

NCH present:



the children's charity

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# Achieving Positive Outcomes for Children and Young People through Emotional Well-being

## Inner strength, resilience and self-esteem

**Date:** Thursday 3 July 2008

**Venue:** Central London

Keynote speaker: **Ed Balls**, Secretary of State,  
Department of Children, Schools and Families

Supported by  
NCH campaign **growingstrong**



# Achieving Positive Outcomes for Children and Young People through Emotional Well-being

## Inner strength, resilience and self-esteem

### About the conference

NCH's national Growing Strong Conference aims to highlight the significance and impact of emotional well-being for children and young people.

With recent reports suggesting that children and young people in the UK have one of the lowest levels of emotional well-being in the developed world, and media coverage on depression, self-harming and bullying among young people, this conference is very topical.

This groundbreaking event will inspire you to think more creatively and systematically about emotional well-being as a means of improving the lives of the young people you work with and raising their ambitions and achievements. It will also help you to embed emotional well-being in your local Children and Young People's Plan.

### Aims of the conference

- Find out the latest research around emotional well-being for children and young people
- Debate how we can raise awareness of the importance of children and young people's emotional well-being
- Inform, motivate and energise those working with children and young people to achieve appropriate improvements in services for them
- Learn how to develop emotional resilience in different universal and targeted service settings, children's centres, schools and for children in care

### Post registration training and learning

Attend the conference and fill in the PTRL Record of Achievement form (or your profession's equivalent) and keep it along your record of post-qualification training and learning, for reference when you register, re-register etc.

### Key themes

- Hear about the government's current policy agenda and its implications on local strategies
- Through best practice workshops, discover and discuss the wide range of strategies that result in increased emotional well-being and greater achievement of children and young people
- Discover how to create and manage accessible, joined-up and responsive services for children and young people
- Examine the best ways to involve children and young people in service planning and delivery and ensure that everyone is working towards the same goals

### Who should attend?

- Directors and assistant directors of children's services
- Commissioning and service managers
- Children's centre managers
- Children's trust chairs and boards
- Managers of CAMHS teams
- Special educational needs teams
- Headteachers, deputy headteachers, designated teachers
- Policy and planning officers
- Youth workers
- Youth offending teams
- Youth organisations

### About NCH

NCH is the UK's leading children's charity, working with more than 178,000 vulnerable children, young people and their families each year. We tailor our work to local circumstances, in partnership with children and young people, families, communities and local organisations. NCH works with children and young people:

- whose families need support
- who cannot live with their birth families
- who are disabled
- who experience severe difficulties in their lives

Children are at the centre of everything that NCH does. NCH exists to help the most vulnerable children and young people break through injustice, deprivation and inequality.

## Programme

9.20am Registration and refreshments

9.50am **Chair's opening remarks**  
**Claire Tickell** *Chief Executive, NCH*  
Co-chaired with **Andrew Howard**, *Young Person*

10.00am **Keynote address**  
**Anne Jackson** *Director of Child Well-being, DCSF*

10.30am **Get happy – the role of positive structured activities**  
**Sonia Sodha** *Research Fellow, Director's Research Team and Deputy Editor, Institute of Public Policy Research (IPPR)*

11.00am Questions and discussion

11.10am Refreshments

11.30am **Short participation film**  
Introduced by a young person

11.35am **Universalism and Enhanced Services**  
**Gordon Jeyes** *Deputy Chief Executive, Cambridgeshire County Council*

12.00noon **Establishing well-being performance measures and targets**  
**Irene Lucas** *Chief Executive, South Tyneside Council*

12.25pm **How to measure improvements in well-being**  
**David Derbyshire** *Head of Performance Improvement and Consultancy, NCH*

12.50pm Questions and discussion

1.05pm Lunch

2.00pm Interactive workshops

1. **Promoting resilience in education**  
The Place to Be

2. **Working with fathers**  
**Jan Stoll** *Solihull Children's Centre*

3. **CAMHS**

4. **Intensive family support (IFS)**  
Research team *Sheffield Hallam University*  
**Andrew Duff** *Project Manager, NCH Foundations Project, Manchester*

3.00pm Tea and coffee

3.20pm **Participation, participation, participation**  
Drama by young people

3.35pm **Generating emotional well-being in different service settings targeted services – children's centres**  
**Liz Railton** *Programme Director, Together for Children*

3.50pm **Universal services – schools**  
**Professor Diane DeBell** *Director, Centre for Research in Health and Social Care, Anglia Ruskin University*

4.05pm **Emotional health and well-being for children in care**  
**Helen Chambers** *Principal Officer, Healthy Care Programme National Children's Bureau*

4.20pm **Panel debate: Improving outcomes**

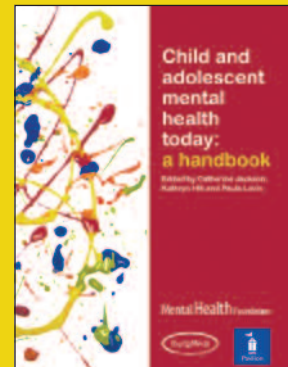
4.35pm **Chair's closing remarks**

4.40pm Tea, cakes and networking

5.10pm Close

## Child and adolescent mental health today: a handbook

Edited by Catherine Jackson, Kathryn Hill and Paula Lavis



The mental health of children and young people is of increasing concern to us all. This handbook introduces the subject to the wide array of frontline workers in health, education and social services who have regular contact with children and young people, and need some knowledge of the mental health issues that affect them, and the services available.

**Format:** handbook (approx. 200pp)

**ISBN:** 978 1 87196 226 9

**£19.95**

Order online at:

[www.pavpub.com/trainingmaterials](http://www.pavpub.com/trainingmaterials)  
and click on 'Children and Young People'

or call **0870 890 1080**

## Unable to attend?

Conference papers, as presented to the delegates on the day, are available on CD-ROM after the conference for £55 + VAT. This useful reference will include: available speakers' papers, speakers' biographies and any additional inserts.

## About Pavilion

Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. We publish over 200 training packs, 18 journals and Learning Disability Today and Mental Health Today magazines.

## Promotional opportunities

For more information about promotional opportunities at this conference, such as exhibiting and including your promotional materials in the conference delegate packs, please contact: Graham Hoare *Customer Relationships Manager, Pavilion*



**Tel:** 01273 666703



**Email:** [grahamh@pavpub.com](mailto:grahamh@pavpub.com)

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## Inner strength, resilience and self-esteem

Date: Thursday 3 July 2008

Venue: Central London

Brochure code:

1 2 3 4 5 6 7 8 9

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### Your details

(please complete this section for each delegate. Photocopies are acceptable)

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Job title: .....

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Please state any other requirements: .....

I agree to the terms and conditions as stated at the bottom of this page

Name: .....

Signed: .....

Date: .....

### Workshop sessions

Please indicate below which afternoon panel session you would like to attend:

2.00pm (1, 2, 3, or 4)

### What best describes your current position?

- |   |   |
|---|---|
| <input type="checkbox"/> CE/Director/Commissioner     | <input type="checkbox"/> Trainer/HR               |
| <input type="checkbox"/> Manager                      | <input type="checkbox"/> Student                  |
| <input type="checkbox"/> Practitioner/Frontline staff | <input type="checkbox"/> Academic                 |
| <input type="checkbox"/> Social worker                | <input type="checkbox"/> Carer                    |
| <input type="checkbox"/> Clinician                    | <input type="checkbox"/> Person who uses services |
|   | <input type="checkbox"/> Other                    |

### Venue

Central London

(a map of the venue will be sent with confirmation of your booking)

### Date

Thursday 3 July 2008

### Conference fees

The fee includes lunch, refreshments and conference materials. Please note accommodation is not included.

### Conference papers

Conference papers will be sent out a week after the conference, please fill in the 'Your details' section.

### Group discount

Group discounts are available, please call 0870 890 1080 for more information.

**Free bursaries** for people who use services and unwaged carers are available on application to the address above.

### Confirmation of booking

When booking, please wait for written confirmation before arranging travel.

### Accommodation required?

Contact: [andthekitchensink](mailto:andthekitchensink). Tel: 0845 2255807 or email: [enquiries@andthekitchensink.com](mailto:enquiries@andthekitchensink.com) and quote 'Pavilion'.

### Terms and conditions

#### Cancellation and refund policy

All cancellations will be subject to a £50 administration fee, if received in writing by 02/06/08. We regret that any cancellations after this date cannot be refunded, but substitute delegates are welcome at any time.

#### Payment

30 days either from date of invoice or before the conference (whichever sooner). Payment must be received prior to the conference.

### Delegate rates

(For group rates and bursary places please see terms and conditions.)

	Standard	Quantity
<input type="checkbox"/> Public sector/educational/charity/NHS/local gov/voluntary orgs	<input type="checkbox"/> £255 + VAT (Total £299.63)	<input type="checkbox"/>
<input type="checkbox"/> Central gov/private orgs	<input type="checkbox"/> £295 + VAT (Total £346.63)	<input type="checkbox"/>
<input type="checkbox"/> Unwaged/student/small voluntary orgs	<input type="checkbox"/> £195 + VAT (Total £229.13)	<input type="checkbox"/>
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