

PARENT/CARER NEWSLETTER



Mental Health Support Team MHST

**THIS MONTHS THEME: CHILDREN'S MENTAL HEALTH WEEK
7TH-13TH FEBRUARY 2022**

MEET THE TEAM



Hello! Hope you're all okay. My name is Tracey McElroy and I am the Team Leader within the MHST for **Pendle** Primary Schools. I am a Cognitive Behaviour Therapist by trade and have a background working in Child and Adolescent Mental Health Services (CAMHS). The Pendle Team covers several Primary Schools: Primet, Colne Park, Lord Street, Walverden, St. Paul's C of E Primary, Marden and Gisburn Road Community Primary School.

Siobhan Shippen is the Team Leader for the **Burnley** Primary Schools. Siobhan is also a Cognitive Behavioural Therapist and has worked in Elcas/Camhs for a number of years. The Burnley Primary Team covers: St Augustine's Primary, Casterton, Ightenhill primary, St. Augustine's, St. Stephen's Primary, Padiham Green, St. Mary Magdalene's Primary, Heasandford and Holly Grove Special School.

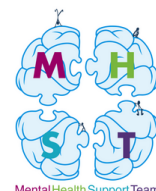


YOUNG PERSONS GROUP (BLACKBURN WITH DARWEN SECONDARY SCHOOLS)

This Month the young people have been busy finalising the supporting image to go alongside our MHST materials. What do you think? This design was hand drawn by one of our young people Charlotte and has been digitally created by our lovely friend Rebecca at the Everybody Centre (we are very grateful for Rebecca giving up her free time to do this). The Image represents mental health struggles and the feeling that you can feel 'broken' the people represent staff and young people working together to help put 'the pieces back together'. Our next meeting is on Thursday 24th February at 4.30pm. We are meeting via Zoom - If you know of any young person aged 11-16 who attends a secondary school in BwD, with an interest in mental health and wellbeing please invite them to join us:

Meeting ID: 838 0484 3727

Passcode: 983119





Place2Be launched the first ever Children's Mental Health Week in 2015 to shine a spotlight on the importance of children and young people's mental health. This year Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together. We are very happy to be supporting this initiative and staff will be hosting various sessions and workshops for young people during the week. For more information please click on the logo here:



The theme of this year's Children's Mental Health Week is Growing Together. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

As parents and carers, you play an important role in your child's mental health. Check out the free resources for families by clicking on the image below.



Five Ways to Wellbeing



The Five Ways to Wellbeing Framework was designed to help individuals take action to improve their wellbeing: Feeling good, functioning well.

The Five Ways to Wellbeing may help young people:

- Make the most of opportunities and deal with stressful situations by taking time out and learning how to cope when things get tough.
- Increase their interpersonal skills, empathy and communication skills through giving and seeing themselves as part of the wider community.
- Increase their self-worth by taking notice of what they are good at and what they have to offer others.

Here are some ways in ways of practicing the Five Ways to Wellbeing as a family.



Take notice: When you're spending time together as a family, take notice and be aware of the present. • Bring out the board games and spend some technology free time together • Create a calm space at home that's free from mess and noise • Keep a family diary with stories and photos



Learn: Learning enhances our self-esteem, and learning something new as a family can help bring you together. • Try making a new recipe together • Learn a new word together and practice using it • Make school homework an activity for the whole family



Connect: Even when we all live under one roof, it can be easy to disconnect and forget to spend time together. • Something as simple as asking 'are you ok?' can start an honest conversation • Set aside a regular time to have a meal together • Share your best and worst moments from the day



Give: Giving feels good – and working together as a family to give can be even better. • Start a penny jar to donate to your favourite charity • Gather up anything you no longer need and donate to your local charity shop • Don't forget each other – do a favour or something nice for another member of the family



Be active: Being active isn't just good for our physical health; it's also proven to have a positive effect on our mental health and wellbeing. • Swap a daily car or bus journey for a walk together • Try a new activity or sport together • Set an exercise challenge to complete as a family each week

Other Information



Are there any parents out there who would like to be involved in the development of the Mental Health Support Teams (MHST) in schools, if so we want to hear from you.

The MHSTs have to be co-produced and your voice is so important in the development and shaping of the MHSTs. We are just looking for an hour or two of your time every other month to join us in the MHST Project Groups and Engagement Groups for either Blackburn with Darwen or East Lancashire. If you feel you would like to be part of the journey in developing the MHSTs for our children and young people, please contact Natalie Koncsol, MHST Assistant Business Manager on 07966 408063 or drop her an email; Natalie.koncsol@elht.nhs.uk

Safer Internet Day 8th February

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Safer Internet Day 2022 is on 8th February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'

Click the Image below for more Information.



Safe | Personal | Effective