



**RIVERMEAD**  
solutions

**April to  
July 2022**

# Training for Parents and Carers

Dynamic and inspiring short-courses and workshops

part of



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# ABOUT US



## AN INTRODUCTION TO RIVERMEAD SOLUTIONS



**Tina Lovey**  
*CEO Rivermead  
Inclusive Trust*

At Rivermead Solutions, our mission is to create a sense of belonging and family. We recognise the importance of the wider community around children and young people and endeavour to reach out to support and serve them.



**Kerri Edge**  
*Company Director*

With this in mind we are delighted to offer these expert-led workshops and coffee mornings for parents across Medway and Kent to support your needs as parents whether that is to learn a new approach, support your child in a specific area of development, meet professionals who can help direct you to supportive services or meet like-minded parents to share the parenthood journey with.

If you would like to sign up to our mailing list or book any of our courses please contact [ritparents@rivermeadinclusivetrust.org](mailto:ritparents@rivermeadinclusivetrust.org).

# PARENT WORKSHOPS



The majority of our courses are free however, you will need to book in advance as they have a limited number of spaces. To book please contact [ritparents@rivermeadinclusivetrust.org](mailto:ritparents@rivermeadinclusivetrust.org)

All workshops will be held at the Rivermead Inclusive Trust offices at Long Catlis Road, Parkwood, Rainham ME8 9TX

## AN INTRODUCTION TO SENDIAS – COFFEE MORNING

**Delivered By: Lisa Omer. SENDIAS  
Caseworker**

The Special Educational Needs and Disabilities Information Advice and Support Services offer information, advice and support for parents and carers of children and young people with special educational needs and disabilities (SEND). Come along to see how they can support you

**Date: Friday 29th April  
Time: 10.30 am - 12.30 pm**

## IMPROVING SLEEP

**Delivered By: Sarah Richards. Medway  
Public Health Team**

This session will help parents and carers to understand more about sleep requirements, the body's sleep and wake cycles, sleep routines and the things that can help to boost sleep as well as the things that can impact on sleep.

**Date: Friday 6th May  
Time: 10.00 am - 12.00 noon**

## MANAGING EMOTIONAL HEALTH AND WELLBEING FOR PARENTS AND CARERS

**Delivered By: Jodie Miller, Medway Public Health Team**

This session provides an insight into ways to manage our own emotional health and wellbeing, as well as the complexities of being a care provider. Part of the session visits how the human body reacts to stress and ways to regulate our emotions. The session reflects on self-care strategies and ways to develop and maintain positive emotional health. At the end of the session each parent / carer will receive a resource to deepen their knowledge & understanding of managing mental health for themselves and the whole family. The pack includes exercises to develop emotional intelligence and healthy coping strategies for the whole family.

**Date: Monday 9th May  
Time: 10.00 am - 12.00 noon**

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## SUPPORTING A YOUNG PERSON WHO IS AT RISK OF SELF-HARM

**Delivered By: Sarah Richards, Medway Public Health Team**

Self-harm affects more than 1 in 12 young people. As a parent or carer, you may be the first person to notice that your child or young person is going through a difficult time. This can be overwhelming, and it can be difficult knowing what to do or say. Our self-harm basic awareness course can help you to identify a child who may be at risk of self-harm and increase your confidence in discussing this openly with your child. The session introduces some of the ways that you can support them as well as signposting the other support that is available to help them on their path to recovery. At the end of the session, you will receive a resource pack, which lists sources of help and support, information that you can refer to and a list of alternative coping strategies. There is also a wellbeing action plan that you can complete with your child to support them on their journey to recovery.

**Date: Monday 9th May**  
**Time: 10.00 am - 12.00 noon**

## SUPPORTING YOUR CHILD/REN WITH THEIR MENTAL HEALTH AND WELL-BEING

**Delivered By: Jodie Miller, Medway Public Health Team**

This session offers insight into brain development and ways to promote positive emotional health and wellbeing for children and young people. The session covers the signs and symptoms of poor mental health. There is also information on which factors can protect against poor mental health and details of the various resources and services that can support children and young people with their emotional health. At the end of the session each parent / carer will receive a resource pack to deepen their knowledge & understanding of managing mental health for themselves and the whole family, the pack includes exercises to develop emotional intelligence and healthy coping strategies for the whole family.

**Date: Friday 13th May**  
**Time: 10.00 am - 12.00 noon**

# PARENT WORKSHOPS



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## UNDERSTANDING PSHE AND RSE IN SCHOOLS

**Delivered By:** Carolyn Burch, PSHE Lead, Rivermead Inclusive Trust

This course is intended to provide an awareness and understanding of the subjects of RSE and PSHE. It will also discuss the new statutory requirements for the subjects.

**Date:** Tuesday 14th June  
**Time:** 10.30 am - 12.30 pm

## NON-VIOLENT RESISTANCE - A PARENTING APPROACH THAT WORKS

**Delivered By:** Mikala Ojuolape. NVR informed practitioner, Rivermead Inclusive Trust

A workshop designed to introduce parents to NVR parenting approach and supporting positive behavioural outcomes.

**Date:** Tuesday 21st June  
**Time:** 10.00 am - 12.00 noon

## PAEDIATRIC FIRST AID

**Delivered By:** Qualified First Aid Trainer

**A workshop for new and expectant parents.**

**£90 per delegate for a one-day course.**

**Date and Time will be arranged if there is enough interest in this course.**

# BOOKING



## TRAINING BOOKING FORM

|                 |  |
|-----------------|--|
| <b>Name:</b>    |  |
| <b>Address:</b> |  |
| <b>Tel:</b>     |  |
| <b>Email:</b>   |  |

## COURSE DETAILS

|                             |  |
|-----------------------------|--|
| <b>Course name:</b>         |  |
| <b>Course date:</b>         |  |
| <b>Delegate name(s):</b>    |  |
|                             |  |
|                             |  |
|                             |  |
| <b>Cost (if applicable)</b> |  |

|                |
|----------------|
| <b>Signed:</b> |
| <b>Name:</b>   |
| <b>Date:</b>   |

**Please return your completed form to:**  
Rivermead Solutions  
Long Catlis Road  
Gillingham  
Kent. ME8 9TX

Email: [ritparents@rivermeadinclusivetrust.org](mailto:ritparents@rivermeadinclusivetrust.org)