

Cornwall Schools Wellbeing Hub

Interested in supporting the resilience and emotional wellbeing of children and young people in Cornwall? Then please join us at one of our **free drop-in Hub Information and Networking meetings**.

12th May 2023 13.00 - 18.00

"A Strange and Curious Afternoon..."

For this session we are delighted to welcome Sally Donovan, Author of the fabulous "**The Strange and Curious Guide to Trauma**". Sally will be offering 2 sessions:

- Using "**Strange and Curious...**" as part of Whole School CPD (13.45 - 14.45)
 - '**Book Club**' - An informal Q&A with Sally about the book. (15.30 - 16.00)
 - Attendees will receive a free copy of "Strange and Curious..."
- and**
- Meet & network with colleagues from schools and others' supporting wellbeing
 - Display of resources / books etc.
 - Refreshments
 - Demo of our online interactive training / on-demand webinars

[Book here](#)

Questions? [Contact us](#)



"Children who have experienced trauma and learnt the world is scary may FIGHT, RUN or HIDE a lot...

Sometimes this fighting, running or hiding gets confused with what *Some People* call 'bad behaviour'

It's not bad behaviour. It's a sure sign a person doesn't feel safe. **Yet.**"

The Wellbeing Hub aims to support:

"A Whole School, trauma informed, relational Approach to Wellbeing that is 'Everybody's Business'.

- Online events, webinars and meetings
- On-demand training / CPD
- Resources to support wellbeing in schools
- Forums
- Good practice sharing

Membership is free, open to all schools and anyone who supports young people.

www.hub.headstartkernow.org.uk

The Strange and Curious Guide to Trauma

Sally's wonderful book is written for children and young people but it is also for all of us - school staff, parents and carers, practitioners...

In a world where C&YP face ever increasing challenges to their wellbeing understanding more about the effects of trauma and relational approaches is *'Everybody's Business'*. Sally's book provides a brilliant resource to help us all share that understanding.

www.sallydovonan.co.uk/

"When we feel safe, us humans can go out into the world, make friends, learn stuff, have new experiences and achieve happy and satisfying lives. If we can help each other to achieve these things, it makes all of our lives better".

"Sally Donovan has created an important and accessible book that sheds light on the often difficult-to-approach subject of trauma. A brilliant book for children and those who care for them".

Poppy O'Neill, Author

