



Getting Clearer about ACEs

There's lots to talk about! I had a thoroughly enjoyable evening in Twickenham watching [Resilience](#) and taking questions with Vince Cable and [Shabira Papain](#). Whole communities across the UK are talking more openly about the effects of Adverse Childhood Experiences (ACEs) on development not only of the brain but also other biological systems. The addition of ACE Awareness Exercises to our Workshops has proven popular with great feedback from our October Groups in Frogmary Green Farm.

Did you know that Sadiq Khan is in the process of setting up a [Violence Reduction Unit in London](#)? Those of you who were at the [ACE Aware Conference in Glasgow](#) will know about the [Scottish Violence Reduction Unit](#) and the success they are having with [community based projects](#).

Very best wishes

Sarah



In August we hosted a two day workshop with Associate Professor Sophie Havighurst from Melbourne University training 40 staff to facilitate **Tuning in to Teens Workshops**.

Sophie will be training 40 more Facilitators in West Somerset in April 2019

[Reserve Your Place Now!](#)

Mindful Emotion Coaching Workshop

13 Nov 2018 09:30 - 16:30



Venue

Somerset Centre for Integrated Learning
(SCIL) (SCIL / 1), Cheddon Road,
Taunton, Somerset, TA2 7QP

Trainer

Liz Kane

Book Your Place



Book coaching, counselling or supervision

www.doctorsarah.co.uk

Resources - Your Recommendations

We gather ideas from learners during workshops and share on [Facebook](#)

www.foodtalkgame.co.uk

This game is a fun way of sharing learning about healthy eating - designed for Early Years but could be played on Science Days in Primaries.

Sharing Books for Social and Emotional Understanding

The authors take 21 of our most-loved and well-known picture books and look at how to share them effectively with children. Each picture book covered has 2 sections of guidance: one to be used at school and a second to be photocopied and used at home. **Highly Recommended**

The Blob Tree

Create your own resources with The Blob Tree

Sometimes I feel Cards

Thank you Carloyn Drew for this recommendation- 48 beautiful cards of differing emotions

When Sophie Gets Really, Really Angry

Click the image opposite to enter SHARE website and find out about the work the team is doing in Somerset...

[Staff Wellbeing is fundamental to any Whole School Approach to Wellbeing](#)



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SCHOOLS HEALTH AND RESILIENCE EDUCATION