



## WELLBEING FOR EDUCATION RETURN: RESOURCES FOR EDUCATION STAFF INFORMATION SHEET AND FREQUENTLY ASKED QUESTIONS

### What is 'Every interaction matters'?

- '[Every interaction matters](#)' is a short, pre-recorded webinar for school and further education staff. It sits alongside this document and contains 20 slides, each with audio commentary. If used in an all-staff session, the webinar should take about 45-60 minutes to complete, including the suggested activity.
- Participation is voluntary and you can access the content whenever and however you wish to. It is intended to support you in promoting wellbeing, resilience and mental health, building on your existing skills, qualities and role. It introduces a straightforward framework for engaging pupils and students, your colleagues and yourselves and parents and carers - 'Look, Listen, Link'.
- 'Look, Listen, Link' comes from Psychological First Aid training on helping people during and after potentially traumatic or stressful incidents. As such, it may prove helpful in the context of the coronavirus pandemic.

### Who is this webinar for?

- This webinar is an all-staff resource for schools and further education providers. This includes teachers, tutors, heads of year, learning mentors and teaching assistants, security staff, administrative staff, sports coaches and lunchtime assistants, as well as Senior Leadership Teams and governors.
- It is intended as a supportive resource for education staff who do not have access to Local Authority-led Wellbeing for Education Return training and support (which may have been incorporated into existing local programmes or re-branded).
- It can also be used by Local Authority leads or education staff to supplement existing Wellbeing for Education Return and other provision in your school or further education provider.
- If you have already had similar training, this webinar may not be suitable for you. Alternatively, you may find it provides a useful 'refresher' during this time.

### How can I use it?

- Education leaders or leads – such as Senior Leadership Teams, wellbeing and pastoral leads, senior mental health leads, safeguarding leads or SENCos – can use this webinar to facilitate a staff meeting or INSET session on wellbeing and mental health.
- Education staff can also read or listen to the webinar on their own.
- To access the webinar, click on this [link](#), press 'play', then 'continue' and the webinar will download to your device. You can then save it as a PowerPoint file.
- The audio recording is embedded on the bottom right-hand side of each slide. To play it, hover and click your mouse over the 'speaker' sign. To adjust the volume, hover and click your mouse over the 'volume control' sign. If you click on the slide again, the audio will stop and you will need to replay it.
- A transcript of the audio recording is also provided in the notes section of each slide, should you prefer to read through this content instead.

## FREQUENTLY ASKED QUESTIONS

### What is Wellbeing for Education Return?

- [Wellbeing for Education Return](#) is an £8million package of training and resources intended to support education staff to promote the mental wellbeing of children and young people, their colleagues, themselves and parents and carers during the pandemic. It includes:
  - a nationally developed training package for local experts to adapt and deliver to schools and further education providers
  - funding for Local Authorities to secure these local experts to provide the training and ongoing support until March 2021
  - a recorded webinar for education providers and staff who do not have access to a local offer, or which can be used to supplement local provision.
- Our aim is to help all schools and further education providers to provide wellbeing and mental health support for children and young people, staff and parents and carers, within the scope of their existing roles and drawing on their existing life experience, skills and personal qualities. We want to help prevent the development and deterioration of mental health issues and ensure that those with pre-existing or emerging difficulties access the right support.
- The project is funded by the Department for Education and Department for Health and Social Care and has been co-developed with Health Education England, Public Health England, and NHS England and Improvement. The national content and training has been created and delivered by MindEd and the Anna Freud National Centre for Children and Families. We have produced and tested all Wellbeing for Education Return resources with a range of education staff and leaders, Local Authority leads, education unions and voluntary and community sector organisations, including an expert advisory group.

### How is Wellbeing for Education Return funding provided?

- Grant funding has been paid to every Local Authority in England to provide Wellbeing for Education Return training and support until the end of March 2021. Local Authorities have been funded according to the number of state funded schools and further education providers in their area.

### How can I access local Wellbeing for Education Return training and support?

- The majority of Local Authority areas in England are delivering Wellbeing for Education Return training and support for education staff. This is largely led by their education, children's services and public health teams. In some cases, Wellbeing for Education Return has been included as part of an existing offer and may have a different name. If you would like to know more about your local offer, we suggest your education setting lead contacts your Local Authority.

### How can I access the national Wellbeing for Education Return resources?

- We have provided a recorded webinar, 'Every interaction matters', for school and further education leads and staff in areas where the local offer has not reached all education settings and to supplement local offers. This is to provide all schools and further education providers access to core training content. The webinar is available [here](#) (press 'play' then 'continue' to download



and save it).

- The original Wellbeing for Education Return materials, which were used to train local experts but are also relevant for education staff, are more in-depth. These cover wider issues such as the impact of the pandemic, wellbeing and resilience (Webinar 1) and bereavement, loss, anxiety, stress and trauma (Webinar 2). You can access the full content [here](#) (click on 'full content' then 'play' on the top two slide packs). Hyperlinked contents are on slide 3 in both packs so you can access information quickly. The Department for Education has also signposted to free wellbeing and mental health information and resources for education staff, children and young people and parents and carers [here](#).
- All of these resources are intended to supplement locally adapted Wellbeing for Education Return training, support and signposting. You are free to use any or all of these resources as you wish to.

### **Which education settings are eligible for this offer?**

- Local Authorities have been funded according to the number of state-funded schools and further education providers in their area. The training is aimed at education settings for pupils and students aged 5-19 - including academies, special schools, pupil referral units and alternative provision - in the first instance.

### **Why is this training for schools and further education providers being delivered through Local Authorities?**

- We know that support for children and young people varies between areas and that responses are most effective when locally determined, reflecting local needs, contexts and networks. The government has provided grant funding to help Local Authorities to support their communities in a way that aligns with and complements existing local provision.

### **Why is this training and funding being directed at education staff and not invested in NHS services or mental health charities?**

- Education staff play a key role in supporting the wellbeing and mental health of their pupils and students. Wellbeing for Education Return is a prevention and early intervention offer intended to help education staff support build their own, children and young people's, and parents' and carers' mental wellbeing within the scope of their existing roles. Whilst we appreciate the pressures education staff are facing, we also know they continue to ask for support on these issues. This training is not mandatory and is specifically tailored to the capacity and needs of education staff.
- This work also sits alongside new NHS urgent access helplines for all ages, the ongoing expansion of NHS Children's and Young People's Mental Health Services (previously known as CAMHS) and £9million provided to mental health charities to expand their services throughout the pandemic.

### **Where can I go if I need any further information?**

- You can email [Wellbeing.EducationReturn@education.gov.uk](mailto:Wellbeing.EducationReturn@education.gov.uk).