

MARCH 2024



BLACKPOOL PMHW

**Easter 2024 starts for most of our young people and families at the end of March. PMHW will continue to be accessible and contacted during these times. For live updates, please use our social media pages.**





# PMHW Drop in

Primary Mental Health Worker  
South Family Hub &  
Leisure Centre  
FY4 2AP

1ST  
Tuesday  
of EVERY  
Month



# Devonshire Primary

## PMHW Drop in

Primary Mental Health Worker  
At Devonshire Primary School

2ND  
Tuesday  
of EVERY  
Month

BLACKPOOL PMHW Primary Mental Health Worker

Do you have concerns about a young person's emotional health & wellbeing?

Would you like to know what mental health support is available for a young person?

Are you a young person or parent / carer and want to know where you can get support for young people's emotional mental health?

Did you know a PMHW is a mental health practitioner and is part of the CAMHS Team?

PMHW can link in with schools and services to work together

PMHW Drop In can signpost you to the correct service to support with your current concern and get you the help you need

PMHW Drop In is a confidential space to discuss worries and concerns with a Mental Health Practitioner

Logotherapy  
CASHER

@blackpool\_PMHW

Facebook, Instagram, Twitter icons

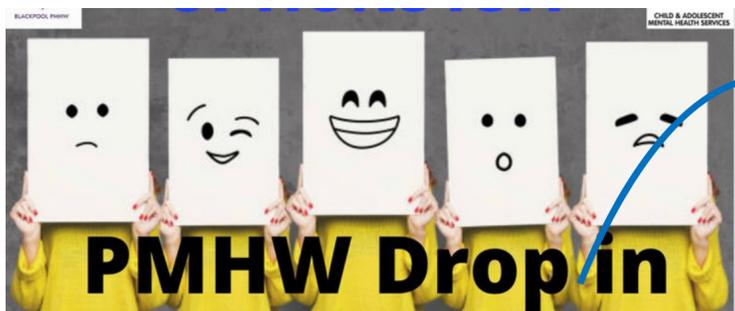
**EVERY** \*Waiting times may vary  
**MONDAYS 2 - 4:30pm**

Venue:  
Westminster Primary Academy  
Westminster Road  
Blackpool  
FY1 2QE

For further information contact:  
**0800 121 7762**

Option 1

PMHW Drop-Ins are no appointment necessary consultations. They are available twice a week around the town. Come and meet a mental health practitioner to talk about your child's emotional and mental health development. We offer support and guidance for the right intervention. We run from 2-4:30pm, unless otherwise stated.



# PMHW Drop in

Primary Mental Health Worker  
North Family Hub  
FY3 7NX

3RD  
Tuesday  
of EVERY  
Month

Blackpool Teaching Hospitals NHS Foundation Trust

**PMHW VIRTUAL DROP IN**

Every Third Wednesday of the Month 3:30 - 5:30pm



3rd Weds  
of EVERY  
Month

# Service Of The Month



## Feeling anxious and depressed?

Speak with Blackpool Talking Therapies

Blackpool Talking Therapies, (formerly known as Blackpool Healthier Minds and Supporting Minds), offers a range of free psychological therapies to people aged 16 and over.

We provide the Talking Therapies service for Blackpool and Cleveleys. Additionally, we are able to offer online access to our webinars and courses to residents of Lancashire and South Cumbria.

Monday to Friday, 9am - 5pm (excluding bank holidays)

Follow us on Facebook Blackpool Talking Therapies

01253955700

[bfwh.talkingtherapies@nhs.net](mailto:bfwh.talkingtherapies@nhs.net)

### **Stress Control Course**

'Stress Control' is a six-session online cognitive-behavioural therapy course, each session lasting 90 minutes, with an additional introductory session.

Blackpool Teaching Hospitals





# Youth Mental Health First Aid



Blackpool Teaching Hospitals  
NHS Foundation Trust

MHFA England PMHW train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

You can apply to the following email expressing your interest in YMHFA 2 or 1 day, with date and they will assign them a place:

HR Organisation & Workforce Development  
owd@blackpool.gov.uk

YMHFA 2 Day  
Dates available:

Champions  
1 DAY  
Dates available:

2 day course

**2 day YMHFA**

Wed 15th & Thurs 16th May 2024  
Wed 26th & Thurs 27th June 2024

1 day course

**1 Day Champion**

Thursday 14th of March 2024  
Thursday 13th June 2024  
Thursday 26th Sept 2024

This course was incredibly useful for my current role and I have learnt a great deal. Fantastic instructors, they were very friendly, professional and answered any questions myself or the group had.

We were made to feel very supported, especially when discussing some very emotive subjects



## @BigLifeJournal

### 5 powerful compliments to build your child's self-esteem:



@BigLifeJournal

"That's a great idea! You have such a creative mind!"

Your child learns:



My ideas are important!

@BigLifeJournal

"You tried again and again! Your determination is inspiring."

Your child learns:



I don't give up easily!

@BigLifeJournal

"You are great at learning new things!"

Your child learns:



I'm a good learner!

@BigLifeJournal

"It's beautiful how you think about the feelings of others."

Your child learns:



I'm kind and considerate.

@BigLifeJournal

"You are wonderful and amazing just as you are."

Your child learns:



I'm loved and accepted as I am.

@BigLifeJournal

### When complimenting your child:

- Be Specific: Instead of general praise like "Good job," focus on specific actions or qualities.
- Focus on Effort, Not Outcome: Praise the effort and process rather than the end result.
- Avoid Comparisons: Compliment your child without comparing them to siblings, friends, or classmates.
- Promote Internal Motivation: Encourage your child to feel proud of themselves, not just seek external validation. Ask, "How do YOU feel about this?"

@BigLifeJournal



# Parents, Carers and Families

The Blackpool Holiday Activities and Food programme (HAF) is funded by the government and provides healthy food and activities for children who receive free school meals.

We work with local providers to provide a wide range of activities, health and nutrition information, and free healthy meals each day to children and young people.

Whilst the Department for Education (DfE) funding covers the HAF Programme for the Easter, Christmas and summer holidays, we are funding the remaining school holidays to support the overwhelming need in the town. This means that our provision covers 11 weeks per year.

For further information please click on the bunny below.



# pmhw Shout Out!

Good at knowing how to  
talk to my 10 year old  
daughter

John was very  
supportive and  
caring which  
really helped

PMHW  
consultations are  
very good at getting  
young people the  
right help

## Did you know??



In February 2024 CAMHS audited their appointment data.

They had:

648 appointments - Attended appointments

49 appointments - Appointments cancelled by the Family

114 appointments - Not attended

We understand it is sometimes hard attending appointments. If you are unable to attend, please call the admin team to rearrange or cancel your visit.

**0800 121 7762, OPTION 1**





# Circle of Security Parenting Group

Being a parent isn't always easy and we can all feel lost and confused sometimes.

The Circle of Security Parenting™ Group will help you make sense of what your child is really asking from you and strengthen your parent-child relationship.



## HELPING YOU TO:

- > Understand your child's emotional world by learning to read their needs.
- > Support their ability to manage their own emotions.
- > Develop their self esteem.
- > Help your child to feel secure.
- > Notice the ways in which your child communicates their needs and feelings through behaviours.
- > Help you work out how you can meet these needs.
- > Consider how your child is feeling and remember children cannot manage BIG feelings on their own.
- > Help you to recognise and understand these feelings in order to be available for your children.

This is an 8-week programme. Each group session lasts for 1 ½ hrs. Parents will attend without children so you will need to arrange childcare.

## What happens now?

A professional who works with you will talk to you about the Circle of Security Parenting™ before making a referral to Blackpool Parent Infant Relationship Service (PaIRS) or phone PaIRS on 01253 958573 to find out more and self-refer.

A member of this team will visit you and talk to you more about the course and complete some paperwork.

## NEXT DATES:

South Family Hub: Palatine Leisure Centre 207 St. Anne's Rd, Blackpool FY4 2AP – 10am – 11.30am – MONDAYS

Welcome: 22nd April 2024

Session 1: 29th April

**NO SESSION: 6TH MAY**

Session 2: 13th May

Session 3: 20th May

**NO SESSION: 27TH MAY**

Session 4: 3rd June

Session 5: 10th June

Session 6: 17th June

Session 7: 24th June

Endings and celebration: 8th July

Further information can be found on YouTube Circle of Security Animation  
<https://youtu.be/1wpz8m0BFM8>



**NHS Blackpool Parent-Infant Relationship Service**

# Senior Mental Health Lead Training



Did you know the Department for Education is offering a grant of £1,200 for eligible state-funded schools and colleges to train a senior mental health lead?\*



Schools and Colleges can now claim a 2nd grant if the trained lead has left the setting.



Department  
for Education

Don't Miss Out!  
[Click here](#) to claim your grant now!

# PMHW Social Media



Don't forget to follow us on social media.  
We post regular updates about our Drop-  
Ins, self-care ideas and so much more!



FACEBOOK Blackpool PMHW  
INSTGRAM @Blackpool\_PMHW



**OPTIONS4CYP 0800 121 7762**

**OPTION 0 SPOA,  
Option 1 CAMHS, Option 2 CASHER,  
Option 3 YoutherapY, Option 4 MHST**

