

# CHUMS WORKSHOP 1:1 OFFER IN BEDFORDSHIRE & LUTON



WORKSHOP	AGE	WORKSHOP DETAILS	REFERRAL DETAILS
<b>Emotional Wellbeing Service</b>			
<b>Bereavement Workshops</b>	<b>Under 8's</b>	Two adult-only workshops to support parent / carers with children under 8 who are too young to access virtual support. The group provides psychoeducation about children and how they grieve, with advice and guidance along with age appropriate resources.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>
<b>Bereavement Workshops</b>	<b>8 - 12</b>	Young People and Parent / Carer Workshops support children and young people and their parent/carers in a variety of ways, when someone close to them has died. Includes psychoeducation about grief, advice and information and parent support.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>
<b>Bereavement 1:1 Intervention</b>	<b>8 - 18</b>	CHUMS Bereavement offers children / young people 1:1 support in a variety of creative ways when someone close to them has died. This includes advice and information for the parent/carer if required.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>
<b>EWS 1:1</b>	<b>5 - 18</b>	Offer 1:1 support for mild to moderate mental health difficulties through short term interventions. Presenting issues include anxiety, low mood, emerging self-harm and bereavement.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>

## Family Wellbeing Team

### Getting Support Group / Workshops

<p><b>Anxiety 8 - 12 Group</b></p>	<p><b>8 - 12</b></p>	<p>Parent and children both attend the group. 4 x group sessions which are 2 hours long and delivered fortnightly. There is a check-in call after session 1 and a follow-up call after session 4.</p>	<p>CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a></p>
<p><b>Self Esteem Group</b></p>	<p><b>Teenagers</b></p>	<p>Aimed at teenagers, but there is scope for a younger age self-esteem group. Focuses on guided self-help CBT techniques applied to confidence and self-esteem issues. Variation on the 8-12 anxiety group aimed at teenagers. 4 x group Sessions which are 2 hours long and delivered fortnightly. There is a check-in call after session 1 and a follow-up call after session 4.</p>	<p>Email <a href="mailto:fwteam@chums.uk.com">fwteam@chums.uk.com</a></p>
<p><b>Anxiety Workshop</b></p>	<p><b>For parents of children under the age of 8</b></p>	<p>One-off session for parents of children under the age of 8 who struggle with anxiety, for the parent to learn some parenting techniques to help manage their child's anxieties. Focus of workshop is on emotional regulation and anxiety management strategies and techniques.</p>	<p>CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a></p>
<p><b>Behaviour Workshop</b></p>	<p><b>For parents of children under the age of 8</b></p>	<p>One-off session for parents of children under the age of 8 who struggle with difficult behaviours. Focus of workshop is on emotional regulations and working on parenting techniques to help promote positive behaviour in their child.</p>	<p>CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a></p>

## Getting Advice Workshops

<b>Transition Workshop</b>	<b>Parent workshop for Under 12's</b>	Available during summer holidays. One-off psychoeducation workshop that provides anxiety/behavioural strategies based on guided self-help to help children with transition to new school / reintegration back to school. Available to all ages	Email <a href="mailto:fwteam@chums.uk.com">fwteam@chums.uk.com</a>
<b>Resiliency Workshop</b>	<b>0 - 5</b>	Focuses on healthy relationships/attachments; emotional regulation; basic anxiety / behavioural strategies	Email <a href="mailto:fwteam@chums.uk.com">fwteam@chums.uk.com</a>
<b>Resiliency Workshop</b>	<b>6-12</b>	Explains difference between mental health / mental illness, emotional regulation; basic psychoeducation on anxiety and low mood, basic relaxation techniques	Email <a href="mailto:fwteam@chums.uk.com">fwteam@chums.uk.com</a>
<b>Resiliency Workshop</b>	<b>3 workshops available – Building resiliency in the early years (0-5); Primary resiliency.  All one-off workshops</b>	Primary/secondary – difference between mental health / mental illness, emotional regulation; basic psychoeducation on anxiety and low mood, basic relaxation techniques	Email <a href="mailto:fwteam@chums.uk.com">fwteam@chums.uk.com</a>
<b>Sleep Workshop</b>	<b>Parent-only for children 12 and under  Teen group for 13+</b>	One off psychoeducation workshop that covers why sleep is important, what is 'good' sleep, and to help you to understand possible causes of settling to sleep & night waking issues. Also learning strategies to overcome sleep difficulties.	Email <a href="mailto:fwteam@chums.uk.com">fwteam@chums.uk.com</a>

## 1:1 Support using evidence-based Guided Self Help

<b>Parent Anxiety</b>	<b>Aged 11 &amp; under</b>	This intervention uses the intervention manual “Helping your child with fears and worries” by Cathy Creswell and Lucy Willetts. The aim of this intervention is to provide parents with anxiety management strategies to support their child with their anxieties. Up to 8 sessions	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>
<b>Parent Behaviour</b>	<b>Aged 7 &amp; under</b>	This is a parenting intervention to provide strategies and techniques designed to promote positive behaviour in your children. Up to 7 sessions.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>
<b>Adolescent Anxiety</b>	<b>12+</b>	This intervention uses Guided Self Help to provide the teenager with anxiety management techniques and strategies to help manage difficulties with anxiety.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>
<b>Adolescent Low Mood</b>	<b>13+</b>	This intervention uses Behavioural Activation to help provide strategies and techniques to help with teenage low mood.	CHUMS REFERRAL <a href="http://chums.uk.com/">http://chums.uk.com/</a>