

AUTUMN/SPRING TERM

Mental Health Support Team

NEWSLETTER



Hello!

It's been a busy time for our teams, with exciting new ventures taking place in many of our schools. This edition features some great work with young people, who have chosen to become mental health and well-being ambassadors. We hope you enjoy reading about them. From everyone in MHSTs across the region, we wish you all a very Happy Christmas and a peaceful New Year!

Included in this edition:

- Winter well-being
- Team updates
- Sparkly moments: meet our well-being ambassadors
- What's happening this half term?
- Activities for children & young people
- Further support available



WELL-BEING OVER WINTER

With winter's shorter days, darker months, and festive pressures, it is common to find looking after our mental health more challenging. In this edition, we'll be exploring ways to take care of your well-being during this time and how you can promote this within your schools.

Find us on social media

 @SOUTHSTAFFSMHST

Follow us on Twitter, Facebook and Instagram.

NHS

Midlands Partnership University
NHS Foundation Trust



5 WAYS TO WINTER WELL-BEING



What is well-being?



Well-being is defined as “the state of being comfortable, healthy, or happy.” However, it is important to realise that well-being is a much broader concept than moment-to-moment happiness. While it does include happiness, it also includes other things, such as how satisfied people are with their life as a whole, their sense of purpose, and how in control they feel.

Self care

Plan and protect time to relax. Remember it’s OK to rearrange plans or take time for yourself if you need to.

Connect

Just being around others can boost your mood, and talking to someone you trust or a support service can be really beneficial.



Stay active

Evidence shows improving your physical health also improves mental health. Eat well, get lots of Vitamin D, aim for good sleep and personal hygiene.

Give

Random acts of kindness are a simple way to help you and others ‘feel good’. The activity below is a great example of how you could try this out!

Learn something new

Rather than shutting yourself away on a dark evening, use the time to learn a new skill. This helps to boost confidence and self-esteem.



A festive activity for children and young people



Just to remind you why you are special to me...

Four horizontal lines for writing a message.

Love from _____

As it is Parent Mental Health Day on 27th January, why don't you give them an early reminder of how much you appreciate them. Colour and complete the bauble, cut it out and give it to your parent or carer. Giving is one of your ways to well-being - what else can you do to show you care?

THE TEAMS

What we've been up to...

(including some pictures from our October team away day)



BURTON & UTTOXETER

MHSTinschools@mpft.nhs.uk / 01283 504487

As part of our Whole School Approach, 'myHappymind' has launched in many of their schools, supporting children, parents and school staff to look after their mental health.

They have also recruited Sam and Eve as permanent team members following completion of their Children's Wellbeing Practitioner training - well done!

STAFFORD

MHSTStafford@mpft.nhs.uk / 01283 352113

We have been busy attending parents and open evenings, delivering training to school staff, and hosting social media and friendship workshops to encourage children to stay safe and think about how they can recognise, and be, a good friend. Claire Smith has also returned to university to complete her supervisor's course - we're excited to see her progress!



CANNOCK

MHSTCannock@mpft.nhs.uk / 01283 352113

The team have been carrying out lots of Whole School Approach activities within their schools.

We have also recruited two permanent Children's Wellbeing Practitioners to the team - welcome Lauren and Jordan and congratulations on completing your training!



TAMWORTH

MHSTTamworth@mpft.nhs.uk / 01785 301027

This term has seen Tamworth begin work with eight new schools. Thank you for making them all feel so welcome. We wish Chloe Newbold-Davies all the very best as she moves to the Burton team and congratulate Arwa on completing her training and welcome her to the team on a permanent basis!



LICHFIELD

The trainees in our team recently started their university training to become qualified Education Mental Health Practitioners. They have also been shadowing colleagues in other teams and will soon be getting out and about to the schools in the area to get to know them better, ahead of their full launch next year.

Sparkly Moments

Take a look at what we've been up to recently...



Holy Trinity's well-being warriors with practitioners Leanne & Maria (photo shared with permission)

At Edge Hill Academy, the 'Bee Positive Squad' has been established and will shortly be ready to introduce themselves and their roles to the school. The fabulous ideas they have put forward so far include:

Trade kindness
Messages will be traded like Pokemon cards between children

Chalk statements
On the playground and on a chalk board to motivate and make people happy

Worry box
Young people can write down their worries and put it in the box

Bee Positive tree
Messages sharing ways to deal with worries, positive quotes, self-care ideas etc.

The aim will be to incorporate strategies that promote mental health, such as ways to deal with worry, alongside the amazing ideas the young people already have.

We are looking forward to co-delivering a (shortened) worry workshop to the school with the squad leading on it!

From Burton & Uttoxeter MHST, Holy Trinity C of E Primary School have recently brought together a team of 'Well-being Warriors' (WW).

Children were invited to apply for the role and each wrote down what it meant to them to be a WW. They have hosted an assembly to introduce their role to the rest of the school and each WW received the 'myHappyMinds' pin badge and an MHST pen and ball.

Their next task is to gather feedback from peers to identify how they can improve well-being across the school, which Maria will support them to implement.

They have already had a huge notice board put up all about well-being and their work will continue to be added to this.

As Holy Trinity is a myHappyMinds registered school, we plan to incorporate some of that learning alongside the ideas the children have.

Exciting times!

A number of further schools across our MHSTs are currently developing their own peer-led wellbeing groups. We are delighted to be able to support the establishment and continued development of these vital groups to reinforce the promotion of well-being across all our schools.

Get in touch with your school's lead practitioner to get involved!



CALENDAR OF EVENTS



December



3rd

International Day of People with Disabilities



5th

International Volunteer Day

January



24th

International Day of Education



27th

Parent Mental Health Day

February



All month

LGBTQ+ History Month



1st

Time to Talk Day



5th-11th

Children's Mental Health Week



5th-11th

Race Equality Week



6th

Safer Internet Day



25th Feb - 2nd March

Eating Disorder Awareness Week



Children's Mental Health Week

The theme this year is 'My Voice Matters'.



My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

We want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing. During Children's Mental Health Week, we want all children and young people to be able to say – and believe – “My Voice Matters.”

We would love to feature how you have celebrated this week in the next edition of our newsletter. Send your photos to mhstsocial@mpft.nhs.uk.



WE WANT YOUR FEEDBACK!

What else would you like to see featured in future newsletters? Send feedback to mhstsocial@mpft.nhs.uk.

FURTHER SUPPORT



24h Mental Health Access Team – urgent NHS mental health service who will provide support and advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☎ 111

EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☎ 999 OR GO TO A&E



The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☎ 0808 808 4994 (4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>

YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☎ 116123 (24/7)

✉ Email: jo@samaritans.org

<https://www.samaritans.org/>

childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>

shout

85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉ Text: SHOUT to 85258 (24/7)

<https://giveusashout.org/>