



SCOTTY'S LITTLE SOLDIERS WORKSHOPS 2024

Join us online in 2024 as we explore our various Scotty's Programmes in addition to providing you with information and guidance in how to best support your children and young people through a variety of challenges.

All our online workshops are delivered using the Microsoft Teams Platform. These are live, online presentations and you can log in on your computer, phone or tablet. A member of the Scotty's Families Team or an external provider will present the workshop via webcam. You can join and choose to keep your camera on or off. The workshops are interactive, and you can engage by talking or using the chat function, although there is never any pressure to do either! Where possible we will record the sessions and upload them to our Families Zone. Please note names, images and any identifying factors will be blurred or muted to protect confidentiality.



Scotty's **SUPPORT** Programme

Wednesday 24th January 7.30pm–8.30pm

Meet Mark and Charlie from the Scotty's SUPPORT Programme and hear how we can support you and your children and young people.



Kooth – Children & Young Peoples Mental Health and Wellbeing

Wednesday February 28th 7.30–8.30pm

Kooth offers wellbeing support via a range of self-help materials, peer to peer support and text-based online counselling. Join us online and meet Michelle Smith from Kooth and hear about how they can support your children and young people.



Scotty's **STRIDES** and Education Programme

Wednesday 27th March 7.30pm–8.30pm

Meet Lorna and Emma from the Families Team as they discuss the STRIDES programme and Military Bereavement in Education resources.



Service Childrens Progression Alliance (SCiP)

Wednesday 24th April 7.30–8.30pm

Meet Victoria Fisher from the Service Childrens Progression Alliance (SCiP) and hear about their Thriving Lives Toolkit. Leave well-resourced to have a conversation with your child's education setting!



Scotty's SMILES Programme

Wednesday 22nd May 7.30–8.30pm

Come and hear all about the Scotty's SMILES programme. Learn about the Scotty's Breaks and Lodges, gifts and vouchers plus everything we do to help our Members and Springboarders smile again.



Looking After Our Sleep

Wednesday 19th June 7.30–8.30pm

Meet Helen Rutherford from The Sleep Charity as she talks us through looking after our sleep and helps resource us to support our children and young people in this area.



Summer Break - No Workshops

July & August



Bereavement by Suicide

Wednesday 11th September 7.30–8.30pm

Meet Charlie and Lorna from the Families Team as they talk through how to support children and young people who have been bereaved by suicide.



Supporting Child and Adolescent Mental Health

Wednesday 9th October 7.30–8.30pm

Meet Liz Fordham from Making Me as she talks us through how to support our children and young people with their mental health.



Navigating Grief and Loss

Wednesday 20th November 7.30–8.30pm

Meet Charlie and Mark from the Scotty's SUPPORT programme as they discuss how to support children and young people through grief and loss.



To book on any of the above workshops please either scan the QR code, click [here](#) or call 0800 0928571, option 1 to speak to a member of the Families Team.

