



# 2025/26 Training & Development Offer

## Our offer

A programme of FREE training and development opportunities for all H&F parents and carers.

Hammersmith and Fulham Virtual School have developed a programme of webinars across the 2025/26 academic year to support parents and carers to fully understand the needs of their most vulnerable children.



For booking details, please see the last page of this booklet.

All sessions are delivered by external experts and fully funded by the Virtual School. Places can be booked using the Microsoft Forms link. Webinars are delivered over Zoom or Teams.



# 2025/26 Training & Development Offer

**Fostering in a Digital World**  
**Vanessa Rogers**

**9th October 2025**  
**10-12pm**

---

This workshop provides an overview of potential online risks associated with children and young people using social media platforms, and ways to promote and encourage safe online habits.

We will explore the importance of digital life to young people, consider the influence and impact of inappropriate or harmful content, including bullying, sexualised content and the rise of online influencers, and consider how to recognise potential indicators that a child is at risk or vulnerable.

Finally, we will look at strategies for having open, informative, age-appropriate conversations with young people to explore values and attitudes, agree boundaries and build the skills and resilience to take positive action.

Learning outcomes:

- How and why young people choose the platforms they use on social media
- How the Online Safety Act and new legislation aims to increase protection.
- Potential risks from harmful content, including grooming, online pornography and influencers promoting misogyny and other forms of extremism
- The potential impact on emotional wellbeing and mental health
- How to reduce the risks by engaging young people in healthy, positive conversations to support them at home
- Where to go for more information and support for parents and carers.





# 2025/26 Training & Development Offer

**SEND support and school expectations**  
**Della Freedman**

**4th November 2025**  
**10-11am**

---

During this hour long webinar, the aim is to equip you with the understanding of how the SEND system works in schools and what mainstream schools are able to provide.

We will cover:

- A brief understanding of the SEND Code of Practice
- The different levels of SEND support in mainstream schools
- The 'local offer'
- Educational, Health and Care Plans
- Where to go for further help and support





# 2025/26 Training & Development Offer

Supporting Home Learning  
Della Freedman

18th November 2025  
10-11am

---

During this hour long webinar, we will look at how best you can support home learning. In this context, home learning refers to homework, not elective home education.

We will cover:

- Routines and timetables
- Visual and practical support
- Helpful websites and further support





# 2025/26 Training & Development Offer

**Social, Emotional and Mental  
Health and Emotional Based School  
Avoidance**

**20th January 2026  
10-12pm**

**Dr Sarah Moseley**

---

This interactive two-hour session explores Social, Emotional, and Mental Health (SEMH) needs and Emotionally Based School Avoidance (EBSA), providing educators and professionals with a deeper understanding of the underlying factors that impact engagement, behaviour, and well-being.

Participants will gain insights into recognising early signs, understanding the impact of anxiety, trauma, and neurodiversity, and implementing effective strategies to support learners.

The session will cover strategies and practical interventions, and ways to create emotionally safe and inclusive environments that foster resilience, build confidence, and support re-engagement with learning.

Through discussion, case studies, and practical tools, attendees will leave with a stronger understanding of how to respond to SEMH needs and EBSA in a way that promotes positive outcomes for all learners.





# 2025/26 Training & Development Offer

## Supporting Young People's Mental Health

19<sup>th</sup> March 2026  
10-12pm

Mike Armiger

---

Mike Armiger works in specialist education settings and mental health services. As a foster carer and growing up with parents who fostered, Mike will bring this unique perspective to the training to ensure it is useful for parents and carers.

The two hour session will focus on useful strategies, tips and practical support on how to navigate different areas of emotional distress. How to identify needs, support emerging emotional distress and how to ensure professional support is best targeted to meet our young people's needs.

Mike will bring an optimistic, hopeful but realistic tone to the session and ensure all delegates can leave with something practical and hopeful.

The session will cover:

- Anxiousness & anxiety
- Low mood & Depression
- Self harm & suicidal ideation
- Supporting appointments or therapy sessions





# 2025/26 Training & Development Offer

Please book here:

<https://forms.office.com/e/1u4hw1i2vQ>

For any queries please contact Della Freedman  
[della.freedman@lbhf.gov.uk](mailto:della.freedman@lbhf.gov.uk)

