

Dear Parents, Carers and Guardians

After a tough year with Covid-19, the related lockdowns, losses people have faced and the disruption to education, freedom, routine and opportunities. We understand that mental health has been impacted for children, young people, families and carers alike.

Trusted adults like yourselves have experienced events that will be talked about for generations. In the NHS we have learnt so much, so fast and it is time to look back and think what we shall keep, what shall we drop and what is missing.

As parents, carers and guardians you experience services through multiple dimensions, often seeking help for the child or young person, yourself and others around you. This experience is so valuable when thinking about transformation; what are we getting right, what is terrible what would you encourage a friend to do?

Being a parent, carer or guardian is a unique experience that can't always be articulated when speaking only with professionals. At the conference we want to louden the voices of residents to ensure that we are directed by those that matter.

We know there are so many missed opportunities in the way we work currently, across education, social care, health and voluntary community sector organisations.

If we get parents, carers and guardians to collaborate alongside professionals and decision makers we can identify the challenges, look at the potential for scaling of good ideas and spot the missed opportunities. Then turn the outcomes of this conference into the priorities and principles for North East London's 7 boroughs

We will collaborate with young people, parents, carers, teachers, GPs and other CYP professionals to think how can mental health and emotional wellbeing support be delivered differently to meet a child or young person exactly where they are at.

Please join us on the 10<sup>th</sup> June 1630-1930 for an interactive conference "All About Me, For the Benefit of Everyone", through a panel, breakout rooms and a diverse mix of attendees. We will develop North East London's plan to improve early intervention for mental health and emotional wellbeing.

<https://www.eventbrite.co.uk/e/mhearly-interventions-schools-conference-tickets-154831684737>

We expect to create an opportunity where every opinion and experience is valued and will mould our next steps, where there are no bad ideas, no aspiration too big.



If you know any young people or parents, carers who want to get more involved in the event we are looking for breakout room facilitators, note takers and even space on the panel itself. For more information reach out to [Dale.greenwood1@nhs.net](mailto:Dale.greenwood1@nhs.net) or complete the form to volunteer. <https://forms.office.com/r/5g6Une9spi>

We look forward to seeing you there!

Sarah Wilson, Director of Specialist Services, East London Foundation Trust  
Co-chair of the NEL CYP Mental Health Group

Melody Williams, Integrated Care Director, North East London Foundation Trust  
Co-chair of the NEL CYP Mental Health Group

Kath Evans, Director of Children's Nursing, Bart's Health  
Clinical lead of the NEL CYP Programme

If you wish to discuss further please contact [dale.greenwood1@nhs.net](mailto:dale.greenwood1@nhs.net)