

Exploding the myths

– children and
young people and
their mental health

A conference/workshop
event for parents,
volunteers and
professionals working
with children and
young people

14th March 2018
The Oakwood Centre
Woodley, RG5 4JZ
4 – 6pm and
repeated 7 – 9pm



Woodley's Community Youth Partnership (made up of town councillors and representatives from the voluntary sector working with young people) became concerned at the increasing levels of anxiety in children and young people being reported to youth workers and in schools. Out of this concern came the decision to hold a conference/workshop event to help parents and professionals to spot signs of anxiety in our youngsters and to have more information about local support and organisations that can help at an early stage.

Exploding the myths



We will be running two events on 14 March, from 4 – 6pm and then again from 7 - 9pm.
Please arrive 10 minutes before the event start time, if possible.

Conference/workshops

Event 1	Event 2	
4pm	7pm	Welcome from Cllr Richard Dolinski
		Short presentations from keynote speakers:
		Dr Alice Farrington, Clinical Psychologist – Berks CAMHS Anxiety and Depression Pathway – The role of Child and Adolescent Mental Health Services
		Mr Matt Bevan – Head of Inclusion and Pastoral Care, Highwood School
		Dr Helen Warwick and Dr Julia Thilo, Parkside Practice
		Mr Paul Cassidy – Coordinator, ARC Counselling Service
		Ms Naomi Milligan, Stable Manager – Just Around the Corner (JAC) and ARC are exploring new therapy sessions for young people using horses, small animals and an outdoor experience
4.40pm - 5pm	7.40pm - 8pm	Opportunity to view displays and speak to representatives from a variety of organisations.
5pm	8pm	Workshops (with tea/coffee available) Attendees choose one from the following:
		A How Child and Adolescent Mental Health Services in Berkshire are organised and a brief understanding of common mental health difficulties and possible strategies that might help overcome them – Dr Alice Farrington, Clinical Psychologist
		B The support and provision available in many schools for children experiencing early signs of mental health concerns – Mr Matt Bevan
		C ARC – Anxiety Workshop – Living with a young person suffering from anxiety, panic and stress? Learn to give the support your child needs; help them take control – led by counsellors from ARC
		D Exploring the role of a GP in relation to mental health in children and young people. Looking at factors making things worse, positive actions that help and how to get through when the services provided are limited – Dr Helen Warwick and Dr Julia Thilo
5.45pm	8.45pm	Roundup of event by Cllr Richard Dolinski
6pm	9pm	Close
Both events are free of charge – places are limited to 100 per event.		
Attendees are required to pre-register and give a preference of workshop To pre-register visit https://explodingthemyths.eventbrite.co.uk For queries about the events contact: events@woodley.gov.uk		

Displays, information and support from groups and organisations working with children and young people available during and after both conference/workshop events.