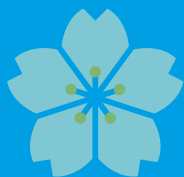




★ Spring/Summer 2019

# Training & Support

Essential training for a safer organisation



[www.safety-net.org.uk](http://www.safety-net.org.uk)  [@safetynetbtn](https://twitter.com/safetynetbtn)  [safetynetbrighton](https://www.facebook.com/safetynetbrighton)

Working with communities to keep children safe

## ★ About us

**Safety Net** has been providing child safety training, advice and guidance in Brighton since 1995. We work with children, families, schools and neighbourhoods, building communities where children know they have the right to feel safe and adults are actively involved in protecting them from harm.

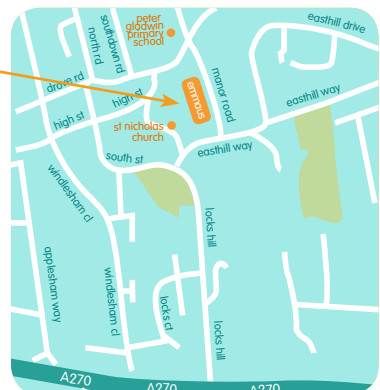
### ★ Contents:

Course Dates & How To Find Us.....	page 2 & 3
Safeguarding Course Outlines.....	page 5
Wellbeing Course Outlines.....	page 6
Safety Net in Schools and Nurseries.....	page 8
DBS Service.....	page 9
Safety Net - What we do.....	page 11
Training Room Hire.....	page 12

**Safety Net, Manor Offices,  
Drove Road, Portslade, BN41 2PA**

**To book:** visit [www.safety-net.org.uk](http://www.safety-net.org.uk),  
call 01273 420973 or email:  
[training@safety-net.org.uk](mailto:training@safety-net.org.uk)

**Find us:** at the Emmaus complex, using  
postcode BN41 2GD. We are on the  
number 1 bus route (St Nicholas Church  
stop). Free on street parking available,  
easily accessible from the A27.



# ★ Spring/Summer 2019 Course Dates

Safeguarding Courses	Dates	Page
<b>Introduction to Safeguarding and Child Protection</b>	Tuesday 19th March, 10am – 1pm Tuesday 21st May, 10am – 1pm Thursday 11th July, 10am – 1pm	5
<b>Safeguarding Lead Training</b>	Thursday 14th February, 10am – 4pm Tuesday 30th April, 10am – 4pm Tuesday 25th June, 10am – 4pm	5
<b>Effective Supervision of Staff – Safeguarding</b>	Thursday 14th March, 10am – 4pm	5
<b>Protective Behaviours Basic Training - and Putting Protective Behaviours into Practice</b>	Tuesday 11th June, 10am – 4pm	6
Wellbeing Courses	Dates	Page
<b>Mindfulness for Practitioners</b>	Mondays, 11th March – 29th April inclusive (break for Easter), 6pm – 8pm	6
<b>Building and Nurturing Emotional Resilience in Children, Young People and Adults</b>	Thursday 4th April, 10am – 4pm	7
<b>Reducing Stress in the Workplace</b>	Wednesday 1st May, 10am – 4pm	7
<b>Mindfulness for Busy People</b>	Tuesdays - 2nd July – 23rd July inclusive, 7.30am – 8.30am	7

# Take a moment to reflect on your organisation...

- ★ Have we reviewed our **Safeguarding and Child Protection policy** recently?
- ★ Have our staff/volunteers signed to say they have **read and understood our policies**?
- ★ Have our **Safeguarding Lead and Deputy attended training** recently?
- ★ Have all our staff and volunteers had **Safeguarding and Child Protection training** in the last 3 years?
- ★ Do our team meetings and management meetings include a **Safeguarding agenda item**?
- ★ Do our **job roles** include Safeguarding responsibilities?
- ★ Do we have a **Supervision of Staff Policy** and agreement?
- ★ How do we help **children and young people** keep themselves safe?
- ★ How do we support **staff wellbeing**?

**Contact us** to find out how we can help your organisation through our training courses or other support!

.....

*Our training room is available to hire - please see back page for details!*

# ★ Safeguarding Course Outlines

Prices are based on a lower rate for organisations with an income under £35k, higher over £35k.

## ★ Introduction to Safeguarding and Child Protection Training

This course is ideal for staff and volunteers working in community groups. During the session you will gain a basic understanding of your role in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse. You will gain confidence handling concerns and disclosures, learn the signs and symptoms of abuse, gain knowledge about the legal background of child protection and discuss the multi-agency approach to safeguarding.

**Dates:** Tuesday 19th March ★ Tuesday 21st May ★ Thursday 11th July

**Time:** 10am – 1pm ★ **Price:** £15 / £25

**Venue:** Safety Net (May and July) / The Bevy (March)

.....

## ★ Safeguarding Lead Training

Designed for those acting as Safeguarding Lead in their organisation. Over the course of the day, we cover looking at your role in establishing safe working practices and environments while protecting children and young people; and Child Protection knowledge and processes required for a Designated Safeguarding Lead.

**Date:** Thursday 14th February ★ Tuesday 30th April ★ Tuesday 25th June

**Time:** 10am – 4pm **Price:** £60 / £80 ★ **Venue:** Safety Net

.....

## ★ Effective Supervision of Staff – Safeguarding

This course is suitable for all managers and senior practitioners who, as part of their role, have responsibility for both supervision of staff and safeguarding children. This whole day programme is designed to support you in developing your supervision practice to promote safe effective practice in a children's service or organisation, in line with your organisation's supervision policy.

**Date:** Thursday 14th March ★ **Time:** 10am - 4pm

**Venue:** Safety Net ★ **Price:** £60/£80

## ★ Protective Behaviours - Basic Training and Putting Protective Behaviours into Practice

Protective Behaviours is a personal safety and life skill process that teaches the ability to recognise and deal with situations in which we don't feel safe. It can be used as both an abuse prevention strategy and to address situations such as feeling worried or bullied, as well as promoting good citizenship. This one day basic training explores the themes and ideas of Protective Behaviours and how practitioners can use the skills for themselves in their work. Includes access to online resources.

**Dates:** Tuesday 11th June ★ **Time:** 10am – 4pm

**Venue:** Safety Net ★ **Price:** £60/£80

## Wellbeing Course Outlines

### ★ Mindfulness for Practitioners – 6 week course

Safety Net is running a 6 week mindfulness course specifically for health, education and social care practitioners working with children, young people and families. It is not necessary to have practiced mindfulness before.

Participants will: learn the tools and neuroscience; understand and experience the benefits; explore using the skills within their work.

Benefits include:

- Achieving balance and resilience at work and home
- Becoming more creative
- Recognising, slowing down or stopping automatic and habitual reactions
- Responding more effectively to difficult situations.

Recent attendees described the course as “a very positive experience” and “an excellent course with an excellent teacher/facilitator”.

**Dates:** Mondays - 11th March - 29th April inclusive (break for Easter)

**Time:** 6pm-8pm ★ **Venue:** Turner Children's Centre, Ivory Place, Brighton

**Price:** £120

## ★ Mindfulness for Busy People

Do you find yourself chasing a stress-free existence? This 4 week course will help you learn the basic tools and skills for practicing mindfulness for relieving stress. You will learn useful techniques to help calm the mind and body and tools that can be used at any time of the day in the midst of any situation. Learn to ride the waves of a demanding busy life and not be overwhelmed by them.

**Date:** Tuesdays - 2nd July – 23rd July inclusive ★ **Time:** 7.30-8.30am

**Venue:** Safety Net ★ **Price:** £40 for four sessions

---

## ★ Building and Nurturing Emotional Resilience in Children, Young People and Adults

Learn simple tools for working with children, young people and adults to enable them to keep stress and anxiety levels down and enjoyment levels up! Based on neuroscience, positive psychology, mindfulness and protective behaviours, benefits include: learning simple techniques to practice; an understanding of how the brain works and how to manage emotions; an awareness of the importance of self-care and kindness to others; developing a steady and stable base to enable positive risk taking.

**Date:** Thursday 4th April ★ **Time:** 10am – 4pm

**Venue:** Safety Net ★ **Price:** £60/£80

---

## ★ Reducing Stress in the Workplace

An inspiring course that we offer to promote happier, healthier staff to ensure a safer organisation. We want to help you and your employees recognise when you are stressed, and provide you with the skills and practical tools to manage your stress. This course also enables staff to become more aware of their roles and responsibilities in relation to feeling safe at work, helping to foster a healthier work/life balance.

**Date:** Wednesday 1st May ★ **Time:** 10am – 4pm

**Venue:** Safety Net ★ **Price:** £60/£80

Can't make the date? Book a course for your team, your date, your venue

# ★ Safety Net in Schools and Nurseries: promoting a culture of safety & wellbeing

---

## **Safeguarding and Wellbeing Training for Professionals**

### **Safeguarding and Child Protection**

**Training** – this course is CPD accredited and helps nursery and education settings meet their OFSTED requirements, regarding safeguarding and child protection issues.

**Mindfulness Workshops** - mindfulness has proven to help wellbeing and mental health, improve concentration, and reduce stress.

## **Safeguarding and Wellbeing Training for Children**

**Feeling Fine Online** – we can offer whole school assemblies about online safety for primary schools, and whole class or group work sessions for children and young people about keeping safe online.

**Feeling Good, Feeling Safe** - is a whole school approach to build resilience and prevent abuse. It aims to support pupils from ages 4-11 to

learn the skills to keep themselves feeling safe and to ensure they can get help if they need it. It is based on the evidence-based programme, Protective Behaviours.

**Peer mentoring** - this programme matches older students with new or younger students to provide support and guidance. Through this relationship, peer mentors provide advice and support and service as role models for younger people who need help.

**Playground buddy training** - helps to ensure that playtimes are safe and inclusive for everyone. The training teaches children a range of basic conflict resolution skills as well as building their confidence and resilience.

**Mindfulness Workshops** - can help children manage difficulties and really thrive. Mindfulness has proven to help: wellbeing and mental health, concentration, social and emotional learning, as well as behaviour.

★ **We offer half day (3 hours), full day (6 hours) and twilight (2 hours) sessions. Please contact us for further details and prices.**



# ★ Other services: organisational support



---

## ★ New for 2019 - Safeguarding Surgeries

As well as safeguarding training and our DBS service, we will be offering the opportunity for professionals from Community & Voluntary Sector organisations to spend time with an expert to help develop your policies and procedures, or review your current safeguarding practice. Dates, times and venues of safeguarding surgeries to be confirmed.

---

## ★ DBS Service

Safety Net is a Registered Body with the Disclosure & Barring Service (DBS), able to countersign applications for those working with children and adults. Safety Net will accept applications from not-for-profit, public and private sector organisations that are unable to register in their own right. By ensuring their staff have current DBS checks, organisations are meeting their statutory and legal responsibilities.

### **Fees for Disclosures charged by the DBS are:**

- ★ Enhanced Disclosure: £44
- ★ Standard Disclosure: £26
- ★ Volunteers: Free

In addition to DBS fees, Safety Net makes an administration charge to cover costs:

- ★ Not-for-profit & public sector organisations: £27 per application
- ★ Profit-making organisations: £37 per application

**Contact the DBS Co-ordinator for more information:**

**01273 41 49 81 or email: [DBS@safety-net.org.uk](mailto:DBS@safety-net.org.uk).**



## ★ Bespoke training service

Let us come to you! All listed training sessions can also be run as bespoke training for your school, nursery or organisation at your own premises. Our prices start from £795 for a full day (6 hours), and £395 for half a day (3 hours).

**Please call 01273 420973 for further details.**

---

## ★ Training refunds & cancellations

★ **Invoice Terms** All course places will be invoiced within 14 days of booking. Payment is due before the course takes place and within 30 days of the invoice date.

★ **Cancellation Policy** Attendee cancellations must be emailed to [training@safety-net.org.uk](mailto:training@safety-net.org.uk). Places cancelled more than 4 weeks before the course start date will receive a full refund, those cancelled between 2 and 4 weeks will receive a 50% refund. Places cancelled with less than two weeks notice will not be refunded. In the event of participant cancellation, every attempt will be made to transfer the place to another course on a different date at no extra cost.

★ **Cancellation by Safety Net** Safety Net reserves the right to cancel or postpone a course in the event of there being insufficient bookings to make it viable to run the session. In the event of a cancellation or postponement we will endeavour to inform all participants a minimum of a week before the course is due to take place, although please be aware that this is not always possible. All course fees will be reimbursed in full, or if you prefer, the payment will be transferred in full to another Safety Net course of the same value on a different date. Safety Net shall not accept liability for any consequential loss and will have no liability to reimburse any other costs that may have been incurred such as transport, accommodation etc.

# ★ Safety Net: What We Do

---

We provide services & support in the following areas:

## For Organisations:

- Training for organisations, schools and groups
- Courses and workshops for individuals
- Safeguarding support and guidance
- Disclosure & Barring Service (DBS)
- Training or meeting room hire

## For Children and Young People:

We mainly work with children under the age of 14 in partnership with primary and secondary schools in the following areas of support:

- Safety Net Assertiveness Programme (SNAP)
- Transition support (primary to secondary)
- Playground buddy and peer mediation schemes
- Children's Advisory Group
- Feeling Good Feeling Safe programme for Schools
- Holiday & activities programme
- Online safety

## For Families:

- Support for parents and carers
- Parenting workshops
- Online safety for parents
- Child Safety Newsletter

We also run a Home Safety Equipment Scheme for eligible families with children under the age of 5 in Brighton and Hove. Prices available on request.



# ★ Training room hire



Located in **Portslade**, our **fully-equipped training room** overlooks the beautiful grounds of the Emmaus complex. Escape the city and enjoy the benefits of **free on-street parking, great views**, the **on-site cafe** and a **large relaxed space** suitable for **up to 30 people**.

To help make your event a success, **flipchart paper, free Wi-Fi access** and **use of a projector** which easily connect to a laptop, are included in the room hire. For an extra charge we can provide **refreshments** and/or **administrative support** on request.

.....

### Room capacity (room dimensions 8m x 5m)

- ★ 10-16 (+ trainer) - boardroom style layout
- ★ 16 (+ trainer) - cabaret style layout
- ★ 16-20 (+ trainer) - chairs in a circle
- ★ 22-25 (+ trainer) - theatre style layout

Price: £50  
half day or  
£100 for a  
full day

## ★ Make a booking

To book, simply contact the training administrator on:  
**01273 420973** or email: [training@safety-net.org.uk](mailto:training@safety-net.org.uk)



[www.safety-net.org.uk](http://www.safety-net.org.uk)

★ T: 01273 42 09 73    ★ @safetynetbton    f safetynetbrighton

Safety Net, Manor Offices, Drove Road Portslade, BN41 2PA    ★ Charity reg no.1108772

