

The Emotional Wellbeing Forum is a multi-agency event that runs three times a year (termly). It always takes place on a Wednesday morning, 8.30am-10.00am at the London Academy of Excellence Tottenham.

**Aims:**

To provide a space to share good practice, become informed about key national documents driving government policy, to receive local updates and influence the direction of work around emotional wellbeing in Haringey.

**Format:**

There is always a guest speaker presenting on a theme agreed as an area of interest by Forum members.

**Audience:**

Emotional Wellbeing Coordinators, Sendco's, Inclusion Leads, DT for LAC, CAMHs colleagues, Early Help, School Nurses, LAC Nurses, Social Workers, Supervising SWs, Foster Carers, IRO's, School Governors

**Historical Themes and Speakers:**

- Key documents – mental health and wellbeing
- Early Help update – Carol Ricketts-Sempaio & Sylvia Wilkinson
- Emotional Wellbeing Coordinator Role
- Self harm – Hannah Kinsey
- Social media, body image and the impact on mental health – Hannah Kinsey – YoungMinds

- Impact of negative and adverse home experiences on resilience and emotions – Dr Larry Brendtro
- Epigenetics – Dr Larry Brendtro
- Domestic Violence – Fiona Dwyer



**School Bookings** via Haringey Traded Services website: <http://www.tradedservices.haringey.gov.uk/Home>

**All other Bookings** via the Anchor Approach email address: [anchor@haringey.gov.uk](mailto:anchor@haringey.gov.uk)