

# Children and Young People's Wellbeing Workshops 2021

**What is BICS?** Barnet Integrated Clinical Services (BICS) provides mild to moderate mental health services to children, young people and families in the borough. If you live in the borough or attend a Barnet school and are struggling with social, emotional, or behavioural difficulties, we might be able to help.



All referrals for our live groups and workshops can be made through the Universal Plus form on our website at [www.barnet.gov.uk/bics](http://www.barnet.gov.uk/bics) If you would like to find out more information or chat to us about any of the groups, workshops or podcasts you can email [BICSGroups@barnet.gov.uk](mailto:BICSGroups@barnet.gov.uk) with any queries.

## Resilience Building Workshop: Stronger Mind, Stronger You

**Age range: 12-18**

**Details:** Do you want to strengthen your resilience?

Come along and discover techniques to manage a range of challenges, the fundamentals of self-care and how to connect with your support team! The particular focus of each workshop changes based on the groups needs and suggestions. Please email [BICSGroups@barnet.gov.uk](mailto:BICSGroups@barnet.gov.uk) to access this workshop in particular.

## Feeling Better about going back to school online video

**Age range: 11-18**

**Details:** A pre-recorded workshop for secondary school students on managing anxiety.

Why do we feel anxious and why might lockdown have affected our wellbeing? Learn some useful strategies and tips to cope with anxious feelings after lockdown, self-isolation, school holidays or in general.

## The transition from primary to secondary school online video

**Age range: 10-12**

**Details:** Moving from primary to secondary school can sometimes feel very scary. You may also not have the chance to celebrate or say good bye to your friends and teachers how you would like to during COVID.

This video talks about managing change and will help you to learn some really useful strategies for coping with worries, uncertainty and the move to your new school.

## Managing Exam Stress online video

**Age range: teenagers**

**Details:** Learn how to support yourself emotionally whilst preparing for, and sitting, your exams.

## Step Up and Stand Out

**Age range: 14-16**

**Details:** Are you struggling to attend school, feeling unmotivated or finding it harder to get on with people?

Join this three session group to help develop your sense of self, to find purpose and feel more able to adapt for the future, particularly after the uncertainty of lockdown.

Explore the concepts of resilience, autonomy and respect. Plus, how our physical self, thoughts and feelings can impact on how we communicate our needs to others and how they see us in return.

## Lifeworx group

**Age range: 14-17**

**Details:** Join this 8-week workshop to learn real life inspired skills to make life work for you. Develop skills to feel better able to manage everyday situations and relationships. Topics will include:

- Getting to know and respond to one's emotions
- Improving social interactions & communication responding and
- looking after self with care & compassion at stressful times
- Mindfulness

## \*\*MIND and MOOD group

**Age range:** A group for young people aged 11-14 with a separate group for their parents

**Details:** Do you ever wonder why you feel worried or anxious? Join us for 8 sessions to learn strategies to manage anxiety and feel more able to cope with stressful situation.

Two parents/carers sessions will also cover anxiety, how it impacts on your child and how you can support both them and yourself to manage anxious situations.

## \*\*Building Confidence

Building confidence and connections between children and families.

**Age range:** Joint workshop with parents & children aged between 6-11 years.

**Details:**

**Session 1:** Provides parents with various tips and strategies to help them to identify their strengths and build resilience.

**Session 2:** Explores children's experiences and provides them tools to manage their feelings and behaviours.

**Session 3:** Brings parent and child together to encourage effective communication and understanding to strengthen their relationship.

**\*\*Workshops for children and young people and parents/carers**



## **Podcasts – Staying Well in Barnet:**

In addition to all our live and pre-recorded groups and workshops, we are continuing to release podcasts on a variety of topics, such as what does mental health mean to you, waiting for exam results, managing relationship challenges and more.

Check them out and look out for new podcasts talking about managing loss, dealing with difficult emotions such as anger or worry and the difference between shame and guilt.

**If you have a topic you would like us to discuss, do get in touch!**

**To view all our pre-recorded workshops and podcasts please visit:**

[www.barnet.gov.uk/BICS](http://www.barnet.gov.uk/BICS)

**Visit our website for more information on all our services and how we might be able to help.**

Email: [BICS@barnet.gov.uk](mailto:BICS@barnet.gov.uk) for general queries

Support line: **020 8359 3130** (9am-5pm)

Website: [www.barnet.gov.uk/BICS](http://www.barnet.gov.uk/BICS)