

Strengthening the Circle:

building resilience and good mental health
for children and young people

Are you a parent or carer for a
young person aged 18-25
living in Knowsley?

Would you like to increase your
knowledge and confidence on
building their emotional resilience?
If so, this free course delivered by
the National Development Team
for Inclusion (NDTi) could be for
you.



Strengthening the Circle is training for parents, carers and PAs on building young disabled people's emotional resilience and mental wellbeing. Parents and carers are essential to supporting disabled children and young people's emotional resilience and mental health, enabling them to cope with changes and to manage different situations as they grow up. At a difficult time following the pandemic, this training course will provide a focus on emotional wellbeing of children and young people with different needs and those who care for them.

What is Strengthening the Circle? Developed and delivered by NDTi, Strengthening the Circle aims to equip people who support children and young people with the knowledge and skills to build their emotional wellbeing and resilience. It is designed to be accessible for people who do not have specialist mental health roles but are nonetheless essential to supporting children and young people's mental wellbeing, including parents and carers.

Who is this course for? It's for parents, carers and PAs of young disabled people aged 18–25-year-olds in Knowsley. It will equip participants with confidence, knowledge and tools to build the emotional resilience of young person they care for and strengthen their ability to cope with changes as they move into adult life.

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What will I learn about? You will learn about the **Boingboing Resilience Framework**, mental health and practical person-centred tools to use to help build the resilience of the young person you care for.

Throughout the course, you will be encouraged to think about your own emotional wellbeing, connect with others and share your learning. The course is designed as cascade training and participants will be encouraged to share what they have learnt, so that many more parents, carers and PAs and the children and young people they support in Knowsley can benefit well after completion of the course.

How will the course be taught? All sessions are online and include presentations, activities and small group discussions to make it as interactive as possible. Participants will be encouraged to practice using tools and ideas in between sessions, reflect on learning each week and be part of an online community of practice to share their ideas and learning.

When will the course run? The training will take place over **seven sessions** on:

Core Sessions

- Session 1: Thursday 3rd February 2022, 10:00–12:30
- Session 2: Thursday 10th February 2022, 10:00–12:30
- Session 3: Thursday 24th February. 10:00–12:30
- Session 4: Thursday 3rd March, 10:00–12:30
- Session 5: Thursday 17th March 10.00–12.30

Cascade Training Workshops

- Workshop 1: Thursday 10th March, 10:00–12:30
- Workshop 2: Thursday 24th March, 10.00–12.30

How much does it cost? The course is free to attend. **Knowsley Disability Concern (KDC)** has accessed funding from Skills for Care to commission NDTi to deliver the training.

To apply for a place on the course, please complete this [Booking Form](#) by Friday 21 January 2022.

Please note that allocation of places will be made shortly after the deadline and priority will be given to those who can attend all of the core sessions.

Get in touch. If you have any questions, please contact:
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