

Annual Conference 2025

Wellbeing First: Building Resilience in Young Lives

Dorset Safeguarding Children Partnership Annual Conference 2025 is almost upon us.

We are pleased to update you on the important details of the day.

When: Wednesday 10 December 2025

Time: 9:00am to 4:15pm

Where: The Hamworthy Club, Magna Road,
Wimborne, BH21 3AP
(free parking available)

WIFI code is:

Username: GUEST

Password: hworthy1991

Dorset Safeguarding Children Partnership

The Dorset Safeguarding Children Partnership is responsible for the delivery of effective multi-agency safeguarding arrangements in the local area. It brings together statutory partner agencies Dorset Council Children's Services, NHS Dorset (ICB), Dorset Police and Education as well as other relevant agencies to safeguard and promote the welfare of all children and young people in the Dorset area.

What is it about?

The theme of this conference will be on the impact of both children's and parental mental health and wellbeing on children, with this being one of the strategic priority areas of the Partnership, and will be led by a young person with lived experience, Tilly Wood, who is also a member of the Dorset Youth Parliament. The conference will include a keynote presentation from Dr Helen Thomas on the harmful effects of smartphone use for children and young people and some practical solutions for professionals.

What you need to know:

- Please report to the registration desk when you arrive and you will be directed from there.
- We are providing a light buffet lunch on the day, tea/coffee on arrival and during the refreshment break.
- Accessibility: The Hamworthy Club is all on one level with wheelchair access and a disabled toilet. Disabled parking spaces are at the front of the building (on a first come/first served basis).

- The main hall is vast and we appreciate that the view of the screen may not be possible from all areas of the room, therefore we will be sharing the PowerPoints with all attendees post conference.
- We will not be recording the full conference however, we will have the communication team from Dorset Council present to report on the day.
- Please can delegates bring their agency/organisation's lanyard, where possible, for networking purposes.

**Some of the content of this conference may be emotionally challenging.
Please feel free to take a comfort break at any point if needed.**

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Programme for the day:

We are looking forward to a great conference, but please be aware that we will be hearing about people's personal experiences so please look after yourselves and there will be support on the day if required.

09.00 – Arrival, registration, and refreshments

10.00 – Welcome – Tilly Wood, Young Person with Lived Experience

10.10 – Introduction and Poem read on behalf of a Child in Care – Catherine Howe,
Chief Executive Officer Dorset Council

10.20 – Lived experience conversation between young people

Presentations from partner agencies on how they support children & young people's resilience

10.50 – Child and Young People Mental Health Services

11.10 – Dorset Council Virtual School

11.30 – Refreshment Break and opportunity to network

Continue Presentations from partner agencies

11.50 – Dorset Council's Children's Services – Targeted Youth Work Team

12.10 – ACTS FAST

12.30 – Dorset Healthcare Perinatal Mental Health

12.50 – Dorset Mental Health Forum

13.10 – Lunch (buffet lunch will be provided)

14.10 – Introduction to the afternoon – Tilly Wood

14.20 – Q&A Panel – Dorset Mental Health Forum Lived Experience Practitioners

14.50 – Youth Voice presentation on children & young people's smartphone use – Jayne Browne,
Youth Voice Officer, Dorset Council

15.05 – Presentation on the harmful effects of smartphone use and practical tips for professionals
– Dr Helen Thomas

16.05 – Closing remarks – Paul Dempsey, Executive Director – People, Children Dorset Council

16.15 – Close

We have the venue until 5pm, and so you are welcome to use the remaining time to network and visit our supporting organisations who have stands.

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Further information on our speakers:

ACTS FAST



Chief Executive Officer, Simone Gosden, has worked within the statutory and voluntary sector for over 20 years both as a frontline worker and in leadership roles.

Prior to joining ACTS FAST Simone worked as the Head of Operations for a service providing practical and emotional support to children and adults who are primary victims/survivors of sexual trauma.

In 2023, Simone recruited and developed a new team at the charity ACTS FAST. Identifying a Clinical Lead and client facing team with a specialist knowledge of the impact of trauma and a commitment to trauma-informed practice. They have worked together to introduce a new service delivery for families impacted by sexual abuse.

ACTS FAST provides therapeutic support for parents/carers of children who have been sexually abused and for partners of individuals who have downloaded Child Sexual Abuse Material (CSAM). Providing stabilisation, psychoeducation and non-judgemental support for secondary victims of sexual abuse. The team believes passionately in the work of ACTS FAST and that support for family members is key in lessening both the short- and long-term impact of sexual abuse on individuals, the family unit and wider society.

[To understand more about the work of ACTS FAST or to make a referral please visit the website](#)

Dr Helen Thomas



Dr Helen Thomas
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Dr Helen Thomas is an NHS GP and delivers education and health talks regarding children and young people's mental health related to smartphone and social media misuse. Working with Health Professionals for Safer Screens, Dr Thomas has developed a nationally available training module and resource pack to facilitate further support for professionals, families and young people.