

Relationships Matter

'Relationships Matter' Week will focus in on all different relationships including couples, ex-partners, parents, children, colleagues, residents and, of course, ourselves.

The idea behind this week stems from Ealing's Reducing Parental Conflict programme which seeks to improve relationships between parents whether they are together or separated.

Talking about relationships can often feel personal and seeking help with relationship issues can be tricky for many people.

We want to open up the conversation and include our own reflections on relationships to improve our understanding of the families we seek to support and encourage access to our services and interventions in Ealing.

RELATIONSHIPS MATTER WEEK 20TH TO 24TH FEBRUARY 2023

Relationships Matter Week will run from **Monday 20th February to Friday 24th February 2023.**

It is open to ALL Ealing staff and partners.

During the week we will be hosting a series of talks, webinars and workshops on the theme of relationships, examining how important they are to our wellbeing, resilience and confidence.

The full
timetable of events
and sessions is
available on the
following page

Timetable of Events week commencing 20th February 2023

The link to join each event is available below. Please click the link on the day in order to join the session.

Monday 20th February				
Time	Title	Presenter	Resources	MS Teams Link
12:00 - 12:20	You Matter: Compassion (Compassionate mind exercise)	Dr Alicia Fairhurst		Click here to join the meeting
13:00 - 14:00	Contained, Container	Sammantha Knight from Tavistock Relationships	Blogs about counselling and psychotherapy training and couples therapy (tavistockrelationships.org)	Click here to join the meeting
18.30 -19.30	Nurture Your Child's Emotional Intelligence	Dr Anne Lane	www.annelane.co.uk	Click here to join the meeting

Tuesday 21 st February 2023				
Time	Title	Presenter	Resources	MS Teams Link
12:00 - 13:00	Me, You and Baby too – Parenting with a new baby	Marina Pak and Pauline Brown	Peter Fonagy: Emotional Regulation in Young Children Parenting, its ok to make mistakes	Click here to join the meeting
13:00 - 14:00	Brighter Futures: Mentalization with PACE	Cat White and Mel Jarvis	Peter Fonagy: What is Mentalization?	Click here to join the meeting

Wednesday 22 nd February 2023				
Time	Title	Presenter	Resources	MS Teams Link
12:00 - 12:20	You Matter: Relaxation (Progressive muscle relaxation)	Nedah Basit		Click here to join the meeting
13:00 - 14:00	Understanding Your Teenagers – Adolescent development and how to communicate with young people	Sabrina Meakins	The Adolescent Brain Daniel Siegel Communication and the Teenage Brain Martyn Richards	Click here to join the meeting
14:00 - 15:00	Relational Health and Connectedness in Childhood	Dr Alicia Fairhurst	Attachment and Conscious Parenting Dr Gabor Mate	Click here to join the meeting

Thursday 23rd February 2023				
Time	Title	Presenter	Resources	MS Teams Link
12:00 - 12:20	You Matter: Mindfulness (Body scan exercise)	Spyros Papadopoulos		Click here to join the meeting
13:00 - 14:00	Five Steps to Working with Parents in Conflict	Chris Kolade		Click here to join the meeting

Friday 24 th February 2023				
Time	Title	Presenter	Resources	MS Teams Link
12:00 - 13:00	Perceptions and Difference in Relationships	Equalities Teams Panel		Click here to join the meeting
13:00—14:00	Relationships with our Communities	Tan Afzal		Click here to join the meeting