



PMHW Newsletter



February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4						
11						
18						
25						

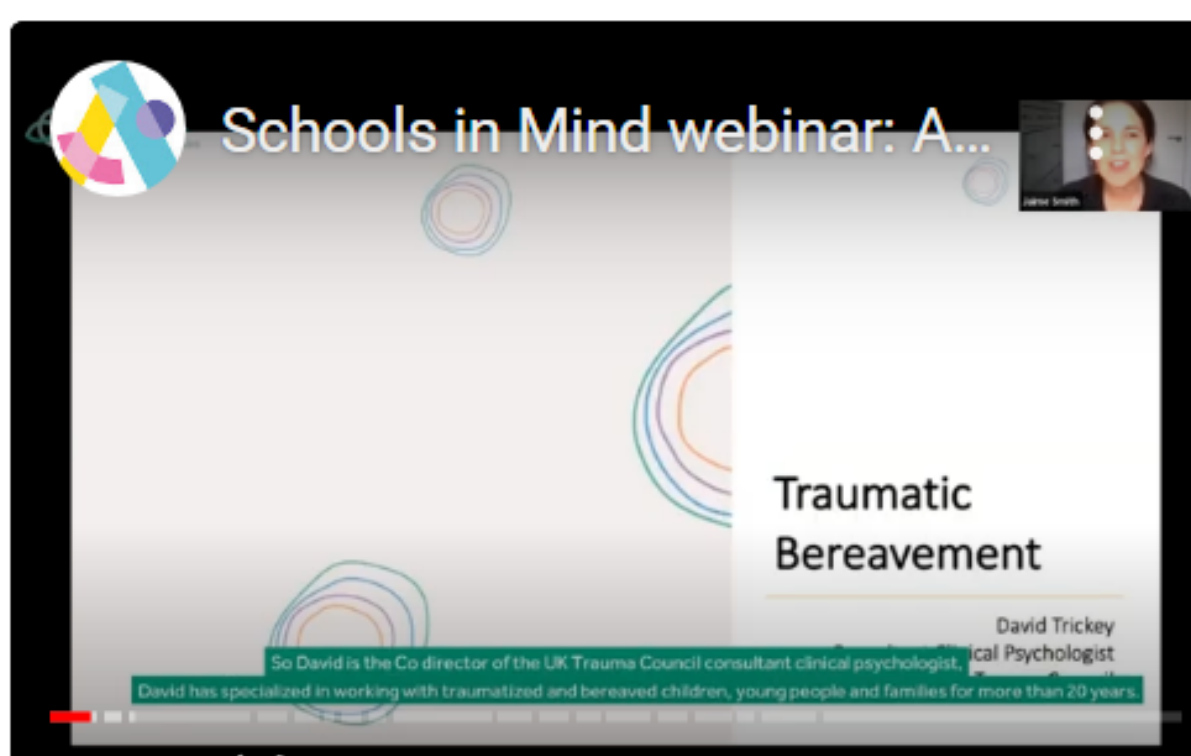
Click the links for more information and free resources



Free Mental Health Seminars

Mental health and education experts at Anna Freud hold a free seminar every term on a different topic linked to mental health and wellbeing.

The seminars feature a range of experts from many different organisations, including the Early Intervention Foundation, UK Trauma Council and Education Support. The seminars always feature a speaker who currently works in a school or college, sharing practical advice and reflecting on their experiences.

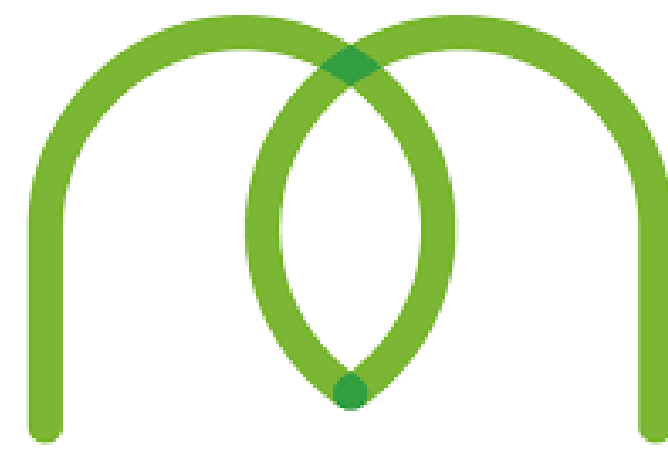


Youth Mental Health First Aid

We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

You can apply to the following email expressing your interest in YMHFA 2 or 1 day, with date and they will assign them a place:

HR Organisation & Workforce Development
owd@blackpool.gov.uk



MHFA England

This course was incredibly useful for my current role and I have learnt a great deal. Fantastic instructors, they were very friendly, professional and answered any questions myself or the group had.

2 day YMHFA

Wed 31st Jan & 1st Feb 2024
Wed 15th & Thurs 16th May 2024
Wed 26th & Thurs 27th June 2024

1 Day YMHFA Champion

Thursday 14th of March 2024
Thursday 25th April 2024
Thursday 13th June 2024
Thursday 26th Sept 2024



App of the month

Meet Ollee - a virtual friend for your child



What is Ollee?

Ollee is a new app to help children aged 8-11 with their emotional wellbeing. It's created by Parent Zone with funding from BBC Children in Need's A Million & Me initiative and is available for free on any device with an internet connection - there's no need to download anything.

Your child can use the app to tell Ollee how they're feeling, then share those feelings with you so you can start the conversation. The app is also packed with advice about the subjects that matter most to your child, including school, friendships, family and the internet.

Try Ollee today:
Ollee.org.uk

Disclaimer
The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



Parents, Carers and Families

UK Safer Internet Centre

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age. This year's theme is all about change and influence online and we have created a range of pages to help you talk about these issues and ideas with your child, no matter how much time you have and in an age-appropriate way.

Safer Internet Day 2024 is celebrated on 6th February 2024, with thousands of people across the UK working together to champion youth voice and engage in conversations about how we can all work together to make the internet a great and safe place.

Teen Sleep Hub

This is the Teen Sleep Hub
The one stop shop for all you need to know about sleep.
If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here. The Teen Sleep Hub has been kindly funded by the National Lottery Community Fund and Coronavirus Mental Health Response Fund (administered by the charity, Mind, in partnership with the Mental Health Consortia) who understand how important sleep is for good mental health.

YOUNG MINDS

fighting for young people's mental health

We offer tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health. You can speak to us over the phone, or chat to us online.

You can use our Helpline service if you are the parent or main carer of a child or young person aged 25 or under. It is available across the UK and is completely free.

**CALL OUR PARENTS HELPLINE FOR
FREE ON 0808 802 5544.**

**WE'RE OPEN MONDAY - FRIDAY
9:30AM - 4:00PM.**

The self-kindness toolkit

Expert tips to tackle challenging times



Taking care of your wellbeing is important when supporting yourself and others. Not only is it good for your everyday health, it also helps us cope with moments of uncertainty and stress we may encounter.

Our free, downloadable self-kindness toolkit is packed with activities to support building resilience, coping with stress and worries, and connecting with others.



BLACKPOOL PMHW

Did you know?

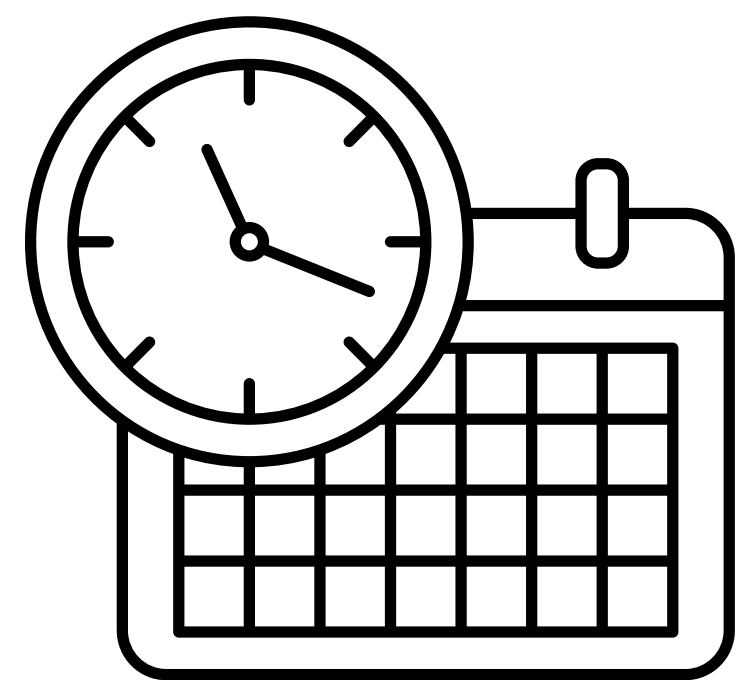
NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust



In December:

462 people attended appointments at CAMHS
54 appointments were cancelled by the patient
115 people did not show up to their appointment

What would help you attend an appointment?
Let us know your thoughts by sharing with our PMHW team on
OPTIONS4CYP 0800 121 7762
Option 1 CAMHS



This year's theme is:
'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters".

We have free resources available to download so that everyone can take part in Children's Mental Health Week. Take a look and see what's available for schools, families and how you can take part

<https://www.childrensmentalhealthweek.org.uk/>

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

5-11
FEB
2024



Caring • Safe • Respectful



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PMHW Drop-Ins



CHILD & ADOLESCENT
MENTAL HEALTH SERVICES

Do you have concerns about a young person's mental health or need guidance on what services are available to support ?

If the answer is yes, just turn up to one of the drop-ins to discuss your concerns with a Primary Mental Health Worker

Every Monday at
Westminster Primary
Academy, Westminster
Road, FY1 2QE 2pm to
4.30pm

Second Tuesday of
each month at
Devonshire Primary
Academy, 2pm to
4.30pm

First Tuesday of each
month at Palatine
South Family Hub, 2pm
to 4.30pm

Third Tuesday of each
month at North
Family Hub, 2pm to
4.30pm

Virtual Drop in:
Every Third Wednesday of the month,
3.30pm to 5.30pm

Click here:
<https://england.nhs.attendanywhere.com/ce/?apikey=8a514578-8762-441d-8d91-1f1e45e9af89&nid=j62Fh5%3f1%3f>

Log in details: Please use the word 'Blackpool' as the first name and 'dropin' as the second name, followed by the child or young person's date of birth.

Alternatively you can find more information at:

www.fyidirectory.co.uk/directory/primary-mental-health-worker-drop-in

please call – 0800 121 7762 – Option 1 if you require further information

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

Please check our social media pages for up to date information

INSTGRAM @Blackpool_PMHW

FACEBOOK Blackpool PMHW



Get instant access to a fun digital therapy app to help your child self manage their worries.



Free for families in Blackpool, Fylde & Wyre

Click or type on this link to access -

<https://hub.bfb-labs.com/signup/blackpoolfyldeandwyre>

PMHW Social Media

Don't forget to follow us on social media.

We post regular updates about our drop in's, self-care ideas and so much more!

FACEBOOK Blackpool PMHW

INSTAGRAM Blackpool PMHW



OPTIONS4CYP 0800 121 7762

**Option 1 CAMHS, Option 2 CASHER, Option 3
Youtherapy, Option 4 MHST**



PAMHW SHOUT OUTS

It helped me
to understand
how I feel



Amazing, keep
doing what you
are doing

They are
really nice

Very helpful and
polite, madee to
feel at ease

FEEDBACK

**Happy to receive any feedback from
this months newsletter or any other
issue. Please get in touch.**

Feedback

