Press release

# Training Berkshire teachers to help children affected by the pandemic

By Richard Curtis

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For immediate release

Southampton, Hampshire – National specialists in social, emotional and mental health, The Root Of It, have announced the launch of fully-funded training for educational settings in Berkshire to help prepare them to support the mental health of pupils.

The European Social Fund backed project will train 47 teachers and support staff how to understand and plan interventions to address the mental health needs of children affected by the pandemic.

Educational staff from nurseries, preschools, primary and secondary schools will become qualified mentors in supporting the mental health of children, in addition to learning skills to train colleagues in these techniques. They will access eight online training programmes, which also includes the award-winning Pandemic Wellbeing Suite – a set of courses on supporting the wellbeing of themselves, staff and children during the pandemic.

Programme Director, Richard Daniel Curtis says “The pandemic is having a massive impact on people’s wellbeing and quite how children will be affected is a massive unknown. We are delighted to have secured this funding to make a difference to children’s lives when it matters, right at the start.”

Despite only just being launched, the project has already recruited six educational settings – three primaries and three early years settings.

Any educational setting in Berkshire is able to access these fully funded places. For more information, please contact Richard Curtis on 02381 120010 or richard.curtis@rootofit.com.

**Ends**

**About The Root Of It**

The Root Of It was founded in April 2013 to help people get to the root of social, emotional or mental health difficulties. They deliver training on topics around unconscious bias, mental health and mentoring. Winners of multiple awards, the team have been involved in providing support in high-profile situations, such as the closure of The Kids Company, or the Syrian Refugee Crisis. The Root Of It are also hosts for the National Special Educational Needs and Disability Awards, celebrating high quality support in education, in addition to the Mental Health and Wellbeing Awards. For more information, please visit <http://www.rootofit.com>.

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