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## Summerhouse Services

'Supporting Brighter Futures'

### Practitioner Training One Day Workshop Saltash Venue



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## 'Eating Difficulties, Children & Young People'

**Thursday 21st October**

**10.00 - 3.30**

**£56.00 pp** (Usually £70.00)

**Lunch Provided !**

**Venue - Saltash Social Club . The Mansion . Fore Street . Saltash . PL12 6JL**

This holistic workshop offers the opportunity to gain empathy and insights into the spectrum of eating disordered behaviour, from a young person's perspective. 'Look beneath the surface' of this emotive issue and develop your awareness and acceptance and learn safe and effective ways with which you might support children and young people with these issues.

Explore 'messy' ways of supporting learning to help children and young people who may be experiencing eating difficulty. 'Hunting for monsters and gremlins', discovering the 'paradise chicken' and 'passing the pizza' towards better self image, are but a few of the activities that you will have the opportunity to participate in, to gain insight into what helps and what hinders when supporting children and young people with eating difficulty.

**Note:** While this workshop may feel particularly challenging for some to access, we make every effort to offer a sensitive, supportive, accepting and relaxed approach. It may be relevant for you to be aware that your facilitator for the day has had their own lived experience of a serious and entrenched eating disorder in their earlier life and is a highly experienced therapist in the field of eating disorders. If you have any concerns before the day, please do not hesitate to contact Penny for a chat.

This workshop has been designed in response to identified need from C&YP practitioners and offers the opportunity to address areas that fall within the Healthy School, Safeguarding, SEND and Whole School Approaches among others.

**NEW ! - Free 1 hour virtual follow up group session to develop reflective and insightful practice and address any queries. (date tailored to majority availability)**

### Outcomes

- Discuss and explore what constitutes an eating disorder from a Humanistic perspective.
- Develop insights to establish the link between a child and young person's eating problem and their emotional, mental, spiritual and environmental world.
- Understand the relationship between eating difficulties and difficulty with learning and behaviour.
- Argue the risks of making assumptions regarding children, young people and eating behaviour.
- Discover the relationship between body image, nurture, eating behaviour and self esteem.
- Acquire creative and safe responding, support and learning strategies to help a child or young person with an eating problem.
- Understand how to help children and young people with eating problems build resilience and self esteem
- Employ safe and ethical guidelines for establishing levels of risk.
- Acquire relevant local and national signposting and support service awareness.

## Some Feedback From Previous Workshops

*'Fantastic ! Highly professional and very enjoyable; thank you !'*

*'Really interactive, friendly and inclusive; it has really developed my insight and understanding of the issue.'*

*'I loved the friendly, chilled but professional approach. It has helped me feel more confident supporting others.'*

*'As a parent I find this very hard to talk about. Thank you for making it easy, informative and enjoyable.'*

*'Great tutor, inspiring, fun, enthusiastic and reassuring; kept me on task, thanks.'*

*'As a newcomer to this subject it has been invaluable in helping me develop my understanding. Thank you.'*

*'Surprisingly enjoyable and very informative, Definitely recommend. A++!'*

## Booking Details

**Cost - £56.00**

**(£4 Lunch Voucher & all other refreshments included)**

**Venue - Saltash Social Club - The Mansion . Fore Street . Saltash . Cornwall . PL12 6JL**

**(Free Parking On Site)**

For bookings or enquiries please contact Penny on any of the details below. You can also follow this link to the online booking form <https://summer-house.org/workshop-booking-form> . Invoices for the balance can be sent to you, or please make cheques payable to **'Summerhouse Services'**

**NOTE:** If you would like this workshop delivered to groups at your school or agency, the cost per group per workshop is £850.00 for a group of up to 16.

Virtual delivery options are available subject to a conversation about requirements.

## Contact Details

(Please note this is not the venue address)

**Penny Logsdail**

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**F. <https://www.facebook.com/supportingbrighterfutures>**

## A Note On COVID-19

**To keep our training and support environments safe and comfortable, we continue to adopt social distancing where possible of at least 1 metre. Please wear a face covering, unless exempt, until you are in the training room and please sanitise and wash hands regularly. All staff delivering the workshop will take a Covid test the evening before delivery and we would encourage you to do the same to facilitate group and individual responsibility. Thank You.**

**PLEASE DO NOT ATTEND IF YOU HAVE ANY COVID RELATED SYMPTOMS.**

**A full refund will be issued or the opportunity to hop onto another workshop date.**