



CYP PRIMARY MENTAL HEALTH SERVICE

lightbulb moments

The CYP Primary Mental Health Service Newsletter Issue number 19 | June 2024

Welcome to the CYP Primary Mental Health Service Newsletter, your source of significant updates on our service. This newsletter will keep you informed about the latest developments in Education Settings and the local community, fostering communication between young people, parents, carers, and professionals.

The CYP Primary Mental Health service continues to support young people in Blackpool, Fylde and Wyre with their Mental Health and Emotional well being. over the summer period. As this academic year comes to an end. We would like to thank all education settings and partnership agencies for working alongside us. During the summer all our services are accepting referrals and offering support to the CYPs parents & carers across the Fylde coast. We will be offering summer sessions and attending planned HAF events.



Service Update's

Our EMHPs Carmen, Abi, Fran & Charlotte have graduated from Edge Hill university's and are now officially qualified EMHPs. Well done Ladies we are all so proud of you all.

We had a full day supporting the Blackpool Education conference and a chance to update professionals on the service changes.

We continue to offer education settings have been offered regular exam stress workshop assemblies as and completed Coffee and Chat Mornings

Our focus as a CYP Primary Care Service is on early intervention, prevention and health promotion, for young people who are not thriving, coping or would benefit from getting help.

We will continue to offer a co-ordinated and evidence-informed approach to mental health and wellbeing in young people.

Please do not hesitate to get in touch with the team if you require any further support or information





Summer



Support & Activities

Over the Summer period the services do not stop accepting self referrals. Our teams will be present across **Blackpool**, **Fylde** & **Wyre**.

Our Team will be present at the Fylde HAF Events

These are all free to attend and our teams will also be there at each event. Offering advice and support, if needed

SCAN to book

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FYLDE SUMMER YOUTH FEST 2024

12-19YRS (UP TO 25 S.E.N.D)

FREE EVENT!

1 PM-4 PM!

THURSDAY 1ST AUGUST- FRECKLETON YOUTH CLUB.

THURSDAY 8TH AUGUST- KIRKHAM FAMILY HUB.

THURSDAY 15TH AUGUST-ASHTON GARDENS

WHAT'S ON OFFER ...

CLIMBING WALL, FOOTBALL ZORB, PILLOW BASHING, PENALTY SHOOTOUT, ARTS & CRAFTS, POP-UP STALLS FOR ADVICE, INFORMATION & GUIDANCE

FREE FOOD -PIZZAVANTASTIC

DON'T MISS THE FUN!
Please contact Jasmine 07929722375

Lancashire County Council

Fylde Council

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FYLDE SUMMER YOUTH FEST 2024

12-19YRS (UP TO 25 S.E.N.D)

FREE EVENT!

1 PM-4 PM!

THURSDAY 22ND AUGUST
KIRKHAM FAMILY HUB
WITH SPECIAL GUEST
SPUDBROS

WHAT'S ON OFFER ...

CLIMBING WALL, FOOTBALL ZORB, PILLOW BASHING, PENALTY SHOOTOUT, ARTS & CRAFTS, POP-UP STALLS FOR ADVICE, INFORMATION & GUIDANCE

FREE FOOD- SPUDBROS

DON'T MISS THE FUN!
Please contact Jasmine 07929722375

Lancashire County Council

Fylde Council





Summer



Support & Activities

Our Team will be present at the Wyre HAF Events

These are all free to attend and our teams will also be there at each event. Offering advice and support, if needed .

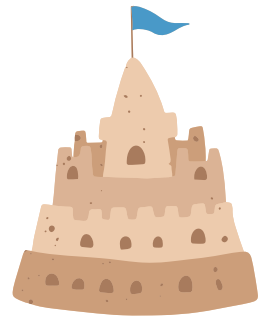
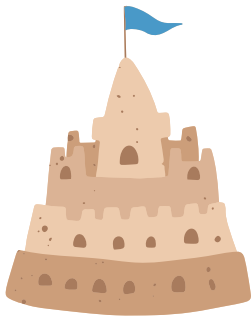


WYRE SUMMER YOUTH FEST 2024
ARE YOU 11+ YRS ?
FREE EVENT!
1 PM-4 PM!
TUESDAY 30TH JULY -MARINE HALL GARDENS, FLEETWOOD
WEDNESDAY 31ST JULY - PREEALL YOUTH CLUB
TUESDAY 6TH AUGUST -HAWTHORNE PARK , THORNTON
TUESDAY 13TH AUGUST - JEAN STANSFIELD, POULTON
TUESDAY 20TH AUGUST - MEMORIAL PARK, FLEETWOOD

WHATS ON OFFER ...
CLIMBING WALL , FOOTBALL ZORB, PILLOW BASHING, SMOOTHIE BIKE, PENALTY SHOOTOUT , ARTS & CRAFTS, POP UP STALLS FOR ADVICE, INFORMATION & GUIDANCE

FREE FOOD -PIZZAVANTASTIC

Please contact Michelle 07929665227





Summer



Support & Activities

Our Team will be hosting summer Sessions in the Blackpool Family Hubs

These are all free to attend and our teams will also be there at each event. Offering advice and support, if needed .



Blackpool Teaching Hospitals NHS Foundation Trust

SUMMER SESSIONS

Do you have concerns about a young persons mental Health ?

Do you need guidance on services available to support a young persons, mental health ?

Would you like support regarding transition to high school ?

Do you have have, feelings of worry & Panic ?

If the answer is **YES** then please come to one of the Summer Sessions to discuss your worries, and get some support hints and tips off our practitioners

Blackpool Family Hubs	Wednesday 31 July 09.00 -12 Noon	North Family Hub 31 Dingle Ave, Blackpool FY3 7NX
	Wednesday 7th August 1.00pm-3.00pm	Central Family Hub Gorton Street Blackpool FY1 3JW
Blackpool Family Hubs	Wednesday 14th August 9.00am-12 Noon	Central Family Hub Gorton Street Blackpool FY1 3JW
	Wednesday 21st August 09.00 -12 Noon	North Family Hub 31 Dingle Ave, Blackpool FY3 7NX
	1.00pm-3.00pm	South Family Hub Palatine Leisure CTR Blackpool FY4 2AP
Blackpool Family Hubs	Wednesday 28th August 9.00-12 Noon	North Family Hub 31 Dingle Ave, Blackpool FY3 7NX
	1.00pm-3.00pm	South Family Hub Palatine Leisure CTR Blackpool FY4 2AP

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

Did you know you can follow us on social media?

- [cyp_primarymentalhealthservice](#)
- [CYP_pmhs](#)
- 0800 121 7762 (Option 4)
- bfwh.cypmhs.blackpool.nhs.net





Summer



Support & Activities

Our PMHWs will be hosting summer Drop-in

These are all free to attend and our teams will also be there at each event. Offering advice and support, if needed.



CYP PRIMARY MENTAL HEALTH SERVICE

Summer Holidays 2024

Blackpool PMHW Drop-ins

Do you have concerns about a young persons mental Health ?

Do you need guidance on services available to support a young persons, mental health ?

If the answer is **YES** then please come to one of the drop-ins to discuss your concerns. PMHWs can offer advice on referrals, implement pathways of support and provide information about other services available to CYP who have a Blackpool G.P.

SCAN ME

Find a Blackpool PMHW drop-in near you

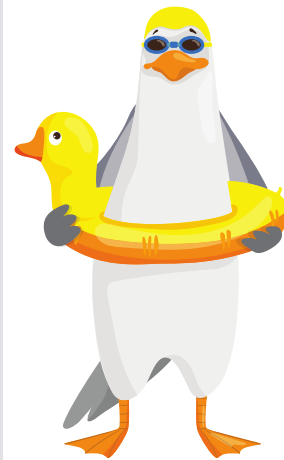
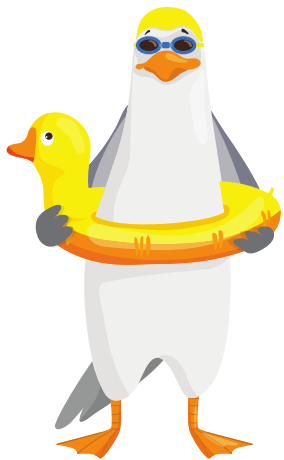


Get in touch

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

0800 121 7762 (Option 4) | bfwh.cyppmhs.blackpool.nhs.net | [@cyp_primarymentalhealthservice](https://www.instagram.com/cyp_primarymentalhealthservice)

Please Note drop ins are not open bank holidays and times may vary during the school holidays. | [Blackpool PMHW](https://www.facebook.com/BlackpoolPMHW)



June

was Pride Month



June was Pride month, we are so proud to share that members of our team, walked in the Blackpool Pride procession, representing Blackpool Teaching Hospitals.

Pride Month is a month-long celebration that recognizes the LGBTQ+ community and their contributions to society.

Pride Month is a joyful and colourful display of love, unity, and resilience, with events and activities that promote inclusivity, educate the public, and celebrate the diversity of sexual orientations and gender identities.



What does LGBTQIA mean?

“LGBTQIA is an abbreviation which stands for lesbian, gay, bisexual, transgender, queer (or questioning), intersex and asexual (or allies).”

These are terms which represent different ways a person may identify in terms of gender and sexuality. However, it is also important to remember that these terms can be fluid and more than one of these terms may describe you. Alternatively, you may feel that you do not wish to be “labelled” but do feel that binary terms such as heterosexual and gay or male and female do not represent you.

You are totally unique and only you know how you identify!





SHINE MHST now accept Self-Referrals from Young people, Parents and Carers

SHINE MHST now accepts self-referrals from parents/carers and students who attend our **Blackpool Fylde & Wyre** settings.

However, consultations between mental health leads in school and SHINE MHST remain the service's first point of contact for referrals, as this continues to maintain and build the relationships between education settings and EMHPs. By offering the self-referral option to students, parents and carers, we are giving students a further way to access support from SHINE MHST and increasing access to early intervention and support in order to improve mental health and wellbeing.

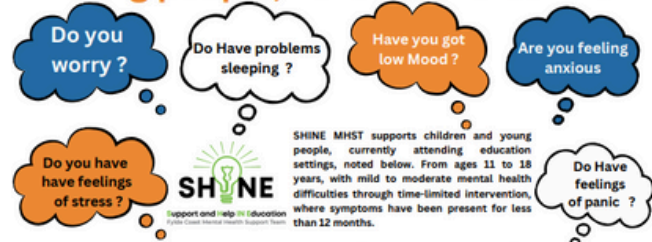
It must be remembered that SHINE MHST only supports students with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Should presenting needs be unsuitable for low intense therapy, SHINE MHST can offer signposting to other specialist child and adolescent mental health services.

SHINE MHST is not an urgent response service.



We now accept Self Referrals from Young people, Parents and Carers



SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

SHINE MHST is not an urgent response service

How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

0800 121 7762 (Option 4)

Did you know you can follow us on social media ?



- If you attend the following schools we now accept Self Referrals**
- Armfield Academy
 - Athena
 - Blackpool Aspire Academy
 - Baines School
 - Blackpool & Fylde College
 - Brookfield
 - Cardinal Allen Catholic High School
 - Educational Diversity
 - Fleetwood High School
 - Garstang Community Academy
 - Great Arley School
 - Highfield Academy
 - High Hurling SEN School
 - Hodgson Academy
 - Lotus School
 - Millfield Science and Performing Arts College
 - Montgomery
 - Park School
 - Pegasus
 - Redmarsh
 - South Shore Academy
 - St. Aiden's Church of England High School
 - St. Mary's Catholic Academy
 - Unity Academy
 - Woodlands

How to self-refer to the Team ?

Parents, carers & young people can call us directly to self-refer and our administration team will arrange for our duty practitioner to make a consultation call to parent / carer /young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

Get in touch

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

0800 121 7762 (Option 4)
bfwh.shine-MHST@nhs.net



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@cyp_pmhs



@cyp_primarymentalhealthservice

