



My name is Lisa Campbell, and in September 2023, I launched Wonderful Me!

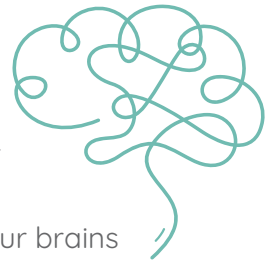
Wonderful Me! is all about equipping and enabling churches to journey well with struggling children in their communities and to create spaces that are safe, welcoming and accessible that enable every child to feel, seen, heard and valued and to grow in their knowledge of Jesus.

This is the first edition of the Wonderful Me! newsletter - and I am hoping that it will be a space to share news and updates of all things Wonderful Me! as well as an opportunity to signpost to other resources, training and events that may be useful as we seek to ensure that our approach to ministry is safe and encouraging for every child we are journeying with. I am a big believer in life long learning - every day is a school day! So, each time, I'll be unpacking a different topic and creating space and opportunity for us to bring curiosity and wondering!

This term we are kicking things off with, what I believe, is one of the most incredible, Jesus-shaped discoveries of all times - an area of science that has been referred to as the science of Hope - as we begin to explore Brain Plasticity and consider what it means for us in our work with children and young people.

## BRAIN PLASTICITY - THE SCIENCE OF HOPE

Over the past few decades, new technologies have emerged that have enabled us to gain greater understanding of the incredible complexity of our how our brains develop and of how our emotional, physical, mental and spiritual selves are so beautifully interwoven - a brilliant reminder of Psalm 139 that tells us that we are fearfully and wonderfully made - knit together by a loving Father God.



Thanks to equipment like MRI scans, we have been able to physically see how our brains develop and have grown in our understanding of how to support healthy development in our children. We have also been able to see the devastating affect that trauma can have - physically altering a child's brain and, in turn, shaping their understanding of the world around them and informing their physical and emotional responses to it.

But, in all of that, there is good news - as we have discovered something incredible called ...

**Brain Plasticity** The brain has an incredible ability to change, to rebuild and to heal.

**Damage caused through adverse experiences can be repaired through positive interaction with a safe care giver.**

I find that absolutely mind blowing - and, I think, it's got Jesus written all over it! Redemption - that potential for healing and restoration - is literally woven in to our very DNA. And I believe that as people who have committed to the incredible privilege of journeying with and championing children in our communities, we are called to be part of that healing and repairing process as we bring the hope and love of Jesus.

And the science tells us that when we do that well - it can make a significant positive difference!

What you are doing though your children's ministry is significant - it matters and it makes a difference!



# TRAINING



If you want to explore what it might look like to bring an approach that creates opportunity for healing and repair in the lives of struggling children, then Wonderful Me! training is a great way to start!

All online training events take place in groups of no more than 12 to ensure that we create space to interact with the material and learn from and encourage each other!

I am passionate about ensuring that Wonderful Me! support and resources are accessible to anyone who would benefit from them, regardless of their budget and so, all of our online training events are offered on a 'pay what you can' basis.

**PLACES ARE LIMITED - SO BOOK [HERE](#) EARLY TO AVOID DISAPPOINTMENT!**



The Brilliant Brain session digs a little deeper into the world of neuroscience as we look at child brain development - so if reading about Brain Plasticity has piqued your interest, then this session will be for you!

We will also be using Daniel Siegel's super simple but very brilliant 'Hand Brain' model as we explore what is going on when we 'flip our lid' and we'll dig into some practical tools to help us respond when that might happen as well as considering some useful strategies to help children and young people feel safe and avoid times of dysregulation.



PACE is a brilliant tool, created by leading child psychologist, Dan Hughes, which describes an affirming, relational approach that aims to make a child feel safe. It's an approach that, I think, works for most children and young people, however, it's particularly useful when journeying with children who may have experienced trauma.

Discover the power of a PACE approach, focusing on Playfulness, Acceptance, Curiosity and Empathy, to create a nurturing, engaging environment for every child.

While we are talking training ... last half term, I was busy writing and filming a new online course for CYM on bringing a trauma sensitive approach to children's, youth and family ministry. With a self-paced learning format, short video clips and lots of reflective practice activities, this is a great way to begin to explore how we can embed a safe, trauma sensitive approach within our churches. As an introductory offer, the course is currently free to access!!

Sign up on the CYM learning portal:

<https://cym.thinkific.com/courses/a-trauma-sensitive-approach-to-childrens-youth-and-family-ministry>



# LIVING WELL



Have you discovered our sister site - Living Well?

If we are going to effectively care for struggling children, it is so important that we are also caring for ourselves and paying attention to our own well being.

Living Well is all about exploring what it might look like for us to walk in step with the unforced rhythms of Grace offered to us through Jesus as we explore 4 rhythms of Sabbath, Stillness, Wonder and Submission.

As we explore the 'science of hope' and consider the powerful, positive impact that a healthy relationship with a safe care giver can have in the life of a struggling child - it's a great opportunity to check in with ourselves and bring some curiosity to our own physical, emotional, spiritual and mental health.

<https://living-well.online/wp-content/uploads/2022/12/Whole-Self-Check-in-Tool.pdf>

# BOOK REVIEW

As we consider the incredible 'Science of Hope', it is great to be reminded again that we are fearfully and wonderfully made by a loving Father God!

I am a huge fan of beautiful children's picture books and 'Incredible you' is a great one to read with children that helps them begin to explore the truth of that verse from Psalm 139!

I've written a review with accompanying resource to facilitate some family devotion time that will help you explore together a little more of the wonder that you each are!

<https://wonderfulme.org.uk/wp-content/uploads/2023/11/Book-Review.pdf>



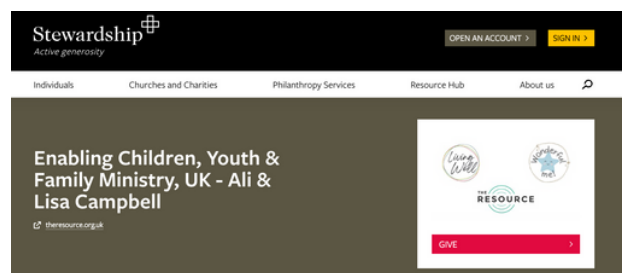
# SUPPORT

I feel God has laid it on my heart to ensure that Wonderful Me! support and resources are accessible to anyone who would benefit from them, regardless of their budget.

For this reason, Wonderful Me! and Living Well resources are available to access for free and online training is offered on a 'pay what you can' basis.

As a family, we have taken a step of faith by choosing to operate in this way but, as the old children's song reminds us - it's an adventure following Jesus!!

Could you enable this by supporting the work of Wonderful Me! financially? For more information, feel free to get in touch - or check out our [stewardship account page](#):



That is all for this term - Please feel free to share this with your friends!

"You know exactly how I was made, bit by bit, how I was sculpted from nothing into something"

(from Psalm 139 MSG)

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[www.wonderfulme.org.uk](http://www.wonderfulme.org.uk)