



## WHO ARE WE ?

JULY 2022 | VOL. 1

Hello, this is the first newsletter from SHINE MHST. Our service aims to promote the early detection and prevention of mental health problems across the whole school and strengthen links between education settings and mental health services.

The team will provide ongoing support to schools around mental health and wellbeing and work directly in the education setting you or a young person you care for attends.

We provide low-intensity cognitive behavioural therapeutic interventions to pupils with mild to moderate mental health conditions, such as anxiety, low mood or behavioural difficulties, stress and other common mental health or wellbeing difficulties. Our services can be delivered face to face in schools, online or by phone.

Another important part of our work in the future, as the service develops, will be to offer a range of workshops and groups on a variety of topics to reach a wider audience of children, young people, parents and education staff.



## THE TEAM LAUNCH

The Fylde Coast Mental Health Support Team (MHST) officially Launched and began accepting referrals on the 7th of February 2022.

The launch coincided with Children's Mental Health Week. This year's theme was Growing Together. We felt this was a perfect opportunity to launch the service as it was beginning to grow.

We hosted workshops in education settings, introducing our service to students and teaching staff who were able to attend the sessions.

Thankyou to all the young people and teaching staff in the education settings that supported us during Children's Mental Health Week and with the launch of our new team.

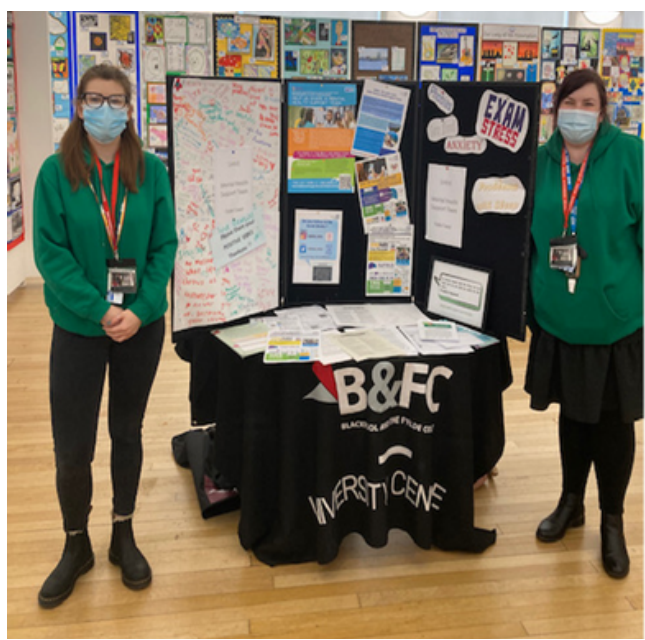
## MHST WORKSHOPS

LEADING ON FROM THE LAUNCH WEEK, WE QUICKLY IDENTIFIED THAT, WITHIN EDUCATION SETTINGS, SUPPORT IN RELATION TO EXAM STRESS, WITH UPCOMING MOCK EXAMS, GCSE'S & A LEVELS WOULD BE HELPFUL.

7 OF OUR EDUCATION SETTINGS HAVE BEEN OFFERED AND HAVE COMPLETED EXAM STRESS WORKSHOPS SO FAR.

WE HAVE ALSO SUPPORTED WELLNESS DAYS WITHIN HIGHER EDUCATION SETTINGS IN REGARDS TO EXAM STRESSORS.

WE HOPE TO CONTIUNE THESE IN THE NEXT SCHOOL YEAR.





## EXAMS ARE OVER AND SCHOOL'S OUT.

**STUDENTS AROUND THE WORLD ARE THINKING TO THEMSELVES, "NOW WHAT AM I GOING TO DO WITH ALL OF THIS FREE TIME?" SURE, THERE ARE GAMES TO PLAY, MOVIES TO WATCH, AND FRIENDS TO HANG OUT WITH.**

**BUT THERE ARE ALSO PLENTY OF PRODUCTIVE THINGS TO DO DURING THE SCHOOL HOLIDAYS.**

**HERE ARE A LIST OF FREE THINGS TO DO ACROSS THE FYLDE COAST.....**



### A TRIP TO THE BEACH

**THERE ARE LOADS OF GREAT BEACHES IN LANCASHIRE INCLUDING BLACKPOOL, ST ANNES AND MORECAMBE. SPEND A DAY AT THE BEACH ON A HOT SUMMER DAY - BLISS!**



### GRUNDY ART GALLERY

**GET YOUR CREATIVE JUICES FLOWING AT THIS LESSER-KNOWN BLACKPOOL GEM. MORE THAN JUST AN ART GALLERY, THE GRUNDY ART GALLERY IS HOME TO PLENTY OF INTERESTING AND AWE-INSPIRING EXHIBITIONS, PROJECTS, AND EVENTS.**



### GEOCACHING

**THIS MODERN TWIST ON A TREASURE HUNT COMBINES MODERN TECHNOLOGY AND THE GREAT OUTDOORS. USE YOUR MOBILE PHONE TO FIND THE HIDDEN CLUE - THEN GO PLANT SOME CLUES OF YOUR OWN!**



### CRABBING

**BETWEEN THE SEA AND MAIN PROMENADE HIGHWAY AT FLEETWOOD SEAFRONT ARE TWO BOATING LAKES. THEY'RE SEPARATED BY A BRIDGE WHICH TAKES YOU TO THE COASTAL PATH.**



### PENNY FARM

**DO YOU LOVE ANIMALS? PENNY FARM IS THE WORLD HORSE WELFARE SANCTUARY AT MARTON, NOT FAR FROM THE M55 MOTORWAY. IT'S HOME TO LOTS OF RESCUED HORSES AND PONIES AND THEY HOLD REGULAR FUN DAYS, WITH FREE ADMISSION.**



### ROCK POOLING

**THOUGH THIS ISN'T A ROCKY COASTLINE, THERE ARE SOME ROCK POOLS TO EXPLORE IF YOU KNOW WHERE TO LOOK! THE BEST ONES IN THE AREA ARE ACTUALLY IN THE MAN-MADE SEA WALL AT BLACKPOOL SOUTH SHORE. THE WALL IS ARMOURD WITH SEABEES.**



### STANLEY PARK

**ARGUABLY THE JEWEL OF THE FYLDE COAST. IT'S A BEAUTIFUL PARK, OWNED AND RUN BY BLACKPOOL COUNCIL. FREE MUSIC EVENTS AT THE BANDSTAND EACH SUMMER. THERE'S LOTS TO DO AT STANLEY PARK - IF YOU HAVEN'T BEEN FOR A WHILE YOU REALLY SHOULD GO AND TAKE A LOOK.**



### MOUNT PAVILION OPEN DAYS

**THE MOUNT PAVILION WILL BE OPEN FOR THE PUBLIC IN THE SUMMER WITH OUT DOOR THEATRE AND ACTIVITY WORKSHOPS. FREE OF CHARGE CULTURE/HERITAE PAVILION, THE MOUNT, FLEETWOOD, LANCASHIRE, FY7 6EZ**



### AFFINITY FLEETWOOD

**FREE SUMMER EVENTS 2022 - A AFFINITY LANCASHIRE - FORMALLY FREEPORT FLEETWOOD AS ALWAYS BRINGS YOU MORE AND MORE WITH EACH VISIT. THIS SUMMER THERE'S A HUGE RANGE OF FREE EVENTS THROUGHOUT THE SCHOOL HOLIDAY.**



### MINIBEAST HUNTING IN THE SAND DUNES

**NORTH PROMENADE CAR PARK, LYTHAM ST ANNE'S, LANCASHIRE ADVENTURE IN THE SAND DUNES AS WE USE BUG HUNTING EQUIPMENT TO FIND THE MANY MINI CREATURES THAT CALL THE DUNES  
HOME.WWW.LANCSWT.ORG.UK**



## Happy Facts That Will Put a Smile On Your face this July

**NHS**

Blackpool Teaching  
Hospitals  
NHS Foundation Trust

**DID  
YOU  
KNOW  
?**

Cats have an  
extra toe on  
their front  
paws.

Baby Sloths  
Are Addicted  
to Cuddling

Otters hold hands  
when they float.  
It's to keep them  
from floating away  
from each other  
while they sleep.

Dolphins  
sleep with  
one eye open

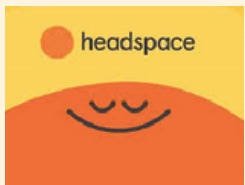
Humans are  
the Only  
Animals That  
Enjoy Spicy  
Foods

Your Dog will  
Dream About  
You



## Support Apps to help manage Low mood

THESE DAYS SO MANY OF US USE APPS IN OUR EVERYDAY LIFE FOR ANYTHING FROM SHOPPING TO ENTERTAINMENT TO TRAVEL, BUT HAVE YOU CONSIDERED USING THEM TO LOOK AFTER YOUR WELLBEING AND MENTAL HEALTH , AND ESPECIALLY OUT OF HOURS AND /OR A SCHOOL OR WORKING DAY ?



### Headspace

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. Its also on Netflix .



### Calm

A great mindfulness app with a vast amount of exercises and options to choose from for all levels of ability. With great stories to help you drift off to sleep.



### Catch It

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



## Finally ...

Have a fantastic summer holidays students, staff, parents and carers. Don't forget we are taking parent led referrals during the holidays, information is attached with the newsletter, and if you have any further questions please contact us directly.

DO YOU KNOW YOU CAN  
FOLLOW US ON  
SOCIAL MEDIA ?



@shine\_mhst



@shine\_mhst

## How to contact us ?

Your school's Senior Mental Health Lead will have details of your EMHP & Mental Health Practitioner

Telephone: 0800 121 7762 (Option 4)

Email: [bfwh.shine-MHST@nhs.net](mailto:bfwh.shine-MHST@nhs.net)

If you have any further questions do not hesitate to contact us directly and one of our team will respond to you .