

BARNARDOS SCOTLAND: SPACES FOR EDUCATION STAFF WELLBEING

Barnardo's Scotland will be offering a workshop programme for school staff who wish to develop 'Spaces for Wellbeing' which will support the mental health and wellbeing of staff. The workshops will include co-production methods and build capacity with education staff.

An initial focus group will explore what conditions enable whole school wellbeing. The ideas generated through this process will then be used to develop a further series of workshops, one in each of the Regional Improvement Collaborative areas.

These will include:

- Support to develop an action plan capturing how they intend to develop and implement Spaces for Wellbeing in their context.
- Ongoing consultation to implement their plan.
- Access to Barnardo's Education Hub for resources.

This programme will be blended with some online content alongside practical activities and recommended reading.

The work will take place through a four stage process;

STAGE 1: RESEARCH

This online workshop is part of a scoping exercise to try to identify the factors that contribute to education staff well-being.

Participants will be asked to share their experience and to reflect on what we can learn from existing good practice. The group will be asked to consider the whole school system and potential systemic change as well as individual supports & self-care strategies.

The workshop will run twice with 16 places available on each workshop to allow for every Local Authority to nominate a participant. Booking closes on the 16th November and any remaining places will be offered on a first come basis.

The 90 minute workshop will be hosted on Zoom to allow for small group breakouts and the use of interactive tools.

Dates: November 25th 2020 4.30 -6.00pm or November 26th 2020 4.30 -6.00pm

To book a place click [here](#).

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STAGE 2: REFLECT

The information gathered at the initial workshop will be collated with additional contributions we have gathered from individual interviews, wider stakeholder conversations and surveys with educational staff and others who work in the school communities. The scoping exercise will also include desk research of relevant websites and resource recommendations.

Feedback workshop: Participants in the scoping exercise will be invited to a second on-line workshop that will present the findings and ask the participants to consider how their Regional Improvement Group might prioritise their next steps towards supporting staff well-being in schools.

Dates: December 9th 2020 4.30 -6.00pm **or** Dec 10th 2020 4.30 -6.00pm

Booking details will be sent following the initial focus group.

STAGE 3: REFINE

Each RIC group will then be offered an online workshop of 90 mins to further explore the themes identified and to consider what resources are needed to support schools.

Barnardo's will then offer up to three additional workshops to support these developments.

Provisional Timescale Jan- April 2021

STAGE 4: RESOURCE

The information from the 6 RIC workshops will be collated and shared across all participating groups. Our Barnardo's Education Hub team will identify on-line information and resources to support education staff who wish to progress a school well-being action plan. There will be opportunity for the RIC's to request information and resources on wellbeing topics through the Hub and become involved in thematic communities of practice.

Provisional timescale March- June 2021

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