



# William Henry Smith Foundation

## **External Training and Development Programme**

**September 2025 to July 2026**



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## What We Do

We work with children and young people across a broad spectrum of social, emotional and mental health challenges, using our knowledge, experience and expertise to help them *become the best they can be*. Improving the Quality of Life of all members of our community underpins the work that we do. We are Ofsted Outstanding in all areas and judged outstanding in our Social Care inspections. We provide outstanding progress and outcomes for young people.

We have a dedicated training department that provides learning and development opportunities for our own staff and to external partners, sharing knowledge and expertise, locally, regionally, nationally and internationally. As a Centre of Excellence we delivery training & behaviour support to families, schools, colleges, Universities, NQT's, PRU's and Local Authorities.

All of our trainers are specialist within their field and have a wealth of knowledge and experience working in SEND settings

We deliver a range of courses throughout the academic year for external agencies at our training venue and within our setting.

We can also deliver training in your setting at a date and time to suit you and your staff. This can either be delivered on one of your inset days or in part sessions as 'twilight' training at the end of the school day.

## Dates and How to Book

A full list of dates and times for the pre-arranged training sessions are at the back of this training programme. To book a place on a pre-arranged course, please complete the booking form at the end of this training programme and e-mail it to:- [holly.rigg@whsfoundation.org.uk](mailto:holly.rigg@whsfoundation.org.uk)

If you wish to book training in your setting, please contact Holly Rigg on 01484 710123 or alternatively contact on the above e-mail address.

## Cancellation Policy

Names on course bookings can be changed without any charge. Please give us at least 24 hours notice, in order that registers and certificates can be amended accordingly.

If you wish to cancel your place on a course, please give at least 3 working days' notice, there will be no charge for cancellation at this time. After this time, cancellations will be charged at 50% of the course fee. If no notice is received, you will be charged at 100% of the course fee.



## Other Training Offers

We are able to offer Makaton Levels 1, 2, 3 & 4 through our internal trainer. Chelsea Singh delivers throughout The Smith Foundation and this has been in high demand.

If you would be interested in this training being delivered in your setting, please contact Holly to enquire with your interest and dates can be looked into for your setting.

### Social, Emotional & Mental Health & The Window of Tolerance

including

#### Speech and Language & Occupational Therapy Strategies

Focusing on practical trauma informed advice and using Daniel Siegel's concept of a 'Window of Tolerance', this training reinforces the value of observation and reflection, to identify when children and young people are at their best and when they may require additional support. Practical takeaway strategies will be offered to support an understanding of children and young people's social emotional and mental health and how to build resilience. **Attendees** will be encouraged to be curious about behaviour to get the best outcomes for children and young people's mental health, focusing on behaviour as communication, a regulatory strategy and a symptom of need.

Learning outcomes include:

- What is the Window of Tolerance
- How can we recognise our own and others window of tolerance
- Speech, Language and Communication and the window of tolerance
- Sensory and Physical Regulation and the window of tolerance
- Strategies

If you would like to discuss this further or book the training within your setting, please contact [holly.rigg@whsfoundation.org.uk](mailto:holly.rigg@whsfoundation.org.uk) for costings and availability.



## Positive Behaviour Support Training

### Talking Strategies to reinforce Positive Behaviour

This training looks behind behaviour, particularly in terms of communication between children and adults. It looks at the best verbal and non-verbal means of communication to avoid conflict and how to de-escalate situations in order to prevent physical interventions.

This is key training in order to enable staff to deal with behaviour management issues in the classroom today.

Topics covered include:-

- Positive Reinforcement
- Eye Contact
- Physical Proximity
- Simple Definitions
- Planned Ignoring
- Natural Consequences
- Time Out
- Repair and Rebuild

**This training is delivered in 3 hours (half day session) and can be delivered in your setting to an unlimited amount of staff at a cost of £500 per 3 hour session.**

## PRICE Training

PRICE Training's Positive Approaches to Challenging Behaviour courses equip teams with the knowledge, skills and confidence to respond appropriately to behaviours of concern and distress, practice safely and reduce the likelihood of exclusion.

Once you book the training, you are required to complete a training needs analysis which will then dictate the areas of training in which are needed for your setting.

Participants will then receive certification, the certification of this course is valid for 1 year.

This training is delivered in 6 hours (full day session) at a cost of £95 +VAT per person. (Lunch is provided at training held by TSF – dates are on page 10 in the programme)

It can also be delivered in your setting to the following numbers of staff:-

Maximum of 15 delegates – 6 hour session	£875 +VAT
Maximum of 30 delegates (dependant on space at the location) – 6 hour session	£1690 +VAT

This can be delivered in either of the following ways:-

Up to 15 staff = 2 x 3 hour twilight sessions (1 trainer)	£875 +VAT
30 staff = 2 x 3 hour twilight sessions (2 trainers)	£1690 +VAT

## PRICE Refresher Training

In order to maintain certification of PRICE, refresher training should be undertaken every year (prior to your certificate expiring).

You must have your previous certificate with you at the training in order to gain re-certification, without this we cannot recertify the training.

It can also be delivered in your setting to the following numbers of staff (price on asking):-

Maximum of 12 delegates – 3 hour session

Maximum of 24 delegates – 3 hour session



## Behaviour Support Reviews

We offer full behaviour support reviews in your setting, this includes 1 day reading and planning, 1 day in your school and report writing and feedback to your setting, complete with action points.

Positive behaviour support reduces the likelihood of behaviour that challenges. The overall aim of behaviour support reviews is to improve the quality of support offered to children by improving the knowledge and understanding of staff to enable them to provide the right support for a child, at the right time.

This is delivered through the SPC at a cost of £500, please contact Sarah Wynne to book this support [Sarah.Wynne@whsfoundation.org.uk](mailto:Sarah.Wynne@whsfoundation.org.uk) .



## CEOP

The Foundation is certified in the 'Thinkuknow' CEOP safeguarding training and able to deliver this to other settings. CEOP Ambassadors can deliver the bespoke Thinkuknow Introduction Course – a series of modules for CEOP Ambassadors to deliver to other professionals.

The CEOP Thinkuknow course lasts three hours and provides an in-depth look at:

- Introduction to CEOP and reporting
- How children and young people use the internet, social media and online technologies
- The nature of online sexual offending against children and young people
- Dealing with incidents of youth produced sexual imagery
- How to deliver strong preventative education on online sexual abuse and exploitation across age groups

### **Working with children and young people with problematic or harmful sexual behaviour**

Organisations are becoming increasingly aware of the prevalence of peer-on-peer abuse. A third of those who have sexually abused a child are under the age of 18, making this an important safeguarding issue. This is an especially difficult issue to deal with because it is not always easy to tell the difference between normal sexual exploration and abusive behaviour. Children, particularly in the younger age groups, may engage in such behaviour with no knowledge that it is wrong or abusive. This two-hour training course will provide professionals with a sound understanding of developmentally appropriate sexual behaviour and practical skills for those working with students who may display problematic or harmful sexual behaviour.

**This training is delivered in 1 ½ hours a cost of £55 per person. (Training held by TSF – dates are at back of programme)**

**For further information on CEOP and Working with children and young people with problematic or harmful sexual behaviour please contact Holly Rigg.**

## SEMH Training

**All of the courses detailed below are delivered in 3 hours (half day sessions) at a cost of £55 per person (dates at back of programme)**

**This can also be delivered in your setting to an unlimited amount of staff at a cost of £500 per 3 hour session.**

### Attachment and Trauma – Course Objectives

- Identify challenges to Children and Young People with complex needs in education with attachment as a key influencing factor
- Define attachment disorder & implications for learning, behaviour and aspirations
- Identify practical strategies for teachers & support staff in the school context
- Present Solution Focused tools and PACE as key tools and methods of supporting these children
- Consider how you might incorporate some of these strategies into your own school-based support systems

### Autism – Course Objectives

- Consider definitions and how to understand the condition
- Look at the characteristic features
- Explore the ASD profile – a triad of impairments
- Consider the similarities and differences in profiles
- What do the students with ASD say and feel?
- What can school staff do to make the learning context ASD friendly?

### Attention Deficit and Hyperactivity Disorder – Course Objectives

- Understand what causes ADHD
- Recognise the symptoms
- Understand the impacts on learning and behaviour
- Understand how ADHD is diagnosed
- Learn about recognised tools and interventions to support children with ADHD
- Learn tips and advice for practitioners working with these children

## Managing Anger – Course Objectives

- To clarify the concept of emotional literacy.
- To raise awareness of the effects of ‘problem anger’
- To consider definitions and evolutionary functions of anger
- To introduce a range of anger models which are accessible and useful for understanding how anger occurs

## Mental Health & Well Being – Course Objectives

- To clarify definitions of mental health and highlight risk and resilience factors
- To place mental health and mental health difficulties in the broader context of wellbeing
- To understand national policy and organisational structures for services that promote psychological wellbeing and mental health
- To identify sources of information on evidence-informed approaches to promoting wellbeing
- To identify sources of information on relevant tools for identification, assessment & evaluation

## Understanding Stress, Depression and Anxiety – Course Objectives

- To clarify the nature of stress, depression and anxiety
- To highlight some key tools and effective thinking strategies from Cognitive Behaviour Therapy (CBT) and Positive Psychology approaches which are useful in supporting children and young people
- To introduce some of the resources which support the development of these skills
- To ensure that practitioners have the opportunity to develop and practice their own skills and access resources which are practical and user friendly

## Understanding Self Harm – Course Objectives

- Definition and meaning of the term DSH
- To learn how common it is
- To learn why young people do it
- To be able to talk to young people about DSH
- To decide when to refer onto other services
- To agree evidence-based approaches

## Training Programme – Dates and Times

Positive Behaviour Support Training – <b>Places are limited</b>	
PRICE Training – 6 hours - £95pp +VAT	
Date	Time
Thursday 18 <sup>th</sup> September 2025	9:30am – 4:00pm
Thursday 13 <sup>th</sup> November 2025	9:30am – 4:00pm
Thursday 4 <sup>th</sup> December 2025	9:30am – 4:00pm
Thursday 29 <sup>th</sup> January 2026	9:30am – 4:00pm
Thursday 5 <sup>th</sup> March 2026	9:30am – 4:00pm
Thursday 16 <sup>th</sup> April 2026	9:30am – 4:00pm
Thursday 14 <sup>th</sup> May 2026	9:30am – 4:00pm
Thursday 11 <sup>th</sup> June 2026	9:30am – 4:00pm

PRICE Refresher – Refresher – POA	
Date	Time
Thursday 9 <sup>th</sup> July 2026	9:00am – 12 noon or 1:00pm – 4:00pm

CEOP (Thinkuknow) £55 per person

Date	Time
Monday 22 <sup>nd</sup> September 2025	9:00am - 10:30am
Monday 2 <sup>nd</sup> February 2026	9:00am – 10:30am
Monday 27 <sup>th</sup> April 2026	9:00am – 10:30pm
Monday 8 <sup>th</sup> June 2026	9:00am – 10:30pm

Working with children and young people with problematic or harmful sexual behaviour (PSB) £55 per person

Date	Time
Monday 24 <sup>th</sup> November 2025	9:00am – 10:30am
Monday 19 <sup>th</sup> January 2026	9:00am – 10:30am
Monday 16 <sup>th</sup> March 2026	9:00am – 10:30am
Monday 18 <sup>th</sup> May 2026	9:00am – 10:30am



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## Training Course Booking Form

<u>Course Details</u>	<u>Date</u>	<u>Time</u>
<b>Organisation Contact, Address and Invoice Details</b>		
	<b>Contact Details</b>	<b>Invoicing Details (if different)</b>
Contact Person		
Role		
Organisation Name		
Type of Organisation		
Address Line 1		
Address Line 2		
Address Line 3		
County		
Post Code		
Tel		
Email		
<b>Attendee Information</b>		
<b>Attendee 1</b>	Name:	Email:
	Role in Organisation:	
<b>Attendee 2</b>	Name:	Email:
	Role in Organisation:	
<b>Attendee 3</b>	Name:	Email:
	Role in Organisation:	
<b>Attendee 4</b>	Name:	Email:
	Role in Organisation:	
<b>Attendee 5</b>	Name:	Email:
	Role in Organisation:	
<b>Attendee 6</b>	Name:	Email:
	Role in Organisation:	

Please return form via email to:

[holly.rigg@whsfoundation.org.uk](mailto:holly.rigg@whsfoundation.org.uk)



