

## **Safeguarding Partnerships Spring 2022 Bitesize workshops:**

The Local Safeguarding Children Partnerships and Safeguarding Adults Partnerships are pleased to offer three bitesize workshops, open to all practitioners working with adults and children working across Hammersmith & Fulham, Kensington and Chelsea and Westminster.

The workshops are free to attend but fees may apply for no shows or late cancellations as place are limited.

Please use the Eventbrite links below to book your place.

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### **Understanding Resilience and Enhancing Well-being workshops (2 hours – via Zoom)**

**Delivered by:** Diane Laird - Independent Consultant

#### **Learning Outcomes:**

Drawing on the latest research on the science of resilience and wellbeing, this interactive two hour online session will enhance workers sense of competence and control. Participants will consider:

- The role of the brain in triggering strong emotions
- How to recognise and tame your 'inner chimp'
- Explore strategies to reduce self-criticism and manage feelings of overwhelm
- Utilise emotions to regain control and enhance wellbeing

#### **Dates:**

- Tuesday 08<sup>th</sup> March - 2pm – 4pm **or**
- Monday 21<sup>st</sup> March - 2pm – 4pm **or**
- Tuesday 29<sup>th</sup> March – 10am – 12pm

**To book:** please click Eventbrite link below:

<https://www.eventbrite.co.uk/e/understanding-resilience-enhancing-well-being-tickets-287841831667>

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## **Domestic Abuse and Coercive Control workshops (2.5 hours- online via MS Teams)**

**Delivered by:** Standing Together

### **Learning Outcomes:**

- Identify and understand tactics of domestic abuse and coercive control
- Recognise indicators of domestic abuse in survivors and children
- Consider Appropriate Multi-agency response
- Identify and utilise referral pathways

### **Dates:**

- Monday 21<sup>st</sup> March 2022                      9.30am – 12.00pm **or**
- Wednesday 23<sup>rd</sup> March 2022              9.30am – 12.00pm **or**
- Tuesday 29<sup>th</sup> March 2022                  2pm – 4.30pm **or**
- X1 additional date TBC

**To book:** please click use Eventbrite link below:

<https://www.eventbrite.co.uk/e/domestic-abuse-and-coercive-control-bitesize-workshop-tickets-274725881507>

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## **Think Family Workshops (2 hours – via MS Teams)**

**Delivered by:** Janet Edwards – Independent Consultant

### **Learning Outcomes:**

By the end of this workshop course participants will:

- Understand the think family approach and definitions.
- How to incorporate think family into practice using case scenario.
- Use strategies and tools to support a think family approach.
- Know the roles and responsibilities of the multi-agency network.
- Importance of professional curiosity and think family.

### **Dates:**

- Friday 18<sup>th</sup> March 2022 - 10am – 12pm **or**
- Tuesday 22<sup>nd</sup> March 2022 – 1pm – 3pm **or**
- Friday 08<sup>th</sup> April 2022 – 10am – 12pm

**To book:** please click on Eventbrite link below:

<https://www.eventbrite.co.uk/e/think-family-workshop-tickets-275560257147>



**North West London**  
Clinical Commissioning Group