

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please contact [louise.andrews-gee@staffordshire.gov.uk](mailto:louise.andrews-gee@staffordshire.gov.uk) with ideas, contributions or to be added to the distribution list.

## Network Meetings for Senior Mental Health Leads in Schools



Members of the Integrated Care System (ICS) Children and Young People's Mental Health System Improvement Board: including Staffordshire County Council, Stoke-on-Trent City Council, the Clinical Commissioning Groups (CCGs), the Midlands Partnership NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust and Action for Children have arranged a number of virtual meetings for **Senior Mental Health Leads (SMHLs)**.

The virtual network meetings provide an opportunity to meet representatives from the ICS, and for SMHLs to come together and share information, resources and ask questions. The network meetings for SMHLs are building on the success of the Kind Minds newsletter and existing networks, such as the Designated Safeguarding Leads in Schools.

The next virtual meeting dates can be found below. The network meetings will be held using MS Teams, and we hope you can find a date that suits you – we know everyone is incredibly busy!

Date	Time	Districts	How to join
Thursday 10 <sup>th</sup> March 2022	07.45am- 08.45am	<b>North Staffordshire</b> (Newcastle-under-Lyme, Staffordshire Moorlands) <b>and Stoke-on-Trent</b>	<a href="#">Click here to join the meeting</a>
Thursday 17 <sup>th</sup> March 2022	07.45am- 08.45am		<a href="#">Click here to join the meeting</a>
Wednesday 9 <sup>th</sup> March 2022	7.45am – 8.45am	<b>South Staffordshire</b> (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)	<a href="#">Click here to join the meeting</a>
Wednesday 16 <sup>th</sup> March 2022	07.45am- 08.45am		<a href="#">Click here to join the meeting</a>

**\*Note – these links are to join the meeting directly, and are NOT calendar invitations. Press CTRL and click the link to join the meeting\***

*If you or a representative would like to receive the latest information about the network meetings for SMHLs, attend future network meetings or to shape content for future network meetings, please email [becky.murphy@staffordshire.gov.uk](mailto:becky.murphy@staffordshire.gov.uk), with your name and school setting.*



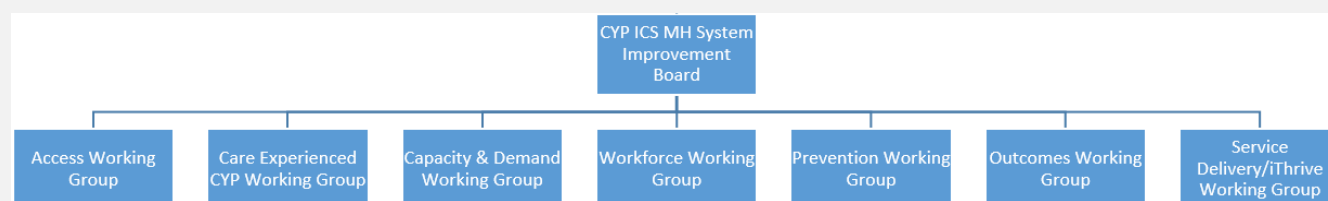
## WE NEED YOUR HELP!

### Improve the mental health system for children and young people

Across Staffordshire and Stoke-on-Trent there is a board meeting regularly, aimed at improving the system of mental health support for children and young people.

Membership of this board includes colleagues from health, local authorities, the voluntary and community sector, and education.

We have recently established several working groups and we need support from education colleagues; either by becoming a member of one or more of these working groups or by contributing to this work in other ways. We will of course be exploring ways to ensure the involvement of parents / carers and children and young people.



This is an exciting time to be part of improving the mental health system for children and young people.

**If you are up for the challenge and would like to volunteer to become a member of any of the above seven (7) working groups OR would like to volunteer to support in other ways, please contact the relevant working group leads as follows:**

- Access: [joanne.marsh@staffsstokeccgs.nhs.uk](mailto:joanne.marsh@staffsstokeccgs.nhs.uk)
- Care Experienced C&YP: [karen.coker@staffordshire.gov.uk](mailto:karen.coker@staffordshire.gov.uk)
- Capacity & Demand: [lyse.edwards@mpft.nhs.uk](mailto:lyse.edwards@mpft.nhs.uk)
- Workforce: [josephine.povey@combined.nhs.uk](mailto:josephine.povey@combined.nhs.uk)
- Prevention: [jennifer.lonsdale@combined.nhs.uk](mailto:jennifer.lonsdale@combined.nhs.uk)
- Outcomes: [Rachel.rayner@mpft.nhs.uk](mailto:Rachel.rayner@mpft.nhs.uk)
- Service Delivery / iThrive: [peta.curno@stoke.gov.uk](mailto:peta.curno@stoke.gov.uk)

*With thanks to Josephine Povey, Associate Director, North Staffordshire Combined Healthcare NHS Trust and Chair, ICS Children & Young People's Mental Health System Improvement Board.*

### Families Health and Wellbeing 0-19 Service Newsletter



The Families Health and Wellbeing 0-19 Service now has a quarterly newsletter with lots of helpful articles. The newsletter also contains a QR code for you and parents to tell us what topics you want us to write about in future articles.

You can find all previous issues of the newsletter here:

<https://www.mpft.nhs.uk/services/health-visiting-and-school-nursing/information-professionals/families-health-and-wellbeing-0-19-service>

## Update from Action for Children's Staffordshire Emotional Health and Wellbeing Service



**SilverCloud** – access programmes which are proven to help you feel better. Based on years of clinical research, our programmes are interactive and delivered via our user-friendly platform.

Using Cognitive Behavioural Therapy (CBT), our programmes are designed to help you improve and maintain your wellbeing and tackle underlying issues that can have a negative impact on how you live your life.

SilverCloud have programmes for young people aged 16+ and for parents and carers of young people of all ages.

You can access SilverCloud here: <https://actionforchildren.silvercloudhealth.com/signup/>

### Action for Children's Prevention work

Action for Children's wellbeing workers have recently been out in schools in the Cannock and Newcastle-under-Lyme areas supporting young people with emotional wellbeing. Using a whole class approach, young people have been learning words to describe their feelings and they participated in role play activities to express feelings. Young people also learnt about completing a 'body scan' and how to develop a range of calming strategies.

We have several lessons available on managing emotions and building resilience that can take place in schools.

If you would like to book some sessions within a school or community club, please contact Louise Moore at [louise.moore@actionforchildren.org.uk](mailto:louise.moore@actionforchildren.org.uk)



Parents and carers can follow us on Facebook for tips and support here: [Action for Children - Staffordshire Emotional Health and Wellbeing Service - Home | Facebook](#)

### NEW: Cerebral Sandbox - the new digital mental health service for children and young people in South Staffordshire\*

*\*South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth*



Midlands Partnership NHS Foundation Trust's (MPFT) Children and Families services have teamed up with digital mental health provider Cerebral to launch a pioneering **new service** offering **online support for young people** living in South Staffordshire, dependant on their need.

MPFT is the first NHS trust to partner with Cerebral, which uses online technology to make therapy and web-based support more easily accessible to children, young people and families without the need for travel.

As well as gaming livestreams, live chat, and other engaging and fun digital content aimed at supporting children and young people's emotional health and wellbeing, those accessing the new service may also be offered personal online therapy if this is felt to be required.

Children and young people are intelligently matched with a therapist based on their preferences, for example: cultural or ethnic background; experience with trauma or abuse; or challenges commonly faced by the LGBTQIA+ community. This improves clinical outcomes by building a strong therapeutic alliance from the start.

This support is available via Cerebral's Sandbox website – <https://sandbox.getcerebral.co.uk> – and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).

Claire Bailey, lead for MPFT's children and families services said: "Mental health is a serious issue affecting children and young people, who can feel stressed, lonely and frightened and often struggle to cope with the pressure they are feeling.

"Early intervention and support can make a massive difference and this exciting new partnership between MPFT and Cerebral will build on the existing emotional health and wellbeing support available for young people and their families in South Staffordshire."

Tim Hamer, UK General Manager for Cerebral said: "We are really excited about this new service. We are passionate about transforming access to high quality mental health care and are looking forward to delivering for South Staffordshire."

Since the beginning of the new term in September our Education Mental Health Practitioners (EMHPs) have been out and about delivering workshops, sessions, assemblies, staff support and training on a variety of different topics. As part of our core offer topics have ranged from mental health awareness, anxiety, low mood and resilience.

Delivering these sessions within schools is a key component of the MHST whole school approach. Our whole school work continues to be very popular within schools and we continue to get many requests for ongoing sessions.

We have also been involved with school theme days, in one school we have delivered sessions as part of their RSE day, careers week and even supported with mock interviews for Year 11 pupils.

*EMHP feedback: 'Whole school work is going well. So far this week, I've done a 1 hour session on stress awareness to years 3 & 4. staff input sessions, 4 x 1 hour sessions to year 5 on a Mental Health overview and 3 x sessions years 1-4 on resilience – bouncebackability. Whole school work on resilience, stress awareness and a general mental health overview. These have all been face to face. However, the stress awareness workshop has also been delivered to pupils via a recorded platform, therefore hitting an audience over nearly 1000 pupils!'*

We have also held parent workshops, coffee mornings, and in one school the parents even have their own WhatsApp group, to support each other while undertaking the Cathy Creswell Anxiety Programme.

Within North Staffs/Moorlands MHST we now have a new member of the team who has joined our already committed and passionate service, as we continue to grow and develop our support for our schools.

You can find out more about the MHSTs in the North here:



**@mhstnorthstaffsmoorlands**



**@MhstNorth**



**MHST North Staffs and Moorlands**

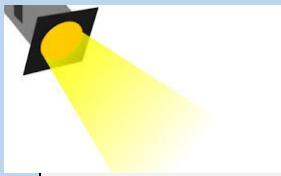
And visit the Wellbeing Portal: <https://combinedwellbeing.org.uk/>

## Update from South Staffordshire Mental Health Support Teams in Schools (MHST)



Mental Health Support Teams offer low intensity emotional health and wellbeing support to children and young people who attend the schools below as well as supporting schools to embed emotional health and wellbeing as a core function within the schools. We now have three (3) locality Mental Health Support Teams up and running covering over 60 participating schools and are also in the process of developing a team to support school in the Tamworth locality. If you would like any further information, please contact via the relevant email address listed below.

<b>Burton</b> <a href="mailto:MHSTinSchools@mpft.nhs.uk">MHSTinSchools@mpft.nhs.uk</a>	<b>Cannock</b> <a href="mailto:MHSTCannock@mpft.nhs.uk">MHSTCannock@mpft.nhs.uk</a>	<b>Stafford</b> <a href="mailto:MHSTStafford@mpft.nhs.uk">MHSTStafford@mpft.nhs.uk</a>
<ul style="list-style-type: none"> <li>- Anglesey Primary Academy</li> <li>- Burton Pupil Referral Unit</li> <li>- Loxley Hall School</li> <li>- Paget High School</li> <li>- Scientia Academy</li> <li>- Victoria Community School</li> <li>- Christ Church Primary School</li> <li>- De ferrers Academy</li> <li>- Eton Park Junior School</li> <li>- Lansdowne Infants</li> <li>- Shobnall Primary School</li> <li>- Paulet High School</li> <li>- Abbot Beyne School</li> <li>- Blessed Robert Sutton Catholic Sports College</li> <li>- Edge Hill Junior School</li> <li>- Holy Trinity C of E Primary School</li> <li>- Riverview Primary School</li> <li>- Tower View Primary School</li> <li>- Violet Way Academy</li> <li>- Dove C of E First School</li> <li>- Oldfield's Hall Middle School</li> <li>- St Joseph's Catholic Primary School</li> <li>- St Marys C of E First School</li> <li>- Thomas Alleyne's High School</li> <li>- Tynsel Parkes Primary Academy</li> <li>- Windsor Park CofE Middle School</li> <li>- Fountains Primary School</li> <li>- Fountains High School</li> </ul>	<ul style="list-style-type: none"> <li>- Redhill Primary School</li> <li>- Moorhill Primary School</li> <li>- Bridgtown Primary School</li> <li>- St Mary's Catholic Primary School</li> <li>- West Hill Primary School</li> <li>- Redbrook Hayes Community Primary School</li> <li>- Littleton Green Community School</li> <li>- Heath Hayes Primary Academy</li> <li>- Churchfield CofE Primary Academy</li> <li>- Kingsmead School</li> <li>- Cannock Chase High School</li> <li>- Cardinal Griffin Catholic College</li> <li>- St Lukes CofE Primary School</li> <li>- Five Ways Primary School</li> <li>- Landywood Primary School</li> </ul>	<ul style="list-style-type: none"> <li>- Burton Manor Primary School</li> <li>- Castlechurch Primary School</li> <li>- Doxey Primary &amp; Nursery School</li> <li>- Flash Ley Primary School</li> <li>- John Wheeldon Primary Academy</li> <li>- King Edward V1 High School</li> <li>- Sir Graham Balfour School</li> <li>- St. Leonard's CofE First School</li> <li>- Stafford Manor High School</li> <li>- Veritas Primary Academy</li> <li>- St Leonard's Primary School</li> <li>- St Austin's Catholic Primary School</li> <li>- Walton Hall Academy</li> <li>- Walton Priory Middle School</li> <li>- Penkridge Middle School</li> <li>- Silkmore Primary Academy</li> <li>- Marshlands School</li> <li>- St. Patrick's Catholic Primary School</li> <li>- Blessed William Howard Catholic School</li> </ul>



## SPOTLIGHT ON....The journey of supporting staff at Kettlebrook Short Stay School



[Kettlebrook Short Stay School](#) (KSSS) achieved the nationally recognised [Wellbeing Award for Schools](#) in December 2021. This award reflects the progress and embedded culture of supporting and protecting the mental health and wellbeing of the whole-school community. This journey has taken a number of years and includes other significant achievements along the way.



*As told by Mrs K Rogers, Executive Headteacher:*

**2009 Sept:** When I joined the school as new headteacher, I inherited a school that had been through a period of challenge. My priority was to establish a new positive ethos for the school – one which celebrated the school staff and students' achievements, where staff trusted and respected one another, and which demonstrated a commitment to the whole school community being at the heart of everything we were doing. The new ethos was quickly developed and embodied in our strapline – **'Caring, Sharing and Aspiring – Stepping Forwards Together'**.

**2010/11:** I was made aware that a member of staff was having suicidal thoughts. I wanted to do everything I could to support this member of staff, and quickly realised that staff wellbeing needed to be a priority. We found a qualified counsellor to provide staff with weekly supervision; good staff wellbeing is essential for supporting and motivating staff and for promoting student wellbeing and attainment. The [Management Committee](#) also recognised the value of prioritising staff wellbeing, and in having link governors for all areas of school life; J Gentle was appointed link governor for Staff Wellbeing (and has been link governor for Staff Wellbeing since).

**2011/12:** A new senior leadership team was established, with systems and processes embedded and a curriculum developed that supported students to achieve their potential; we also offered opportunities for students to work with animals, giving them time to relax and care for others. I wanted personal dialogue across the school community, with excellent communication between staff, students, and families. We implemented daily phone calls with parents and carers to share positive achievements of their children, regular face to face discussions and email communication only if face to face discussions couldn't be held. OFSTED recognised this progress, which inspired further successes. As staff developed insight into our students' complex needs, we also developed safe and secure ways of looking after our own wellbeing.

**2013:** KSSS became an IQM School of Excellence ([Inclusion Quality Mark](#)), recognising the ongoing commitment of KSSS to outstanding levels of inclusive best practice, and which required a focus on the mental health and wellbeing journey for all of our students. OFSTED noted that our approach "secures both wellbeing and achievement" of students, recognition of which continued to motivate further successes. We also started Mindfulness INSET days for staff.



**2017/18:** KSSS became an IQM Flagship School ([Inclusion Quality Mark](#)), an exclusive award held by only around 100 UK schools. This award recognises unique schools who play



a strong leadership role in developing inclusion and wellbeing best practice. Mindfulness was introduced into the timetable, as was 'Wellbeing Fridays', where staff were able to access supervision, massages, reflexology and peer support.



KSSS Federated with [Burton PRU](#) in April 2018, and we established mental health and wellbeing good practice across the Federation. We built on the success of working with animals and introduced school animals to reduce our students' stress and anxieties.

Another successful OFSTED Inspection acknowledged our whole school approach to mental health and wellbeing. We developed an understanding of [Adverse Childhood Experiences](#) (ACEs) to understand our students' needs. In this academic year I started the process of KSSS achieving the [Wellbeing Award for Schools](#), to recognise how mental health and wellbeing is at the heart of our school's ethos and culture.

**2019/20:** [Mental Health Youth First Aid Training](#) was delivered to staff across the Federation, supporting us all to recognise mental health and wellbeing needs in both ourselves and our students. The lockdowns due to the Covid-19 pandemic saw the introduction of 'Wellbeing Weekly', to help the school community cope under very difficult circumstances. School staff undertook Covid-safe weekly family home visits to distribute learning materials to students. Staff were supported with virtual quizzes and mindfulness sessions during these challenging times.

**2020/21:** KSSS started succession planning, seeking staff to become the next generation of leaders and who will ensure mental health and wellbeing remains at the heart of KSSS. Personal and professional development training was provided to staff, including Emotional Coaching and [Restorative Practice](#) Training and the 'Wellbeing Weekly' activities continued. KSSS achieved the [Staffordshire Trauma Informed & Attachment Aware School Award](#) in 2021.

**2021/22:** A new SLT is being established, with coaching and mentoring of the next generation of school leaders and managers who will continue to be bold and ambitious in putting mental health and wellbeing at the forefront of our purpose of KSSS. We welcome our new Head of School Mr B Sims.



KSSS was awarded the [Wellbeing Award for Schools](#) in December 2021. This award usually takes around 12/18 months to achieve, by demonstrating and progressing mental health and wellbeing for staff and students. KSSS took a slightly different route, as we already had a well-established culture of wellbeing for all.

This charter mark was awarded due to the efforts of our whole staff team, our Wellbeing Warriors, and with our new Head of School Mr Sims in post we are looking forward to continuing to make mental health and wellbeing firmly at the heart of all that we do at KSSS. A huge thanks must be given to our 'Wellbeing Warriors'!



### ***Our Wellbeing Warriors:***

***Back Row:*** J Potter, Art Teacher; K Rogers, Executive Headteacher and L Harrison, Teaching Assistant

***Front Row:*** S Norrington, PHSE Teacher; C Goodwin, Data Manager; G Margerrison, Pupil Placement; N Rathour, Teaching Assistant (Missing S Harris, Art Teacher)

## Burton and District Mind Young People's Survey



Burton and District Mind are exploring how young people aged between 16-24 have managed during the pandemic.



We want to find out how to support young people with appropriate projects in the future.

Please visit [Focus on Mental Wellbeing \(burtonmind.co.uk\)](https://www.burtonmind.co.uk) or <http://bit.do/ypsurvey2022> or use the QR code in the poster below to complete the survey.

**Survey closes 9am Monday 21<sup>st</sup> March 2022.**



**Burton and District Mind are exploring how people aged between 16-24 have managed during the pandemic.**



**Please complete our online survey:**

**<http://bit.do/ypsurvey2022>**

**Kindly  
funded by**



mind  
Burton  
and District





## Clic – free online community to support your mental health

Clic is a free UK-wide online community, supporting **adults with their mental health**.

Clic believes that no one need be lonely or isolated. Clic is here for you, around the clock. Since launching over four years ago, we have helped thousands of people feel less isolated and find mental health information they need. We offer online resources and a safe environment for people to chat, peer to peer, online.



### Stay connected

Our online chat room is here for you to connect with others on the things that matter to you, wherever you are.



### Find help & information

Access a host of mental health information, tools, tips and resources to help yourself, as well as your carers, family and friends.

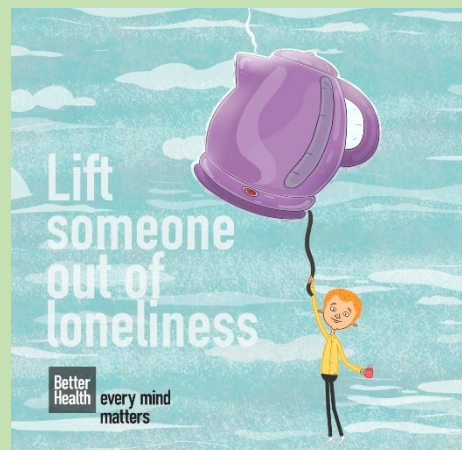


### Safe, secure & supportive

We want you to find the support you need in a safe environment. That's why we moderate Clic 24 hours a day.

You can find out more, and join Clic, for free, here: <https://clic-uk.org/>

## Lift someone out of loneliness



Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too.

Fancy a cuppa? Fancy a walk? Sometimes reaching out to each other with as little as three words can make a big difference.

As part of the Better Health: Every Mind Matters campaign, the Department for Digital, Culture, Media and Sport are encouraging people to 'Lift Someone Out of Loneliness' by taking a simple action to help someone who may be feeling lonely. If we do this regularly, we can all help to lift each other up.

[Find out how you can help lift someone out of loneliness.](#)

## Emotional Literacy Support Assistant (ELSA) Project

Staffordshire Educational Psychology Service is holding an **ELSA information session** on **Thursday 10<sup>th</sup> March at 3.30pm – 4.15pm** for schools within the **Stafford District**.

ELSAs are trained to **plan and deliver individual or group programmes of support to pupils** in their school who are experiencing temporary or longer-term emotional needs. The training and ongoing supervision is scheduled to begin after East half-term.

Please email [jenna.lee@staffordshire.gov.uk](mailto:jenna.lee@staffordshire.gov.uk) for a MS Teams link to the meeting and **see the poster at the end of the newsletter!**

A series of five podcast episodes featuring mental health, anti-racism, and education experts.

How does experiencing racism impact young people's mental health and self-esteem? What does it mean to be an anti-racist school? And what are some practical steps schools can take to become anti-racist?

These are all questions explored in a new podcast series, **Talking racism and mental health in schools**.



In this series of five podcast episodes, Cyra Neave, Senior Clinician at the Anna Freud Centre, interviews a number of experts to talk about racism and mental health in schools. Guests on the podcast include former teacher, campaigner, author and speaker the Honourable Stuart Lawrence, and Eve Doran, researcher at Black Learning Achievement and Mental Health (BLAM).

Find the podcasts here: <https://www.annafreud.org/schools-and-colleges/anti-racism-and-mental-health-in-schools/talking-racism-and-mental-health-in-schools-podcast-series/>

### **New – National Harmful Sexual Behaviour Support Service**



In June 2021 OFSTED concluded that the prevalence of child-on-child sexual harassment and abuse was so widespread that, for some, incidents are 'so commonplace that they see no point in reporting them' and 'consider them normal'. [SWGfL](#) and The Marie Collins Foundation has created a support service for professionals working with children and young people in tackling harmful sexual behaviours, funded by the Home Office and in collaboration with the Department for Education.

Harmful sexual behaviour is 'sexual behaviours expressed by children and young people under the age of 18 years old that are developmentally inappropriate, may be harmful towards self or others, or abusive towards another child, young person or adult' (Hackett, 2014).

**The support service is available for anyone in England working with children and young people.**



Available 8am - 8pm  
Monday - Friday



Call our practitioners on  
0344 2250623



Email  
[hsbsupport@swgfl.org.uk](mailto:hsbsupport@swgfl.org.uk)

Find advice on individual cases or incidents of harmful sexual behaviour; guidance on policy development on tackling harmful sexual behaviour; and, share relevant resources, best practice and contacts around harmful sexual behaviours.

**For more information, please visit:** <https://swgfl.org.uk/harmful-sexual-behaviour-support-service/>

### International Women's Day – Tuesday 8<sup>th</sup> March 2022



Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively, we can all **#BreakTheBias**

The theme for 2022 is **#BreakTheBias**. You can get involved and find out more information at <https://www.internationalwomensday.com/>

#### What could you do?

**Primary:** celebrate difference and diversity in the school population. Find free resources from the Anna Freud Centre, here: <https://mentallyhealthyschools.org.uk/resources/the-same-but-different-assembly-plan/>

**Secondary:** deliver lessons about the rights of women and girls, and lessons about gender-based violence. Find free resources from the Anna Freud Centre, here: <https://mentallyhealthyschools.org.uk/resources/learn-without-fear-gender-based-violence-school-pack/>

**Staff:** promote gender equality and tackle sexual harassment in schools. Find resources and information from Anna Freud Centre, here: <https://mentallyhealthyschools.org.uk/resources/outside-the-box-promoting-gender-equality-tackling-sexual-harassment-in-schools/>

### Training Opportunities



#### Professional Resilience: Building Skills to Thrive at Work

Learn how to deal with stress at work and in your personal life through building resilience skills. Develop resilience skills for yourself, so you're ready to meet both professional and personal challenges.

This course lasts for 2 weeks, with 6 hours study in total, is FREE and Certified for Professional Development by [CPD UK](#).

Visit: [How to Build Resilience at Work - Online Course - FutureLearn](#)

## Understanding Autism

Understand more about autistic people from autistic perspectives with this CPD-certified course. No prior experience or qualifications required to do this course, but may be of interest to practitioners in the field of autism, education staff, parents and carers.



This course lasts for 4 weeks, with 12 hours study in total, is FREE and Certified for Professional Development by [CPD UK](#).



Visit: [Understanding Autism - Free Online Autistic Course - FutureLearn](#)



### Mindfulness for Wellbeing and Peak Performance

Learn mindfulness techniques to reduce stress and improve your wellbeing and work/ study performance in this online course. No previous experience of mindfulness required. Find out how mindfulness works, explore different techniques and reflect on your experience.

This course lasts for 4 weeks, with 12 hours study in total, and is FREE.

Visit: [Mindfulness for Wellbeing and Peak Performance \(futurelearn.com\)](#)

## Digital Wellbeing

Do digital technologies affect our wellbeing? Explore concepts of health, relationships and society in the digital age. You will also learn how to ensure your own digital wellbeing, exploring: how to balance online and offline activities, how to stay safe physically and virtually, strategies for dealing with information overload and creating a positive digital identity.



This course lasts for 3 weeks, with 9 hours study in total, and is FREE.



Visit: [Digital Wellbeing - Online Wellbeing Course - FutureLearn](#)



## Training offer from North Staffs MIND



North Staffs MIND are passionate about delivering high quality training with a strong focus on mental health. Some of the workshops North Staffs MIND offer include:

- Mental Health Awareness
- Wellbeing and Resilience for the Workplace
- Managing Mental Health in the Workplace
- Mental Health Champion Training
- Understanding and Managing Stress
- Suicide Awareness and Prevention
- Understanding Self-Harm
- Understanding Grief and Loss



Training is delivered in groups, up to a maximum of 16 learners, and delivered by experienced trainers. Training can be delivered at a venue provided for you (at cost), at a meeting space provided by you or delivered remotely.

Find out more here: <https://nsmind.org.uk/training/> or email [training@nsmind.org.uk](mailto:training@nsmind.org.uk) or call 01782 262100



## NEW - Resource and Evidence Library



### 'State of the Nation' 2022 report

The Government's 'State of the Nation' [report](#) shows an improvement in Children's Wellbeing in 2021, although levels are still below pre-pandemic levels. Particular groups of concern for poorer mental health outcomes were those with SEN, those eligible for free school meals, and those with long-term physical health conditions.

Find the full report here: <https://www.gov.uk/government/publications/state-of-the-nation-2021-children-and-young-peoples-wellbeing>

### Children's Commissioner Briefing on Children's Mental Health Services -2020/21

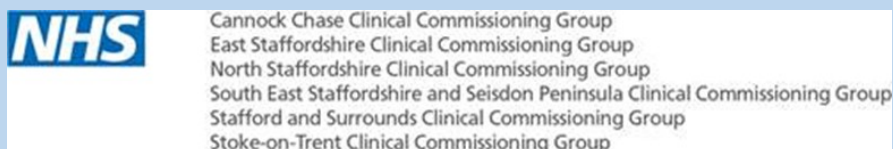
The Children's Commissioner has published a [briefing](#) looking at children's access to mental health services in England and changes in referrals over the past two years.

Nationally, NHS surveys shows that before the pandemic in 2017, 1 in 9 children had a probable mental health disorder. That has now jumped to 1 in 6. For those children accepted into mental health treatment services, average waiting times have decreased substantially from last year. However, over a third (37%) of children accepted onto waiting lists are still waiting for their treatment to begin.

Find the full report here: <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2022/02/cco-briefing-mental-health-services-2021-22.pdf>

**Feeling confused? Below is a summary of who can access which service  
(of those featured above):**

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing  C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
Cerebral Sandbox – digital intervention (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth).  Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
Mental Health Support Teams	C&YP with mild to moderate difficulties; focusing particularly on low mood, anxiety and behavioural difficulties.  C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, Cannock Chase and Stafford – <i>Tamworth coming soon!</i>  <b>*participating educational settings only</b>





## Mindfulness for Children & Families

### Seeing Eye

As a family, spend one or two minutes looking around the room, in silence. The aim is to notice things you have never seen before, this could be a detail on a picture, a chipped plate, a cool pattern on the wall. After the time is up, all share what the most interesting thing you noticed was.



### Mindful Breathing



- Hold out a hand with your fingers apart (like a star).
- Using a finger on your other hand, slowly trace around your fingers.
- As you trace up your finger, take a slow and deep breath in for 4 seconds.
- As you trace back down a finger, slowly breathe out for 4 seconds.
- Repeat for your whole hand.

### Mindful eating

While you are eating a meal together, think about all the small details about your senses. Get each person to say one thing they notice about the food. This could be *how it smells, what it tastes like, how does it feel on your tongue, does it remind you of anything, do you feel any emotions?* Eating mindfully helps with noticing how your body changes.



### Muscle Relaxation

This activity is great for relaxing the body, especially useful in times of worry or just before bed.

Close your eyes and imagine you are trying to pick up a pencil with your feet, curl your toes and squeeze your feet tightly. Squeeze for 5 seconds before releasing. Notice & name how your feet feel as you squeeze and relax. Next, tense your legs. Pretend you are standing on your tip toes and trying to balance. Squeeze your legs for 5 seconds and release. Again notice the feelings as you go. Moving up to your hands, pretend you are holding an orange in each hand. Squeeze your hands tightly together as if you are trying to get all the juice out of the oranges. Squeeze for 5 seconds then release, noticing the difference in how your arms & hands feel. Pretend that a ladybug has landed on your nose, you want to get it off but can't use your hands. Scrunch up your face & wiggle your nose trying to get it off. Get scrunching for 5 seconds before it flies away and you can relax.

# ELSA TRAINING

JOIN OUR ELSA COMMUNITY

## WHAT IS AN ELSA?

The ELSA (Emotional Literacy Support Assistant) project was originally designed by Sheila Burton, Educational Psychologist, to build the capacity of schools to support the emotional needs of their pupils from within their own resources.

ELSAs are trained to plan and deliver programmes of support to children and young people on both an individual and group basis. For more information, visit: [www.elsanetwork.org](http://www.elsanetwork.org)

## WHAT IS COVERED IN THE TRAINING?

- Emotional Literacy & Raising Emotional Awareness
- Self-esteem, Active Listening and Communication Skills
- Emotional Regulation
- Social Skills & Autism
- Friendship Skills & Therapeutic Stories

And much more!

## WHAT IS INCLUDED IN THE TRAINING?

- 5 full days of training provided by the Educational Psychology Service
- 1 year of half-termly group supervision from an Educational Psychologist
- **FREE** copy of the ELSA Handbook (RRP £29.99)

## WHAT DO OUR ELSAS SAY?

"I have really enjoyed the course; it has been insightful, and it will make such a difference!"

"The course has been very interesting and has greatly helped me to identify needs within our college community and provided me with the knowledge to begin supporting students in this way."

"ELSA has been a huge asset to our students. They have a safe environment in which to reflect, discuss and move forward positively without fear of judgement or negativity. They have enjoyed the programme and activities we have shared, often bringing friends to me who also want to talk to someone."

## UPCOMING TRAINING

**Dates:** 26th April, 3rd May, 10th May, 17th May, 24th May

**Venue** – Stafford Children's Centre

**TRAINING COST:** \*£450 PER DELEGATE\*

*There are limited places, so it will be a first come first served booking system.*