



**Suffolk Resilience  
& Wellbeing Network**



## **Suffolk Resilience & Wellbeing Network**

Growing out of Ipswich Opportunity Area investment, the Suffolk Resilience and Wellbeing Network is an education practitioner led group of specialist hubs - offering advice, support and CPD on a range of wellbeing approaches.

Our vision is that all education settings in our area recognise that mental health and wellbeing underpins behaviour, engagement and achievement; and have a shared understanding of what good mental health and wellbeing in education looks like.

# Our hubs:

- The Thrive Hub
- The SWERL Hub
- The Medical Needs in Schools Hub
- The Early Years Resilience Hub
- The Trauma Informed Practice Hub
- The Adult Wellbeing Hub





Our vision is share knowledge, skills and resources to sustain effective Thrive support for children and young adults within primary and secondary schools.

We aim to build positive working relationships with fellow practitioners and external contacts in the hope of seeing all schools embrace Thrive as a whole school approach, and to ensure that relationships between professionals are maintained to support our pupils with transition and their future.

We give hub members the opportunity to meet fellow practitioners, share learning experiences, access to related CPD courses, newsletters, a tried and tested resource library, tea and cake wellbeing afternoons and benefit from expert knowledge that can support you in your role or school.

Thrive is well established at Westbourne, which is widely recognised as an example of effective practice. Hub members will benefit from the support and advice of expert practitioners.

To connect to the Thrive Hub email Colleen at [wes-thrivehub@westbourne.attrust.org.uk](mailto:wes-thrivehub@westbourne.attrust.org.uk)





Led by

**Dale Hall  
Primary  
School**

&

**Cliff Lane  
Primary  
School**



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43 schools in Ipswich and Felixstowe have participated in SWERL: "Supporting Wellbeing and Emotional Resilience in Learning" over the last 3 years. This whole school approach and the associated funding has given IOA schools a unique opportunity to trial a very broad range of approaches.

Our vision is to build a network of schools who can support each other to embed the UCL SWERL principles as a whole school approach.

The SWERL Hub can help you to develop a systematic whole school approach to wellbeing and mental health through scrutiny of school routines, understanding of staff support and training needs and examining effectiveness of interventions, policies and communication systems.

We support members to implement creative ideas such as new approaches to playtime, build better understanding between staff members in different roles and explore lesson starters to reduce anxiety.

We can help members develop a graduated response to need to support early identification of mental health needs, and equip professionals with the evidence-base for improving their everyday professional practice, working collaboratively to help them apply this knowledge in their own each unique setting.







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## The SWERL Hub offer:

- A bank of references and resources, including evidence based research on wellbeing and resilience accessible through our website
- As a hub, we facilitate partnerships between schools, signposting them to relevant settings based on their chosen domains or approaches
- Direct schools to other hubs for specific support.
- SWERL specific area on Sharing Hub Network website to offer support and signpost to other hubs.
- SWERL framework auditing and facilitation support (where necessary)
- Opportunities for further professional development around well-being and emotional resilience

For more information please contact Jo and Chelsey at [ioaswerlhub@gmail.com](mailto:ioaswerlhub@gmail.com)



Over 40 Suffolk Schools have already joined our Hub and have benefitted from accessing our resources and expertise

### **Our Hub offers:**

A full programme of **FREE** training on statutory guidance to ensure compliance with DfE and best practice guidance supporting young people with medical and mental health needs

Access to Toolkits explaining conditions giving practical ideas for supporting pupils/schools eg CFS, Chronic Pain, Anxiety)

Access to drop-in workshops – run by local clinicians; MNiS representatives







**MNIS – SUFFOLK**

Medical Needs in Schools



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A days audit from a member of the MNiS team who will go through your medical needs policy, your MNIS Self Evaluation Plan / Write Action Plan/ Support and Evaluate / Review

Access to MNiS consultant for support and advice

A local and national network of partnership with schools, health professionals, hospital schools etc

Opportunity to work together to share good practice; troubleshoot issues arising; share concerns; liaise with medical professionals

Full support in how to write a good Individual Healthcare Plan for your students (Statutory documentation)

Access to local medical teams for advice, information and support

Access to borrow new technologies e.g. telepresence robots, for your school and students

Contact: [MNIS@raedwaldtrust.org](mailto:MNIS@raedwaldtrust.org)







HAPPI

**Highfield**  
Nursery School &  
Children's Centre



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## The Early Years Resilience Hub and the Read Happi project

Highfield Nursery School supports early years settings to develop resilience in young children, using the Highfield Resilience Tracker to assess and track children's resilience. Free training is provided as part of the project.

The resilience tracker has a proven record over 10 years and is used by early years settings across the UK.

**Read Everyday And Discuss books  
Helps Achieve Positive Personal Identity**

To find out more about the Read Happi project:

[Highfield Nursery School, Children's Centre and Early Years - Read Happi](#)





HAPPI

**Highfield**  
Nursery School &  
Children's Centre



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### Settings signing up to the Read Happi project:

- Read Happi will provide 20 books, curated to cover a wide range of emotional wellbeing topics, and some books just for fun!
- The books come with a supporting card to encourage dialogic book talk and are to be sent home with parents in sets of 5 per week over a four week period. Families are encouraged to set time aside each day to read with their child.
- Children taking part are tracked using the Highfield Resilience Tracker - full training and support provided to each setting.
- All books will remain in your setting at the end of the project.

- A central library of books will be available on free loan on a range of topics including bereavement, family dynamics, refugees
- Resilience staff training: Free
- Books, supporting cards and all paperwork needed to launch the project: Cost £250 – some funding may still be available through the IOA

For more information on the Early Years Resilience hub contact  
[ruth.coleman@highfield.suffolk.sch.uk](mailto:ruth.coleman@highfield.suffolk.sch.uk)







Castle Hill has Trauma Informed and Mentally Healthy School status, with 4 Trauma Informed Practitioners across the school.

Our Hub offers:

- Part funded Trauma Informed Practitioner training for two school based practitioners.
- Fully certified and school based coach to support the planning and implementation of the school projects throughout the programme.
- Co-constructed action plan and partnership to work towards Trauma Informed and Mentally Healthy School status
- Practitioners supported through practitioner network meetings

<https://traumainformedschools.co.uk/>

**Led by**  
**Castle Hill**  
**Primary**  
**School**



**Suffolk Resilience**  
**& Wellbeing Network**

**TRAUMA**  
**INFORMED**  
**SCHOOLS**<sup>TM</sup>  
TISUK Award winning school





The Wellbeing for Educators network has been created to support those working in an educational setting in the Ipswich area. Working through the pandemic has been challenging and for many wellbeing is lower than before.

“Staff consistently report high levels of support for well-being issues”

Outstanding grade descriptor, Ofsted Inspection Handbook, September 2021.

We provide information, training, events and other resources to improve educators' wellbeing.



**Available from the Wellbeing 4 Educators Network:**

Training - Supporting Staff Mental Health for Managers training from Suffolk Mind:

Friday 30<sup>th</sup> September 2022

Friday 7<sup>th</sup> October 2022

both sessions are online.

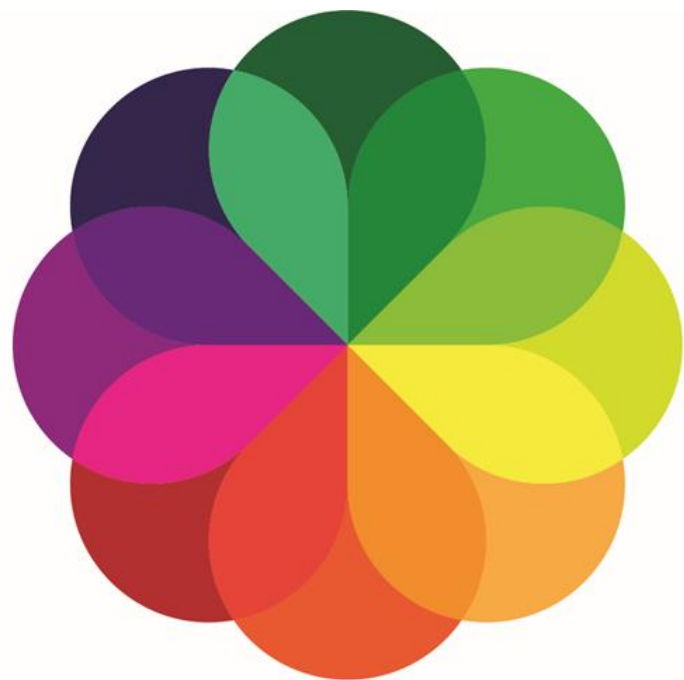
Individual support meetings – by appointment and covering any aspect of wellbeing. Delivered by a W4EN coordinator.

Implementing or reviewing your Wellbeing Strategy – help to get started or to develop your approach to staff wellbeing.

All events are free of charge and can be booked through the W4EN website: [www.wellbeing4educatorsnetwork.co.uk](http://www.wellbeing4educatorsnetwork.co.uk)

For more information email:  
[hello@wellbeing4educatorsnetwork.co.uk](mailto:hello@wellbeing4educatorsnetwork.co.uk)





## **Suffolk Resilience & Wellbeing Network**

### **A network that's more than the sum of its parts**

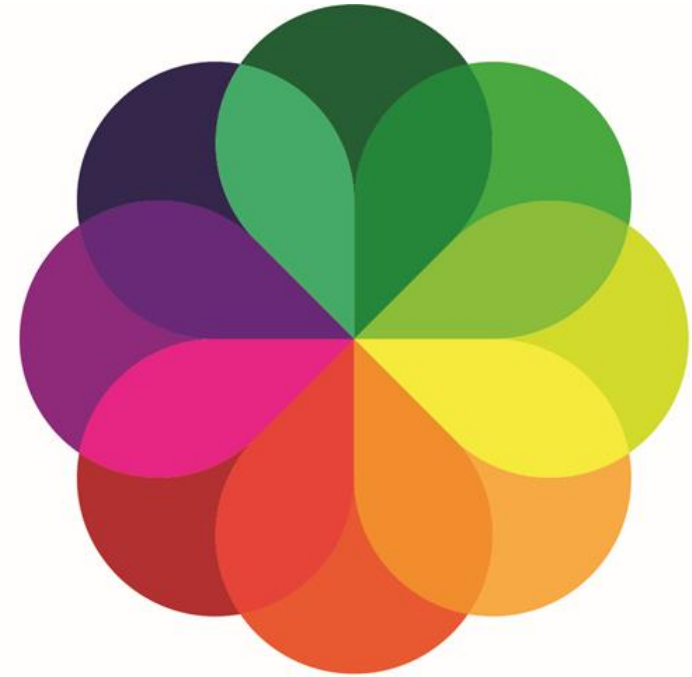
- Educator led
- Advice and support from EY to HE
- Specialists in our hub areas
- A collective voice for local educators, sharing concerns and needs with the wider system
- A source of local knowledge and contacts
- “joining the dots”
- Making sense of the landscape and signposting – a practitioner view



## Next steps:

Sign up to our mailing list for our Suffolk wide educator newsletter and updates on offers across all the hubs [suffolkwellbeingnetwork@gmail.com](mailto:suffolkwellbeingnetwork@gmail.com)

Contact us for enquiries about signposting, to access support from our hubs or for a conversation about how we can work alongside your organisation.



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