



Give us a break! is an 8 week group programme for children and young people who are coping with negative change in their lives, including family break-up and bereavement. *Give us a break!* uses a Solution Focused approach to help young people make sense of their experiences in a supportive environment with others who have gone through similar changes, while paying particular attention to their strengths and possibilities.

Give us a break! groups are led by empathic facilitators who use the lesson plans provided to encourage the young people to recognise their strengths, learn new skills and plan for the future. The course aims to enable a wide range of professionals to train as facilitators who will take children on this journey. By the end of the training, facilitators should be active listeners and communicators and be able to maintain a solution focused approach in the delivery of the programme.

Details of the course

Pre-requisites

- Applicants must be operating within an organisation, e.g. education, social work, health, voluntary sector, which has a clear child protection policy.
- Applicants must have agreement/support of head teacher or line manager, **who should have a clear understanding of the commitment involved.**
- Time to commit to engaging young people, planning materials and running a group for 8 weeks.

Materials

- A pack of materials will be provided as part of the course*, including:
- Programme folder with lesson plans, complementary notes and resource materials.
- 'Strength Cards'.
- Introductory leaflet and parents/carers' booklet.
- Poster.
- Certificate.
- Evaluation forms.

The training consists of 3 elements:

1. 2 day Initial Facilitator Training (IFT) comprising:
 - Introduction and background to *Give us a break!*
 - Introduction to Solution Focused working and using this in the *Give us a break!* group.
 - Bereavement and loss in children and young people.
 - Pack orientation: practicalities, including evaluation.
2. Supported running of a *Give us a break!* group.
3. Attending at least one half day Support and Development session.

The training will take place in **Hamilton Psychological Service, 23 Beckford Street, ML3 0BT**
(N.B. Attendance is required at **BOTH** days)

The cost of the 2 day training event per person is £200. This includes all of the programme materials, strength cards and all training handouts for both days. If there are already training facilitators working within your team, we would encourage sharing packs and would ask you to bring a pack along with you. A reduced price for training can be negotiated where fewer packs are required.

Before registering, please ensure that you are able to fulfil the above course requirements. If in doubt or if you have any queries about the course, please contact one of the training team on 01355 574121 or 01698 455800. We will be delighted to discuss your particular situation with you.

Numbers on each course are limited, so book early to ensure your place! To book a place or for further information, please contact a member of the Give us a break! Team on 01355 574121 or 01698 455800.

Further information can also be found on our website:

www.giveusabreak.org.uk