



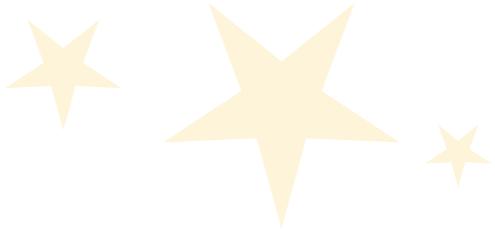
★ Spring/Summer 2020 Training & Support

Essential training for a safer organisation



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

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.

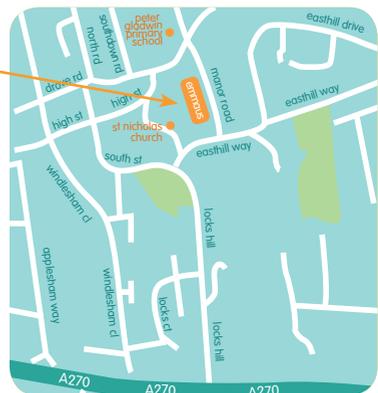
★ Contents:

Course Dates & How To Find Us.....	page 2 & 3
Safeguarding Course Outlines.....	page 5
Wellbeing Course Outlines.....	page 7
Safeguarding Surgeries.....	page 8
Safety Net in Schools and Nurseries.....	page 9
Bespoke Training	page 10
Refunds & Cancellations.....	page 10
DBS Service.....	page 11
Training Room Hire.....	page 12

**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.



★ Spring/Summer 2020 Course Dates

Safeguarding Courses	Dates	Page
Effective Supervision of Staff – Safeguarding	Tuesday 10th March 2020, 10am – 4pm	5
Introduction to Safeguarding and Child Protection	Tuesday 17th March 2020, 10am – 1pm Thursday 14th May 2020, 10am – 1pm Tuesday 14th July 2020, 10am – 1pm	5
Protective Behaviours Basic Training & Putting Protective Behaviours into Practice	Tuesday 19th May 2020, 10am – 4pm	5
Safeguarding Lead	Tuesday 21st January 2020, 10am – 4pm Tuesday 25th February 2020, 10am – 4pm Thursday 23rd April 2020, 10am – 4pm Tuesday 23rd June 2020, 10am – 4pm	6
Safeguarding: What Trustees Need to Know	Wednesday 5th February 2020, 6pm – 9pm Tuesday 9th June 2020, 10am – 1pm	6
Wellbeing Courses	Dates	Page
Building Emotional Resilience in Children, Young People and Families	Wednesday 29th January 2020, 10am – 4pm Thursday 11th June 2020, 10am – 4pm	7
Mindfulness – A Four Week Course	Mondays 3rd February – 24th February 2020 inclusive, 6pm - 8pm	7
Mindfulness Four Week Course Part 2	Wednesdays 6th May – 27th May 2020 inclusive, 6pm – 8pm	7
Resilience Training for Staff	Thursday 2nd April 2020, 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!

.....

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 or senior members of staff who, as part of their role, have responsibility for both supervision of staff and safeguarding children. This whole day programme is designed to support effective supervision to promote safe practice in a children's service or organisation, in line with the organisation's supervision policy. There will be opportunities to build on existing skills and deepen understanding alongside participants from other professional backgrounds.

Date: Tues 10th March ★ **Time:** 10am - 4pm ★ **Price:** £60/£80

Venue: Safety Net

★ **Introduction to Safeguarding and Child Protection Training**

This course is for those who have contact with children or young people as part of a small community project/group. This course is an introduction to safeguarding and child protection issues. Participants will gain a basic understanding of their role in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse.

Dates: Tue 17th March ★ Thur 14th May ★ Tue 14th July

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

★ **Protective Behaviours – Basic Training and Putting Protective Behaviours into Practice**

This course is for anyone who works with children and young people including those in health, education and social services, early years' childcare, and community or voluntary groups. 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. You will receive **FREE one-to-one Guide** for Practitioners for working with children and families, plus **FREE online activity sheet resources**.

Date: Tue 19th May ★ **Time:** 10am-4pm ★ **Price:** £30/£50 ★ **Venue:** Safety Net

★ Safeguarding Lead Training

This course is for those acting as Safeguarding Lead in their organisation or setting. Some prior knowledge of safeguarding is essential. If you do not have this we would recommend attending our Introduction to Safeguarding and Child Protection course first.

The course covers safeguarding issues relating to all age groups up to 18 years. We look at your role as Designated Safeguarding Lead in establishing a safe environment and safe working practices in protecting children and young people from harm and abuse.

Dates: Tues 21st January ★ Tues 25th February ★ Thurs 23rd April ★ Tues 23rd June ★ **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, and who is responsible for safeguarding children and young people. Before attending this training it is essential you have a basic understanding of safeguarding. If not, we recommend you attend our Introduction to Safeguarding and Child Protection half day training course.

- Understand exactly what your responsibilities are
- Know what measures need to be put in place to assess and address safeguarding risks
- Review safeguarding policies and procedures which reflect both the law and best practice
- Ensure these policies are effectively implemented and regularly reviewed.

Dates: Wednesday 5th February
Tuesday 9th June

Time: 6pm – 9pm (Feb) / 10am – 1pm (June)

Price: £30/£50 **Venue:** Safety Net



Wellbeing Course Outlines

★ Building Emotional Resilience in Children, Young People & Families

This course is for anyone who works with children and young people including teaching staff, learning mentors, early years' workers, and any one working in a community or voluntary group. The course reviews the essential elements of resilience and focuses on aspects of emotional resilience through the lens of positive psychology and mindfulness. We look at up-to-date neuroscience and physiology of toxic stress. Practitioners will also learn and experience simple mindful tools and skills to pass on to children and young people to support their coping skills and emotional well-being.

Date: Wednesday 29th January ★ Thursday 11th June

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

.....

★ Mindfulness – A 4 Week Course

This course is for parents and anyone who works with children and young people who want to learn how to cope with stress and anxiety, boost their happiness and tap into resources of resilience and create more joy and calm in your life. This 4 week course will help you:

- Learn the skills of meditation
- Achieve balance and resilience at home and work
- Recognise, slow down or stop habitual reactions
- Respond more effectively to difficult situations
- Improve your concentration and focus
- Manage stress using breath and body awareness

This is Part 1 of the Mindfulness-Based Stress Reduction course the most evidence-based and gold standard of mindfulness teaching. It is not necessary to have practised mindfulness before for the February course. We will be running Part 2 in the Spring of 2020. In order to book a place on Part 2 you must have good experience and be practicing mindfulness.

4 Week Course: Mondays 3rd – 24th February inclusive

4 Week Course Part 2: Wednesdays 6th – 27th May inclusive

Time: 6pm – 8pm ★ **Price:** £80 ★ **Venue:** Safety Net

★ Resilience Training for Staff

This course is for anyone who works with children and young people including teaching staff, learning mentors, early years workers, and any one working in a community or voluntary group. Emotionally resilient staff will adapt easier to workplace changes, manage workloads more effectively and foster better working relationships and a healthier work/life balance. 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. Practitioners will learn the benefits of and practice mindfulness tools and skills.

Dates: Thursday 2nd April ★ **Time:** 10am – 4pm ★ **Price:** £60/£80

Venue: Safety Net

Safeguarding Surgery – Policy ★ Wednesday 26th February

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.

To book a place please email training@safety-net.org.uk or call **01273 420973**. We will be asking for a nominal charge of £10 per half hour slot.

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.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 16 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

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

