

Medway Child Health Parent and Carer Workshops

**A BETTER
MEDWAY**
Easier ways to be healthy

Medway Child Health Team have developed a series of workshops for parents and carers in Medway. The informal sessions will be delivered by our friendly Child Health Team members and will aim to educate and support parents and carers on a number of important topics.

The Child Health Team have many years experience of working with children, young people and families. We are qualified in a range of health and wellbeing subjects and most of us are parents too!

Our courses are free for all parents and carers in Medway, as they are fully funded by Medway Public Health. They will be held at a variety of locations across Medway, and some will be online.

Booking instructions are provided with each course overview.

Booking our workshops

To find out more about the course dates and locations or book a course you will need to register for an account on the **A Better Medway Training Portal**.

Creating account allows you to sign up for a wide range of free training courses.

If you have any problems signing up or booking on a course, please contact phworkforcetraining@medway.gov.uk



Basic Self Harm Awareness

This course is for those that would like to learn about self-harm and how to support children and young people that may be engaging in self-harming behaviours.

By the end of this session, you will have an understanding of:

- Definition & characteristics of self-harm
- Types of self-harm
- Risk factors & circumstances
- Behavioural & physical warning signs to look out for
- Self-harm cycle
- Harm minimisation
- Ways as parent / carers you can help & support their children
- Who else can support – local & national services

Dates of this Course:

- Tuesday 12th November 2024 – 10am - 12pm
- Monday 9th December 2024 - 12pm - 2pm
- Monday 13th January 2025 – 10am - 12 pm
- Monday 3rd February 2025 – 12pm - 2pm



You can **BOOK HERE** and check times and venues for each session.

Building Confidence

This is a quick session designed to help parents understand what self confidence is and how to help them build better self-confidence.

To accompany this session are factsheets and five activity sheets to build confidence.

By the end of this session, you will have an understanding of:

- What is self-confidence and self esteem
- What effects our confidence and self esteem
- Tips to help improve confidence and self esteem

Dates of this Course:



You can **BOOK HERE** and check times and venues for each session.

Bullying

This course is for those that wish to learn about the topic of bullying and how it affects children and young people. Explore cyber bullying, the signs of bullying and consider the reasons why children and young people may bully others. Learn practical ways to support your child with bullying and find out more about the organisations that can support with this issue.

By the end of this session, you will have an understanding of:

- What is bullying?
- Cyber bullying & signs
- Bullying dynamics
- Who is affected?
- Why do people bully?
- Signs of bullying
- Effects of bullying
- What can we do?
- Supporting children against bullies
- Who else can support



Dates of this Course:

- Monday 14th October 2024 - 10.00am - 12.00pm
- Monday 11th November 2024 12:00pm - 14:00pm
- Tuesday 15th January 2025 10:00am - 12:00pm
- Monday 10th February 2025 12:00pm - 14:00pm

You can **BOOK HERE** and check times and venues for each session.

Mental Health - Supporting Your Child

This course is for those that would like to learn about children's mental health and ways in which they can support their children's mental health and emotional wellbeing.

By the end of this session, you will have an understanding of:

- How to support positive emotional health and wellbeing
- Adolescent brain development
- Behaviour challenged and emotional wellbeing
- How to identify warning signs of poor mental health
- Coping and support strategies
- Where to seek further information and support

Dates of this Course:

- Tuesday 29th October 2024 - 10.00am - 12.00pm
- Wednesday 23rd January 2025 12:30 - 14:30



You can **BOOK HERE** and check times and venues for each session.

Mental Health - Managing Your Own

This course is for those that would like to learn about mental health within the context of their own and their family's emotional health and wellbeing.

By the end of this session, you will have an understanding of:

- How to maintain positive emotional health and wellbeing
- The mental health continuum
- Coping and support strategies
- Where to seek further information and support

Dates of this Course:

- Tuesday 17th December 2024 - 12.30pm - 14.30pm
- Friday 14th March 2025 10:00am - 12:00pm



You can **BOOK HERE** and check times and venues for each session.

Online Gaming Safety

This is a quick session enabling adults to understand the risks of gaming online including addiction and gambling and how we can support them. By the end of the session you will be able to set up devices to protect young people from risk.

To accompany this session are factsheets , family activities, checklists, family agreements and guides to games.

For more detail on general online safety please access the online safety workshop.

By the end of this session, you will have an understanding of:

- Types of games and how people access them
- Why people game?
- Benefits and risks of children gaming online
- How parent/carers can support their children to keep safe while gaming

Dates of this Course:



You can **BOOK HERE** and check times and venues for each session.

Online Safety

This is a longer session incorporating all elements of online safety, this session helps to build confidence and aid parents and carers in talking to their children about all areas of online safety.

Accompanying this session is a parent internet safety manual, four family activity sheets, online safety guide and details on how to set up devices and tech planner.

By the end of this session, you will have an understanding of:

- Benefits and risks of children using technology
- Understand risk of cyberbullying, inappropriate content and grooming
- How parents can support their children online.

Dates of this Course:



You can **BOOK HERE** and check times and venues for each session.

Puberty and Growing Up

This course is for those that would like to learn about puberty and adolescence and the changes that happen during this time. As well as how to support children through this time.

By the end of this session, you will have an understanding of:

- The physical changes which take place during puberty
- The emotional changes which take place during puberty
- Adolescent brain development
- How those changes may affect our children's relationships and how to manage them

Dates of this Course:

- Tuesday 15th October 2024 – 10am – 12pm
- Wednesday 6th November 2024 – 5.30pm – 7pm



You can **BOOK HERE** and check times and venues for each session.

Sexual Health

This course is for those that would like to learn about sexual health, including contraception, pregnancy options, sexually transmitted infections, and information about local services for young people and adults.

By the end of this session, you will have an understanding of:

- The different types of contraception and how they work
- The nature and risk of sexually transmitted infections (STIs)
- The choices available following an unplanned pregnancy
- How to access local sexual health services

Dates of this Course:

- Tuesday 3rd December 2024 – 12pm – 2pm
- Friday 10th January 2025 – 9.30am – 11.30am



You can **BOOK HERE** and check times and venues for each session.

Recorded Workshops

This year the Child Health Team consulted with Medway parents and carers about the support we can offer them and they have told us that they would like to be able to access our workshops at a time that is convenient to them.

So, we have created a series of recorded workshops that can be accessed via our YouTube channel. There are a range of topics that parents and carers in Medway have told us would be useful to them in supporting their children.

Recorded Workshops

- Basic Self harm Awareness
- Bullying
- How to Get a Good Nights Sleep
- Mental Health – Supporting Your Child
- Mental Health – Managing Your Own
- School Transition Workshop



COMING SOON

- Anger Management
- Bereavement
- Eating Disorders
- Managing Stress and Building Resilience for Men
- Men's Mental Health
- Navigating Fatherhood: Essentials for New Dads
- Online Safety
- Oral Health
- Puberty and Growing Up
- Sexual Health

You can **ACCESS Channel HERE** and watch the workshops at a time that is convenient to you

Meet The Child Health Team...

Sofie Wheeldon



Child Health Programme Manager

Jodie Miller



Child Health Project Officer

Vicky Burrows



Child Health Project Officer

Megan Payne



Child Health Apprentice