

SCHOOLS BULLETIN – 18 JANUARY 2024

Education Participation and Skills

**Important contact details:**

Children's Services general queries	childrensservicesresponse@plymouth.gov.uk
Plymouth Early Help and SEND Advice line	https://www.plymouth.gov.uk/plymouth-early-help-and-send-advice-line

Message from Service Director of Education, Participation & Skills

Dear colleagues,

It was a pleasure to see so many of you, with your SENCO's, at our conference on 10th January called Inclusion: leading by design which had the objective of supporting school leaders in their role leading for pupils with SEND. We had over 150 attendees and feedback has been very positive. In particular information about the graduated approach, hearing about strong practice from other headteachers and the keynote talk by Hannah Hall, from When the Adults Change, were very highly rated. My thanks to all attendees and those who made it happen.

The DfE input on inclusion will now be part of David Haley's DCS briefing at 8.30am on 9th February.

There was a clear commitment to providing well for children with SEND at the conference – and a will and energy to further develop practice in schools as well as across the partnership in Plymouth. There are a couple of key next steps for us to build on:

- * Lisa McDonald is leading on the Plymouth graduated response and ordinarily available offer: please do reach out to her if you want to be further involved. Please also build into your INSET and staff development time in the summer term time to work on implementing this in your school.
- * We are developing a Plymouth wide training offer. Colleagues on the SEND delivery groups will be involved in shaping this.
- * The six key areas for schools to work on are listed below: please do self evaluate on how your school is doing with these. We will be asking you for a brief self evaluation at a point later this term and then again in the summer.

Finally, it has been a privilege for me to work with all in Plymouth for the benefit of Plymouth children. This is my last bulletin as my year in Plymouth has now come to an end. I wish you well with the continued development and sharing of the great educational work going on here. I have very much appreciated working with you and the Plymouth City Council team.

David Haley and I intend that you will have news of my successor in the next two weeks.

All best wishes,

Annie Gammon

Weather Watch: The UK Health Security Agency (UKHSA) has issued an amber cold weather warning for the whole of England, meaning it expects the NHS to see increased demand, particularly from - but not limited to - older and vulnerable people.

Whilst we are not seeing the temperatures other parts of the country are experiencing schools and settings are reminded not to turn all the heating off and to ensure external taps, pipework or similar are protected from freezing. They may also want to have some grit or salt available if there are staff or pupils on the site during inclement weather.

CHILDREN'S SERVICES UPDATES

ILACS inspection

The inspection of Plymouth local authority children's services by Ofsted has been announced. This will involve inspectors in Plymouth w/b 22/1 and 29/1. A letter from Nigel Denning, Head of CYPFS, about this has gone out to headteachers.

Six key areas for schools to work on within the SEND improvement plan:

2.1 Leaders in schools putting children with SEND at the centre of school improvement plans.

2.2 Leaders in schools ensuring high quality inclusive approaches in their schools.

2.3 Leaders in schools ensuring a strong understanding of SEND by all their staff.

2.4 Leaders in schools implementing rapid multiagency preventative action for pupils at risk

2.5 Leaders in schools monitoring progress of inclusion and achievement of pupils with SEND

2.6 Leaders in schools using pupil and parent voice to inform their progress in developing successful inclusive SEND informed approaches

Schools Forum Summary from 17/01/2024

1. Annie Gammon and Amanda Paddison gave Plymouth education system wide updates around:
 - SEND provision: including the improvement plan, the headteacher and SENCO conference, investment in SEND services, SEND sufficiency including additional places for Sept 24. There was a request for further information share about the groups working on SEND and inclusion: Annie will provide this. Sufficiency of mainstream and special school places will be a standing item at Schools' Forum.
 - We noted the ILACS inspection which has been announced.
2. Final Schools Budgets and Proposals – The proposals were voted on and approved for financial year 2024-25.
3. High Needs Block – It was affirmed that the costs allocated to the High Needs Block continue to rise, largely due to independent special school placements and personal budgets. The work on sufficiency and inclusion is key in managing this down: this includes avoiding exclusion and reintegrating pupils from ACE. The emphasis on creating and using more options, which are not privately run, was emphasised. We noted the work of the two schools forum task and finish groups.
4. Edison project – Forum supported the Edison project continuing for the coming year. Discussion took place about a wish to further support in the longer term and the development of AP options across Plymouth. This will be take forward at June Forum.

DSL Briefing:

Future DSL briefing dates for your diary:

11th March 2024 3.30-5.00 (Online)

1st July 2024 3.30-5.00 (Venue to be confirmed)

Please ensure that these dates are in the appropriate diaries and that either the DSL or a representative of the setting attends.

Working Together to Safeguard Children

The Working Together Statutory Guidance 2023 has been published and can be found here:

[*Working together to safeguard children 2023: statutory guidance \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/118111/working-together-to-safeguard-children-2023-statutory-guidance.pdf)

The PSCP are currently working to integrate this new guidance into all of the ongoing training offers in order to ensure that this document is reflected in all of our work to safeguard children. More details to follow this term.

Exclusion paperwork

The exclusion documentation has been updated please find a link to all documentation here: <https://www.plymouth.gov.uk/exclusion-documents>. We would be grateful if you could delete all saved documentation and replace with these updated versions.

Please be reminded that following a suspension you do not need to inform the Local Authority, we are able to gather this information from your attendance monitoring system e.g. SIMS/Arbor.

In the event of a Permanent Exclusion, the Local Authority must be informed immediately by telephone on 01752307405. Should the child be involved with the Virtual School, the Virtual School must be informed immediately. Likewise, if the child has a social worker, the social worker should be informed without delay. The exclusion letter to parents, the EXCI and ACE referral form should be sent to IAWS@plymouth.gov.uk within 24 hours.

Inside Out

Inside Out is a special program for young people in Plymouth, for those who are exhibiting harmful behaviours in the lives towards intimate partners or parents. We are ready to help them recognise and make changes to those behaviours in a way that is suitable for them.

The program is funded for those living in the Plymouth area and this is an opportunity for them to receive help without having a financial impact on them or their families.

We are in a position to offer this support to those within the 16 - 25 year old age bracket.

If you have young people that you would like to refer for this service or any questions please contact Ahimsa Inside Out on Lee@ashima.org.uk and they will send a Referral form to you for completion or you may provide details to the young person for self-referral.

Consultation on the definition of child to parent abuse

The consultation on the definition of child to parent abuse has now launched. The findings from this consultation will be used to develop the definition of child to parent abuse directly, and also to inform the next phase of work around updating the guidance for frontline professionals. Everything that is learnt from this consultation will support The Office for Health Improvement and Disparities' ongoing work on this issue.

The consultation will run for ten weeks, closing on 7th February 2024. We would be grateful if you could find time to contribute to this important piece of work.

<https://www.gov.uk/government/consultations/defining-child-to-parent-abuse>

SI75/I57 Audit

Many thanks to all settings for your prompt response to this audit. The data has been analysed and a briefing has been collated. This has now been shared with Headteachers and Chairs of Governors.

Devon Learning Disability and Autism Programme (LDAP)

We have been asked to respond to the Devon Learning Disability and Autism Programme (LDAP), following a Safeguarding Adults Review (SAR) – about the level of reasonable adjustments being used in Plymouth for autistic people & the plans being used to support people with distressed behaviours. The link to the published SAR report about “Hermione” is contained in the link below.

The learning from SAR “Hermione” seeks to understand what is in place in Devon and what needs to change.

The link below contains a form with a series of questions for you to complete, we would really like as many people and organisations to complete the questionnaire honestly about what is happening for autistic people in Plymouth. We would greatly appreciate your time to complete this as soon as possible – could all responses be inputted by Jan 29th 2024 please.

Please remember to share good practice but also to record where things aren’t happening and should be.

<https://forms.office.com/e/K8yUNSXHPM>

What is a reasonable adjustment ? Under the Equality Act 2010 public sector organisations have to make changes in their approach or provision to ensure that services are accessible to disabled people as well as everybody else. Reasonable adjustments can mean alterations to buildings by providing lifts, wide doors, ramps and tactile signage, but may also mean changes to policies, procedures and staff training to ensure that services work equally well for people with learning disabilities.

For example, people with learning disabilities and or autism may require :

- clear, simple and possibly repeated explanations of what’s happening and of treatments
- help with appointments
- help with managing issues of consent in line with the Mental Capacity Act.

This information is being collated across Plymouth, Torbay and Devon to try and address the gaps in support and improve practice around the availability and use of reasonable adjustments for autistic people and person focussed support plans.

CHILDREN’S SERVICES MEETINGS AND TRAINING

We invite you to attend our ‘**The Pornography Effect**’ conference. This conference aims to discuss and address the harmful effects of pornography and how it contributes to the prevalence of harmful sexual behaviours towards women.

It will focus on the negative impact of pornography on women, as well as the impact on men and society more broadly with regard to mental and emotional well-being. It will explore the long-term implications of changing sexual behaviours and examine the link between pornography and violence against women and girls.

It will also highlight the need to equip individuals, communities, and societies with the necessary information to navigate healthy sex and relationships. Factors contributing to harmful sexual attitudes and behaviours towards women at the individual, community, and cultural levels will also be discussed, including how pornography can reinforce and normalise sexual and aggressive behaviour and fuel problematic narratives. We will take both a national and local perspective as we look at the harmful impact of pornography and start to consider what action we might want to take.

Wednesday 7th February 2024, 9.30 am to 5.00pm, held online.

We are thrilled to confirm a diverse lineup of expert speakers, including:

- **Gail Dines - Growing up in a Porn Culture: Challenges and Solutions Today.**
Dr. Gail Dines, a Professor Emerita of Sociology, has been researching and writing about the porn industry for well over thirty years. She is a recipient of the Myers Centre Award for the Study of Human Rights in North America, and the author of numerous books and articles. Her latest book, 'Pornland: How Porn Has Hijacked Our Sexuality', has been translated into five languages.
- **Lorraine Questiaux - Legal Definition and Legal Consequences of Pornography.**
Lorraine Questiaux is a lawyer at the Paris Bar. She is a feminist who specialises in litigations regarding Women's Rights and Sexual Violence.
- **Ben Dunks - Intimacy - The Alternative to Pornography and How we Stop Demonising our Boys.**
Benjamin Dunks is a Plymouth-based writer, artist, and educator. In July of 2022, he released his book 'Intimacy: A Guide for Young Men About Sex', as a guide to help young men counter the impact of pornography in their lives and to begin to address the increasing tide of sexual assault against young women. Ben has worked for 30 years in the arts and education, working with thousands of students from groups as diverse as nursery pupils to medical students and everyone in between.

For a full list of speakers, visit: <https://trevi.org.uk/the-pornography-effect-conference/>

Please register for a free ticket and save the date in your calendar.

Register now using this Eventbrite link: <https://www.eventbrite.co.uk/e/the-pornography-effect-tickets-776230495307>

Trigger Warning

The content of the conference may contain triggering and/or sensitive material. If you feel triggered during the event, please know we have resources available to support you. We also recommend that attendees be aged 18 and above.

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For families and carers: Courses include First Aid, Languages, English and Maths skills, Crafting skills, Family meals and money saving ideas, British Sign Language, mindfulness and much more... Family Learning delivers free courses in schools, children's centres and other community venues across Plymouth. We also provide a range of online Family Learning options.

Health & Safety for staff

Manual Handling
Manual Handling Assessment Workshop
Risk Assessment Awareness
Risk Assessment WORKSHOP
Work at Height Awareness

Health and Safety Awareness Level 1 Award
Spectator Safety Level 1 Award

Mental Health, Behaviour and Learning difficulties

[Children and Young People's Mental Health Level 2 Certificate](#)

[Information, Advice or Guidance Level 2](#)

[NCFE CACHE Level 2 Certificate in Mental Health Awareness](#)

[Mental Health in the Early Years Level 2](#)

[Trauma Informed \(Understanding Adverse Childhood Experiences\) Level 2](#)
[Understanding Behaviour that Challenges Level 2 Certificate](#)
[Understanding Specific Learning Difficulties Level 2 Certificate](#)
[Understanding Mental Health Certificate Level 3](#)
[Understanding Autism Level 3 Certificate](#)
[Understanding Safeguarding and Prevent Level 2](#)

Your Future 3 - Jan/Feb 2024 Your Future is a five week programme designed specifically to support young people back in to employment, education or training. It is a bespoke, structured package of employability, interpersonal and thinking skills training designed to help learners to develop a positive mindset. All of this is delivered using practical experiential activity.

If you know young people in Plymouth 19 – 25 with Education Health Care Plans please do let them know about this course. We can also support those without EHCP if they are disadvantaged in other ways, care experienced, young parents, young carers or at risk of the criminal justice system.

- Starts on the 22nd January 2024
- Weeks commencing the 22nd, 29th of January and 5th of February will be for training and development
- The first residential will be from the 12th-16th of February
- The 19th-21st February will be for further training and development
- The second residential will be a city break from the 22nd-24th February
- Finishing with a final few days 26th-28th February reviewing their learning and experiences.
- Deadline for applications is the 12th January.

Open Day – 20th January

On Course South West is holding its Adult Education Open Day on Saturday, 20th January, 10:30 - 1pm. Come and see Plymouth's fastest-growing education provider, which 98% would recommend! Join us to meet the team, find your perfect course, upskill, or improve job opportunities. We offer: - flexible and online learning - small classes - friendly tutors and learning alongside other adults! Register your interest at the link below 📍

📍 <https://ow.ly/7m2k50Qj48g>

Did you know On Course South West provide over 140 FREE courses? We can help with CPD and provide bespoke courses for schools.

For more information:

www.oucoursesouthwest.co.uk

Tel: 01752 660713

Email: info@oucoursesouthwest.co.uk

NATIONAL EDUCATION UPDATES

[Major national drive to improve school attendance - GOV.UK \(www.gov.uk\)](#)

More than one million children and young people will be supported into regular education as part of a major expansion of the attendance hubs, which provide a range of tailored support to families and pupils to boost time in school. There will be 18 new attendance hubs across six regions, bringing the total to 32. The government is also increasing the direct support offered to children and their families with the expansion of the attendance mentor pilot programme. Further legislation in the coming months will mean all schools will be required to share their daily school registers.

[School and further education inspections to begin from 22 January - GOV.UK \(www.gov.uk\)](#)

Inspections of schools and further education providers in England will begin from 22 January, following mental health awareness training for all lead inspectors.

[Government funding for schools in England at a record high - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/government-funding-for-schools-in-england-at-a-record-high)

Schools in England are set to benefit from almost £60 billion in 2024/25 - its highest ever level in real terms. This includes additional funding for both disadvantaged pupils and children with special educational needs and disabilities (SEND), with pupil premium and high needs budgets both going up alongside mainstream investment.

[Strengthening multi-agency leadership: grant determination letter - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/strengthening-multi-agency-leadership-grant-determination-letter)

This S31 grant determination letter is aimed at strengthening multi-agency leadership, aligning with updated statutory guidance: • Working together to safeguard children • Children's social care: national framework Each safeguarding partnership will receive a one-off payment in January 2024 to support the transition. Plymouth will receive £47,300.

[Championing kinship care: national kinship care strategy - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/championing-kinship-care-national-kinship-care-strategy)

This strategy will enable more children who cannot live with their parents to stay with people who are known to them and love them.

[Children's social care: national framework - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/childrens-social-care-national-framework)

Statutory guidance on the principles behind children's social care, its purpose, factors enabling good practice and what it should achieve.

[Children's social care: stable homes, built on love - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/childrens-social-care-stable-homes-built-on-love)

On behalf of the Department for Education, National Children's Bureau are launching a new Children and Young People's Advisory Board in the new year. The Advisory Board will provide input on the government's implementation of its children's social care strategy 'Stable Homes, Built on Love'. The new Advisory Board, made up of groups of children and young people aged 11-17 and 18-25 with experience of children's social care in England, will bring together those with lived experiences of the system to play a part in ongoing reforms at a national and local level. DfE is encouraging councils to share this link with youth workers who could pass the information on to any care experienced young people who could be interested in applying.

[Parent first approach at the core of new guidance on gender questioning children - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/parent-first-approach-at-the-core-of-new-guidance-on-gender-questioning-children)

The Department for Education has published comprehensive guidance for teachers on how best to support pupils questioning their gender in schools. This includes requests from pupils for 'social transition' which can include requests to change pronouns, names, and uniform. In response to the complex phenomenon of the increasing number of children questioning their gender, the government has taken the time to carefully and robustly address the challenges and issues involved. The guidance will assist teachers in ensuring that they are acting in the best interests of children.

[Government responds to our safeguarding disabled children review - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/government-responds-to-our-safeguarding-disabled-children-review)

A statement from the panel following the government's response to 'Safeguarding children with disabilities in residential settings'. The Secretary of State for Education and Secretary of State for Health and Social Care have now published a comprehensive response to the panel's recommendations. It is important that these departments continue to work together, with children and families, local authorities, integrated care boards, regulators, and providers of residential care to secure the changes that are essential to keep children safe.

[New British Sign Language GCSE heading for classrooms - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/new-british-sign-language-gcse-heading-for-classrooms)

The new GCSE will provide pupils with the opportunity to learn how to effectively communicate using British Sign Language.

LOCAL POLICY AND INITIATIVES

Skills to Support Special Education Needs and/or Disability (SEND) – A programme from the Plymouth Institute of Education (PloE) to support SEND provision across Plymouth and the Southwest Plymouth Institute of Education (PloE) has a strong area of expertise in special educational needs and/or disabilities (SEND) and inclusion. We wish to work in collaboration with schools and Local Authorities to continue to be a leader in SEND and inclusion research that supports outstanding practice in schools.

PloE have planned series of events designed to support provision for children with SEND across the Southwest and the specific areas for improvement within Plymouth Local Area SEND Improvement Plan:

1. **19th January 9-5pm** - EDI Conference. Key Themes: EHCP process and writing, child voice and child centred planning, reducing exclusion rates, inclusion, early identification, adaptive teaching, working in partnership with alternative settings. SEND specific workshops across the day, panel of professionals involved in co-production for 4pm closing
keynote.<https://www.eventbrite.co.uk/e/equality-diversity-and-inclusion-edi-ineducation-conference-tickets-749075042617>
2. **22nd 4-6.30pm February** Emdeck 105 - **Pedagogy for Adaptive Teaching:** Key themes – early identification, adaptive teaching to reduce exclusions. This session will consider identification of need and approaches to adapting classroom practice to include children with SEND in the classroom.
3. **7th of March 2-5pm Webinar – SENCO Conference.**
4. **21st March 4-6.30pm** Emdeck 104 – **Child Voice and Child Centred Planning:** Key themes – the Graduated Approach, working in partnerships parents and children, EHCP writing. This session will focus on skills needed to put children with SEND and their families at the centre of the planning for education and provision.
5. **25th April 4-6.30pm** Emdeck 104 – **Supporting Specific Needs:** Key Themes – provision for children with ASD, working with teaching assistants, early identification. This session will consider teaching assistant input TA input around provision and support children with SEND e.g. recording, meaningful observations, the deployment of TAs to support specific needs such as children with a diagnosis of autism.
6. **23rd May 4-6.30pm** Emdeck 104 – **Working with Wider agencies including parents:** Key themes – Graduated Approach, co-production, early identification. This session will support the skills to communicate with outside agencies including professionals and parents/carers to create EHCPs and provision for children with SEND.
7. **11th June Plymouth SEND Conference** - hosted by Plymouth Parent Carer Voice and University of Plymouth

Links and further details of the events will be shared nearer the time.

N.B. DEADLINE 23 January 2024

The Sir Francis Chichester Trust is once again offering FREE places on the 2-week Outward Bound courses to young people who live in Devon (including Plymouth and Torbay) and who are aged 16-22 at the time of the course, which will be July/August 2024. The Trust is keen to receive applications and so would be glad if you could encourage any suitable young people to apply and also bring this opportunity to the attention of colleagues who might know of suitable candidates.

The course is designed to help participants make an effective transition into sixth form, further education or work and is a chance to have a life-shaping adventure with people from all over the world, to know what they are truly capable of achieving and to stand out in a crowded market place. The courses are held at the Outward Bound centres in the Lake District, Wales and Scotland.

The aim of the courses is that young people challenge themselves, demonstrate progress through 1:1 action planning focussed on personal development, work outside of their normal friendship group and leave with a breadth of experience that will enrich personal statements and set them aside from other young people. The main benefits for the young people are seen in greatly improved self-confidence and team working abilities, together with raised aspirations.

The Trust looks for candidates that have some experience of outdoor expeditions but wouldn't normally have a chance to undertake something quite like this; and will be able to enjoy and benefit from the experience. The Trust cannot support any young people that at the time of their course are subject to a youth offending order and also that if a young person has been supported by the Trust previously they are unlikely to be funded for a further course.

The Sir Francis Chichester Trust will meet the full course fee (around £1,900/person) for successful applicants and ask that they are responsible for their own transport to the Outward Bound centre of their choice. However, if transport costs are prohibitive then we will look at additional support if possible.

The closing date for applications is **Tuesday 23 January 2024** with interviews for those shortlisted being held 29 February and 1 March 2024. Young people applying must be available on one or other of these dates. An application form can be downloaded from the Trust website <http://chichestertrust.org.uk> and there's a video clip about the course available.

This is a wonderful opportunity for young people who wouldn't normally have a chance to undertake anything of this nature so do please think of any young people you know who might benefit and if you have any queries then please do get in touch.

Email: info@chichestertrust.org.uk

Website: www.chichestertrust.org.uk

Registered Charity No: 301033

Plymouth Young City Laureate 2024 The search is on!

Paid commissions to represent Plymouth through words Literature Works is teaming up with Plymouth Culture, reaching out to aspiring young writers in the city between the ages of 14 and 19 years, as we seek the next Plymouth Young City Laureate. The role of Plymouth Young City Laureate is important. The chosen young writer will be commissioned to create work to celebrate special events or occasions in the city and will be invited to perform in libraries schools and at festivals. We will commission the successful 2024-25 Young City Laureate on three occasions and pay a fee of £50 per commission. We will ask the Young City Laureate to perform at least two events across the year, alongside invited writers, for which they will also be paid.



Submissions are open now and close at midnight on **Sunday 25th February 2024**

Who can apply? The Young City Laureate is open to any young person aged 14-19 who lives, works or studies in Plymouth. You will be a writer of either prose (fiction, creative non-fiction) or poetry.

How to apply If you are interested in this role, please submit:

1. A 200-word statement about why you would like to be the Young City Laureate for Plymouth and what you would do with the role if you got it. (You might want to tell us about people or organisations you'd like to work with or events you'd like to be part of, for example).
2. Two pieces of creative writing. These should be either poetry (no more than one page of A4 per poem), or prose in the form of fiction or creative non-fiction (no more than 500 words per piece).

Your writing should address these topics:

- ❖ 'Plymouth, the Sea and Me' – What about the sea and our city inspires you? What Plymouth feel like home for you?
- ❖ 'My best writing' – A sample of writing that best represents you as a writer and that you are most proud of!

Please email your application to info@literatureworks.org.uk with the subject line 'Plymouth Young City Laureate'

HEALTH & WELLBEING

National Child Measurement Programme (NCMP) for Reception and Year 6 children

A reminder for participating schools in the North and West localities to please give out their NCMP 2023/24 consent letters to parents/guardians. A member of the School Nursing Team will contact your school in due course to arrange suitable dates for the weighing and measuring to be carried out. Please ensure a member of staff is assigned to facilitate this process. Schools in the South and East localities will receive their consent letters to distribute before half-term in February.

Your participation in the NCMP is essential for the success of the programme and we thank you in advance for your continued support again this year.

Kooth and Qwell update to organisations and services in Plymouth. My name is Jo Overton-Pitts and I am your Engagement Lead in Devon, Plymouth and Torbay. I have spaces for the following free support and resources in February and March:

- staff mental health and wellbeing training (in person or online)
- sessions for young people aged 11-18, or adults aged 18+ around their mental health and wellbeing (in person or online)
- printed materials for your team to signpost to our services

Recent research from Kooth shows that **97% of young people say it's important to not need a referral to access Kooth.** Kooth and Qwell are available to anyone without the need for a referral from either a school or GP. There are no thresholds to meet and no waiting lists.

One young person said: *"You don't need referrals to access this. Nobody had to know, and it's anonymous. It's a great way of getting your feelings out there and getting the support you need right away for free."*

To kick off 2024 we're offering **free KoothTalks Training webinars.** Please click to book (don't worry if you can't make these times - just fill in the short form and we'll send you the recording for you to watch in your own time):

- **KoothTalks Training:** Supporting people to manage anxiety with self-care: [Mon 29 Jan. 10am-11am](#)
- **KoothTalks Training:** Supporting people to manage anxiety with self-care: [Wed 31 Jan. 1pm-2pm](#)

Interested in how we support people experiencing anxiety, eating disorders, or who are neurodiverse? Check out our [Vimeo](#) with our bank of past webinars.

- **Kooth winter activity sheets:** Take a look at our latest ***NEW*** [activity sheets](#) for young people to explore their emotions, relationship skills, and coping techniques. As we begin the

new term, why not encourage young people to reflect on their goals with the [New Year's resolution box](#)?

- **Support guides for young people:** Share our [6 support guides for young people](#), which offer helpful advice and information on social anxiety, eating difficulties, self-injury, suicidal thoughts, and safety plans, in addition to a young person's experience on Kooth.

Social media assets: Check out our latest [digital posters and video assets](#), as well as our [suggested tweets and templates](#), which you can share in your emails, websites, and social media channels.

For more information about free resources and engagement opportunities, please contact me: Jo Overton-Pitts, jpitts@kooth.com

Next issue: 1 February 2024