



**Give us a break! Local Training – 3 days  
for South Lanarkshire and NHS Lanarkshire Professionals only**

**Facilitator:**

Psychological Service – South Lanarkshire Council

**Target audience:**

The course is open to all professionals who work with **upper primary and secondary school-aged children and young people within South Lanarkshire/NHS Lanarkshire** and who operate within an organisation which has a clear child protection policy. Delegates must also have the time and agreement from their line manager to run groups. Examples are as follows:

- Education
- Health, including mental health workers
- Social Work
- Home School Partnership
- Voluntary sectors who work with school-age children and families

**Objectives:**

This course supports the communicating with children and young people competency.

*Give us a break!* is an 8-week group programme for school-aged children and young people (8+ years) who are coping with any kind of loss or negative change in their lives, including family break-up and bereavement. Further information is available via

[www.giveusabreak.org.uk](http://www.giveusabreak.org.uk)

As a result of your attendance you will be able to:

- Understand and apply a solution focused approach generally in your daily life/work.
- Understand the general content of the *Give us a break!* programme and maintain a solution focused approach specifically within this context
- Understand and sensitively respond to the needs of children and young people in relation to their experiences of loss.
- Use the lesson plans provided to encourage young people to recognise their strengths, learn new skills and plan for their future.
- Set up and run a *Give us a break!* group, including assessing the appropriateness of referrals, liaising with parents/carers and using the evaluation materials supplied.

**Note: Facilitators must be available for all 3 dates above. These 3 dates constitute initial training. The subsequent supported running of a group followed by a half-day follow up are essential to complete the training course.**

To enrol on a *Give us a break!* course, please go to People Connect or contact:

[training@southlanarkshire.gov.uk](mailto:training@southlanarkshire.gov.uk)