



Welcome to this session...

Five to Thrive:

Launch and Learn webinar

Sally Poskett, Knowledge Change Action Ltd
Dr Beth Buzza, A Better Start Southend

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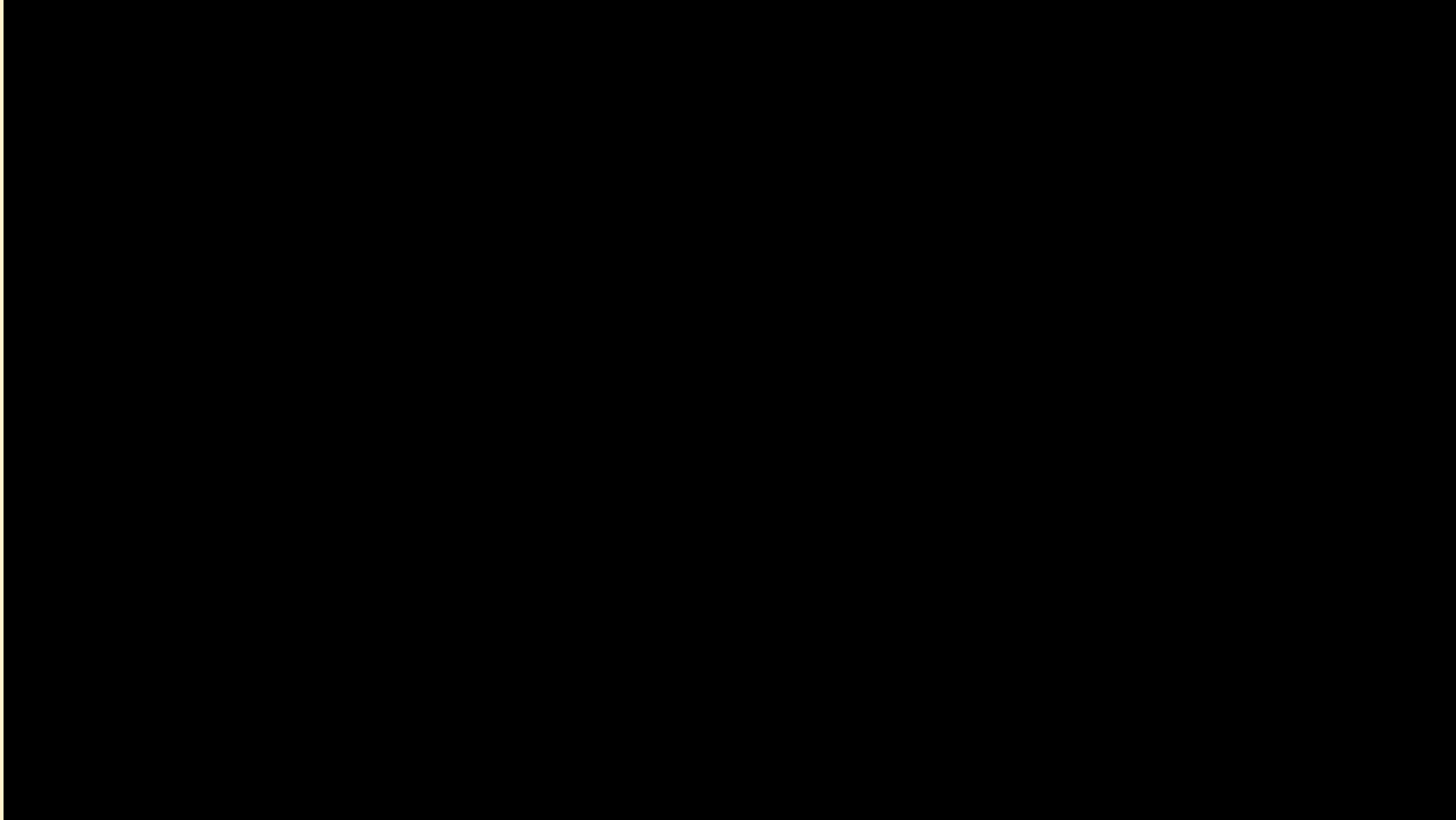
Welcome to this session...

An opportunity for you to:

- **FIND OUT** about ABSS's Five to Thrive development plans
- **LEARN** about KCA's Five to Thrive model
- **BE INSPIRED** to share this information with your colleagues AND commit to participating in the CPD opportunities available

Humans are born to connect... internally and externally

kca.



Why now?....

Collective trauma

An overwhelming event affecting the whole community

- Reduces **sense of shared purpose and meaning**
- Increases **anxiety and depression**
- Reduces **sense of trust**
- Increases **antisocial behaviour**
- Reduces **social connectedness**
- Increases **addictive behaviour**

Have you noticed any such changes in the community where you live or work?

Have you noticed any such changes in yourself?

So humans are born to....



...connect and care
...disconnect and
survive



But...humans are also born
to reconnect and recover



Five to Thrive – what happens inside us when we meet someone’s need for connection

- TALK – and **then** adding the narrative
- PLAY – communicating care non-verbally
- RELAX – regulating the stress you pick up from connecting
- ENGAGE – enabling the other person to connect with you
- RESPOND – switching on to meet needs



Shannon's story: An (imagined) life shaped by experiences



Five to Thrive is ...



... a **model** which enables us to **notice** what goes on in interactions between people

... an **approach** which enables us to **be** a meeter-of-needs in our interactions with other people

... a **framework** which enables us to **teach** others about the science of human connection and the part we all play in supporting and maintaining healthy brain development in others

Five to Thrive: A brief timeline ...

- 2011 – commissioned by Hertfordshire County Council to help them develop the My Baby's Brain initiative
- 2014 – KCA commissioned by Southend to support the ABSS bid with Five to Thrive identified as a key model
- 2014-2018 – Five to Thrive at the heart of Barnardo's Early Intervention with Families strategy
- 2020 – Five to Thrive included in Wiltshire County Council's Family and Children's Transformation programme to underpin system wide CPD on attachment, trauma and resilience



ABSS Five to Thrive: The learning offer

- **Launch webinar**
 - Open to any practitioner, team or service manager involved in delivering services for children and families across the city
- **Course A**
 - Five to Thrive: Brain Development and relationships
Whole day training. Funded for up to 150 practitioners. Aimed at those working in ‘universal’ service provision
- **Course B**
 - Mending Hurts: Trauma recovery informed practice in a time of chaos
Whole day training. Funded for up to 150 practitioners. Aimed at those working in ‘targeted’ service provision
- **Five year Five to Thrive Licence**
 - Enabling any organisation / practitioner to access, use and innovate with Five to Thrive resources and branding