

CHUMS WORKSHOPS:

Parent Sleep Workshop (Children aged 12 and under) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

- Monday 28th February at 17:00-19:00pm

Teenage Sleep Workshop (Children aged 13+) - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

- Wednesday 2nd February at 16:00-18:00pm
- Tuesday 15th March at 16:00-18:00pm

0-5 Resiliency Workshop (Parent's only) - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

- Tuesday 18th January at 17:00-19:00pm
- Thursday 21st April at 09:30am-11:30am

Primary Resiliency Workshop (Parent workshop for children aged 6-12) – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Wednesday 2nd March at 09:30-11:30am

Secondary Resiliency Workshop (For Teens aged 13+) – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Wednesday 23rd March at 16:00-18:00pm

Anxiety Workshop (For parents of children under the age of 12) - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

- Thursday 31st March at 17:00-19:00pm

Behaviour Workshop (For parents of children under the age of 8) - The workshop will cover the following topics; Emotional development in children, emotional regulation, common behaviour difficulties and strategies to promote positive behaviours.

- Wednesday 27th April at 09:30am-11:30am

Please note: that there is a deadline for registering for these workshops which is a week before the workshop date. If we do not receive the family's registration form by a week before the workshop then the family will not be added to the register. We are willing to make exceptions for families who wish to attend the 0-5 resiliency workshop next Tuesday but they **must** return their registration form by the end of this week.

CHUMS Psychoeducation Workshop Registration Form

Please answer all the questions below and clearly state which workshop you would like to attend (e.g. 0-5 resiliency, primary resiliency, secondary resiliency, parent sleep workshop, teenage sleep workshop etc). After you have completed the form, please return it to fwteam@chums.uk.com. Before completing the form, **please read the following information:**

- To be accepted onto a workshop, your child must be registered to a GP surgery in Central Bedfordshire, Bedford Borough or Luton.
- The workshops are designed as a starting point for families who have not previously accessed support from mental health services and are suited for children with low level difficulties.
- If you are concerned that your child's problem is causing a moderate/severe impact on their life, then these series of workshops are unlikely to address your concerns and we would recommend making a CHUMS/CAMHS referral on our website; <http://chums.uk.com/bedfordshire-and-luton-referral-forms/>.
- Equally these workshops will not address queries or difficulties in relation to risky behaviour (e.g., self-harm, suicide ideation).
- Please note, all workshops are one off and your child will be discharged afterwards, with no further contact scheduled.

Child's First Name	
Child's Surname	
Child's DOB (DD/MM/YYYY)	
Gender	
Parent/ Carer Name and Relationship	
Email Address	
Telephone NO.	
Home Address	
GP Surgery	
Ethnic Origin	

Nationality	
Main Language (Also, if not English do you require a translator?)	
Current School	
Does your child have any disabilities or physical restrictions?	YES/NO If yes, list here:
Does your child have any long-term conditions? (E.g., asthma, eczema)	YES/NO If yes, list here:
Does your child have an Educational Health & Care Plan?	YES / NO
Is your child known to Early Help / Social Services?	YES / NO
If known to Social Services, is your child considered a "Looked After Child"?	YES / NO
Are you currently in the process of completing an Early Help Assessment?	YES / NO
Does your child have any diagnosed learning disabilities (e.g. dyslexia)?	YES / NO
Does your child have a formal diagnosis of ADHD?	YES / NO
Does your child have a formal diagnosis of ASD?	YES / NO
Workshop you wish to attend and date of workshop (Please state parent sleep workshop, 0-5 resiliency etc.)	