



PMHW NEWSLETTER

February 2022

Welcome to 2022

Now more than ever, we need to be able to offer each other grace.

Grace for having different opinions.
Grace for not always knowing the answer.
Grace for making mistakes.
Grace as we learn to do better.
Grace for doing the best we can.

That's how we get through tough times like these—by lifting each other up, forgiving each other's humanness, and loving each other even when it's hard.

HER VIEW FROM HOME

tinybuddha.com

Blackpool PMHW would like to welcome 2022 and take a few moments to reflect upon the hard work and difficult time we have all had over the past 2 years. It hasn't been easy for any of us supporting ourselves, our families, our colleagues and the young people we work with and their families. In one way or another we have all been affected by the Pandemic. Blackpool PMHW are hopeful of New Year and New Beginings and to continue to move forward and see the importance in Self Care; looking after our own mental health in preparation to support those around us. One easy way to begin is by spreading Kindness to those around you; simple, easy and effective. Just think how nice you feel when you have been paid a compliment or someone has thanked you for your hard work. #justbekind

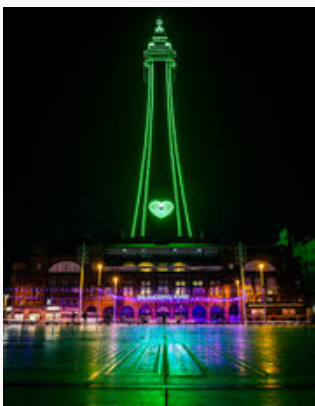
Children's Mental Health Week

7th-13th February 2022



Children's Mental Health Week is taking place on 7-13 February 2022. This year's theme is Growing Together. Place2Be will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.

Place2Be have excellent live resources that will help you participate in the week. All of the ideas can be adapted for use in school, for home-schooling, online lessons or independent learning.



7 -13 February
2022

Look out for
Blackpool Tower
turning green for
Children's Mental
Health Week

Do you follow us on Social
Media?



@blackpool_pmhw



@BlackpoolPMHW



Youth Mental Health First Aid continues to be as popular as ever. Applicants can apply for 2 day First Aid and 1 day Champion Training. Training dates continue throughout the year.



**Please apply by contacting
Rachel.orwin@lancashire.gov.uk
and/or
Mia.Talbott@lancashire.gov.uk**



Blackpool School Nurses have launched an amazing new webpage with so many helpful links to accessing support and advice. The aim of the School Nurse is to support Blackpool's young people and to promote the health and well-being of school age children, their families and the school community.

www.bfwh.nhs.uk/our-service/school-nurses

Vacancies

If you are interested in working in Blackpool CAMHS and within PMHW we have a number of vacancies. Please head over to www.jobs.nhs.uk then click on Blackpool Teaching Hospitals

Resources

DOWNLOADS | CAMHS Resources (camhs-resources.co.uk)

Poppy O'Neill offers a great selection of Wellbeing Books to support young people aged 7 - 11



**Free support
for mental health**

Website Feature

Togetherall is a great way of accessing online help and support for your mental health. Currently the platform is aimed at people aged 16+.

The Online support consists of an anonymous community to share how you are feeling and to feel heard. Free online courses can be accessed by anyone who wants to learn more about managing their mental health. There are also great resources such as self assessments and tools to help you track your emotions.

www.togetherall.com

Further details have been attached alongside this newsletter.



Education Diversity - Athena

Showcasing their hard work and dedication to Young People, we hear from Mike Power at Athena who explains exactly what support they offer to their pupils:

At Athena we work in partnership with other professionals to ensure the very best support is made available to our students, including; Youth Therapy, animal therapy and vocational opportunities that would otherwise not be available for students as part of their education.

Each student has an individual learning plan which is designed not only to support young people in their studies but promote their wider resilience. Students are taught in small groups to enable them to receive the individual support they need to overcome any identified medical, emotional or social issues in a calm supportive environment. Our aim is to support them to reintegrate them back into mainstream school, onwards to college or the workplace and to ease students through the transitions in their lives.

Educational Diversity recently gained national recognition for becoming a 'nurturing school', meaning we provide a safe base for students to develop, understand the importance of nurture for developing wellbeing, understand how vital language is as a communication tool and that all behaviour is a form of communicating a need.

Mental Health In School's Team Here's an update from the MHST: SHINE

The MHST initiative supplements the existing support within schools by working collaboratively with schools and taking a 'whole school approach' to address the mental health and emotional wellbeing of pupils.

MHST are an early intervention service offering a range of evidence based interventions, including guided self-help for children and young people who are experiencing low mood, anxiety and challenging behaviour.

On 7 February 2022 the service is officially accepting referrals from education settings within Blackpool and Wyre who have signed up to the initiative.

To celebrate our launch, Blackpool Tower will be green on the 7 February 2022 coinciding with Children's Mental Health Week. Throughout the whole week we will be raising awareness of the service and whole school approach whilst ensuring we are encouraging children to consider how they have grown, and how they can help others to grow.

Compliments Shout Out

A young person who attended a CAMHS appointment stated ' I felt I could really talk and open up, it really helped me'

A family member was also grateful for all the help and support during their CAMHS Journey

One of our fantastic CAMHS Practitioners was praised on the Blackpool Teaching Hospital Trust 'Shout Out Awards' A family had wrote in Thanking the member of staff for all their hard work for listening without judgement and was able to support our worries and put our minds at ease. They described their care as 'outstanding'



CASHER **GUMS** **YouTherapy** **Blackpool Teaching Hospital**

Do you have concerns about a young person's emotional health & wellbeing?
Would you like further information on local services & support available?
Keen to gain support for young person?
Unsure where to go get support for a referral?
Are you struggling with overwhelming thoughts & feelings?

Blackpool Primary Care Mental Health workers offer an ongoing weekly Monday drop ins, for support and guidance. Open to young people, parent carers & professionals.

We can discuss current concerns, safety / risk factors and devise a plan to support the young person. We look closely how best to support the young person by signposting the most appropriate services. We can also assist with effective referrals into OPTIONSACYF.

VENUE
Westminster Primary Academy
Children's Centre
Westminster Road
Blackpool
FY1 2JL

Monday: 2pm-4.30pm
For Further Information Contact:
0800 121 7762

Remember our
PMHW Drop In's
every Monday 2-
4:30 at
Westminster
Children's Centre



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Helen.moss21@nhs.net & Natalie.wood49@nhs.net