



Welcome to the Where's the Harm in RHSE Conference.

Monday 15th June 2026



With special thanks to our sponsors:

Smoke Free Lancashire



withyou in schools All programmes are FREE!

STAR

Start Together Achieve Results

- an 8 week group treatment programme
- for young people using or experimenting with Drugs and Alcohol
- aimed at Secondary school students

RISKIT

- a 3 month multi-component evidence based programme
- for young people who are vulnerable to risk taking behaviour including drug and alcohol use, early and unprotected sex and offending
- aimed at Year 10



**we are
withyou**
at Mind and Body

Mind and Body is an award-winning programme which helps young people to explore and better manage the thoughts and actions associated with self harm

Please contact Katie Ramsden for further information;
katie.ramsden@wearewithyou.org.uk 01772 281495/07977 713590

withyou

Other support for schools

ASDAN Peer Mentoring – Short Course

A 10 hour course providing recognition for skills in mentoring and buddying younger ones

For all abilities, mainly aged between 13 – 18.

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- Assessment and progression in RSHE
- Subject leader development
- Evidence-informed resources and consultancy

Why LPDS

- Local authority expertise
- Aligned to Lancashire RSHE priorities & TASS model
- Practical, school-ready solutions
- Ongoing support beyond training

Key Areas of Support

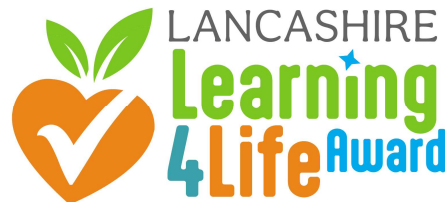
- Relationships & Sex Education
- (RSE)Health Education (mental health, wellbeing)
- Safeguarding & personal development
- Online safety and digital resilience
- Personal, Social, Health & Economic (PSHE) education

Contact Details

lpds@lancashire.gov.uk

www.lancashire.gov.uk/lpds

01257 516100



LANCASHIRE PROFESSIONAL
DEVELOPMENT SERVICE

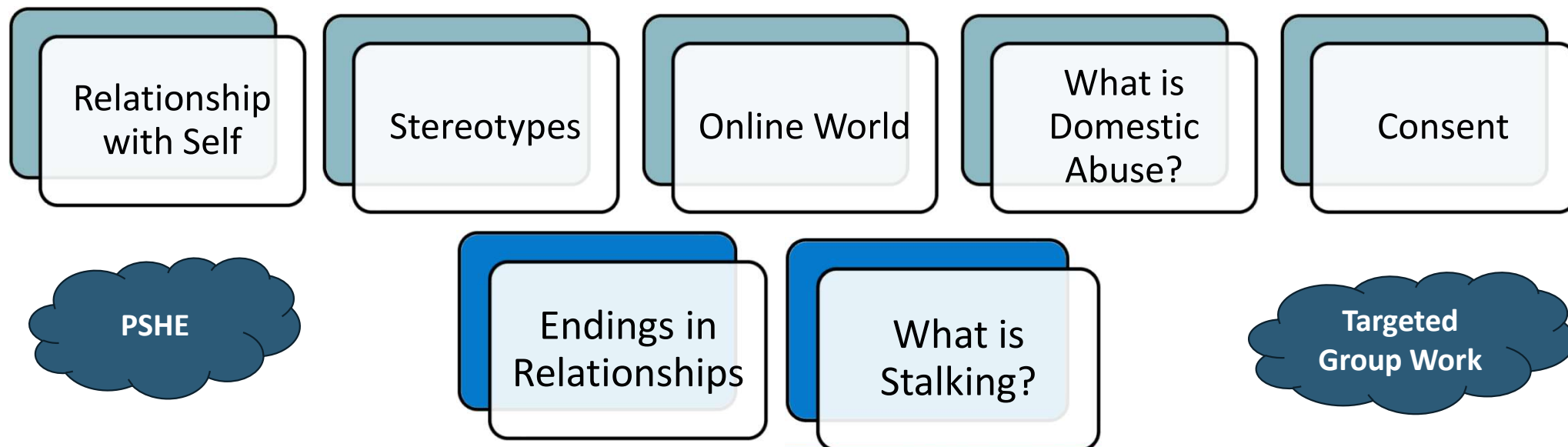


Healthy Relationships Education Programme

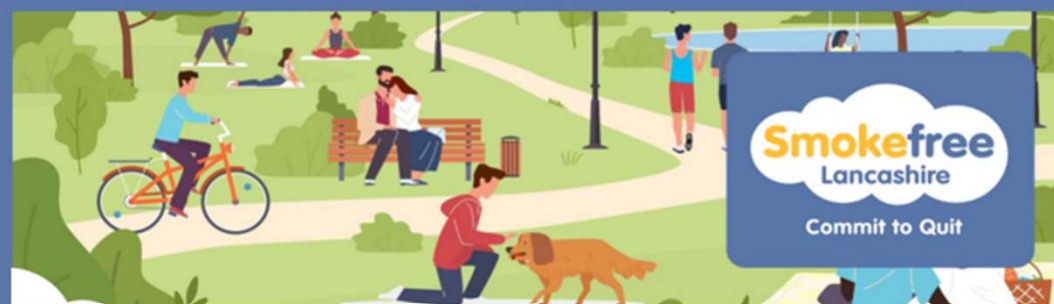
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Nathan Parker
Author | Poet | Performer

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However, Nathan can also use these tools in workshops that are more focussed around **personal development**, enabling students to reflect, discuss and create based on a whole number of topics such as:

- **Mental health**
- **Masculinity**
- **Aspiration**
- **Identity**
- **Risk-taking**
- **Relationships** and more

To discuss a visit, please contact parker_book@outlook.com
Or check out www.parkerwords.co.uk / @parkerwords for more info



The PSHE Association

The national subject body for personal, social, health and economic (PSHE) education.

- Membership organisation and community
- Support, training and advice
- Partnerships with government, public bodies, civil society, local authorities and Multi-Academy Trusts



**High quality PSHE education
provision for all pupils**

[//pshe-association.org.uk](https://pshe-association.org.uk)

PSHE | ASSOCIATION

© PSHE Association 2026



PSHE and Personal Development Consultant Service Level Offer



Bespoke support provided to schools for PSHE curriculum , teaching and learning and wider personal development.

Service Level Offer includes:

- ✓ Up to ½ day bespoke consultancy in school with PSHE/PD lead
 - ✓ Access to termly network meetings for PSHE/PD Lead
 - ✓ Termly newsletter with updates
 - ✓ Ongoing email and telephone support
 - ✓ Termly assembly/events planner with key dates and links to resources
 - ✓ *COMING SOON* webinar suite of training to disseminate to schools on key areas for CPD
- Service level offer runs over the financial year for **£495**. (Sign up at any time, charges will be amended)
 - Separate INSET and Staff Training bespoke to school can also be delivered.

Email:

Jennifer.macdonald@lancashire.gov.uk

For more information.



Community Education Sexual Health

Our aim is to support and empower young people to make informed decisions to improve sexual health outcomes across Lancashire.

Free Assemblies and Tutorials for Year 9's onwards

Free Support for School Drop down days

Free Health Events/Stalls

Free Condom/Postal Condom Scheme (Excluding Blackpool)

Free Staff Sexual Health Updates

Free promotional materials

Promote and signpost to website/Social Media/Free postal option

Email: bfnh.ceshteam@nhs.net

Website: www.lancashiresexualhealth.org

Monday – Friday 9am – 5pm 0300 1234 154



LANCASHIRE TRADING STANDARDS SERVICE

*Where's
the Harm?*



Trading Standards needs your help.

Young people can be exposed to unsafe, illegal or age-restricted products.

Do you know of young people being sold or having access to:

• Vapes • Knives • Lip filler or cosmetic procedures • Alcohol

If a young person shares where they are accessing these, please let us know
Check25@lancashire.gov.uk

Your information helps us:

- **Protect children & young people**
- **Take action against illegal traders**
- **Keep your local community safe**



Trauma Informed Lancashire

Basic Awareness Workshop

Karen Welsh :

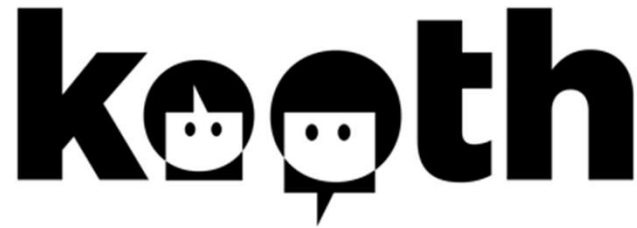
The training is FREE for staff. Please contact karen.welsh7@nhs.net to book.



Trauma Informed Training: Learning Outcomes

- To begin understand the transformation to becoming Trauma Informed Lancashire.
- To begin to explore how Trauma affects our body, brain and behaviour
- To be able to recognise how trauma may present in people we work alongside
- To consider how a Trauma Informed Approach impact on individuals and communities
- Begin to think about changes we can make to our working practices, services and organisations

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**Free mental health support for
children and young people in
Lancashire aged 10 - 25**

Young people can access support via: [Kooth.com](https://www.kooth.com)

We support schools through delivering in-person or virtual assemblies, highlighting mental wellbeing support on Kooth and independently managing your mental health.

We can share resources, videos and signposting information for schools to support their students.

Please contact kel@kooth.com for more information.



Secondary Consultant Team



- We know how important it is for you to be able to access the specialist, bespoke support that you need to best meet your individual school's development priorities.
- The secondary consultant team is available to support you, in any setting, through a range of flexible, personalised and cost-effective models.
- We know from your feedback how much schools trust and value the experienced, specialist and professional support of the secondary team. The ways that schools access this has evolved in recent years, and we are responding to the changing needs of schools and trusts.
- Secondary schools can access consultant support in the following areas: · English · Mathematics · Science · Learning and Teaching · Literacy · PSHE/Personal Development
- Email secondary.consultants@lancashire.gov.uk for more information



COMMUNITY ALCOHOL PARTNERSHIPS

Do you know the Chief Medical Officer's advice on alcohol in childhood?

“...An alcohol-free childhood is the healthiest and best option..”

Source: Chief Medical Officer for England Guidance (2009)

What is CAP?

- We are a community interest company.
- We tackle the dangers of alcohol harm & its associated risks in children and young people.
- More than 360 CAP partnerships nationwide.
- Multi-agency approach.
- Tailoured to the needs of each community.



Check out our Theory of Change on YouTube



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Our Three Pillars

The CAP model incorporates:

Alcohol
education

Retail training
and signage

Positive activities for
your people

- Focus on best practices across the country
 - Enable Challenge 25 training & multi-lingual signage
 - 'Joined up' thinking across agencies & partners
 - Innovative & creative ideas
- Focus on positive activities & diversionary activities for children & young people
 - Academically evaluated
 - Driven by partners
 - At no cost to partners
 - Bespoke to local needs

Your CAP Contact:

Fran Dainty – Regional Adviser
(North West of England & North Wales)

Email
Fran





Lancashire Emotional Health in Schools and Colleges

Funded by:



- Evidence-based training, consultation and advice for education staff around children's mental health and staff workplace wellbeing.
- Over 20 different training topics available for staff, with differentiated training pathways according to learning needs and responsibilities.
- Free to access for all education staff in all settings (primary and secondary schools, colleges, specialist and independent settings).
- Commissioned and funded by LCC; based at Lancaster University; staff are all experienced clinical child psychologists.
- Settings also have access to the Compassionate Schools Hub, an online self-assessment and CPD tracking system.



Email: lehss@lancaster.ac.uk

www.lehss.co.uk

<https://cs-hub.co.uk>

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LPDS on socials:



Follow us:



Facebook

X

LinkedIn



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Relationship
with Self

Stereotypes

Online World

What is
Domestic
Abuse?

Consent

PSHE

Endings in
Relationships

What is
Stalking?

Targeted
Group Work

Lancashire



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School Nursing Service – Supporting Your School



Supporting children and young people's health & wellbeing to help them thrive.

Our Offer (linked to RSHE):

- Health & wellbeing • Emotional health & relationships
- Physical health • Preparation for independence

Key Support:

- Emotional wellbeing • Toileting & continence • Sleep & behaviour
- Healthy lifestyles • Growth, development & puberty
- Sexual Health • Substance misuse
- Online safety • Safeguarding & early help

Universal Programmes:

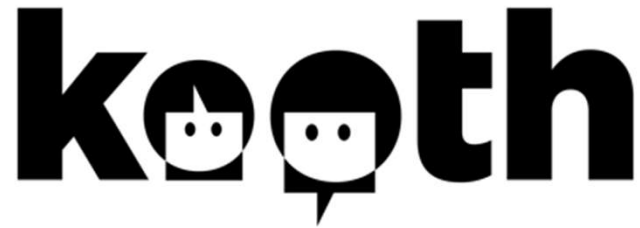
- SHNA: Reception, Year 6, Year 9
- NCMP: Reception & Year 6
- School Health Drop-ins

Contact Us:  vcl.019.singlepointofaccess2@nhs.net |  0300 247 0040

 lancschildandfamily.co.uk |  School drop-ins

 Scan QR code for info & referrals





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0300 102 2470
HopeLine24/7

TEXT HOPE to:
88247



EMAIL:
pat@papyrus-uk.org

WEBCHAT:
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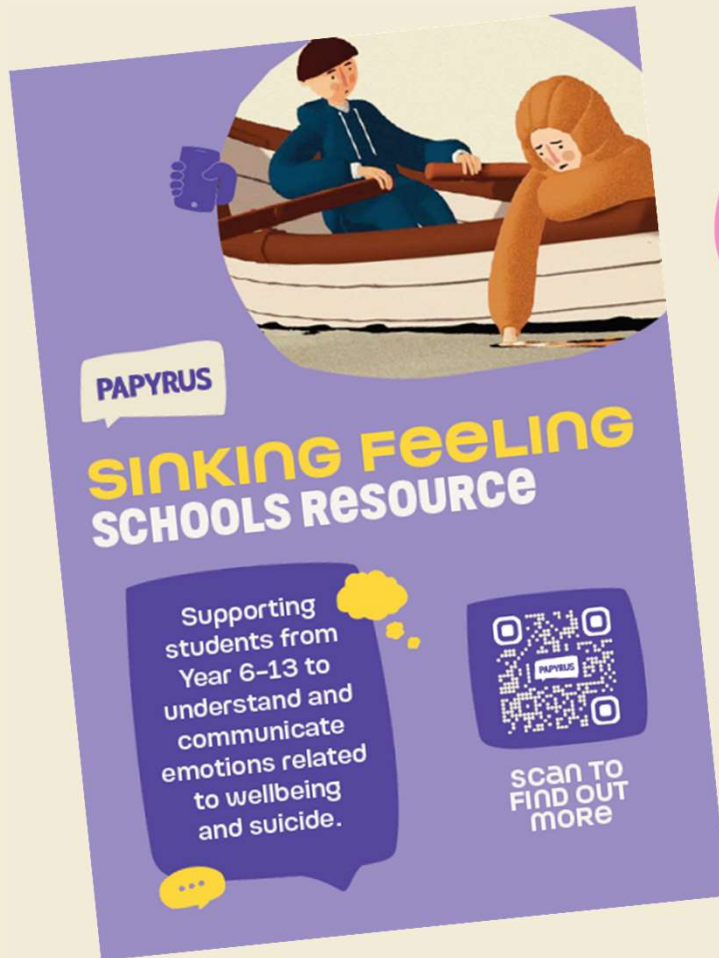
British Sign Language
240 Languages

HOPELINK / PAPYRUS app library



Education offering

PAPYRUS



Suicide-Safer
Policy

SPOT

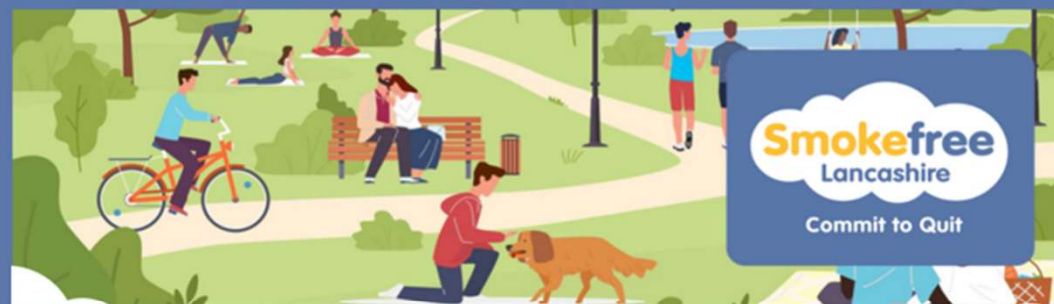
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SPEAK

ASIST



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Targeted Youth Support

Early help for young people aged 12–19 (up to 25 with SEND) who are experiencing challenges that may impact their wellbeing, education, behaviour, or future outcomes.



1:1 Youth Work Support

Trusted relationships with youth workers to address individual needs and risks
Targeted Interventions
Support around behaviour, emotional wellbeing, confidence, and decision-making

Positive Activities & Group Work

Engagement in structured activities to build skills, resilience, and peer relationships

Risk Reduction & Prevention

Early intervention around exploitation, offending, substance misuse, and vulnerability

Voice & Participation

Supporting young people to express views, influence decisions, and build self-advocacy

Multi-Agency Working

Coordinated support with families, schools, health, police, and partners

For local events visit: lancashire.gov.uk/events, select district e.g. **Burnley**, choose categories e.g. **'Youth Work'**, and click search.

Find us on Facebook search Districtyouthzone E.G. facebook.com/BurnleyYouthZone



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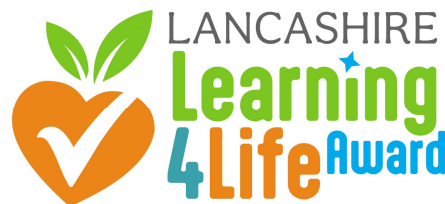
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Pol-Ed is an educational programme for children starting in Early Years, through to Post 16, which includes a variety of lessons, assemblies and supporting resources covering a range of topic areas which link to PSHE and Citizenship in schools.

Relationships	Keeping Safe	Understanding the Law	Wellbeing (New – Autumn Term)
• Consent • Domestic Abuse • Sexual Offences • Grooming • Bullying	• Emergency Services • CCE • ASB • Gangs • Addiction	• Responsible citizens • Stop and Search • Public Order • Hate Crime	• Physical Health • Emotional wellbeing • Social Connections • Support

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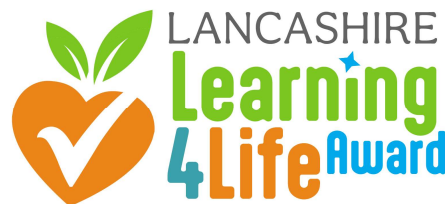
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