



BOOST

Listen to part of Dr Kate Middleton's input on "Wellbeing in the New Normal" here...

<https://youtu.be/YO2w0ahz95c>

This document lists a variety of resources shared by SE Partnership Members and those who attended Dr Middleton's training to support families, churches and other organisations on the theme of "Wellbeing in the New Normal".



Kintsugi Hope exists to see a world where mental and emotional health is supported and understood, with safe and supportive spaces for people to grow and flourish. Kintsugi Hope achieves this through Wellbeing Groups run by local Churches and Christian charities, a 12 week programme designed to look at themes of emotional and mental health with peer facilitated support. We currently have 165 churches who are running Kintsugi Hope Wellbeing Groups in their communities. Kintsugi Hope Youth has just launched which has been adapted to six weeks and looks at common issues that young people face in seven different learning styles. Kintsugi Hope is praying for a movement where people can experience safety and support with no embarrassment or shame or struggling, an increase in self-worth, confidence and wellbeing, a deeper understanding of the love of God and clear pathways to support if needed.

For more information visit www.kintsugihope.com



Patrick Regan OBE has written several books all of which would be useful for groups exploring wellbeing and can be purchased through the Kintsugi Hope Shop for around £7 each plus shipping -

www.kintsugihope.com/shop

Quick Links...

BRAND NEW

from *Youthscape* and



HEAD STRONG



Launching 1st Sept
beheadstrong.uk

Sign up for your free session guide at
youthscape.co.uk/store



BOOST



Youthscape Resources

What If? <https://www.youthscape.co.uk/store/product/whatif>

We have a online mentoring group focused on self harm called Alumina, more info here: <https://www.youthscape.co.uk/store/product/alumina>

We also have Mindset Shuffle: <https://www.youthscape.co.uk/store/product/shuffle-mindset>

There's a game to develop emotional literacy called Youthscape Dice: www.youthscape.co.uk/store/product/dice

Thrive

A ground-breaking new curriculum resource to support young people's mental wellbeing through the coronavirus pandemic. Working with mental health professionals including Dr Kate Middleton, Youthscape has developed a new suite of resources for secondary schools ready for Autumn 2020. Thrive is a comprehensive ready-to-use programme designed for classroom work in lessons or tutor times.

For more information head to:

www.youthscape.co.uk/store/product/thrive



Scripture Union's Mental Health and Wellbeing resources are intended to help you engage children and young people in supportive and helpful conversation around the challenges that a child or young person may be facing.

We believe that Jesus can make a difference to the challenges and adventures of mental health and wellbeing. In this content we talk about the difference Jesus can make in sensitive and appropriate ways.

Many children and young people struggle with their mental health. Perhaps more than you might think. That is why we have developed a Mental Health Suite to support children and youth workers, parents and carers. Our mental health suite has been endorsed by the Mental Health Foundation. Explore our resources at:

content.scriptureunion.org.uk/mentalhealth

Resources available include:

Get Help Cards: A pack of 100 cards designed to be given out to young people that will help them to find places they can go for support around issues of mental health and wellbeing

Like Me?: A four session programme helping 8-11's explore issues of self-respect, self-esteem and self-worth

Lost Sun: For 5-8 year olds Lost Son is an animated story of Daisy for whom the sun disappeared, helping children explore and express challenges of fear, worry and anxiety

Through the Wood Postcards: A set of postcards that tell the story of a young boy who loses his dog, whilst out in the woods. Designed for those working with children aged 5 to 8 around grief and loss.

Chloe's Story: Invites young people to explore issues around self-esteem, self-worth and anxiety.



BOOST

Well-being is important for everyone, including anyone with additional needs. Mental and emotional health issues can be a part of their condition or can be adversely affected by it. Children, young people and young adults with additional needs, and their families, have in many cases found lockdown particularly hard as their support systems have been badly disrupted or unavailable, leaving families to fend for themselves.



URBAN SAINTS

Urban Saints

<https://www.urbansaints.org/additionalneeds>

The aim of our Additional Needs Ministry is to encourage, enable and equip children's, youth and families' workers to reach, include, create belonging for, and disciple all children and young people, especially those with additional needs or disabilities. We offer a range of ways for people to connect with, and benefit from, this ministry area, including training, consultancy, an online learning community, and a range of articles and video content as well as a weekly blog.

Information regarding current online training courses can be found here: <https://www.urbansaints.org/events/>

Additional Needs Alliance

<http://additionalneedsalliance.org.uk>

Helping churches to include, support, create places of belonging for, and spiritually grow children, young people and young adults with additional needs or disabilities. Among our Members are many individuals and organisations that offer a range of excellent services and resources to assist churches and other groups working in this area to make a real difference for their community.

There's a Facebook group too: <https://www.facebook.com/groups/additionalneedsalliance/>

The Additional Needs Blogfather

<https://theadditionalneedsblogfather.com>

https://www.youtube.com/channel/UC8sK7U6d0r_7uVmyg0yN5sQ

Mark Arnold's personal blog page, you might find some helpful articles here either as a children's/youth/families worker, as a parent/carer, or as a church leader.

Quick Links...

All Belong, a resource website for working with children and young people with additional needs:
www.allbelong.co.uk

Aslan, a resource website for working with children and young people with additional needs:
<http://aslan.tonbridgebaptist.church>

ReachoutASC, how to support Autistic children in school, in church and at home:
<https://www.reachoutasc.com>

Sheffkids, created by Sheffield City Council's children's team, packed with useful resources:
www.sheffkids.co.uk

Through the Roof, a churches disability charity, resourcing the church to make a difference:
www.throughtheroof.org



BOOST



**YOUTH
FOR CHRIST**

Variety of Free Online Youthwork Sessions

<https://yfc.co.uk/youth-work-online-all-sessions/>

During the pandemic lockdown Youth For Christ produced resources to help youth workers engage online with young people - these resources are free and still available, covering wide ranging topics and bible studies, including anxiety and fear.

Free Downloadable Help Pages

<https://yfc.co.uk/howtohelp/>

Helping each other is such a simple and yet profound concept and activity, and can not only be transformational for the person we set out to help, but it can also develop and grow us as we selflessly give to others.

This is a page where you can find FREE downloadable printable PDF's designed to help us... well, help!

Intro/Outro Resource

<https://yfc.co.uk/intro-outro/>

<https://www.youtube.com/channel/UC-XShc828CUoD3dM8CfK1xg>

Intro Outro is a YouTube channel that creates weekly videos designed to positively inspire young people. The channel introduces Gen Z to the Christian Faith, and encourage them to live out a life that will make a difference to the world. Every video is different; sometimes funny, sometimes thought provoking, but always accessible for young people.

Intro Outro is hosted and created by Youth for Christ Digital Evangelist, Ben Cutting.

General Resources

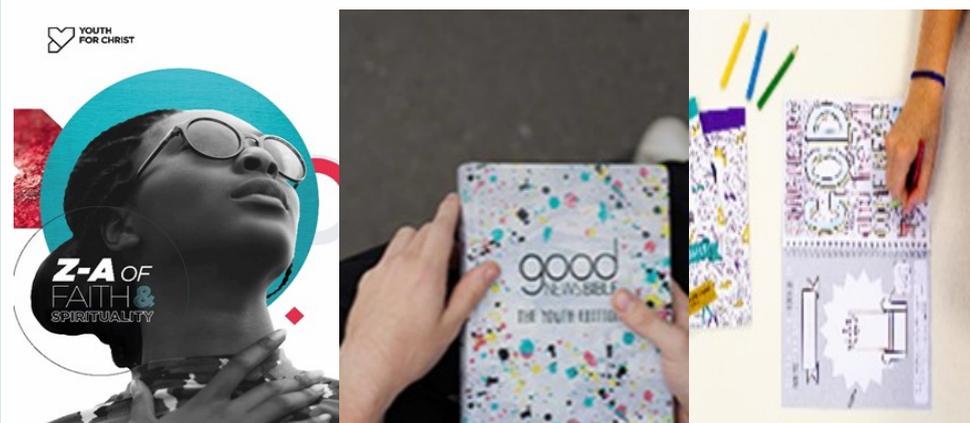
<https://resources.yfc.co.uk/>

We want this website to function like an extra youth and children's worker in your team. There are loads of exceptional resources and ideas here to help you reach and disciple 7-25s in your community so please feel free to search around. You can sign up for a free 6 week trial to all our resources, or why not consider a full subscription?! If you have any questions then please don't hesitate to get in touch!

Daily Devotional

<https://yfc.co.uk/dailydevotional/>

The Youth for Christ Daily Devotional contains a short, power-packed page for every day of the year. Each week starts with a story to inspire you. Every day, there is a Bible verse for you to read, a short reflection to help you go deeper and to pray for young people, and finally a challenge for you to put into action what you have read.



Youth for Christ also have a variety of resources/ reports available to purchase on their website including the 'Go Colour' series, a co-designed youth Good News Bible, the Z-A of Faith and more!

[Check out the YFC Store](#)



BOOST

Bookshelf

Refuel: How to balance work, life, faith and church
by Kate Middleton

Well Being and Spirituality
by Sally Nash and Nigel Pimlott

Holistic Health
by Helen Tomblin

Prayers for Anxiety and How best to Cope with it
by Fay Sampson

See, Love, Be: Mindfulness and Spiritual Life
by Tim Stead

Mindfulness and Christian Spirituality
by Tim Stead

How to Be a Mindful Christian
by Sally Welch

Teenage Prayer Experiment Notebook
by Miranda and Noah Threlfall-Holmes



PROMOTE | PREVENT | SUPPORT

Phase have produced a wide variety of short videos and downloadable resources exploring "Wellbeing in the New Normal" related topics. Check the links here:

[Transitioning to Year 7](#)

[Coping with Change](#)

[Building Resilience](#)

[Five Ways to Wellbeing](#)

[Internet Safety](#)

[Back to School \(Primary\)](#)

[Back to School \(Secondary\)](#)

[Full Downloadable Resource Library](#)

**Enjoyed this BOOST?
Why not sign up for
the next one coming
in October 2020...**

**EFFECTIVE
EVANGELISM ONLINE**

Online training with Dan Randall (Hope Together)

Thursday 8th October 2020 | 10-12noon

Book at www.separtnership.org.uk/boost



BOOST

ONLINE ROCKET FUEL FOR
CHILDREN'S, YOUTH & FAMILIES'
WORKERS, CHURCH LEADERS,
VOLUNTEERS AND PARENTS/CARERS

**Red
Balloon
Foundation**



Embers the Dragon

RBF, in partnership with Digital Mentality and Brickwall and funded by the National Institute for Health Research & Innovate UK, have produced a suite of resources to support 3-7 year olds and their parents/carers with building emotional literacy and resilience based around broadcast quality animations featuring the vocal talents of national treasure Jo Brand and Penelope Wilton.

RBF are offering everyone who attended a BOOST training event FREE access to the School Readiness resources available at www.embersthedragon.co.uk - have a look at what's available, and if you're interested, contact luke@embersthedragon.co.uk for your free access code!