

Parental Mental Illness and it's Impact on Children

Understand the impact of parental mental illness, and how you can support affected children and families within your practice.

Monday 2 March 2020

The Met Hotel, King Street, Leeds, LS1 2HQ

9am Registration, 9.30am Welcome and 4.30pm, Close

The purpose of this workshop will be to raise awareness about parental mental illness and its impact on children among professionals and practitioners, and provide delegates with the knowledge and skills to address this topic with families they are working with. We will use a range of interactive media to communicate the key learning objectives, and each session will be a combination of listening, discussion, activities and feedback. We will introduce approaches proven to help children in this situation, and share knowledge and expertise to help delegates identify and support children and families within their practice

After attending this course delegates will be able to:

- Have knowledge and understanding about parental mental illness and its impact, to promote compassion and understand when working with families in this situation.
- Know about approaches and interventions that help children and families in this situation.
- Put into practise tips and techniques for talking to (and explaining) children and parents about mental illness, and feel more confident in doing so

About our speaker:

Dympna Cunanne is CEO of Our Time, a charity that provides interventions for children and young people affected by parental mental illness. Dympna has a BA (University College Dublin) in Psychology and Philosophy, an MA in Psychology (Tavistock Institute London) and a Postgraduate Diploma in Systems Thinking, as well as professional training in psychoanalysis (Jungian). She has worked as an organisation development specialist in large organisations and has over twenty years' experience of working as a consultant to top level executives in international public and private sector companies. Dympna is interested in mental wellbeing in its broadest sense, having trained and worked in therapeutic settings as well as applying her knowledge to the world of work and workplaces. She believes that the mind is our most powerful resource, and as such, determines much of our life experience.

Chineye Njoku, Cognitive Behavioural Psychotherapist, Our Time Trustee and Ambassador - Chineye has been a young carer of a parent with mental illness for most of her life. She now uses her own past experiences to help other young people who have a parent with a mental illness. She has a Biomedical Science Degree, MSc in Mental Health: Psychological Therapies, PGdip in Cognitive Behavioural Therapy and currently works as a cognitive behavioural therapist and safeguarding lead for an IAPT (Improving Access to Psychological Therapies) Service. Chineye has combined her work and personal experiences by acting as both an advocate for the needs of children and young people and giving professional presentations to different groups in the UK and Europe.

Helena is Development Director of Our Time. Helena's role is to build partnerships across the health, social care, education and voluntary sector to promote, develop and expand the work of Our Time, particularly its multi-family interventions (KidsTime) and schools programme (Who Cares?). Helena previously worked in local government for several years as a project manager, coordinating a range of change and transformation projects and reviews of public services, undertaking the National Graduate Development Programme as part of her training. Helena has a BA and MA in European Social and Political Studies from University College London.

Course Fees:

£185.00

All learning materials, lunch and refreshments are included.

Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

This conference is suitable for:

Professionals and practitioners at all levels who work with children and families.



Andrew Sims Centre Reservation Form

Course Title: **Parental Mental Illness and its Impact on Children**

Date: **Monday 2 March 2020**

YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title First Name

Surname Job Title

Speciality

Trust / Organisation

Preferred Mailing Address

..... Postcode

Work Telephone Mobile

Email

Dietary Other

Signature Date

NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick []

COURSE FEES

[] One Place £185.00

Promotional Code Making Course Fee £

BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- 1. ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with credit or debit card
- 2. TELEPHONE:** 0113 855 5638 with credit or debit card
- 3. POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- 4. BACS:** Account Number: 10003312 Sort Code: 60-70-80
Please use ref ASC020320-DELEGATENAME
- 5. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net
Trust
Purchase Order Number
- 6. LYPFT Internal Transfer:**
Budget Holder Name
Budget Holder Email
Budget Code:
Budget Holders signature
Budget Transfer will occur in March 2020

All Payment must be received in advance of event.

HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

ACCREDITATION

This course is eligible for **6** CPD hours subject to your peer group approval.

THE VENUE

The Met Hotel is approx. 2 minutes' walk from Leeds city train station. If you are travelling by car, please note that The Met has no parking for delegates. However the hotel has an agreed discounted rate with the NCP carpark located on Wellington Place, a short walk away. Please use postcode LS1 4AJ. On departure, please see Reception to redeem your voucher.

CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ('GDPR'). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick []

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here []

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick []