



# The Wellbeing Hub Webinar Lineup - Spring Term -

## March - Raising Resilience in Children

Wednesday 9th, 6:30pm



This bonus webinar from child and adolescent therapist and founder of Teen Tips Alicia Drummond, is for parents of children aged 2-12 and explores the four pillars of resilience. It looks at how we can help children develop the positive mindsets & attitudes, self efficacy, resourcefulness and creativity that will allow them to become independent and courageous individuals who can cope with life's vicissitudes.

Members of The Wellbeing Hub register via the ['Webinars' page](#). Non-Wellbeing Hub members register [here](#). Pricing: free for Wellbeing Hub members, £7.99 for non-Wellbeing Hub members

## March - Digital Wellbeing

Wednesday 16th, 6:30pm



In March, we are covering digital wellbeing and we've invited Dr Elizabeth Milovidov, an international e-safety expert and lawyer, to talk about digital parenting and how to keep young people safe. Elizabeth will cover the current online trends, digital rights for children and most importantly, tips and resources for protecting children in this digital age.

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Q&A

Please note, these webinars are in addition to both the weekly expert-led Q&A sessions every Tuesday at 6:00pm, and the weekly resources.

## April - Financial Literacy

Wednesday 27th, 6:30pm



Throughout April, we will be looking at financial literacy. We have invited Patrick Foster from EPIC Risk Management to talk about the link between financial illiteracy, mental health and gambling. Patrick is a former professional cricketer, insurance broker and independent school teacher whose life was torn to shreds by his pathological gambling addiction. Patrick now works for our partners, EPIC, the leading independent gambling harm-minimisation consultancy in the UK and Ireland. The organisation specialises in the identification and prevention of problematic gambling in high risk sectors. Patrick will share his personal story of living with a gambling addiction, and discuss the convergence between online gaming and gambling and how the two are interlinked. Additionally, he will provide insightful and impactful facts and figures around gambling and online gaming and why awareness and education is so important for parents and carers. This webinar is to help raise awareness and understanding of vulnerability and how individuals can protect themselves, as well as the part parents and carers play in safeguarding children.

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# The Wellbeing Hub Webinar Lineup

## - Summer Term: A Sneak Peek -

### May - Neurodiversity

Wednesday 12th, 6:30pm



Throughout May, we will be focusing on young people and neurodiversity. We have invited Colin Foley, the National Director of Training for The ADHD Foundation, to talk about neurodiversity & social anxiety in young people. The ADHD Foundation is the largest ADHD charity in Europe. After twenty-five years as a secondary teacher and senior leader, Colin's work for the ADHD Foundation is grounded in empowering teachers to deliver outstanding outcomes for children and young people with ADHD through increased awareness of the condition and through practical classroom strategies that every teacher can use at all key stages. Take time to understand Neurodiversity and the impact it can have on a young person's social and emotional development so you are better equipped to support your child.

**Booking available from the 28th March.**

### June - Drugs & County Lines

Wednesday 9th, 6:30pm



Throughout June, we will be focusing on drugs and county lines. We have invited Fiona Spargo-Mabbs, founder and director of the Daniel Spargo-Mabbs Foundation, a drug and alcohol education charity that aims to support young people to make safe choices and reduce harm, through increasing their understanding of the effects and risks of drugs and alcohol, and improving their life skills & resilience. The charity works with young people, parents, teachers and professionals, in schools, colleges and communities across the UK. Fiona founded the charity in 2014 in response to the death of her sixteen-year-old son Dan taking ecstasy. She is the author of *I Wish I'd Known: Young People, Drugs and Decisions - A Guide for Parents and Carers* (Sheldon Press, 2021), and her second book for parents, *Talking the Tough Stuff with Teens*, will be published later this year.

**Booking available from the 28th March.**

**Q&A**

Please note, these webinars are in addition to both the weekly Q&A sessions run by our in-house experts every Tuesday at 6:00pm, and the weekly resources.

### July - Sex & Relationships

Wednesday 16th, 6:30pm



In July, we are covering sex & relationships. We've invited Amy Forbes-Robertson, an experienced speaker on sex and relationships, and the director of It Happens Education, an organisation joining the dots between school, home, and young people, to talk about puberty, pornography, sexting, positive and protective RSHE, and how parents and teachers can help prepare young people for these often awkward conversations. We will also look at the challenges of living in a digital world, specifically explicit online content and image sharing.

**Booking available from the 28th March.**

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