

Children's Mental Health – The Early Years

23rd June 2020

In partnership with: **Canon**

Agenda

10:00

Welcome Address – Anne-Marie Khouri & Jenny Rayner – Founders of Red Rocket Events

10:05

Introduction – Ben West, Facilitator

10:30

Paula Wynter – Education and Children Psychologist

10:50

Emma Hart Dyke – Head Teacher

11:10

Q&A

11:15

Hector – Young Voice

11:25

Coffee Break (10 Minutes)

11:35

Nicholas Morgan – Anna Freud – Schools Mental Health Programmes for COVID-19

11:55

Q&A

12:00

Danielle Coomber – School Nurse

12:20

Q&A

12:25

Josh Connolly – Parents Voice

12:45

Q&A Panel Discussion – Facilitated by Ben West

13:00

Laura – Anna Freud Young Champion

13:10

Ben West, Facilitator – Closing Address & Final Comments

13:15

Close of Event

Keynote Speakers

Ben West: Mental health campaigner

After the unexpected and tragic loss of his 15 year old brother to suicide in 2018, Ben began campaigning for improved mental health awareness and support for young people. He started a petition to make mental health first aid a compulsory part of teacher training and has since handed over 200,000 signatures directly to the Prime Minister at 10 Downing Street. He is also currently working with LinkedIn on their #Changemakers campaign to improve mental health support in workplaces nationally. All in the memory of his brother, with the burning passion to prevent the same from happening to another family.



Paula Wynter: Consultant Child and Educational Psychologist

Paula Wynter is a highly experienced Consultant Child and Educational Psychologist with over 20 years' experience. She works independently within private practice, conducting comprehensive psychological assessments and clinical interviews. Since completing her professional training at University College London, Paula has acquired extensive knowledge and experience in assessing children and adults with a diverse range of Special Educational Needs (SEN) including children with profound and Multiple Learning Difficulties (PMLD), Severe Learning Difficulties (SLD), Autism (ASD), Attention Deficit Hyperactivity Disorder (ADHD), rare genetic disorders, brain injury, road traffic accidents etc. She also assesses the behaviour and mental health needs of her clients. Paula continues to work with vulnerable children and adults within the education sector and industry. She provides expert witness reports for the Courts, she is also a trained mediator in SEN and Family (all issues) matters.



Emma Hart Dyke

I have been in education for 35 years and a head teacher for 20 years working in Wandsworth and Sutton boroughs. I was once told schools never stand still, no term ever being the same and this is true; there is always a new challenge to face, our current climate being no exception. Mental Health has always been a priority for our school community and as we welcome children back it will form the backbone of our curriculum. I have three wonderful children and have been married to my amazing husband for the past 30 years.



Hector: Young Voice

Hector, 13, has struggled with anxiety and his mental health for the last few years. Fortunately, Hector realised that the only way to combat his situation was to share it with others. He is keen to encourage those who might be struggling to be open about their feelings and encourages young people to open up.



Nicholas Morgan: Anna Freud

Nick is the Youth Participation Officer, his role is to get young people involved in projects across the Centres work, from media to training to clinical services and more. Nick has been working in the field of youth mental health & participation since 2004 for various charities across the UK. In my down time, you can find me watching or playing at gigs, running through the woods, swing dancing and travelling with friends. Nick will be briefly discussing some of the upcoming schools based work that the Anna Freud National Centre for Children and Families are developing for the near future."



Danielle Coomber

I'm a School Nurse in East Surrey (Children and Family Health Surrey) with a strong interest in mental health and emotional wellbeing. I've recently started working in conjunction with the Lucy Rayner Foundation to deliver crucial health promotion around these subjects to local primary and secondary schools. Since COVID-19 I have joined a working group, to ensure School Nurses across Surrey receive the necessary training to be able to support bereaved children. I have also helped 'capture the voice of young people during the covid pandemic' which will influence the planning of services for children and young people in the future.



Josh Connolly: Life coach and Ambassador for Nacoa

Having grown up with an alcohol dependent father who he saw take his own life when he was just 9 years old, Josh had always found life a struggle. Josh began drinking alcohol and taking drugs when he was 12 years old and his life spiralled quickly out of control. He believes that looking back, alcohol addiction had already become a problem for him by age 16. He became a father at 18 and things continued to get worse until at 24 his life changed when he decided to quit alcohol and drugs for good. He has been on a healing journey ever since and now speaks nationally about his experiences with trauma and mental wellbeing in general.



Anna Freud Young Champion: Laura

Laura recently turned 15, finishing year 10 and has been a Young Champion since October 2019. Having ongoing and historic experience of a variety of mental health problems, such as PTSD, anxiety and suicidal tendencies she is a keen advocate for both the mental health and LGBTQ+ youth communities. As well as this Laura loves listening to music and trying her best to get involved with anything that could help others improve their mental health.

