

**Cornwall Association of Primary Headteachers**

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**caph**

Cornwall Association  
of Primary Heads

**CAPH Conference****Friday 16<sup>th</sup> March 2018**

The Atlantic Hotel, Newquay, TR7 1RD

***Keeping Hope Alive***

8.30am Registration, the Marketplace, tea & coffee

9.20am Welcome and Introductions from the CAPH Chair

9.30am **Keeping Hope Alive: How successful school leaders keep themselves and others connected to their vision, passion and purpose.**

**Viv Grant – Director of Integrity Coaching**

The presentation will draw on the lessons Viv has learnt as an Executive coach for Head teachers. Viv will share insights into the personal qualities that school leaders need to adopt to maintain healthy relationships with themselves and others. Her talk will illustrate how attention to our deeper needs as human beings, can help to create school cultures in which all flourish.

11.00am Refreshments and the Marketplace

11.30am **Managing Cancer in the Workplace**

**Liz Egan, Working through Cancer Programme Lead, Macmillan Cancer Support**

Liz will share insights into the national picture of people living with cancer in the workplace. She will discuss the importance of employees living with cancer being able to stay in the workplace, the potential barriers to this, and some practical advice for schools in supporting their employees.

12.15pm **Schools Advisory Service Wellbeing Support**

12.30 Lunch and the Marketplace

1.45pm **Workshops** - Please see below for full details

2.30pm changeover - **Workshop sessions repeated**

3.15pm Closing remarks and finish

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The logo for the Cornwall Association of Primary Headteachers (caph) features the word 'caph' in a bold, lowercase, sans-serif font. Above the letters 'a' and 'p' are three stylized, overlapping shapes in shades of yellow and orange, resembling a sun or a cluster of leaves.

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**Workshop 1 Mental Wellbeing/Resilience/Mental Distress First Aid**

Delivered by [Karen Oldham-Waring](#), Director of Sunflower Training & Consultancy

- The essentials of why mental wellbeing and resilience are necessary within the workplace and how this positively impacts both staff and students.
- Why we need a resilient workforce and a brief outline of how to build resilience.
- What Mental Distress First Aid involves, why it's necessary to have trained MDFA'ers within the workforce and the positive impact it has on both staff and students.

**Workshop 2 Staff Wellbeing in Education**

**Wellbeing in MATs** - Providing an insight into how to embed an effective wellbeing programme into an expanding MAT and the associated impact and reward.

Delivered by Roger Green, Director of Wellbeing & Lucy Wright, HR & Wellbeing Manager, [Aspire Academy Trust](#)

**Wellbeing Champions** – Providing an update on the Wellbeing Champion schools programme and some useful case studies on how other schools have implemented wellbeing initiatives. Delivered by Karen Keast, [School Workforce Health & Wellbeing Coordinator](#), Cornwall Council

**Workshop 3 Sleep Well**

Delivered by Kevin Simpson, Psychologist, CEO, [Resilience Zone](#)

- Sleep deprivation – a national challenge?
- Key issues in sleep recovery:
  - Valuing sleep – a time to reconsider the importance of sleep?
  - Creating 'Sleep Opportunity' – the ABCs of Sleep Hygiene
  - The perils of "trying to sleep"
  - Mindfulness and sleep
  - Resources – information and resources to follow up the content covered

**Workshop 4 Laughing workshop**

Delivered by [Katie White](#), The Best Medicine

In this workshop participants will learn how laughter can be used as an effective coping strategy for stress. We will try some simple exercises, play a couple of interactive games and learn some laughing techniques that can be applied at work or home. The workshop will be interactive but informative; touching upon what happens in the brain and body when we laugh and how we can use this to our advantage.