

CYP PRIMARY MENTAL HEALTH SERVICE

lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 18 | May 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. Our focus is on early intervention, prevention and promotion, for young people who are thriving, coping or would benefit from getting help.

Service Update's

We have been networking well this month, with all staff supporting the SEND parent forum conference. Staff supported the HAF events across Wyre, over 122 CYPs attended these events.

There was a great Team presence at the Spring into Spring event that highlighted the great work that we do.

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





Children and Young people Participation group.

Entwined Minds is the Options for Children and Young people Participation group. This is accessible for CYP on **Blackpool Fylde & Wyre**.

We work together with the service users to improve the services and be involved in staff recruitment such as sitting on the interview panel, and designing artwork for the waiting room.

We meet weekly at Whitegate Drive Health Centre and are looking to expand our group and recruit many more young people who have been under our services to have their input and voices heard.

Our first project is very exciting as we are asking young people to help design a Mural for the Whitegate drive health waiting room. We have an artist lined up who wants to hear their ideas and help get some designs together.

We are meeting on Wednesday 22nd May at 3.30 at the family hub, Palatine Sports Centre where the artist Adam Salisbury will also be coming along to help us share ideas for artwork.

Food and drinks will be provided as well as the chance to make some new friends.



Congratulations

A Huge congratulations to Jess, our **Wyre** Snr Practitioner who was nominated for This year's Celebrating Success Award. It was a record year of entries with more than 400 nominations made.

Jess has been shortlisted for the People's Health Hero Award This is an award selected from nominations made by members of the public. They will have experienced or witnessed a colleague going the extra mile to provide outstanding care or service in either a clinical or non-clinical role.

Well done Jess 😊



DID YOU KNOW?



Aiming Higher

Supporting Disabled Children And Their Families In **Blackpool**, **Fylde** and **Wyre**.

Aiming Higher is a unique charity established in 2011 for disabled children and their families. Set up to improve the lives of the children and their families and offer them much needed support.

Aiming Higher is a Blackpool based charity that supports families with disabled children across the Fylde Coast. Our Centre on Church Street, allows us to provide a range of fantastic facilities including a soft play area, interactive ball pool, sensory room and a beautiful suite of parent and counselling rooms. It also houses the offices for Aiming Higher and provides a place of support for many of our families.

It is also a great venue for activities during term-time, providing a safe and relaxed atmosphere for children to grow and develop. They also regularly hold family sessions as well as Drop-In Coffee Mornings where they can access training, peer support, a cuppa and a listening ear.

Please feel free to contact then by any of the following platforms.

Aiming Higher Charity,

231-233 Church St,

Blackpool

FY1 3PB

E-mail: info@aiminghighercharity.org.uk

Telephone: 01253 206447/8

JUNE	JULY	CONTACT US
FRIDAY 7TH SPEAKER FROM SENDIASS	FRIDAY 5TH SPEAKER FROM SPECIALIST TEACHING TEAM (TO BE CONFIRMED)	FOR MORE INFORMATION VISIT OUR SOCIAL MEDIA PAGES. EMAIL US AT INFO@AIMINGHIGHER CHARITY.ORG.UK OR CALL 01253 206447
FRIDAY 14TH FATHERS DAY SESSION	FRIDAY 12TH COOKERY DEMO - STEPH THE CHEF EASY IDEAS TO COOK WITH THE KIDS	ALL SESSIONS INCLUDE REFRESHMENTS AND RUN FROM 9.30-11.30AM AT AIMING HIGHER CENTRE. FOR MUMS, DADS, STEP PARENTS, FOSTER PARENTS AND ALL IN A PARENTAL ROLE WHO ARE REGISTERED WITH AIMING HIGHER.
FRIDAY 21ST CRAFT SESSION	FRIDAY 19TH END OF TERM - ACTIVITY IDEAS FOR THE SUMMER BREAK	  
FRIDAY 28TH SUPPORTING SIBLINGS WORKSHOP	FRIDAY 26TH HOLIDAYS - NO SESSIONS UNTIL SEPTEMBER	
REGISTERED CHARITY 1144664		



Blackpool Children and Young Persons Learning Disability Team are specialist service who support Children, young people who have a diagnosed moderate to severe learning disabilities up to the age of 18; this is usually based on a variety of health issues.

The ADHD Team will then review these in the weekly ADHD screening meetings. From the 13th May – ADHD referrals will not be going to CAMHS referral screening meetings unless there are also concerns in relation to mental health.

The team offers a drop-in service open to all at Aiming Higher every Friday morning between 9:30 - 11:30am.



Blackpool Children & Young Persons Learning Disability and Neuro Team

PARENT/CARER DROP IN SESSION

- ✓ Support
- ✓ Advice
- ✓ Inclusion

Every Friday
9:30am - 11.30am
Aiming higher
231-233 Church Street, Blackpool

Contact the team on
01253 951995





MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

Mental Health Awareness Week 2024 on the theme of "Movement: Moving more for our mental health".

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!



Find moments for movement every day

Life gets busy and it can feel like we don't have time to spend on activities to improve our wellbeing. But, finding moments for movement throughout the day might be easier than you think.

How often do you find yourself 'waiting' throughout the day? Waiting for the kettle to boil; for your children to come out of school; for a bus to arrive; or for a delivery. These moments can add up. If you use the time to get moving, that will add up too. You could march on the spot, do some stretches, or try some chair exercises.

Give it a go! You'll be surprised how much time you can fill with movement.



Set small, achievable goals

When you're beginning to move more for your mental health, set yourself small goals. It might be walking to the end of your street. Then you can push yourself a little further each day.

Perhaps keep a movement journal so you can track your progress and how it makes you feel. Your goals are personal to you, and as you make progress you will create positive feelings that can boost your confidence and mood.



Take a break from sitting

Many of us are sitting for long periods during the day: working at desks, driving, sitting down to browse the internet or scroll through social media, watching our favourite television show or reading a book.

Research shows that it's unhealthy to be sitting or not moving for long. If you are sitting for large periods of time throughout the day, set a timer to take regular breaks to stand up, walk around and stretch your body.



Find the fun

However you choose to get moving, the best option is usually the one we enjoy the most.

Do you remember the joy and excitement when the school bell rang for break time? We couldn't wait to get outside to run around and play.

As we get older, we sometimes forget that movement can be fun! Instead of thinking of exercise as a chore, embrace your inner child and find the joy in movement. Fun and laughter alongside movement will increase your motivation and the psychological benefits.



Try something new

When we are open to trying new experiences, we reap the rewards to our wellbeing. You might be inspired by watching Strictly Come Dancing but have been too shy to try your local dance classes. Give it a whirl! Pushing ourselves to try new things opens us up to new opportunities for movement, making new friends and having fun.

Having the courage to try something new will also give your confidence a boost. If you don't try, you'll never know!



Movement looks different for everyone, don't compare yourself to others

It can feel nerve-wracking to think about moving more if you're worried you can't keep up with other people. Remember, you don't have to be super sporty to get the mental health benefits that come with more movement.

Focus on you and don't worry about what other people are doing. For your own wellbeing, be kind to yourself and don't feel pressured to keep up with someone else.





- No formal referral is required. Young people can self-refer online, anytime.
- There are no waiting lists or thresholds to access the service.
- Completely free to use.
- Service user outcomes and safeguarding are at the heart of everything they do.

How does Kooth work?

1

Register

Register anonymously, and for free. There are no charges for using Kooth. Ever.

2

Share

Share your challenges with the community and/or our practitioners – only if you feel like it.

3

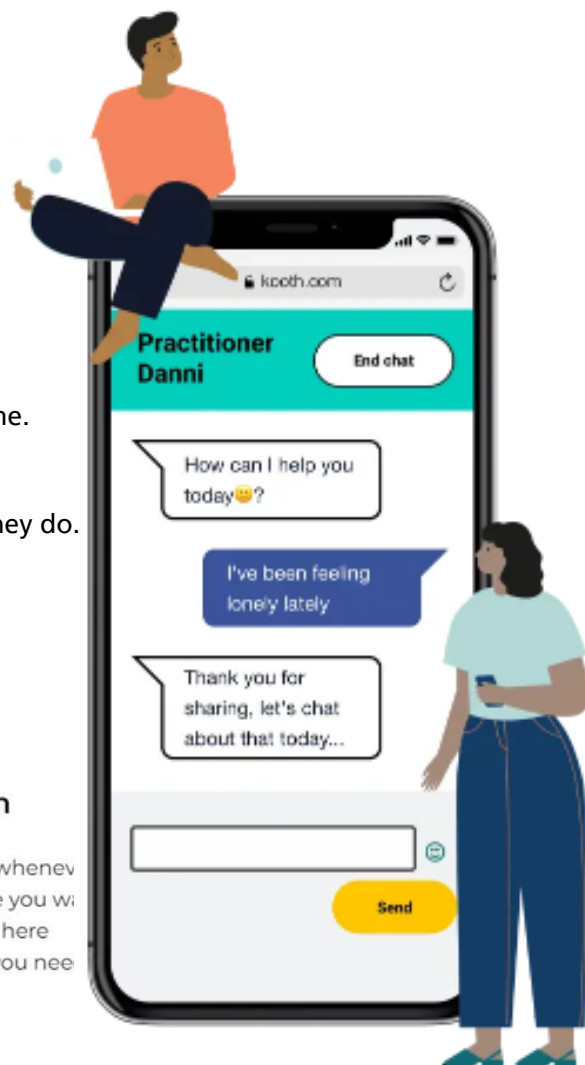
Explore

Explore Kooth's activities, articles and resources. Read inspiring stories and try calming exercises.

4

Check in

Check in – whenever you feel like you want to. Kooth is here whenever you need us.



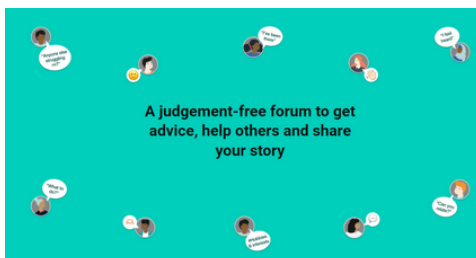
- They offer same-day access to digital mental health and wellbeing support. Our service is free to use and our website is moderated carefully to keep everything safe.
- We've been a trusted partner of the NHS for over 20 years and are the only digital mental health service to be accredited by the BACP.

Here's some things to remember about us:

- Completely free to use
- Young people can be anonymous
- No bullying or trolling takes place on our site
- You don't need any kind of referral to join
- Signing up and getting started only takes a few minutes
- No problem is too small

You get instant access to.

- live text-based chat sessions with a member of our team
- support from our online community of young people.
- a range of self-help tools and activities





BLACKPOOL PMHW

Primary Mental Health Workers (PMHW) **Blackpool**, are a point of contact within the CYP Mental Health Service. Offering support and advice regarding the emotional wellbeing of children and young people (CYP) at an early stage when difficulties first arise. PMHWs are professionals from a variety of backgrounds who are trained and experienced at working within mental health such as Mental Health Nurses, accredited Counsellors/therapists and experienced teachers.



PMHWs link with many community settings to help promote positive wellbeing, to raise the importance of young people's mental health and provide appropriate guidance in accessing the correct services to support young people's mental health.

They can offer advice on referrals, implement pathways of support and provide information about other services available to children and young people.

- Primary Mental Health Workers – Blackpool
- Consultation
- Family Consultation
- Signposting
- Community Drop-ins
- Training
- YMHFA
- Referrals

CYP PRIMARY MENTAL HEALTH SERVICE

Blackpool PMHW Drop-ins

NHS
Blackpool Teaching Hospitals
NHS Foundation Trust

Do you have concerns about a young person's mental health?

Do you need guidance on services available to support a young person's 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.cypmhs.blackpool.nhs.net | [cyp.primarymentalhealthservice](https://www.cyp.primarymentalhealthservice.nhs.uk) | [Blackpool PMHW](https://www.facebook.com/BlackpoolPMHW)

Please Note drop-ins are not open bank holidays and times may vary during the school holidays.

Find out more about our PMHWs here - <https://www.bfwh.nhs.uk/childrens/our-community-services/camhs/>





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

Do you worry? Do Have problems sleeping? Have you got low Mood? Are you feeling anxious? Do you have feelings of stress? Do Have feelings of panic?

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)

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?

@shine_mhst

If you attend the following schools we now accept Self Referral's

• Armfield Academy	• Hodgson Academy
• Athena	• Lotus School
• Blackpool Aspire Academy	• Millfield Science and Performing Arts College
• Baines School	• Montgomery
• Blackpool & Fylde College	• Park School
• Brookfield	• Pegasus
• Cardinal Allen Catholic High School	• Redmarsh
• Educational Diversity	• South Shore Academy
• Fleetwood High School	• St. Aidens Church of England High School
• Garsang Community Academy	• St. Mary's Catholic Academy
• Great Arley School	• Unity Academy
• Highfield Academy	• Woodlands
• Highfurlong SEN School	

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



@cyp_primarymentalhealthservice



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