

More than Just a Coffee Morning



With Volunteer, Founder of the CTS, Tracy Chadwick
& Guest Speaker - Dr Claire Stubbs

For families of children struggling with anxiety...

Welcome to our popular monthly Coffee Morning, a place for a chat and a rant. Our volunteers are on hand to help you and provide advice, but you will also be surrounded by like-minded parents and carers who 'get' you. We are delighted to welcome Guest Speaker Dr Claire Stubbs this month – who will be on hand to answer any questions about the types of therapies available to children that struggle with anxiety.

We have asked for a donation of £1, that will go towards the

[Siblings Under Stress Fundraiser](#).

If you'd like coffee/tea/soft drinks or any of the delicious delights on offer - then you will need to pay the venue directly.

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#Childfriendly

"I attended my first CTS coffee morning this week and it was so nice being in a space where I felt comfortable enough to share.

The morning was led by Tracy and she did it in such a way that it felt really relaxed, it felt like we, as parents, could talk and be heard rather than just being talked at. I felt we were able to be quite open with each other about our experiences and also able to ask questions without being judged.

It was refreshing to be in a group with a professional leading the discussion but not making you feel like they are the professional/expert and you are not, I felt everyone was taken at face value and any contribution made to the group was valid, including myself/my own.

I really enjoyed it and came away feeling so much more positive. I'll definitely be attending more coffee mornings and events."

2nd March, 9.30am – 11.30am, The Art House, Eastbourne

Book: <http://childtherapyservicecic.eventbrite.com/>



Dealing with Bullying – Physically and Mentally



Trainer: Daniel Barfoot, Teacher – Counsellor – Martial Arts Coach

Bullying is extremely painful for children and heart-breaking for families. So, let's look at how it can be stopped!



Learning Outcomes:

- Understand the effects, severity, dynamics and motives of bullying
- Recognising and early bullying behaviour
- Learn new effective strategies for controlling and combating bullying
- Understanding the power of self-confidence how to recognise and respond effectively to early bullying behaviour
- How to create bully-free mindsets and communities in classrooms and groups
- Training and growing together to foster a constructive, growth mind-set within the individual and the group

“Absolutely amazing guy spent some time with my son helping with extra lessons he needed to up his school levels my son has additional needs and it can be hard to get him to concentrate dan sat listened to us and what we needed help with and worked around my son and made learning fun and adapted the work to things my son enjoyed and helped us greatly highly recommend”

“Dan and up-grade training has worked with my students over a long period . Allowing the children to flourish in creativity, artistry , innovation and personal expression . A fun and friendly approach that I would highly recommend”



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2nd March, 6pm – 8pm, Lansdowne Hotel, Eastbourne
Book: <http://childtherapyservicecic.eventbrite.com/>

Understanding SEN Provision in Schools



Trainer: Tracy Chadwick, Founder of the Child Therapy Service

Expert Talks

delivered by specialists

The East Sussex SEN Matrix, provides a shared understanding for schools, the Local Authority, parents/carers, and services such as Health and Social Care, about how to identify the Special Educational Needs of children and young people.

But what does it look like and how can it be used to support the child, both at home and with the school to create an additional needs plan?

Learning Outcomes:



- What is the SEN Matrix?
- How can this matrix help me to understand my child's education needs?
- What information will it provide?
- How can this information be used to support my child at home and at school?
- Understanding what an effective additional needs plan looks like
- How to measure progress from this plan

"It [Different behaviour at home & school] was both informative and of real value to talk about such an important issue for many children and their families.

I look forward to using your resources in my school/work settings."

"I attended the workshop for anxious children. As a parent and counselling student I found it to be very informative, well prepared and very sensitive in addressing the presenting problems. I look forward to the up coming future sessions. I would highly recommend this service.
Thank you xx"

Sponsored by Best Western, Lansdowne Hotel

5th March, 6pm – 8pm, Lansdowne Hotel, Eastbourne
Book: <http://childtherapyservicecic.eventbrite.com/>



Link between Gut Health & a Child's Mental Health and Well-being



Speaker: Kate Arnold, Nutrition Consultant

Learn about the importance of gut health and how what we eat can impact our child's mental health and well-being.

Learning Outcomes:



- How diet affects mental health?
- What is the gut microbiome and how does this impact our immune system and well-being?
- What kind of diet supports mental health and well-being?
- What can we do about fussy eaters?
- Do food allergies play a part in anxiety
- What's the best diet for growing children?

Over the years she has not only worked with one to one clients, but celebrities, charities and local governments

Kate covers a vast array of health problems but specialises in gastrointestinal disorders and fatigue issues. She has a special interest in the gut microbiome and its impact on all areas of health.

Kate has been the spokesperson for an award winning campaign for Dulcolax to help raise awareness of bowel issues around the UK. She is also the resident nutrition consultant for Well-being Magazine.

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16th March, 6pm – 8pm, Lansdowne Hotel, Eastbourne
Book: <http://childtherapyservicecic.eventbrite.com/>



Reaching an Unreachable Child

2-Part Event



Trainer: Daniel Barfoot, Teacher – Counsellor – Martial Arts Coach

We know the importance of physical exercise, building a child's emotional resilience and ability to form healthy relationships. But what happens when things don't go to plan?

This AMAZING 2 Part Workshop brings together all the elements you need, to help your child overcome these barriers.

Learning Outcomes:



- Strategies to engage a child in physical activities
- An understand of effects of exercise on emotional regulation
- The process of building healthy habits in children
- Strategies to motivate a child
- An understanding of how to build healthy relationships
- An understanding of how to channel an energetic child
- Strategies to focus a child's attention
- Improving a child's core strength, co-ordination
- An understanding of how to build a stronger academic resilience
- Getting the best out of a child, so that they are able to engage in their learning
- An understanding of the effect of food on a child's ability to learn

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23rd March & 20th April, 6pm – 8pm, Lansdowne Hotel, Eastbourne
Book: <http://childtherapyservicecic.eventbrite.com/>



Managing Demand Avoidance in Children

Trainer: Tracy Chadwick, Founder of the CTS



Managing a child unable to cope with any demand put on them, is very challenging and isolating. This workshop explores effective approaches used in educational settings.



Learning Outcomes:

- What is the difference between challenging behaviour and anxiety?
- Exploring individualised approaches to managing children with demand avoidance
- An awareness of how the flow of the day can impact on a child's ability to cope with their emotions.
- Exploring practical techniques to manage emotions, including; visual aids, drama, using dens, the power of play, and relaxation techniques

Sponsored by All Saints Church

“I attended a Practioner Workshop Well-being in Young children. Thank you so much for running this Training course . It was very inspiring, if we all have this knowledge and resources you delivered in such a passionate way. We would live in world with Happy and Resilient children. It will certainly make a change.”

“I attended the Demand Avoidance course last night. It was an excellent workshop and I learnt so much. Tracy is an excellent presenter, who is obviously very knowledgeable and experienced, and I felt very at ease to ask any questions I had. It was really reassuring to hear the experiences of other parents. I came away better informed and with lots of techniques to try, plus an excellent set of resources to use. Thank you very much Tracy.”



“I attended Tracy's 2 hour Anxiety workshop today which I found extremely helpful for me as a parent of an anxious child. I feel much more confident now that I will be able to help my child and move forward. I will definitely be attending more of her workshops in the future.”

25th March, 6pm – 8pm, All Saints Church, Eastbourne
Book: <http://childtherapyservicecic.eventbrite.com/>

Daytime Event!

Building Emotional Resilience & Well-being



How can we help our children build emotional well-being and resilience? This talks looks at the practical ideas of what can be put in place for your child and why it's important to address the physical and psychological aspects in their lives.

These creative ideas come from the work of outstanding education provisions across East Sussex.

Learning Outcomes:



- What does positive well-being look like?
- Why do some young children struggle their emotions?
- How do emotions impact on a child: physically, psychologically, academically and socially?
- How can we help children to build a positive well-being
- What does positive behaviour management look like and why does the 'thinking chair' not work?
- How can we help our children develop their social, emotional and mental health – to become more emotionally resilient?

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Improving
Emotional Well-being

I attended the Practitioner Workshop: Positive Well being in Young Children on Friday evening. It was a really informative and enjoyable 2 hours of information and training. It related very well to the young age group that I teach at nursery and we are hoping to implement some of the ideas into our daily practise such as yoga for nursery age children. It was thought provoking and really made me think more deeply about how we can help children, from a young age, learn to manage their own emotional well-being.

26th March, 10 – 12 noon, All Saints Church, Eastbourne

Book: <http://childtherapyservicecic.eventbrite.com/>

#Building Emotional Resilience – Monthly Support Group



Support Group for Parents, Carers and Guardians

This new and exciting monthly meet-up, provides training and on-going support throughout the month
- because we are stronger together!



Overview:

- Monthly support group is run by Tracy, who will deliver training on various aspects of emotional resilience.
- Different topic each week – on how to support their child(ren).
- An opportunity to chat with people who 'get you'
- A chance to share experiences in a safe place, without judgement
- A place to feel valued and offer ideas that actually work
- To have a few hours of 'me time' to build new friendships
- A dedicated WhatsApp group for continued support and friendship throughout the month
- Refreshments and nibbles included
- Held on Mondays
- Detailed follow-up email of all the recommendations from the meet-up

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"I went to a coffee morning at the beginning of the week. Thank you Tracy for organising it, it was so helpful to meet other parents in similar situations and talk about difficulties and ideas. You facilitated the group really well and I felt it was very supportive. Thank you!"

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30th March, 10am – 12 noon, Embrace, Eastbourne

Contact: childthearypservice@gmail.com



Can't verses Won't



Speakers: Amanda Fletcher, Thinking Families & Ashleigh Dick, Live & Love it

This empowering training programme aims to provide an introduction to what happens in the brain when a child enters a 'too high' arousal state to carry out occupations (activities) asked of them, what the triggers may be and how to help a child to return to a 'just right' arousal state.

Learning Outcomes:

"Can't" vs. "Won't"

- Discussion - Avoidance: Behaviour or Anxiety?
- What happens when the Fast Route (Amygdala) response is triggered and causes fight, flight, freeze, or shutdown
- The role of cognitive anticipation in fear of failure



The Triggers:

- Sensory Processing
- Zone of Proximal Development
- Attachment patterns
- Other emotional triggers

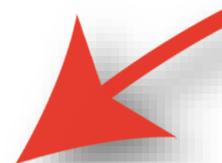
Returning to a 'Just right state':

- Cognitive reframing strategies
- Sensory strategies
- Attachment based "Safe Haven"

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Thinking Families is a collaboration between two Psychotherapists, Amanda Fletcher and Ian Hickey who have many years experience working with children, young people and their families.

Ashleigh worked as a play worker for children and young people with additional needs from the age of 16 before pursuing a career in Occupational Therapy. She worked for the National Autistic Society and then in private practice specialising in Sensory Integration



30th March, 6pm – 8pm, Lansdowne Hotel, Eastbourne

Book: <http://childtherapyservicecic.eventbrite.com/>

New!
Evening Support

PDA Eastbourne – Meet-up



With Volunteer, Founder of the CTS, Tracy Chadwick & Guest Speakers

I'm delighted to announce a new evening of support, for families of PDA children. Tracy will be on hand to help you and signpost advice, but more than that - you will be surrounded by like-minded people who 'get' you. Guest Speakers organised, based on the need of the families.

We have asked for a donation of £1, that will go towards the

[Siblings Under Stress Fundraiser.](#)



There will be lots of delicious delights on offer at Mugshots, for you to pay on the night.

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MUGSHOTS
CAFE/DELI

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4th February, 6pm – 7.30pm, Mugshot Cafe Eastbourne

Book: <http://childtherapyservicecic.eventbrite.com/>

WHAT'S ON IN March?

DATE	TIME	FORMAT	INFORMATION
Monday 2 nd	9.30am – 11am	Coffee Morning	More than Just a Coffee Morning, for families of anxious children
Monday 2 nd	6pm – 8pm	Training Evening	Dealing with Bullying – Physically & Mentally
Thursday 5 th	6pm – 8pm	Training Evening	Understanding SEN Provision in Schools
Wednesday 11 th	6pm – 7.30pm	Evening Support	PDA Eastbourne – Support Evening
Monday 16 th	6pm – 8pm	Training Evening	Link between Gut Health & a Child's Mental Health and Well-being



Eventbrite

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WHAT'S ON IN March?

DATE	TIME	FORMAT	INFORMATION
Monday 23 rd	6pm – 8pm	Evening Workshop	Reaching an Unreachable Child (2-Part Workshop)
Wednesday 25 th	10am – 12 noon	Daytime Workshop	Managing Demand Avoidance in Children
Thursday 26 th	10am – 12 noon	Daytime Workshop	Building Emotional Resilience & Well-being
Monday 30 th	10am – 12 noon	Daytime Support Group	Building Emotional Resilience, Monthly Support Group
Monday 30 th	6pm – 8pm	Training Evening	Can't Verses Won't (Sensory Integration)



Eventbrite

<http://childtherapyservicecic.eventbrite.com>