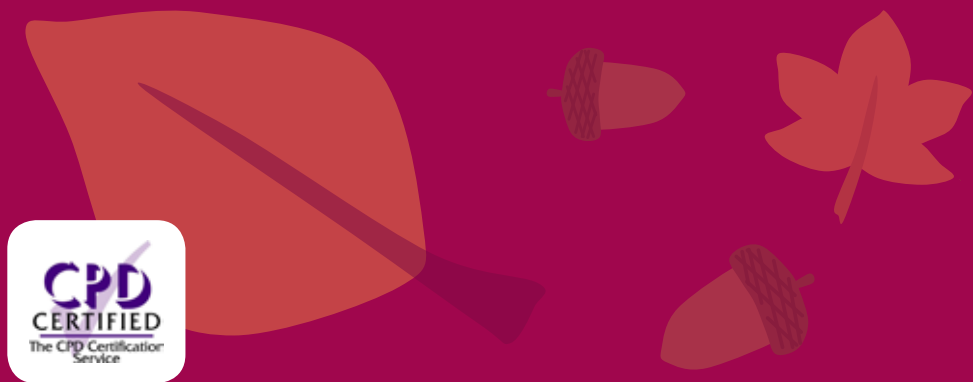




★ Autumn/Winter 2019/20 Training & Support

Essential training for a safer organisation



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.

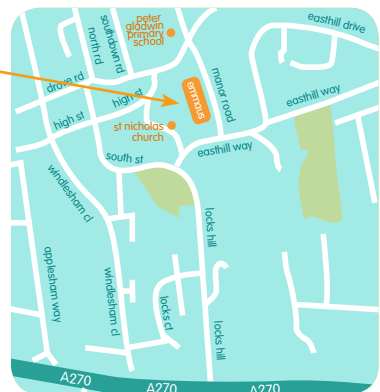
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**Safety Net, Manor Offices,
Drove Road, Portslade, BN41 2PA**

To book: visit www.safety-net.org.uk,
call 01273 420973 or email:
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.



★ Autumn/Winter 2019/20 Course Dates

Safeguarding Courses	Dates	Page
Effective Supervision of Staff – Safeguarding	Wednesday 6th November, 10am – 4pm	5
Introduction to Safeguarding and Child Protection	Wednesday 11th September, 10am – 1pm Tuesday 12th November, 10am – 1pm Thursday 23rd January 2020, 10am – 1pm	5
Online Safety	Wednesday 20th November, 10am – 1pm	5
Protective Behaviours Basic Training and Putting Protective Behaviours into Practice	Tuesday 15th October, 10am – 4pm	6
Safeguarding Lead	Tuesday 17th September, 10am – 4pm Thursday 21st November, 10am – 4pm Tuesday 21st January 2020, 10am – 4pm	6
Safeguarding: What Trustees Need to Know	Tuesday 24th September, 10am - 1pm Wednesday 5th February 2020, 6pm – 9pm	6
Wellbeing Courses	Dates	Page
Building Emotional Resilience in Children, Young People and Families	Wednesday 13th November, 10am – 4pm Wednesday 29th January 2020, 10am – 4pm	7
Mindfulness for Practitioners	Wednesdays 2nd – 23rd October inclusive, 6pm – 8pm	7
Resilience Training for Staff	Thursday 10th October, 10am – 4pm	8

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!

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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.

★ 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 supervising skills and knowledge to promote safe effective practice in a children's service or organisation, in line with your organisation's supervision policy. **Date:** Wednesday 6th November
Time: 10am - 4pm ★ **Venue:** Safety Net ★ **Price:** £60/£80

★ 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: Wednesday 11th Sept ★ Tuesday 12th Nov ★ Thursday 23rd Jan 2020
Time: 10am – 1pm ★ **Price:** £15 / £25 ★ **Venue:** Safety Net

★ **Online Safety** This course is suitable for anyone who works with children, young people, or families. It will equip you with information and practical safeguarding guidance to help safeguard children and young people in the digital age. It will help you understand how they communicate on the internet and through apps, how offenders may exploit this and other risks, and what parents/carers can take to prevent online abuse and exploitation. Participants will also learn different sources of support from which they/children can seek information and advice.

Date: Wednesday 20th November

Time: 10am - 1pm ★ **Price:** £30/£50 **Venue:** ★ Safety Net

★ 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 15th October ★ **Time:** 10am – 4pm

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

★ 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: Tuesday 17th September ★ Thursday 21st November ★ Tuesday 21st January 2020 **Time:** 10am – 4pm **Price:** £60 / £80 ★ **Venue:** Safety Net

★ Safeguarding: What Trustees Need to Know

This course is for anyone who is currently a trustee or thinking about becoming one. It will help you understand exactly what your responsibilities are; and explain what measures need to be put in place to assess and address safeguarding risks. We will look at safeguarding policies and procedures which reflect both the law and best practice; and help you to ensure these policies are effectively implemented and regularly reviewed.

Dates: Tuesday 24th September ★ Wednesday 5th February 2020

Time: 10am – 1pm (Sept)/6pm - 9pm (Feb 2020) ★ **Price:** £30/£50

Venue: Safety Net

Wellbeing Course Outlines

★ 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! This course is based on neuroscience, positive psychology, mindfulness and protective behaviours. Participants will learn:

- 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: Wednesday 13th November ★ Wednesday 29th January 2020

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

★ Mindfulness for Practitioners – 4 week course

Safety Net is running a 4 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 of mindfulness; 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: Wednesdays 2nd – 23rd October inclusive

Time: 6pm – 8pm ★ **Price:** £80

Venue: Safety Net

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

★ Resilience Training for Staff

On this one day course practitioners will learn to build resilience and stress management coping skills enabling them to thrive at work. The day will explore aspects of emotional resilience through the lens of positive psychology, and mindfulness reflecting current research in neuroscience.

Participants will learn to:

- have a good understanding of the emotional aspects of building resilience
- understand the physiology and neuroscience of stress and the impacts on health and behaviour
- recognise the benefits of positive psychology, mindfulness practice and protective behaviours
- have practical skills and tools to use to enhance their own resilience
- become more aware of their roles and responsibilities in relation to feeling safe at work.

Dates: Thursday 10th October ★ **Time:** 10am – 4pm ★ **Price:** £60/£80

Venue: Safety Net

★ 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. Contact us for more details.

Concerned about a child? The Front Door for Families is the first point of contact for any safeguarding and child protection concerns in Brighton and Hove. The service provides support, guidance and access to specialist targeted services for parents, carers, members of the public, young people and professionals. They can be contacted on **01273 290400** or email **FrontDoorforFamilies@brighton-hove.gcsx.gov.uk**.

If you are concerned about a child outside the Brighton and Hove area please check your local council or LSCB website for referral contacts.

★ 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 Training for Staff

– 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.

★ 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. Contact us to find out more.

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. 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.

★ Other services: organisational support

★ 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:
tel: 01273 41 49 81 or email: DBS@safety-net.org.uk.**

★ Training room hire



- ★ Fully equipped training room
- ★ Large relaxed space holding up to 20 people
- ★ Free WiFi
- ★ Free on-street parking
- ★ On-site café
- ★ Use of kitchen space
- ★ Contact us for prices



★ For more information, contact us: ★

To book, simply contact the training administrator on:
01273 420973 or email: training@safety-net.org.uk



www.safety-net.org.uk

★ T: 01273 42 09 73  @safetynetbtn  safetynetbrighton

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