



# Five to Thrive

## NHS Frimley CCG

### Opportunity to be a Five to Thrive Champion



The Five to Thrive training programme will launch on 25 April 2022. Frontline practitioners working with children aged over 2 years will have the opportunity to attend the following events:

Five to Thrive Training 2022	Who should attend
<b>Webinar:</b> Attachment, Trauma and Resilience	All staff working with children aged over 2 years
<b>Web tutorial:</b> Theory to Practice: Attachment, Trauma & Resilience: the importance of relationships from birth and beyond	Five to Thrive Champions (150)
<b>Web tutorial:</b> Resource the Trainer	In-house trainers drawn from the Champions cohort (40)

We are keen to identify 150 Five to Thrive Champions. Champions will be required to:

- attend the all-staff webinar (90 mins) on **Attachment, Trauma & Resilience**
- complete e-learning (up to 10 hours) on **Community Resilience & Lifelong Brain Development: Five to Thrive as a model, an approach and a framework for promoting connected relationships**
- attend the web-tutorial (90 mins) on applying **Theory to Practice: Attachment, Trauma & Resilience: the importance of relationships from birth and beyond**

Five to Thrive Champions will use their own practice to embed the Five to Thrive approach and cascade this knowledge base to colleagues in their settings, including new joiners. This development opportunity will not be onerous or time-consuming role. The Five to Thrive Champion will make Five to Thrive integral to everyday interactions with children, young people, parents and caregivers through their own practice and team discussions; and through encouraging commonality of Trauma-Informed language.

In summary a Five to Thrive Champion requires a good basic grasp of the **knowledge base**, and the confidence to:

- support colleagues to be curious about behaviour as a communication of a need
- encourage the application of theory to practice...then reflection!
- prompt conversations about the associated resources and prompt reflection on / use of these resources
- encourage engagement with the e-learning modules that are available as part of the training offer
- gather case study examples of Five to Thrive in practice to share with colleagues
- constantly ask questions...

**\*Note –Five to Thrive Champions will have the opportunity to further develop as Five to Thrive trainers.**

If you are interested, please register using this link:

<https://connected.kca.training/register.cfm?form=Frimley-FTT>