

# **HOLDING THE SPACE**



**Conference 2024**

**Creative psychology for meaningful change**

**Friday 18th October 2024**

**The Nest, Timpson Training Centre, Manchester**

**How do we create space to hear, understand and navigate the current challenges faced by young people, families and the professionals supporting them?**

**Thinking together about...**

- **Naming the challenges & the impact on wellbeing**
- **The benefits of a systemic approach**
- **Identifying resources and building on them**
- **Collective care and imbedding structures of support**
- **The importance of connection and playfulness**

**Early bird tickets** available now at £40

**Full price tickets** £55

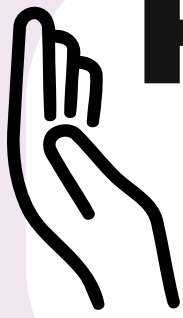
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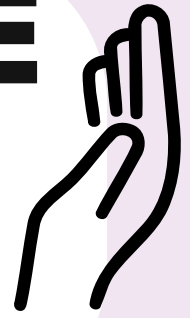
**CHANGING MINDS** UK  
CHILD & FAMILY SERVICES

# AGENDA

9.20am	Introduction
9.30am	Keynote Speaker: Fatima Whitbread MBE
10.30am	Exploring the Cultural Context of Being a Young Person in this Generation
11.15am	BREAK
11.30am	Recognising & Navigating the Challenges We Face in This Context
12.30pm	LUNCH & NETWORKING SPACE
1.30pm	Workshop 1: Back to Basics: Growth Through Challenge Workshop 2: Self-Compassion within Systems
2.15pm	Workshop 1: Playful & Sensory Approaches Workshop 2: Connection & Playfulness in Teams Workshop 3: Understanding Children's School Engagement
3pm	BREAK
3.15pm	Panel discussion: <i>What are the key things we need to consider to improve the wellbeing of children and young people in this cultural context?</i>
4.15pm	Closing remarks



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with keynote from **FATIMA WHITBREAD MBE**

Fatima Whitbread, MBE is a world javelin champion, world record holder and twice Olympic medallist.

Fatima has recently launched a campaign called 'Fatima's UK Campaign', aimed at helping children in care and care leavers. The aim is for children to fulfil their positive, potential in an environment which fosters self-worth and confidence by means of providing the necessary support & resources to give each youngster the skills and to become productive members of society.



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The title 'HOLDING THE SPACE' is written in large, bold, black capital letters. On either side of the text are two simple line-art drawings of hands, palms facing each other, as if holding the text.

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When supporting children, young people and families in distress, there is rarely time and space to stop and think. We are often managing multiple pressures and crises, responding reactively, and just about keeping up. The relentless pace takes its toll on us and our practice. This conference provides a space for cross-agency professionals to come together to pause, reflect, learn, and think about how we can use psychological understanding to better meet the needs of those we support, our teams and ourselves.

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The logo for Changing Minds UK, featuring three stylized human figures in purple and blue.  
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