OUR LADY OF LOURDES
CATHOLIC MULTI-ACADEMY TRUST

CPD BROCHURE

2025 - 2026

Welcome

We are pleased to share this years CPD brochure, containing a wide range of training programmes designed to support and develop you in your role. We look forward to the coming year and the opportunities it will provide us.

Training can be booked via our online booking site.

[Book Here]

Training available this year includes:

Speaker events -   Nathan Burns

Alex Quigley

Deputy Headteacher Network

Teaching and Learning Hubs

Aspiring to Middle Leadership

Trauma Informed Practice and emotions coaching - with Julia Summers

Strong Foundations in Early Years - The implications for curriculum and teaching in Reception

Enhanced Provision

Understanding Dyscalculia and Dyslexia

Developing teaching practice - Primary

Supporting pupils with SEND through scaffolding

Attendance

Using Excel - Basic

Using Excel - Intermediate

Making best use of Arbor

Accessing and applying for funding streams

Discovering AI - A beginner's guide

AI in Action - Leading with confidence

Unlocking the power of AI: Prompt engineering

Adult Mental Health First Aid

Student Mental Health First Aid

Whole School SEND

Exam board training - secondary schools

Nathan Burns

Research from the Education Endowment Foundation (EEF) and wider cognitive science consistently highlights metacognition and self-regulation as among the most cost-effective strategies for improving pupil outcomes, particularly for disadvantaged learners.

This CPD is designed to equip teachers with the skills and understanding needed to explicitly teach and model metacognitive strategies. It focuses on embedding metacognitive thinking into daily practice, across subjects and key stages, so that pupils are not only taught what to learn, but how to learn. Participants will explore how to design tasks that require students to plan, monitor, and evaluate their learning; create assessment opportunities that build metacognitive awareness; and support learners in becoming more independent and self-regulated.

By integrating metacognitive approaches into classroom practice and the wider curriculum, this CPD aims to create a culture where pupils take greater ownership of their learning and make more sustained progress over time.

Content

- Model metacognitive thinking in the classroom
- Design activities that promote planning, monitoring, and evaluation
- Create assessment strategies that develop metacognitive awareness
- Support students in becoming independent, self-regulated learners
- Integrate metacognitive approaches across the curriculum

Impact

Following the CPD session:

- teachers model metacognitive thinking by discussing planning and problem-solving aloud.
- lessons focus on developing skills like self-questioning, goal-setting, and progress evaluation.
- assessments encourage pupils to reflect on their learning strategies.
- pupils show increased independence in planning and evaluating their work.
- improved outcomes for students who previously relied on teacher direction. - Enhanced resilience and perseverance as students learn to regulate their thinking.
- a cultural shift in the classroom emphasises the value of learning processes alongside content.

When

15th October 2025

9am-3pm

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Headteachers, other members of SLT and Subject Leaders/Heads of Department.

Cost

£100 per school

OUR LADY OF LOURDES
CATHOLIC MULTI-ACADEMY TRUST

Alex Quigley

Alex explores the reasons why learning fails using concepts from cognitive science and research evidence e.g. limited memory, patchwork prior knowledge, flawed planning, struggles with independent learning. Alex provides real-life examples highlighting where learning has failed and practical strategies and tools which can secure successful learning in the classroom. These strategies provide a guide to supporting pupils to overcome barriers to learning.

Content

- Limits of working memory
- Prior knowledge
- The nature of misconceptions
- Faulty planning strategies
- Learning independently
- Strategies to overcome these barriers

Impact

Following this CPD session we would expect to see:
- improved pupil retention of knowledge, with greater automatic recall across subjects due to more effective teaching strategies that account for memory limits and misconceptions.
- more consistent pupil progress, reflected in rising attainment and better alignment with national outcomes.
- teachers applying cognitive science principles such as retrieval practice, spaced learning, and scaffolding to plan and deliver lessons more effectively.
- greater teacher awareness of how prior knowledge, planning errors, and misconceptions impact learning, and how to address them.
- improved lesson and curriculum planning, with content sequenced and presented in ways that reduce cognitive overload and reinforce long-term retention.
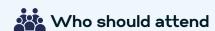
When

27th February 2026

9am-3pm

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Headteachers, other members of SLT and Subject Leaders/Heads of Department.

Cost

£100 per school

Deputy Headteacher Network

Session	Theme	Date
1	Monitoring and Evaluation	8th October 9.30am-2pm
2	New Ofsted framework	4th February 9.30am-2pm
3	EYFS/SEND	20th May 9.30am-2pm

Who should attend

These sessions should be attended by Deputy Headteachers in both Primary and Secondary Schools.

TERMLY
For all Subject Leaders

TEACHING AND LEARNING HUBS

Subject Leaders play a pivotal role in raising standards and driving improvement across our schools. Our CMAT is committed to your professional growth through a rich programme of Continuing Professional Development (CPD), tailored specifically for subject leadership.

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What do our hubs offer?

Our Teaching and Learning Hubs (formally known as networks) will be held in the Advent and Lent terms and will focus on subject-specific CPD. These hubs offer a professional space for subject leaders across the Trust to collaborate, share experience and grow.

These sessions are designed to:
- Share effective practices and innovative teaching strategies
- Stay informed on national curriculum updates and inspections
- Strengthen leadership in monitoring, assessment and curriculum design
- Align subject-specific goals with Trust-wide priorities
- Engage in collaborative planning and moderation
- Build strong professional networks
- Empower you to lead with impact

Who should attend?

All Subject Leaders should participate in the Teaching and Learning hubs. Whether you are new to the role or a seasoned leader, each session offers fresh insights and valuable connections.

Please download the calendar for all the 2025/2026 hub meetings.

Click to download (Excel)

Aspiring to Middle Leadership Programme

This programme is for teaching staff who aspire to middle leadership and are ready to explore what it means to lead with vision, clarity, and impact. Ideal for those looking to develop their leadership identity and gain hands-on experience through a research-informed project.

Back to welcome page

Session	When and Where
Session 1 - Succeeding in Middle Leadership: Vision, Strategy & Leadership Foundations This session kickstarts your leadership journey, exploring the core principles of effective middle leadership. We'll unpack the difference between leadership and management, explore leadership styles, and consider how to lead with vision and strategy. You'll also be introduced to a year-long leadership project – your chance to apply research and theory to real impact in your setting. A practical, research-informed start to developing your leadership identity and making a difference.	Thursday 2nd October 2025 9:30am-2:30pm (Online)
Session 2: Building a Team & Driving Quality This session explores how middle leaders build effective teams and secure consistency across their area of responsibility. We'll look at what it means to lead with clarity and purpose, and examine the Quality of Education (intent, implementation, and impact) from the perspective of a middle leader – understanding your role in driving improvement. You'll also reflect on the progress of your leadership project and plan your next steps.	Wednesday 14th Jan 2026 9:30am-2:30pm (Online)
Session 3: Independent Project Development This self-directed half-day is your opportunity to focus on developing your leadership project. Building on the themes from Session 1 & 2, you'll work independently to shape your project, prepare your presentation, and reflect on your leadership impact so far. A chance to apply theory to practice and move your project forward with clarity and purpose.	Thursday 26th March 2026 9am-12pm
Session 4: Leadership in Action – Online Project Presentations This final online session is your opportunity to present the leadership project you've developed across the programme. You'll share your journey, reflect on your impact, and demonstrate how you've applied leadership theory in practice. This is a valuable chance to showcase your work.	Thursday 2nd July 2026 9am-12pm (Online)

Trauma Informed practice and Emotions coaching
Led by Julia Summers

This training event is designed to deepen staff understanding and practice in supporting children who have experienced attachment difficulties and trauma, and who may struggle to regulate their emotions and behaviour in school.

Many children come into our classrooms with a wide range of experiences that shape how they respond to stress, learning, and relationships. Some have experienced early trauma or disrupted attachments which can have a profound impact on their social, emotional, and cognitive development. Without a secure understanding of these factors, staff may misinterpret behaviours and miss opportunities to provide the right support.

Content
- Develop an understanding of how attachment and trauma can impact on children's development
- Develop an understanding of the science behind what happens in the body when children become dysregulated
- Explore different strategies to support co-regulation
- Explore what 'survival' looks like in school for some children
- Develop an understanding of interoception and activities to support this with individuals and as a whole class
- Explore the use of Individual Regulation Plans

Impact

As a result of this training, staff will:
- have a deeper understanding of how attachment, trauma and dysregulation affect children's development, behaviour, and readiness to learn.
- be better able to recognise 'survival' behaviours for what they are, responding with empathy and appropriate support rather than punishment or misunderstanding.
- feel more confident using evidence-informed co-regulation strategies and interoception activities to help children manage big emotions and stay calm, focused, and engaged.

This is a repeat of the training held last year, with some additions.

When

27th November 2025

9.30am-3pm

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Support staff

Cost

Free

Enhanced Provision

It is essential that learning environments are carefully designed to meet the diverse needs of all pupils. Enhanced provision provides a strategic approach that supports high-quality, purposeful learning through well-organised environments, enriched resources, and carefully structured opportunities to support pupils with SEND.
To successfully embed this approach across settings, staff require a shared understanding of its purpose, practical tools for implementation, and a clear vision that aligns with school and Trust-wide priorities.

This training has been developed to support Headteachers, Deputy Headteacher and SENDCos in planning, implementing, and sustaining high-quality enhanced provision. It is rooted in evidence-informed practice and designed to build capacity and consistency across the Multi-Academy Trust.

Content
- Establishing a vision and rationale for enhanced provision
- Planning for implementation of enhanced provision
- Successful implementation
- Establishing the environment
- Delivering the curriculum within an enhanced provision
- Planning for transition
- Planning learning pathways

Impact

Schools will be empowered to:
- develop environments that inspire and engage pupils with SEND, meeting their specific needs.
- strengthen pedagogy through purposeful provision.
- ensure the delivery of a carefully tailored curriculum coherence across year groups and phases.
- support successful transitions and progression for pupils who access enhanced provision.
- by attending this training, schools will be better equipped to provide inclusive, engaging and impactful learning experiences that support pupils with SEND.

When

24th September

9am-3pm

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Headteachers, DHT, SENDCos

Cost

Free

Strong foundations in the Early Years:
The implications for curriculum and teaching in Reception

The Government have set a target of 75% pupils achieving a Good Level of development by 2028.

High quality early education has a profound and lasting impact on outcomes for children.

Children enter Reception with varied levels of knowledge; some need additional teaching to build language and communication skills.

Early education must equip all children with the knowledge and skills they need to success through Reception, Key Stage 1 and beyond.

Content

- Considering how schools secure the foundational knowledge and skills which pupils need to develop in order to give them the best chance of educational success
- Exploring the development of children's spoken language and executive function
- Considering how children who begin school with the lowest starting points and those who fall behind are the most affected by weaknesses in curriculum, teaching and assessment
- Considering the curriculum for English and Literacy beyond the teaching of phonics
- Exploring the key principles to help all children get the best start to their education

Impact

- Understand the implications which Building Strong foundations has for your setting
- Identification of gaps in pupils' understanding and strategies to close these gaps
- Review curriculum planning and implementation of the Early Years curriculum to ensure foundational knowledge and skills are being developed

When

25th September 2025

1pm-3.30pm

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Headteachers and Early Years leaders

£ Cost

Free

Understanding Dyscalculia and Dyslexia

As inclusive schools committed to ensuring every child achieves their full potential, it is essential that staff are equipped to recognise and respond to specific learning differences such as dyslexia and dyscalculia. These neurodevelopmental conditions can significantly impact a child's ability to access the curriculum—yet, with the right support, pupils with these difficulties can thrive academically and emotionally.

This training is designed to strengthen the capacity of school staff to identify the signs of dyslexia and dyscalculia early and to implement practical, evidence-based strategies to support affected learners.

Content

- Understanding the signs of dyslexia and dyscalculia
- Strategies to support pupils with dyslexia and dyscalculia

Impact

Following this training, staff will be able to:
- recognise the key signs and characteristics of dyslexia and dyscalculia.
- implement classroom strategies that remove barriers to learning.
- provide or signpost early, effective support.

When

TBC

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Teachers and Teaching Assistants

Cost

TBC

Developing teaching practice
PRIMARY

At the heart of school improvement is the quality of teaching. To ensure all pupils make sustained progress, teachers must be equipped with a repertoire of effective, research-informed strategies that maximise learning time, foster engagement, and make learning stick.

This CPD event has been designed to focus on five foundational elements of excellent classroom practice. Together, they support teachers to plan and deliver lessons with clarity, purpose and impact.

When

13th January 2026

9.30am-2pm

Content

- Learning intentions and task design
- Chunking lessons and planning sequentially.
- Participation Ratios
- Assessment for learning
- Modelling

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Impact

Following this training staff will be better equipped to:
- plan and deliver lessons with clear purpose and structure.
- maximise pupil engagement and participation.
- respond to assessment information in real-time.
- model learning effectively and build pupil independence.
- embed a shared language and toolkit for effective teaching.
- build consistency in classroom practice across year groups and subjects.
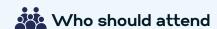- raise pupil achievement through evidence-informed pedagogy.

Who should attend

All Teachers, including ECTs

Cost

Free

Supporting pupils with SEND through scaffolding

Scaffolding is one of the most effective classroom strategies for ensuring that pupils with Special Educational Needs and Disabilities (SEND) can access, engage with, and succeed in the curriculum alongside their peers.

This CPD aims to equip teachers and support staff with practical strategies to scaffold learning effectively–enabling pupils with SEND to develop independence, confidence and success within high-quality, whole-class teaching.

Content

- Understand what scaffolding is and how it differs from differentiation
- Identify when and where scaffolding is most beneficial in the learning process
- Explore a range of practical scaffolding strategies
- Recognise when and how to remove scaffolds as pupils gain confidence and mastery

Impact

Following the training staff will be better equipped to:
- plan lessons that are accessible yet ambitious for all learners.
- support pupils with SEND through proactive, structured teaching strategies.
- create classroom environments where all pupils are enabled to participate meaningfully in learning.
- develop independence for pupils with SEND.

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When

29th January

9am-12pm

Where

Face-to-face

Holy Trinity Parish Centre, Boundary Road, Newark

Who should attend

Teachers and Teaching Assistants

Cost

Free

Attendance

Strong attendance is fundamental to pupil achievement, wellbeing and long-term success. Schools play a critical role in promoting and maintaining high attendance, and Office Managers or administrative staff responsible for monitoring attendance are at the heart of this work.

This CPD is designed to empower those with responsibility for attendance with the knowledge, tools and confidence to monitor attendance effectively, take early action, and contribute to a whole-school culture of high expectations.

Content

- Understand the legal and statutory framework for school attendance
- Use Arbor effectively to record, monitor and report attendance data
- Identify patterns of concern, including persistent absence and unauthorised absence
- Communicate attendance expectations clearly and consistently with families
- Know when and how to escalate concerns to the Senior Leadership Team or external agencies
- Contribute to whole-school strategies to improve attendance and punctuality
- Use data to support early intervention and pupil support plans

Impact

Following this training, staff will be better equipped to:
- accurately track and analyse attendance data.
- support early identification of attendance concerns.
- contribute meaningfully to safeguarding and pupil wellbeing.
- strengthen communication between school and home around attendance.
- play a proactive role in improving whole-school attendance outcomes.

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When

16th January

1pm-3pm

Inclusive of 30 minutes for questions and discussion

Where

Online training

Who should attend

Office Managers or those responsible for monitoring attendance

£ Cost

Free

Using Excel - Basic

In the modern school environment, data handling, analysis, and presentation are essential administrative tasks. Microsoft Excel remains one of the most powerful and widely used tools for managing information efficiently–whether tracking attendance, communications, or timetables.

This CPD is designed to support Office Managers and other school-based staff in building practical skills and confidence in Excel, enabling them to streamline processes, reduce workload, and make informed decisions based on accurate data.

Content

- Develop core Excel skills including formatting, formulas, sorting, filtering and conditional formatting
- Use Excel for tasks such as attendance tracking, financial monitoring, inventory management and calendar planning
- Learn how to create simple dashboards and charts to visualise data
- Improve efficiency through tips such as templates, drop-down lists and data validation
- Understand how to use Excel functions to automate repetitive tasks and reduce errors

Impact

Following the training, staff will bet equipped to:
- manage data more efficiently and confidently.
- present information clearly and professionally to support school decision-making.
- save time by applying smart shortcuts and functions.
- increase their professional confidence and digital literacy.

When

8th October
9.30am-11.30am

A workbook will be sent in advance to follow during the training

Where

Online training

Who should attend

Office Managers or other members of staff who wish to develop their understanding of using Excel

£ Cost

Free

Using Excel - Intermediate

This Intermediate Excel CPD is designed for Office Managers, administrators, and other staff who already have a basic understanding of Excel and are ready to deepen their skills. It will equip them to work more efficiently with larger data sets, automate common tasks, and create more professional outputs that support strategic work across the school

Impact

Following this CPD event, staff will be better equipped to:
- confidently handle complex datasets related to attendance, finance, behaviour, or assessments.
- produce accurate and insightful reports to support SLT, governors or external partners.
- increase efficiency by reducing time spent on manual tasks.
- improve confidence and problem-solving when working with spreadsheets.
- contribute more proactively to data-driven decision-making across the school.

When

8th October

1pm-3pm

A workbook will be sent in advance to follow during the training

Where

Online training

Who should attend

Office Managers or other members of staff who wish to develop their understanding of using Excel

Cost

Free

Making best use of Arbor

This CPD session is designed to enhance the confidence, efficiency and strategic capability of Office Managers and key administrative staff in using Arbor, ensuring that the MIS becomes a powerful enabler–not a daily challenge.

Content

- Navigate Arbor with greater confidence and speed
- Use key modules effectively (e.g. attendance, behaviour, communications, student records, reporting
- Input and manage data accurately and in line with school procedures
- Use Arbor's communication tools to support timely, clear interactions with parents/carers
- Run and customise reports to support SLT, governors and external agencies
- Troubleshoot common issues and apply good data management practices
- Identify opportunities to streamline current processes using Arbor features
- Use the AI function within Arbor

Impact

Following this training, staff will be better equipped to:
- use Arbor more efficiently and effectively in their day-to-day roles.
- save time by automating or simplifying key administrative tasks.
- improve the quality and consistency of data across the school.
- support colleagues with reporting and communication needs.
- contribute more fully to strategic data management and school improvement.

When

7th October

1pm-3pm

Where

Online training

Who should attend

Office Managers

Cost

Free

Assessing and applying for funding streams

With increasing pressure on school budgets, it is essential that school leaders and administrative staff are equipped with the knowledge and skills to identify, access, and apply for a wide range of funding opportunities. This session will empower staff to secure additional resources to support school improvement, pupil outcomes, enrichment opportunities, and capital development projects.

Content

- Overview of common school funding streams (government grants, trust/foundation funding, local authority, corporate sponsorship, charitable organisations, and targeted DfE initiatives)
- Where and how to find funding opportunities (e.g. Grants4Schools, local enterprise partnerships, DfE bulletins)
- Step-by-step guidance on writing strong funding applications
- Aligning bids to school improvement priorities and pupil need (e.g. SEND, disadvantage, enrichment)
- Case studies of successful bids and common pitfalls
- Post-application management: compliance, monitoring, and reporting
- Collaborative funding bids and partnerships with other schools/organisations

Impact

- Increase the school's ability to secure additional funding
- Build staff confidence and competence in identifying and writing funding applications
- Ensure that funding bids are strategic, needs-led, and sustainable
- Improve resourcing and provision in key school priority areas (e.g. SEND, curriculum enrichment, wellbeing)
- Develop a proactive, outward-facing culture in relation to financial opportunities

When

2nd December 2025

1.30pm-4pm

Where

Online training

Who should attend

Office Managers

Cost

Free

Our Lady of Lourdes
Catholic Multi-Academy Trust

Discover AI: A Beginner's Guide
Led by Lisa Floate

As artificial intelligence (AI) becomes increasingly embedded in everyday life, its relevance to education continues to grow. This(CPD) session has been designed to support school staff in understanding and harnessing the potential of AI in a practical, accessible, and non-technical way.

Content

Curious about artificial intelligence but not sure where to begin? This practical session introduces the basics of AI, demystifies key concepts, and shows how you can use AI tools to save time and streamline daily tasks. No experience needed–just bring your questions and leave with greater confidence.

Impact

Following this CPD session, staff will:
- have increased staff confidence in understanding and engaging with AI tools and concepts.
- understand ways in which AI can reduce workload through the use of AI to streamline administrative and planning tasks.
- be empowered to explore and experiment with AI in a safe, ethical, and purposeful way.

When

Advent 2 - Tuesday 9th Dec
9:30am-11:30am

Lent 2- Thursday 26th Feb
9:30am-11:30am

Where

Online training

Who should attend

All staff no mater your role

£ Cost

Free

AI in Action: Leading with Confidence
Led by Lisa Floate, Will Otterwell and Tamer Robson

As artificial intelligence continues to evolve at pace, school leaders are faced with both exciting opportunities and complex responsibilities. This CPD session is designed to support leaders in navigating this emerging landscape with clarity, confidence, and ethical integrity.

Building on the principles outlined in the Trust AI Charter, the session equips leaders with practical tools to guide strategic, responsible implementation of AI across their setting. It moves beyond basic awareness to deeper questions of impact, ethics, and leadership, ensuring that AI adoption enhances teaching, learning, and operations without compromising core values.

Content

Shape the future of your school with AI done right. This session will give you the tools and confidence to lead ethical, effective AI implementation in line with your AI Charter. Explore real-world examples, tackle the big questions around ethics and impact, and leave ready to drive innovation across your setting.

Impact

Following this CPD staff will:
- be able to develop stronger strategic leadership around AI, grounded in ethical principles and aligned with the Trust AI Charter.
- have increased confidence among senior and middle leaders to make informed decisions about AI adoption and innovation.
- develop clear, school-wide approaches to AI that promote consistency, safety, and transparency.
- develop a proactive culture of ethical digital leadership, modelling responsible AI use for staff, students, and the wider community.

When

Advent 2 – Tuesday 4th November

9:30am-11:30am

Where

Online training

Who should attend

Senior Leaders

£ Cost

Free

Unlock the power of AI: Prompt Engineering

As AI tools become more accessible and powerful, educators have a growing opportunity to harness them to enhance productivity, creativity, and impact. However, to truly unlock their potential, staff need practical skill, particularly in how to communicate effectively with AI through high-quality prompts.

This CPD session is designed to bridge that gap.

Content

Unlock the true potential of AI in your work! In this interactive session, you'll learn how to craft effective prompts, boost productivity, and get practical tips you can use immediately. Perfect for beginners and those looking to sharpen their skills–come curious, leave empowered!

Impact

Following this CPD session, staff will have:
- improved staff proficiency in using AI through better prompt crafting and tool interaction.
- increased productivity, as staff learn to complete tasks more efficiently and creatively with AI support.
- greater confidence to explore and experiment with AI tools in their practice.
- immediate, practical impact, with tips and techniques for creating the most effective prompts.

When

Lent 1 – Tuesday 20th Jan
9:30-11:30am

Pentecost 1: Tuesday 21st April
9:30-11:30am

Where

Online training

Who should attend

All staff no matter your role

£ Cost

Free

Adult Mental Health First Aid Training
Led by Fiona McGinty

With the Adult Mental Health First Aid (MHFA) training you will access the very best evidence-based MHFA training. The training is grounded in research and developed with clinical practitioners. It is proven to increase MHFAiders confidence in supporting adults with mental health issues.

You will gain:
- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Access to exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of MHFAiders.

As a CMAT we are committed to training 1 in 10 staff as MHFAiders in any role. We look forward to working with you.

Please note that in order to complete the training attendance is required on both days of the training.

Feedback from those who have said who attended the course:

"The training was amazing and real eye opener. The training has given me the confidence to support fellow employees, the wider community and myself in the moment of crisis or early stages of low mental health. I will be recommending this training to everyone"

"I felt extremely supported as an individual with an extremely understanding leader of the course! Thanks for making the sessions so inclusive and informative!"

"An intense but fascinating course which has given me the knowledge and confidence to support and signpost others when facing challenges with their mental health. Thoughtful and knowledgeable delivery of the course contents with valuable advice given to answer questions."

When

Advent

13th and 14th October

Lent

26th and 27th January

Pentecost

22nd and 23rd June

Where

Online training

Who should attend

This training is for all staff, whatever your role.

Cost

£40 per person

Student Mental Health First Aid Training
Led by Helen Flint

Learn to support young people.

The Youth Mental Health First Aid course has been updated for 2025 with the latest knowledge and research. It has been redeveloped through an inclusive lens with extensive input from young people with lived experience.

This course is ideal for anyone who works with, or supports young people aged 8 to 18 and wants to gain the knowledge, awareness, and skills to spot the signs of a young person experiencing poor mental health, the confidence to start a conversation, and the tools to safeguard and signpost to appropriate support.

Learning outcomes

Youth Mental Health First Aiders will be able to:
- explain what mental health is.
- describe how to look after their own mental health and wellbeing.
- describe the signs of poor mental health in young people.
- explain some of the risk factors associated with poor mental health in young people.
- eemonstrate how to apply the Youth MHFA action plan (ALGEE®) in a Youth Mental Health First Aid conversation.
- describe the role of a Youth MHFAider®.
- know how to use the MHFAider Support App®.
- know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England®.
- learn beyond the course through membership of the Association of Mental Health First Aiders®.

Takeaways

Everyone who completes the course gets:
- a copy of the workbook to support their learning throughout the course.
- a digital manual to refer to whenever they need it.
- a wallet-sized reference card with the Youth MHFA action plan (ALGEE®).
- a digital Youth MHFAider certificate valid for three years.

Please note that in order to complete the training attendance is required on both days of the training.

Information on refresher courses to follow.

When

Advent
5th and 6th November

Lent
9th and 10th February

Pentecost
29th and 30th June

Where

Online training

Who should attend

This training is for all staff, whatever your role.

Cost

£40 per person

Whole School SEND

Discover the latest upcoming CPD webinars and live online discussions delivered by Whole School SEND. They offer CPD on a wide range of topics, hosted by our regional lead teams and a range of guest speakers from the world of education.

Find out about upcoming events

Events listing | Whole School SEND

When

Throughout the academic year

Where

Online training

Who should attend

SENDCo's, Senior Leaders, All Teachers & Support Staff

£ Cost

All CPD is fully funded by the Department for Education and free to attend.

Exam Board Training
Secondary schools

AQA Exam Board

AQA provides a variety of training courses for secondary educators, including:
- "Getting Started" sessions.
- curriculum Connect events.
- assessment-focused workshop.

Use the AQA Course Finder to search and book courses by subject and date.

OCR Exam Board

OCR offers professional development courses designed to support educators in delivering their qualifications.

Visit the OCR Events Page to browse and book available courses.

Pearson/Edexcel Exam Board

Pearson provides live training sessions for educators teaching Edexcel or BTEC qualifications.

Explore and register for courses via the Pearson Live Training Page.

WJEC & Eduqas Exam Board

WJEC and Eduqas offer a range of professional learning opportunities for educators.

Browse and book courses through the WJEC Professional Learning Page.

Nottingham Roman Catholic Diocesan Education Service

Continuing Professional Development and Formation with NRCDES.

The Nottingham Roman Catholic Diocesan Education Service offer a wide range of training.

If you have any questions about your bookings or any future training events please email us on coursebookings@nottingham-des.org.uk.

Click here or more information and to book training