

Workshop - Violent & Challenging Behaviour in Children with Additional Needs Plus how to look after you too



When – Tuesday 16th October 2018, 6:30-9:30 pm

**Where – Willow Room, Hobbs Hill Wood School,
Peascroft Road, Hemel Hempstead, HP3 8ER**

With Yvonne Newbold and Malcolm Cooper

Topics covered in this workshop:

- What is SEND VCB? (Special Educational Needs & Disabilities, Violent & Challenging Behaviour)
- Diagnostic overshadowing
- The Stigma Surrounding VCB and the effects this has on you and your whole family
- Why VCB Happens – the underlying causes and how to identify them
- Anxiety in children, common causes and what it can look like in children with additional needs
- Approaches, strategies and techniques that can help reduce violent episodes at home
- The importance of Self-care
- De-stress strategies
- The Workshop will finish with a deep relaxation session

The Workshop is very relaxed and informal with plenty of time to chat to other parents in the same situation. You don't have to bring anything with you, although some people do like to take notes, so a pen and paper might be useful

Yvonne Newbold lived with SEND VCB for over seven years before finally being able to access appropriate help which supported her son, Toby, to successfully turn his behaviour around. At the time, she believed that hers was the only family in this situation, and that it must be all her own fault. Then she discovered that, far from being the only one, there are thousands of families living in fear of their own child, there is still very little help available, and parents are still allowed to believe that it's all their own fault. Yvonne now supports this group of parents by running workshops, speaking at conferences and supporting them directly on Facebook through her closed FB group for affected families. She is currently working with team from Northumbria University to develop the first evidence-based data on the impact of SEND VCB on families, because without the data, services and training for frontline staff won't ever happen. She is also writing a book about this topic to enable parents to easily access the information they need to enable their children to turn their behaviour around.

Malcolm Cooper is Yvonne's "other half" so he understands how it feels to live with a child who can be violent too. Malcolm is also a Clinical Hypnotherapist and Life Coach, who also teaches mindfulness and meditation.

**To book onto this workshop please email Ashley Fabray, DSPL8 Administrator,
fabraya@kls.herts.sch.uk or call 07525 917125**

Please note that this workshop is only open to Dacorum parent/Carers.

Please do keep an eye on facebook, add your name to our contact list and keep in touch.

Find us on Facebook – DSPL Dacorum