that will help them level up their impact! ⚡

NSPCC have created a helpful guide for parents '[A parents' guide to being Share Aware](#)' – Helping you keep your child safe online. Hard copies of these have been sent out through schools, but may be useful to forward this pdf version on to any young people or parents you are working with.

Local & Regional News & information

Tackling growing anti social behaviour in Bath city centre. Bath Youth Partnership is a new collaboration between local youth worker organisations in Bath in response to a lack of youth provision in the city centre. Some young people have increasingly been hanging around the city centre with now where to go, engaging in anti social behaviour, drinking and taking drugs. Although Bath does not have a strong gang culture, a very small number of young people have been known to carry weapons, and youth workers are keen to ensure that young people are supported early to make positive changes. A grant of £10,000 from the quartet Emerging Needs Affecting Children & Young People Grant programme is supporting two youth workers to engage with these young people. Details of this grant programme can be found in our business and fundraising section. 😊

Nominations close **next week** for the '[Young Stars Awards](#)'. These are a celebration of extraordinary young people from across Bath & North East Somerset, which will be held at The Apex Hotel on Saturday 2nd May. This year's sparkling red-carpet Awards will be hosted by St John's, who is inviting friends, family members, teachers, charities and community groups to nominate children who have displayed selfless and courageous acts, so they may be recognised and treated like a star for a night. If you know a young person who deserves to be recognised and treated like a star for a night, please take a few minutes to [nominate them](#) here. Nominations close on Friday 28th February 2020.

Do you work with a parent needing childcare or parenting information?

[1 Big Database BathNES](#) has everything you need – a wide range of useful information for families, including Ofsted registered childcare, parenting support, groups, clubs and a packed calendar of activities and events.

Do you have a child or young person (aged up to 25) with Special Educational Needs or a Disability (SEND)?

[Rainbow Resource](#) signposts you to organisations, services, support, activities and groups for children and young people aged 0-25 with additional needs. You can also apply for a free Rainbow Resource scheme card, giving you concessions at a wide range of local attractions.

St John's: Announcing the new Foundation Fund

With child poverty in the UK at record levels, and growing inequality of opportunity for children from different backgrounds, their vision is to build a community where every child from birth to 12 years old is supported to grow into a healthy, happy and educated member of our community.

St John's ambition is to use the Foundation Fund to significantly reduce the educational attainment gap (Key Stage 2) in BaNES by 2029. This gap is the single most striking measure of inequality, placing BaNES in the bottom decile in the UK. The causes of this gap are broad and relate as much to the social and emotional development of children from pre-birth as they do to formal schooling.

Going forwards they will be focusing their funding into four key areas:

Nutritious food every day; A safe space outside of school hours; Professional support for behavioural and emotional needs; Extra help with reading, writing, oracy and mathematics



Forthcoming strategic meetings

These are meetings which our Network Reps will attend. If you have an issue which you feel should be considered by the Board, please [contact the relevant Representative here](#). You can also ask for details of meeting Agendas – available the week before the meeting.

If you would be interested in becoming a representative for the Network on one of these boards please get in touch with me as I have been contacted by a few reps who are willing to hand over their responsibilities if the right person comes along!

Meetings & Events

- 17.2.20: Time2Share@WECIL Transitions & Family Event for disabled young people and their families 1-4pm The Somer Centre, Midsomer-Norton
- 18.2.20: [CCG Merger update](#), BRLSI, Queen's Square 10 – 11.30am
- 25.2.20: Bath Fundraisers group meeting, 12.30 – 2pm, Send a Cow, Newton St Loe, Bath BA2 9BR
- 26.2.20: [3rd Sector Gathering 2020](#), Komedia, Bath 9.30 – 1pm
- 26.2.20: [SEND Parent Champions BANES](#), 1.00-2.30pm Midsomer Norton Methodist Toddler Group, BA3 2DR
- 27.2.20: [Midlife MOT](#) Hosted by Achieve B&NES to support individuals & businesses in planning for a healthier & happier future. FREE event. Location: Apex Hotel 10 – 4pm Email Claire Lynch achieve@bathnes.gov.uk for details
- 27.2.20 [Bath Women's Fund Potluck Dinner at Bath City FC](#), 6-8pm
- 10.03.20, [SEND Parent Champions BANES](#) 10.15am-12pm Farmborough Village Hall Toddler Group, BA2 0AE
- 16.3.20: Charity Training – The Essential Trustee and Governance in practice, The Bath & County Club, Queen's Parade, 4.15pm £25.00

Local Charity events:

- 15.3.20: **Bath Half Marathon**, Bath Recreation ground & city centre 😊

Please let me know if you have any events you'd like to promote here 😊

Interagency Meeting Dates 2020

Somer Valley: 20th Feb, 12pm The Council Chamber, The Hollies, High Street Midsomer Norton BA3 2DP (please use side door from High Street to gain access)

Keynsham: 18th March, 12pm Community@67, Queen's Road, Keynsham BS31 2NW

CYPN Job Opportunities:

Please get in touch if you would like to advertise anything here.

[Business & Fundraising](#)

Bath Women's Fund

Local organisations are invited to apply for a £10,000 grant to support work that that improve the lives of disadvantaged women and girls living in Bath and North East Somerset.

Guidance for applicants is available on www.bathwomensfund.org.uk and Expressions of Interest applications are open until 28th February. Shortlisted organisations will then be invited to submit a full application, which will be assessed to select the final three.

[The Green Hall Foundation](#)

Funding opens on 1st March 2020 but will close 2nd March or when the first 100 applications are received. Grants up to £10,000 to fund special projects or the purchase of equipment that will benefit their charitable purposes. The Foundation's main areas of interest are: • The sick and disadvantaged • The elderly • People with disabilities Applicants must register at the Foundation's website to access the online application form. Only online applications are accepted.

[Radstock Town Council Grants](#)

Grants up to £1,000 for voluntary and charitable groups in the Radstock area or which benefit the community of Radstock. Priority will be given to those who benefit people who are disadvantaged or isolated. Applicants must demonstrate how the local community has been involved in their project and give evidence in their application that the project meets local needs and has local support.

You can find the application form [here](#). The closing date is 27th February 2020.

B&NES Ward Councillors Empowerment Fund

The Ward Councillor Empowerment Fund has been set up to provide every B&NES Ward Councillor with a one off sum of £2,000 to address concerns or needs in their local communities. The funds are now available. The deadline for applications is 30th September 2020 for project completion before 31st March 2021. Please note you must approach your [local Councillor](#) directly to discuss your project with them.

[Creative Fund](#), Theatre Royal, Bath

Grants between £500 and £10,000 to support independent arts projects happening within a 20 mile radius of Theatre Royal Bath. They will consider projects involving theatre, dance, music, comedy, literature, sculpture, painting and the visual arts. Charities, community organisations and educational establishments are eligible to apply. Match funding is not required. Deadline: 28th February 2020

Quartet [Emerging Needs Affecting Children & Young People Grant](#) programme

Now open for applications until the funds have been awarded. Please contact the Philanthropy team at Quartet on applications@quartetcf.org.uk or on 0117 989 7700 to discuss the potential project. Grants will be between £2,000 and £10,000

For more funding and grants opportunities please click here for [February's Bulletin](#)



12 hour Paediatric First Aid training course:

It is strongly recommended that you have someone who is qualified where you run any activity for children & young people.

OFSTED recognised qualification
£95 per person
Available for all

Venue: Odd Down Community Centre

Various dates and times available.

If you are interested or would like further information, please do get in touch.

Training B&NES Children's Workforce Training:

Please see: [Table of Charges from Sept 2019](#)

Applied Suicide Intervention Skills Training (ASIST) Thurs 20th – Friday 21st February 9 – 5pm, Community Space, one stop shop, Keynsham
[Domestic Abuse, Safeguarding and Child Protection \(LSCB\)](#)
24th Feb 09.30 – 16.30 The Hollies, Council Chamber, Midsomer Norton
[ASD and Co Existing Mental Health Difficulties - CAMHS](#) 24th Feb 09.30 – 12.30 West 1.1, Civic Centre, Keynsham
[Workshop Raising Awareness of Prevent \(WRAP\)](#) 2nd March 09.30 – 11.00/ 11.30 – 13.00 West 1.1, Civic Centre, Keynsham
[Adults Level 2 Safeguarding \(LSAB\)](#) 10th March 09.00 – 12.30 Community Space, One stop shop, Keynsham
[Self Neglect - Adult Safeguarding \(LSAB\)](#) 10th March 13.30 – 17.00 Community Space, One stop shop, Keynsham
[Early Help Assessment Training, Including Lead Professional and Team Around the Child training](#) 17th March 2020 09.00 – 16.30 The Hollies, Council Chamber, Midsomer Norton
[Deliberate Self Harm & Suicidal Behaviour - CAMHS](#) 20th March 2020 09.30 – 13.00 West 1.1, Civic Centre, Keynsham
SARI Workshop - [Being Mixed Heritage](#) 23rd March 2020 09.30 – 13.00 West 1.1, Civic Centre, Keynsham

All bookings for the Children's Workforce Training should be made through the online booking System [here](#)

Further information is available from Children's Workforce Training 01225 394210 or childrensworkforce_training@bathnes.gov.uk

If your Organisation has any specific training needs you would like me to investigate on behalf of the CYPN please get in touch!

I hope you have enjoyed and found this edition of the CYPN e-bulletin useful, if you have any feedback or would like to see me cover anything else in the next edition please do not hesitate to contact me at gilly@bathareaplayproject.co.uk BA2 2TL, Odins Rd, Bath