

# Primary Mental Health in Warwickshire

Warwickshire's Primary Mental Health Team is providing **FREE** [Mental Health Awareness Workshops](#) for universal professionals within North and South Warwickshire.

These introductory workshops aim to raise awareness around four key areas of child and adolescent mental health (ages 0-18 years): **Eating Disorders, Mood, Attachment, Self-Harm and Boomerang**  
*Teas & Coffees provided !*

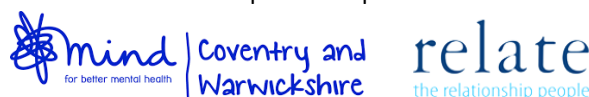
## Please Note

**Our Workshops are often over subscribed.**

**If you cannot attend our workshop, please send an alternative delegate in your place or notify us 48 hours before the start time, so we can offer your place to someone else.**

**There will be a charge of £40 for non attendance at our workshop without prior notification.**

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# Primary Mental Health Service

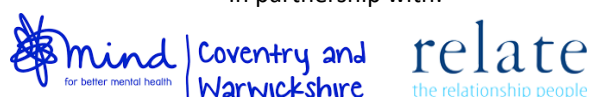
## Eating Disorders Awareness

- To consider the definitions of an eating disorder
- To explore the symptoms of an eating disorder
- To explore risk and protective factors which may impact upon eating disorders
- To explore positive messages and helpful ways to talk about eating disorders
- To explore real life case studies
- To understand when & how to access specialist services in relation eating disorders.

## Eating Disorders Awareness Workshop Dates

Date	Venue	Time
19th November 2019	Foundation House	1.00pm—4.30pm
4th March 2020	All Saints, Chilvers Coton Parish Hall	9.00am—1.00pm
5th May 2020	Claremont Children's Centre	1.00pm—4.30 pm

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## Mood Awareness

- To understand the definitions of stress, anxiety, low mood and depression.
- To explore the symptoms of anxiety and depression - what do they look like? What are the warning signs?
- To explore risk and protective factors which may impact upon mood.
- To introduce a cognitive behavioural model of how mood difficulties may be maintained over time.
- To introduce strategies that can be used to support a child or adolescent with a mood difficulty.
- To understand when & how to access specialist services in relation to anxiety and depression.

## Mood Awareness Workshop Dates

Date	Venue	Time
13th December 2019	TBC	TBC
27th January 2020	The Ratcliffe Centre	9.00am – 1.00pm
5th February 2020	All Saints Chilvers Coton Parish Hall	9.00am – 1.00pm
24th February 2020	Foundation House	1.00pm – 4.30pm

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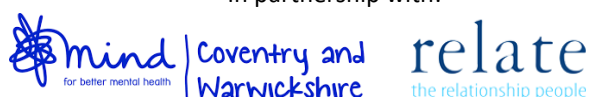
## Self Harm

- To develop knowledge and understanding of self-harm behaviour in young people.
- To explore the reasons why young people self-harm.
- To understand how to respond to a disclosure of self-harm.
- To explore alternative coping strategies for reducing self-harm behaviour.
- To understand when & how to access specialist services in relation to self-harm.

## Self Harm Awareness Workshop Dates

Date	Venue	Time
15th November 2019	All Saints Coton Parish Hall	9.00am—1.00pm
13th January 2020	The Ratcliffe Centre	9.00am—1.00pm
12th March 2020	Claremont Children's Centre	9.00am—1.00pm
23rd April 2020	TBC	TBC
27th April 2020	TBC	TBC
19th May 2020	Foundation House	1.00pm—4.30pm
30th June 2020	TBC	TBC

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## Attachment

- To provide an introduction to attachment theory.
- To consider why attachment is important and what impact it may have upon development.
- To consider what is meant by attachment difficulties and attachment disorders.
- To explore risk and protective factors which may impact upon attachment.
- To introduce strategies for helping children to build relationships and feel secure.
- To understand when & how to access specialist services in relation to attachment difficulties.

## Attachment Awareness Workshop Dates

Date	Venue	Time
29th November 2019	Foundation House	1.00pm—4.30pm
23rd January 2020	TBC	TBC
23rd March 2020	The Ratcliffe Centre	9.00am—1.00pm
15th May 2020	All Saints Chilvers Coton Parish Hall	9.00am—1.00pm

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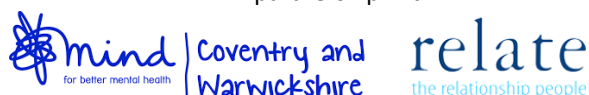
## Boomerang Training

- The Boomerang course is a resilience intervention delivered at school with children in Years 3—11
- This interactive intervention is deliverable over 5 consecutive weeks
- It focuses on understanding thoughts, feelings and behaviours, self esteem, friendships and useful strategies to help build resilience
- To be eligible to attend this workshop you must have already attended the **PMHT Mood Workshop** and be actively working with children and young people
- In this workshop the Boomerang course will be outlined and the expectation is that you will be able to deliver it independently
- You will be provided with all the course materials to enable you to deliver Boomerang at school
- You will be able to access support if needed in your own setting whilst you deliver this course
- You will agree to share data with us in regards to this intervention.

## Boomerang Workshop Dates

Date	Venue	Time
13th February 2020	TBC	TBC
1st April 2020	All Saints Chilvers Coton Parish Hall	9.00am– 1.00pm
5th June 2020	Claremont Children's Centre	9.00—1.00pm

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## Venues

### **Claremont Children's Centre**

Claremont Road  
Rugby  
CV21 3LU

### **Foundation House**

144 Masons Road  
Stratford Upon Avon  
CV38 9NF

### **The Ratcliffe Centre**

Ratcliffe Road  
Atherstone  
CV9 1LF

### **All Saints Chilvers Coton Parish Hall**

Avenue Road  
Nuneaton  
CV11 4NQ

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Places on our workshops are subject to  
availability.

To book your place or to discuss a  
bespoke workshop,  
please email

[Warwickshire.PMHT@covwarkpt.nhs.uk](mailto:Warwickshire.PMHT@covwarkpt.nhs.uk)

*(please include: Name, Role, Agency,  
Choice of Workshop/Date)*



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