



# Schools Portfolio

# Schools Portfolio Contents

## Introduction

**Page 3** DREEAM & Education Team Introduction

## Health & Wellbeing Workshops

**Page 4** Health & Wellbeing Workshop Overview

**Page 5** Online Safety & Positive Relationships

**Page 6** Mental Wellbeing & Sexual health

**Page 7** Health & Disease Prevention & Physical Health

**Page 8** Substance Misuse & Youth Violence

**Page 9** Party Safety

## Skills Workshops

**Page 10** Basic Life Support & Basic First Aid

## School Careers Workshop

**Page 11** Careers Workshop Overview

## Costs

**Page 12** Costs & Bespoke Workshops

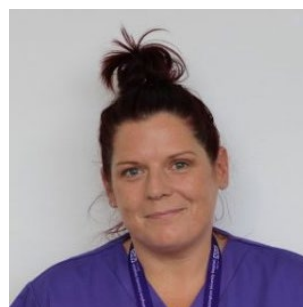
## DREEAM

DREEAM was established in 2004 and is an education and research facility within the urgent and emergency care pathway, with an inter-professional approach to education. We have pride in delivering high quality educational programmes to pre-hospital, primary and secondary care settings along with local schools.

## Commercial Education Team



**Kathryn Richardson**  
**Commercial Education**  
**Lead**



**Kerry Laffan**  
**Commercial Interprofessional**  
**Educator**

DREEAMs commercial educators have a wealth of clinical and education experience, both with over 20 year's experience in emergency care and other associated specialties. Kathryn and Kerry create and deliver education to a wide variety of health professionals, from bespoke education courses to skills workshops and they also provide health and wellbeing workshops for local schools in the Nottinghamshire and Derbyshire areas. The bespoke schools workshops focus on early detection and intervention, with the aim to provide students with knowledge and advice to enable informed lifestyle choices and prevent future health related problems. The workshops can be delivered for any age range and they may be bespoke to meet your curriculum needs, please contact us for further information.

# School Health & Wellbeing Workshops

Our schools education programme is a perfect way for young people to learn about a variety of relevant health topics. The aim of our workshops is to address the wider determinants of health by highlighting a variety of health and wellbeing topics. We provide young people with key physical and mental health information, using real life, relatable case discussion empowering them to make informed decisions and lifestyle choices. We discuss how their informed decisions can affect them as an individual, their body and their relationships and where they can access support and resources, both online and in their communities.



We can provide bespoke health and wellbeing workshops on the following topics, either in isolation or combination:

- Online safety
- Positive relationships
- Mental wellbeing
- Sexual health
- Health & prevention
- Substance misuse
- Physical health
- Youth violence
- Party safety

If the session you are looking for is not listed above, please contact us to discuss the creation of a bespoke session to meet your curriculum needs.

## Student Testimonials

*"Thank so much for your sessions.  
I really enjoyed it and appreciated  
that you made it fun"*

*"I feel much better prepared to deal  
with uncomfortable issues"*

*"Thank you for your session,  
experience and presentation"*

**Stone Soup Academy  
2023**

To enquire about a schools programme, please contact [DREAM.Business@nuh.nhs.uk](mailto:DREAM.Business@nuh.nhs.uk)

## Online Safety

In today's society the online world can be a positive, insightful place to connect with friends and learn new things but there is also a dark side to the internet and online communication. Young people need to be able to identify the dangers and know how to protect themselves from predators, trolling and abuse.



The aim of this workshop is to create discussion and give advice and tips on how to stay safe when using the internet, social media, gaming and online applications and where to find help and support should someone find themselves in an unsafe situation.

The learning objectives for this workshop are:

- Identify how the internet, social media and online communication apps can be both positive and negative places.
- Discuss the benefits and risks of using social media platforms, how we can accidentally put ourselves at risk and how we can reduce those risks.
- Discuss the use of instant messaging and identify the risks associated with it.
- Summarise the importance of keeping personal information private online and how someone's personal information can be used online by others.
- Recognise the legal implications of certain online behaviors.
- Identify how to report online concerns and what support is available if a young person finds themselves on an unsafe situation online.

## Positive Relationships

Relationships, whether they are family, friends or partners can be complicated and difficult for young people to manage. The aim of this workshop is to help young people identify when relationships are unhealthy or unsafe, the effects that can have on their physical and mental wellbeing and where they can access further support and guidance.



The learning objectives of this workshop are:

- Identify the importance of maintaining healthy, positive mental wellbeing.
- Explore the relationships experienced by young people within their circle of family, friends and school.
- Discuss positive, healthy relationships and identify what characteristics are found in positive relationships.
- Identify negative relationship characteristics and what physical and mental effects they can have on the people involved.
- Explore when relationships become unhealthy, unsafe or toxic.
- Discuss various scenarios and differentiate between healthy and unhealthy relationships and explore how they would manage the situation.
- Explore what support services are available to young people, how they can access assistance and who they should talk to when their relationships are not healthy.

## Mental Wellbeing

Maintaining the mental wellbeing of our young people is extremely important in today's society. The aim of this workshop is to highlight early warning signs, symptoms and risk factors that can lead to a deterioration in their mental health and wellbeing. Making sure young people can identify the need for help in their own mental health and know how and where to access support is the main message for this session.



The learning objectives for this workshop are:

- Define mental health and wellbeing and discuss how to maintain good mental health.
- Identify the risk factors that can increase the likelihood of a young person developing poor mental wellbeing.
- Identify how poor mental health can result in declining physical health, what physical symptoms could be displayed and how this could affect their overall lifestyle.
- Discuss common types of mental illness prevalent in young people and how to recognise the signs and symptoms in themselves and others.
- Discuss approved coping strategies that could help improve mental wellbeing.
- Summarise unhealthy coping strategies and how these can make symptoms worse.
- Identify where to seek help and support regarding mental health and wellbeing.

## Sexual Health

Sexual health in young people is often thought of as a taboo subject when they are under the age of legal consent. However sexual behavior does go on in young people under the age of sixteen and the aim of this workshop is to give them guidance and information, so they can make informed decisions and be safe. This workshop is delivered age appropriately and can be adapted to meet the curriculum needs of your school.



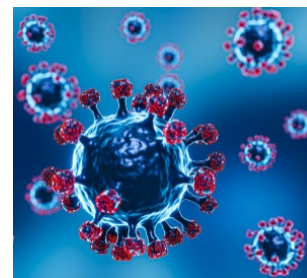
The learning objectives for this workshop are:

- Discuss healthy sexual relationships and what factors are important to ensure relationships are healthy and balanced.
- Consider the different types of personal relationships in today's society.
- Discuss legal consent and the importance of gaining full consent in a sexual relationship.
- Discuss the overall importance of maintaining good sexual health and accessing regular sexual health screening, when sexually active.
- Discuss the use of contraception and have a fun look at contraception through the ages.
- Identify the types of contraception available and how they can be accessed.
- Identify the most common sexually transmitted infections in young people, their symptoms and treatment.
- Identify the sexually transmitted infections that are incurable, but manageable with treatment and medicine.
- Identify where to access local sexual health advice and support.



# Health & Disease Prevention

This workshop highlights the best ways to maintain good overall health, which could prevent health complications and disease in later life. Giving young people an overview of what is required to maintain a healthy body as well as an understanding of how their body works to protect them, will stand them in good stead for the years ahead.



This session works well in combination with 'Physical health'

The learning objectives for this workshop are:

- Discuss how to keep yourself healthy, including: eating a healthy diet, exercising, getting enough sleep and basic hygiene.
- Explore the body's own defenses and how your immune system works to fight germs, bacteria and disease.
- Discuss the most common illnesses in young people, how to manage them and when to seek professional medical help.
- Explore skin damage from sun exposure, how to protect your skin and the types of skin cancers that could develop.
- Discuss the necessity of sleep and how sleep deprivation can affect your body and mind.
- Identify the risks associated with smoking, how smoking affects the body and what chronic medical conditions could develop in later life.

## Physical Health

The importance of maintaining good physical health can often be lost on young people and the aim of this workshop is to highlight the need to start maintaining good physical health early and what can happen to the body if this is not achieved. Exploring what the body needs to be healthy and how this can be achieved, will give students a good understanding and hopefully prompt changes to their current lifestyle if required.



This session works well in combination with 'Health & Disease Prevention'

The learning objectives for this workshop are:

- Identify what the body needs to maintain good physical health.
- Discuss the importance of keeping active and exercising, looking at the positive benefits to the body and how a sedate lifestyle can negatively impact your physical and mental health.
- Explore adequate hydration and what happens when the body doesn't have enough fluid. Visualise the different levels and colours of urine and learn what is considered healthy.
- Discuss healthy eating and the calories, vitamins and minerals the body requires to function adequately and what happens to your body with under and over eating.
- Explore the importance of good dental health and how to keep your teeth healthy, including a look back at the horrible histories of dental care over the years. Discuss sugar levels in popular drinks and how this can affect your dental health.

## Substance Misuse

Substance misuse amongst young people is increasing each year and causing untold physical and mental health concerns in teenagers. The aim of this workshop is to address the subject from a health perspective and give young people the right information, so they can make an informed decision. We also aim to highlight a number of different options where support and health advice can be sought.



The learning objectives for this workshop are:

- Define and discuss the difference between addiction and substance abuse.
- Explore binge drinking, the effects of binge drinking on your body and what behaviors this could lead to.
- Identify the symptoms of acute alcohol poisoning and how to initially manage these symptoms in yourself or others until immediate medical help arrives.
- Discuss the considerations and potential dangers of smoking and vaping and how to minimise the risks to your health.
- Identify and discuss the risks of using cannabis in any form and the short and long term effects cannabis can have on your physical and mental health.
- Explore so called “legal highs,” their availability, potential dangers and how they can affect your physical and mental health.

## Youth Violence

Violence amongst young people in Nottingham is ever increasing, but many think there is no option or way out. The aim of this workshop is to highlight the issue and discuss how young people can end up in a cycle of violence and the effects it can have on the victims. By highlighting the local support available we hope to show the young people there are options available to them and there is another way.



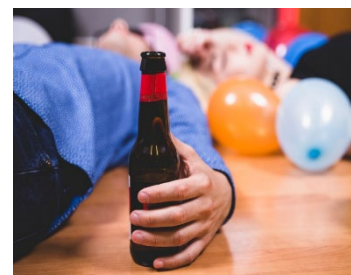
The learning objectives of this workshop are:

- Identify recent data on youth violence both nationally and in the local area and discuss what is causing the rise in youth violence.
- Discuss the most common modes of violence used against young people including bullying, knife crime and gang violence.
- Discuss peer pressure and coercion, how early intervention and support can help redirect young people away from a life of violence.
- Explore knife crime injuries and the effects it has on our young people today.
- Explore how gangs recruit young people, activities carried out in gang culture and how this can affect young people. Identify what support is available to help young people leave gang life.
- Identify the new trend of ‘self-defense jewelry,’ what it is and why young people are feeling increasingly compelled to carry it.



## Party Safety

Undertaking dangerous and risky behaviors when you are young, particularly under pressure from peers is something many have done. The aim of this workshop is not to promote these behaviors but to address the potential health risks they can cause and how to minimise the risks, so young people feel more empowered to make more informed lifestyle choices.



The learning objectives for this workshop are:

- Identify some risky behaviors and activities that may be seen in a social situation.
- Explore peer pressure in social situations and how young people can feel pressurised into undertaking activities and behaviors that they may not feel comfortable with.
- Discuss the effects of binge drinking on your physical health and advice on how to stay safe and manage friends who are under the influence of alcohol.
- Identify the signs and symptoms of alcohol poisoning and how to manage someone in this situation, including the use of the recovery position while waiting for medical assistance.
- Explore consent and sexual behavior, particularly when under the influence of alcohol or peer pressure.
- Discuss drug use by young people in social situations and the affects it can have on a young person's physical and mental health.
- Discuss smoking and vaping, feeling pressurised by peers to take up the habit and how this can affect your physical health in the long term and steps to give up the habit.
- Identify how and when to seek immediate assistance in a dangerous social situation.

# Skills Workshops

## Basic Life Support

Learning basic life support is a vital skill for everyone, it could mean the difference between life and death for a friend or loved one. Being able to identify a cardiorespiratory arrest and start early bystander CPR is crucial and having the ability to use a defibrillator could make all the difference in a deadly situation.



The learning objectives for this workshop are:

- Explore and understand medical conditions and situations that can lead to a cardiorespiratory arrest.
- Identify how to make an assessment of breathing and circulation to identify a person in cardiorespiratory arrest.
- Demonstrate effective cardiorespiratory resuscitation (CPR) using certified resuscitation council guidelines.
- Understand the need for a defibrillator during CPR and demonstrate effective use of an automated defibrillator.
- Understand the importance of the recovery position and demonstrate effective positioning.
- Identify choking and how to clear the airway of a patient choking using abdominal thrusts and back slaps.
- Understand the need for immediate medical assistance in any of these situations and how to call for help.

## Basic First Aid

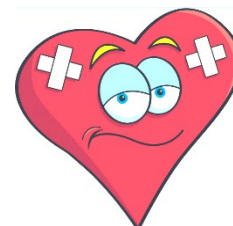
Learning basic first aid is a valuable skill for young people and will give them confidence in situations where they or someone else needs initial assistance following an accident or injury. This workshop will help identify what conditions need immediate assistance and where to seek this from.



The learning objectives for this workshop are:

- Explore and discuss accidents and injuries that might require first aid.
- Understand different basic wounds, how to provide initial dressings and support and when a wound needs routine or immediate medical management.
- Gain a basic understanding of burns and how to provide initial management while waiting for medical assistance.
- Explore common injuries including sprains and potential fractures, demonstrating the effective use of slings and basic splints to secure an injury until medical help can be sought.
- Discuss the different levels of head injuries and how to safely manage a person until urgent medical assistance arrives.
- Discuss the common causes for allergic reactions and anaphylaxis and how to assist a person having a reaction until medical help arrives.

# Schools Career Workshops



Our commercial educators offer schools career workshops for all age groups, in local schools.

They present an overview of the benefits of working for the NHS and the different professions and jobs available within local hospitals.

These include university entry level professions including those of nursing, medicine and midwifery alongside the required qualifications and different entry points into university.

They will also highlight roles that do not require specific qualifications, but entry is based on personal skills and experience including health care assistants, porters and domestic staff.

Skilled jobs including engineering, painting and decorating, and electricians amongst many others will also be discussed.

This workshop can be adapted to meet your curriculum needs, please contact us to discuss.



## Costs

1 hour workshop = £136.49

Please note, this fee does not include travel expenses for the educators to your school.

## Bespoke Workshops

New workshops can be created to meet your curriculum needs. Please contact us at [DRREAM.Business@nuh.nhs.uk](mailto:DRREAM.Business@nuh.nhs.uk) to discuss your requirements.

## Contact us:

Email: [DREEAM@nuh.nhs.uk](mailto:DREEAM@nuh.nhs.uk)

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