



TALK Centre

Presentation – 2023

Visit Our Website
www.talkcentre.org



TALK Centre

The TALK Centre provides the children and young people's mental health and wellness workforce in Norfolk and Waveney with a hub offering access to training, learning and knowledge resources

Any member of the CYP MH and wellness workforce in N&W can register for free on TALK, find free training, resources and academic information, as well as joining TALK's Expert panel or requesting a literature review

www.talkcentre.org



TALK Website





THE TALK CENTRE NEWS

April, 2023 / Vol 4

Welcome to the TALK Newsletter. This month we are lucky enough to be promoting the multi-agency practice week alongside the free mental health training for people working and volunteering with children and young people within the area. Both of these events have flexible bookings and/or times to fit around your busy days, so you should be able to find a time to suit your schedule.

In addition, this month, TALK are offering another chance to learn about the iThrive system at a National level. Join us for a 30 minute introductory training on 4th May at 1pm, looking at what it is and what tools are available to help you support young people. [Click below to find out more and book your place.](#) Over the next month we will be publishing a video explainer on the TALK website, so you can find out more at a time to suit you.

As always, make sure you are logged into your TALK account to access any of the links in the newsletter directly. [Click below to sign in or register for TALK.](#)

Supporting you to support others



Norfolk Multi-agency Practice Week Monday 22nd - Friday 26th May 2023

We are very pleased to be sharing the May 2023 Norfolk Multi-agency Practice Week brochure with you. The week's title is 'Helping Minds Flourish' and is all about emotional wellbeing and mental health.

There's a fantastic week of different 'drop in' learning opportunities available.

The programme has been designed to ensure there is something of interest for everyone.

All sessions are held online and are free to attend. Our headline conference on Wednesday afternoon (24th May) needs to be booked in advance and you'll find the link in the brochure. With such a full week, we do hope you will be able to get

to some of your preferred events, if you do miss any, the resources from each will be shared on the NSCP website afterwards. (The November 2022 Practice Week resources can be found here)

The wonderful thing about Norfolk Practice Weeks is that we all get to learn together and from each other's experience so that collectively we can continue to improve practice with children, young people and families.

[Click below to go to TALK to download the brochure](#)

[Click below to go to the direct link on the Norfolk Safeguarding Children's Partnership](#)

THE TALK CENTRE NEWS

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Healthy Child Programme Engagement Event - join in to share your knowledge, opinions and views on the service

The Public Health Children and Young People (CYP) team, commission the Healthy Child Programme, who deliver advice, guidance and support to young people and the professionals who work with them.

We are holding an engagement event on 5th May to gather knowledge, opinions and views on the current HCP service including Just One Norfolk and Just One Number, to help shape and inform it's continuous development.

To reserve your place please [click below](#).

We want to hear from people who work, engage with and support children and young people, **whether you've heard of the healthy child programme or not.**

We are looking to talk to professionals from education, health, social care, voluntary sector and police, plus any others missed!

If you feel you are able to help us, we would value your contributions.

Don't forget to book your place on the free mental health training for people working or volunteering with children and young people

Whether you're a teacher, sports coach, scout or guide leader, librarian, or you come into contact with children or young people in a professional or voluntary role, you have the power to make a positive impact on the mental health and wellbeing of the children you interact with

This Health Education England (HEE) Wider Children's Workforce Mental Health training will provide you with the knowledge and tools you need to better understand and support the mental health needs of children and young people. Mental health training for people working or volunteering with children and young people. With flexible training options, [click below to book your place](#)

Find out more and access the downloadable poster on TALK. [Click on the link below](#)

Did you miss the training on ARFID Awareness? Check out the research and recorded sessions on the TALK Website

[Click below to access the sessions](#)



TALK Newsletter



Some of the training currently found on the TALK website



ARFID Awareness Training

Increasing your understanding of ARFID, diagnostic criteria and treatment



An introduction to iThrive

This free iThrive Training will take place throughout 2023 and is the first module in the TALK Centre orientation course



NSFT Clinical Research Training Programme

Open to NSFT staff and community partners interested in learning more about research 2023



Working with CYP who self harm and/or feel suicidal

Training provided by MAP Young People's charity, for professionals working with young people.

2023

MAY

LIVE TRAINING SESSIONS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday

	1	2	3 Children's Workforce Mental Health Training_s2	4 Children's Workforce Mental Health Training_s2 iThrive Foundation Training - 1pm MIND Mental Health First Response Training.	5 MIND Mental Health First Response Training.	6
7	8	9 Children's Workforce Mental Health Training_s3 MIND Mental Health Awareness Training 9.30am	10 MIND Mental Health First Response Training.	11 MIND Mental Health First Response Training.	12 MIND Mental Health First Response Training.	13
14	15 Introduction to Qualitative Research - 9.30am	16	17 Children's Workforce Mental Health Training_s4	18 Children's Workforce Mental Health Training_s4	19 Children's Workforce Mental Health Training_s4	20
21	22 Children's Workforce Mental Health Training_s5 MIND Mental Health First Response Training.	23 Eating Disorder Clinical Network Webinar 1pm Children's Workforce Mental Health Training_s5&6 MIND Mental Health First Response Training. MAP Training	24 Children's Workforce Mental Health Training_s6	25 Children's Workforce Mental Health Training_s6	26	27
Norfolk Multi-Agency Practice Week						
28	29	30	31 Children's Workforce Mental Health Training_s7			



Mental health training for people working or volunteering with children and young people

Whether you're a teacher, sports coach, scout or guide leader, librarian, or you come into contact with children or young people in a professional or voluntary role, you have the power to make a positive impact on the mental health and wellbeing of the children you interact with.

This Health Education England (HEE) Wider Children's Workforce Mental Health training will provide you with the knowledge and tools you need to better understand and support the mental health needs of children and young people.

Flexible training options

Full day
3 x 2-hour sessions (over a maximum 3-week period)
2 x 3-hour twilight sessions

Scan me to see dates and book your FREE training



Promoting the Health Education England (HEE) Wider Children's Workforce Mental Health Training



Norfolk Multi-Agency Practice Week

Flourish

Norfolk Multi-agency Practice Week

Monday 22 to Friday 26 May 2023

Helping Minds Flourish:
Considering different aspects of mental health and wellbeing



Helping minds flourish. Considering different aspects of mental health and wellbeing

[Read more](#) →

Eating Disorder Clinical Network Webinars



Webinar Programme Spring/Summer 2023 for the Eating Disorder Clinical Network

[Read more](#) →

Better Sleep



Find out more about sleep and access resources, in partnership with the Better Sleep Programme at NSFT

[Read more](#) →

Elearning for Healthcare



Try the new learning resources from Health Education England

[Read more](#) →

ARFID training and resource videos



Watch videos and download resources for ARFID Awareness in different settings

[Read more](#) →

Training for people working or volunteering in mental health



Workshops to support the learning and development of the mental health workforce.

[Read more](#) →

i-THRIVE Foundation Training

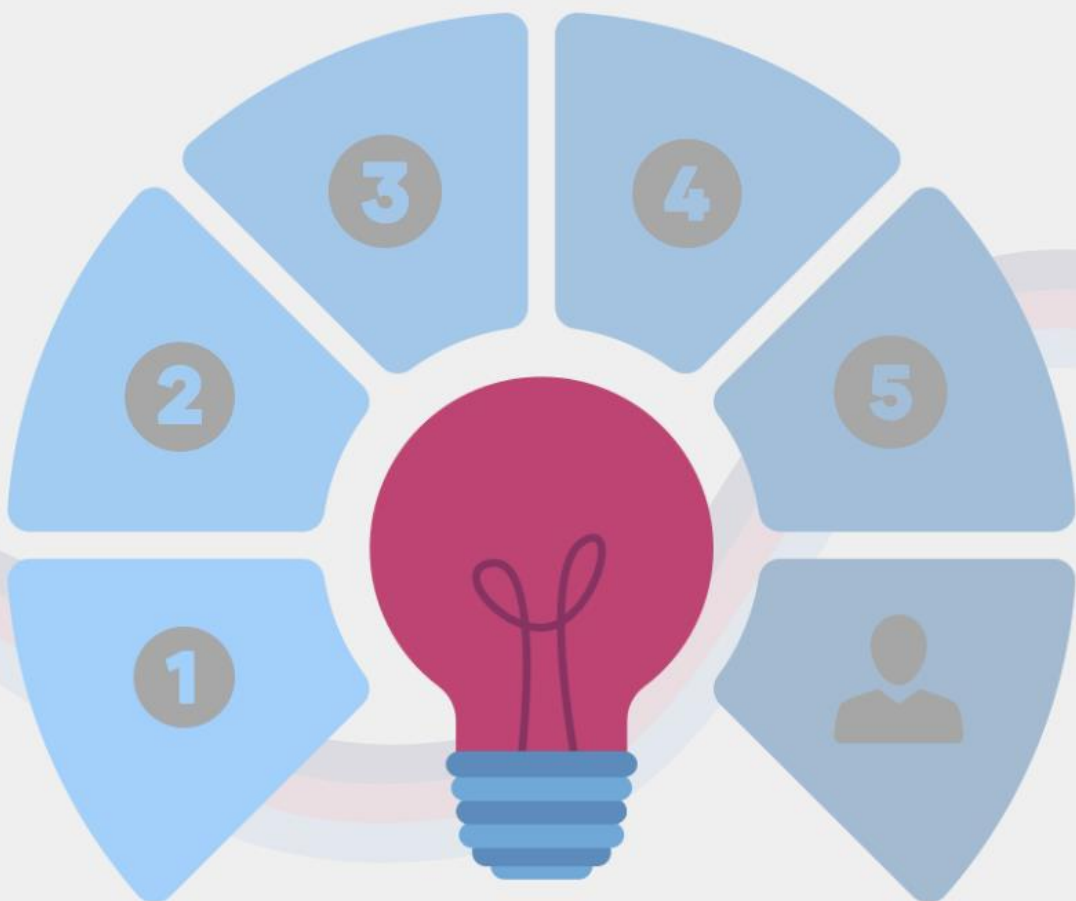


This free iThrive Training will take place throughout 2023 and is the first module in the TALK Centre orientation course

[Read more](#) →

TALK

Sample of the learning areas on TALK



1

CYP Mental Health Act Reform Update

Regular updates on progress on the updated bill, as well as development of future training in the area

2

CAMHS Competencies Framework

The competencies framework for Children and Adolescent Mental Health Services (CAMHS) describes the various activities which need to be performed to provide gold standard clinical work.

3

ARFID Awareness

Find out more about avoidant restrictive food intake disorder (ARFID) symptoms and possible treatments - by Paola Falcoski

4

The Children and Young People's Charter

Created by young people, in partnership with Youth in Mind, the Children and Young People's Charter outlines the specific ways that children and young people want mental health services to work for them

5

NICE Guidance and Evidence Review Matrix

Describes the NICE Guidelines and additional evidence on common mental health difficulties in children and young people.

What does this mean for partner organisations?



Promote your training to the wider workforce

Share your training with all members of the TALK Centre community. TALK will promote all relevant free training and will consider other types of training. TALK can also offer a booking system for your training opportunities



Share your resources on the website

Add content, downloadables, graphics or a link to your website on TALK. All work will be credited to you, but you must be willing to share your logo



Send out information on TALK Newsletter

The regular newsletter is sent to all TALK subscribers and out to the wider workforce. In addition, TALK send out special feature newsletters to promote specific days/events



Access system induction training

TALK is building a series of induction modules which will be available on the website. Modules may be live or recorded and can be used for all new members of partner organisations. The first module is an introduction to the national iThrive programme



Stay updated on local developments for CYP MH

TALK is free for all users and will be continually updated and improved. With your help, TALK can be a communication bridge that will improve the workforce and their support of CYP.

Contact Us

Please do get in touch with any ideas, comments or areas that you think we should be looking at.

Our mission is to support you to support young people, please let us know what you need



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Thank You

For your support

Visit Our Website
www.talkcentre.org

