SPACE CYP (for Children and Young People)

SPACE CYP is the most recent offer from the SPACE toolkit for professionals working with children and young people. SPACE CYP differs from other interventions currently available to children and young people in Cornwall.

This **FREE** training offer is open to all professionals working with Children and Young People.

Building on current trauma informed training and practice that has influenced how we as professionals work with children and young people SPACE CYP provides an accessible, flexible toolkit of high-quality resources for trained facilitators, enabling them to work with groups of children and young people.

SPACE CYP like SPACE is a relationship-based delivery model which actively advocates and promotes working in partnership alongside children and young people whether you are a parent/carer or professional. Designed to mirror SPACE, SPACE CYP can be delivered concurrently to support whole family learning, as well as support children and young people to develop independently. Helping children and young people to recognise and understand triggers behind behaviour and how they can manage this through self-soothing, self-regulation and self-compassion. The programme also explores why communication is key and why promoting healthy protective behaviours is at the core of developing resilience in both themselves and in their relationships with others. The programme recognises that each child / young person may have been shaped by their experiences, but that this does not need to continue to define them and that there is always capacity for change.

A universal programme intended for all children and young people, SPACE CYP supports in the building of knowledge and learning (complimentary to PSHE/SRE) throughout the 5 weeks to help children and young people gain a good understanding of the importance of emotional health, wellbeing in relation to themselves, others and their family. With particular emphasis on how to maintain positive emotional, mental health and wellbeing by using the takeaway strategies which children and young people can implement at home.

**Once trained, facilitators will be able to deliver a 5-week education programme to groups of children/young people** offering practical activities and insights into the neuroscience behind development, trauma (delivered in a child/young person friendly way), attachment/relationships, stress responses, why protective factors are important and what children and young people need to feel safe.

Addressing topics such as:

* The impact of stress
* The benefit of using grounding techniques
* The importance of protective factors e.g resilience
* The rupture and repair cycle in relationships
* The benefits of healthy minds and bodies

The next date available to book (below), please email space@cornwall.gov.uk to express your interest and for further details.