SHINE Support and Help IN Education
Fylde Coast Mental Health Support Team

NHS Blackpool Teaching Hospitals NHS Foundation Trust

lightbulb moments

the SHINE MHST newsletter | Issue number 5 | December 2022

Welcome to the fifth MHST Newsletter which aims to keep you updated on significant developments in the SHINE Fylde Coast MHST.

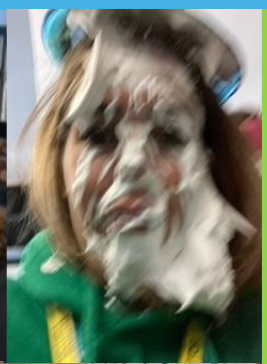
The Newsletter provides updates about ongoing work in education settings as well as facilitating regular communication between young people, parents, carers and teaching staff.

New Team Artwork

It will not go unnoticed this month that we launch our new teams art work, which was co-produced with young people across the Fylde Coast in a competition that began in 2021. The final design was chosen and the winner was a young person who attended one of the Options 4 CYP CASHER group.

Having such personalised team Artwork will hopefully help us to get recognised more often. Our new distinctive artwork, attractive colours and other visual elements will, we hope, be much more memorable. Making us more identifiable in education settings across the Fylde Coast.

The meaning behind the art work and choice of a lightbulb design was that we as a service can shine a light on mental health and support young people not to stay in the dark. The shining light is used to describe / visualise to the young people, parents and carers we support, the things that are good or give hope.

November Update

In November we have again been busy supporting the whole school approach in all our education settings. We have begun anxiety group sessions in two of our settings, attended parent forums and student council meetings, alongside attending parent governor meetings, and supporting staff wellbeing sessions.

We managed to offer exam stress workshops to 98 students in one setting over all 5-year groups. Being involved in Children in Need Day involved one of our EMHPS being pied.

We have hosted two further coffee and chat mornings in schools for parents and carers to attend. Coffee & Chat drop-in sessions are all about encouraging conversation about mental health and increasing openness on the topic. The purpose of the session is to hear the parent/carer's voice and views in relation to mental health services for young people and also to offer support and signposting, providing information on services nationally and locally.

A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. Please get in touch if you would like us to support a future school event, assembly workshop or group.

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Meet the Team

Each month we will be introducing a member of the SHINE team. So, let us introduce Lorna who is one of our Teams Mental Health Practitioners covering Blackpool & Wyre, they are trained to assess and supervise our EMHPs, and support young people with common mental health difficulties.

Name: Lorna **Pronouns**: She/her

Job role: Mental Health Practitioner for SHINE

Background before you started the role? Before this role I was a Specialist Children's Practitioner for the Liaison and Diversion team whilst completing my CAMHS degree. I am also able to provide low intense cognitive behavioural therapy as I spent some time as a psychological wellbeing practitioner.

Fun fact about you? I once won a certificate for being able to talk the fastest in the whole school without taking a breath.

What do you enjoy doing in your spare time? I enjoy reading, listening to music and cooking.

What do you most look forward to working in the schools? Getting to know and work with young people to try and make a difference to their mental health and wellbeing.

Did You Know ?

Members of our team are trained to deliver Youth Mental Health First Aid

MHFA England

Youth Mental Health First Aid (MHFA®) courses are for everyone who works with, lives with, or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

The courses won't teach you to be a therapist, but we will teach you to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

More than that, it aims to give you the information and skills to look after your own mental health so that you can set an example for young people. By giving you the tools to have these conversations, we hope to empower you to create a mentally healthy, supportive environment in your family, school, peer group or community. Let's create a future where mental health is treated as a normal part of life, in the same way as physical health. A future where every young person has access to support if they need it.

Click on the link below to book a free place on YMHFA
Training Course Application (blackpool.gov.uk)

Managing Sleep

Sleep is an important part of everyday life for all of us. Sleep helps us to restore both physically and mentally and is important for physical health, restoring energy, memory, concentration, repairing injuries or illness, growth, psychological wellbeing, mood, and performance.

TOP TIPS for Managing Sleep

Get into a routine

Try sticking to a routine so your body learns when it's time to go to sleep. This includes going to bed and getting up at roughly the same time each day and having a regular bedtime routine so your brain learns when you do certain things it time to wind down for sleep e.g. a hot bath, brush teeth, pyjamas, dim lights and reading

Stop scrolling

Try switching off your electronic devices at least half an hour before going to bed, to give your brain time to wind down. Not only can they keep your brain awake, but the blue light they give off can stop you making something called melatonin, which you need for sleep.

Make a cosy sleep space

Try making sure your surroundings are going to help and not hinder your sleep. This can include:

Noise – too quiet or too loud? Light – too light or too dark?

Comfort – too soft or too hard? Temperature – too hot or too cold?

Keep a Sleep Diary

This could help you identify your sleep patterns and what might be impacting on poor sleep. Sleep diary templates can be found online freely available to download.

Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP and Mental Health Practitioner.

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)

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Did you know you can follow us on social media?

@shine_mhst

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