



# The Wellbeing Hub Content Lineup - Autumn Term 2022 -

## September - Staff & Parent Mental Health

Week 1: A pre-recorded webinar for teachers and other professionals to raise awareness of parental mental illness. This webinar will offer insights on what helps and how professionals can support children and young people.

Week 2: Podcast for parents on how to talk to children about your mental health struggles with Alicia Drummond and the Our Time Charity. Accompanying tips sheets for parents, carers, staff and pupils will be provided.

Week 3: Webinar: 'Resilient Adult, Resilient Child' with Alicia Drummond, Therapist and Founder of The Wellbeing Hub.

Week 4: Blog: 'The single most important thing for parents "Am I Regulated?" by Dr Tamara Scully, Expert in The Wellbeing Hub.

## October - Why Stories Matter

Week 1: Blog on how fairy tales help develop resilience by Alicia Drummond.

Week 2: Podcast on story telling and journaling for trauma and self-development with Dr Gillie Bolton, Author & Researcher on Therapeutic Writing.

Week 3: Webinar on changing the stories we tell ourselves with Alicia Drummond.

Week 4: Guide to journaling for mental wellbeing by Dr Gillie Bolton.

Bonus Content: Podcast on how to help young people with neurological conditions with Dr Tamsin Owen and Dr Tamsin Hadley, Lead Education Psychologist & Consultant Paediatric Neurologist at St Guy's & St Thomas' Hospital, London.

### Q&A

These webinars are in addition to the monthly Q&A sessions run by our in-house experts on the first Tuesday of every month at 6pm, and the weekly resources.

## November - Self-Harm & Eating Disorders Re-Visited

Week 1: Blog: It's Ok Not To Feel OK by Dr Tamara Scully, specialist in The Wellbeing Hub.

Week 2: Webinar: Nutrition & Health for the Younger Years with Tina Lond-Caulk, Experienced Nutritionist.

Week 3: Webinar: Supporting your child foster a "healthy" relationship with food and body image with Isa Robinson, Nutritional Therapist (mBANT, CNHC) & Registered Associate Nutritionist.

Week 4: Advice for parents, teachers & pupils on how to support individuals who are struggling with self-harm by the Charlie Waller Foundation.

Week 5: Two-part podcast on muscle dysmorphia, orthorexia, compulsive exercise, and under eating with Jenny Tomei, George Mycock & Sam Woodfield from JenUp, a non-profit organisation, providing training for teachers on how to spot the early signs of an eating disorder.



# The Wellbeing Hub Content Lineup - Winter Term 2022 -

## December - Depression

Week 1: Webinar on understanding depression with Jeremy Thomas, Author & Inspirational Speaker on mental health.

Week 2: Practical steps for dealing with depression and anxiety in children by Dr Ruth MacConville.

Week 3: Support for siblings of young people with depression/mental illness by Dr Tamara Scully.

Week 4: Medication for depression explained by The Soke Clinic, a London-based mental health and wellness centre.

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