

8<sup>th</sup> Meeting of the Primary Care Trust Children's Network

**Feeling Good Inside? Improving the emotional and mental health and well-being of children and young people**

14 February 2008, Paragon Hotel, Birmingham, 9.30am – 4pm

A child's emotional development has significant implications for their physical, social and economic well-being now and in the future. A child that is emotionally healthy is more likely to connect with others, build and maintain positive relationships, have self-worth, be able to think about and manage emotions and behaviour, share and take enjoyment in learning and seeking new experiences and making life meaningful. We want this for every child, but some are exposed to experiences and relationships that impact negatively on their emotional development leaving them feeling lonely and afraid and prone to aggression and/or depression.

The latest PCT Children's Network meeting will provide an invaluable opportunity to learn about the latest developments with regard to provision of services across all four tiers for improving children and young people's emotional and mental health and well-being. It will also explore the role of nutrition in shaping emotional health and the impact of grief on children and young people. There will be opportunities to have a dialogue with PCT and other colleagues working with and for children and young people as well as getting your voice heard within Government about policy and practice issues that affect you the most.

**Why attend?**

- Hear direct from Government about services promoting emotional and mental health
- Find out about the role of nutrition in shaping emotional health
- Hear about the impact of grief on children
- Hear from young people about what can help them to 'feel good inside'
- Share ideas, issues and good practice with colleagues from PCTs across the country
- Have your say and get your ideas fed directly back to Government

**Who should be there?**

Those working within PCTs to improve children and young people's health and well-being including:

- PCT Children's leads
- PCT Commissioning/planning managers
- Directors of Public Health
- LA Director's of Children's Services
- Health Visitors
- School Nurses
- General Practitioners
- Practice Nurses
- Children's Centre staff

**Programme**

**9.30** Arrival and registration (tea and coffee)

**10.00** Welcome from the Chair of the Primary Care Trust Network, *Gill Frances, Director of Well-being, National Children's Bureau*

**10.15** Promoting positive emotional health  
*Cynthia Fletcher Regional Change Agent (Children and Families) CSIP*

**10.35** The national picture, implications of the national CAMHS mapping on policy  
*Bob Foster, National Mapping and Information Lead, Department of Health*

**10.55** Helping children and young people 'feel good inside' *Sophie Auckland and RCPCH Young People's Advisory Board*

**11.15** Refreshment break

- 11.30** Four parallel workshops on positive practice
- Children's centres "Positive Beginnings" *Ann Crichton CHAI Centre (Children's centre and Healthy Living Centre) East Lancashire PCT*
  - MEND, "Feeling good – inside and out" – *Ulla Stauch, Development Director, Mend Programme*
  - Drugs, depression and young people – the primary care challenge, *Sonita Pobi, NCB*
  - Anti-bullying "changing a culture" *Sue Ball, Birmingham City Council*

**12.30** Discussion at tables

**13.15** Lunch

**14.00** The role of nutrition in shaping emotional health and well-being  
*Bernard Gesch, Director, Natural Justice, Department of Physiology, Anatomy and Genetics, University of Oxford*

**14.30** Grief Matters for Children  
*Alison Penny, Policy and Communications Coordinator – Childhood Bereavement Network*

**15.00** Discussion at tables

**15.30** Feedback from tables and summary from the Chair

**16.00** Close

**Booking form: 8<sup>th</sup> Meeting of the Primary Care Trust Children's Network**  
*Feeling Good Inside? Improving the emotional and mental health and well-being of children and young people*

**Please book ..... place(s) at the above conference for:**  
**(Please photocopy this form for the names of additional delegates)**

Forename	Surname
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Job title	Organisation
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Department	Address
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Do you have any dietary/access requirements?	
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**Payment details:**

**Prices:**

NCB members	£45.00 + VAT (£52.88)
Non-members	£60.00 + VAT (£70.50)

- Cheque enclosed     Cheque to follow     BACS payment     Please invoice

Please make cheques payable to National Children's Bureau, with the name of the seminar and participant name(s) on the back.

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**Once complete, please post or fax to: Liz Zachary, Well-being, NCB, 8 Wakley St, London EC1V 7QE**  
**Fax: 020 7713 7280    E-mail: [pctnetwork@ncb.org.uk](mailto:pctnetwork@ncb.org.uk)    Tel: 020 7843 6330 (enquiries only)**

All cancellations must be received in writing. In the event of a cancellation, a full refund will be given for one month's notice; a 50% refund will be given for 1 month to 14 days notice. **No refund will be given for less than 14 days notice but substitutions may be made at any time.** Please contact Liz Zachary on 020 7843 6330 if you have not received confirmation and joining instructions at least 1 week prior to the date of the event.

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