



Children and Young People's Primary Mental Health Service

lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 26 | December 2025

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 support young people in Blackpool, Fylde and Wyre with their Mental Health and Emotional well being.

Mindful Moments

Deep Breathing Christmas Tree

TRACE THE RIBBONS ON THE TREE.

TRACE UP & BREATHE IN.

TRACE DOWN & BREATHE OUT.





Wellbeing Advent

Wellbeing Advent Calendar

- 1 My Wish List
- 2 The Stars on our Tree
- 3 Feelings Sparkle Jar
- 4 Star Breathing
- 5 Christmas Wordsearch
- 6 My Pocket of Positivity
- 7 Wellbeing Dream-Catcher
- 8 People We Love and Who Love Us
- 9 Christmas Baubles
- 10 Our Starry Christmas Tree
- 11 The Importance of Talking
- 12 Sharing our Wellness Wishes
- 13 Happy Memories
- 14 Stomping in the Snow!
- 15 Christmas dot-to-dot
- 16 My Paper Chain of People
- 17 Christmas Clean-Up
- 18 Letters to our Loved Ones
- 19 Sharing is Caring at Christmas
- 20 Special Christmas Cards
- 21 Grateful Garlands
- 22 Goblet of Gratitude
- 23 Positive Presents
- 24 Help the Elf find the Presents!
- 25 My Tasty Christmas Dinner



1ST DECEMBER

My Wish List



Make a list of wishes for Christmas using our 'Wish List' template.

Think about people you know at home and/or school that you would like to write a wish for.

Examples:

- I wish my friend has a good time at Christmas playing with his toys.
- I wish my teacher has fun with her family.

Put your Wish List somewhere safe and we will come back to it later.

3RD DECEMBER



Feelings Sparkle Jar

With help from an adult, follow the 'How to make a Sparkle Jar' instructions.

You may want to bring your finished Sparkle Jar with you tomorrow when you open the next calendar door!

Glitter jars are a useful mindfulness tool at home and school. Watching the glitter swirl to the bottom of the jar gives you time to calm down.

You will need: glass/plastic jar with a lid, half a cup of glitter glue or clear glue, water (distilled water works best, if you can use this, as it doesn't contain contaminants and will help to keep your glitter jar mould-free), and glitter (any colour/s).

How to make a Sparkle Jar: Pour the water into the jar → Then pour the glitter glue or clear glue into the jar (it can take up to 2 minutes to settle) → Add extra glitter → Then fill up the remainder of the jar with water → Ask an adult to use superglue around the lid of the jar and press the lid onto the jar to secure → Shake the jar well to distribute the glitter.

MY WISH LIST



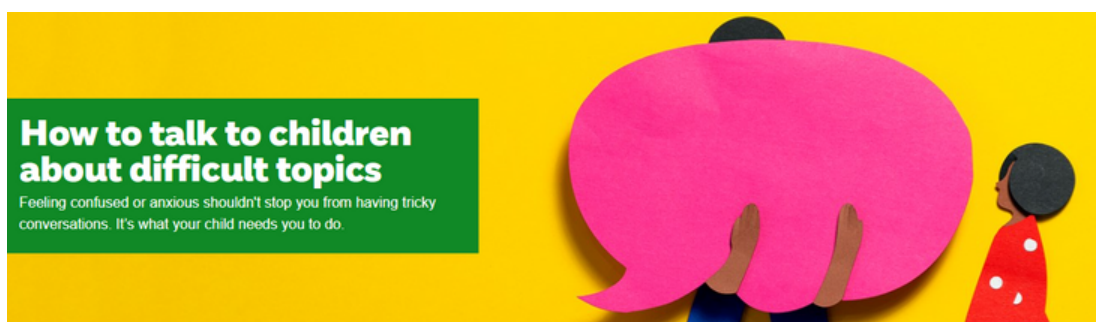


Learning and Development

For Parents



Therapist and parent Raoul chats with parents Andy and Susie about their experiences of parenting and mental health.



There'll be times when children need advice or support.

There'll also be times when you need to explain something that might upset them.

As their parent or carer, it's up to you to talk to them when you think they need a nudge in the right direction. And to share news or information that'll affect their lives

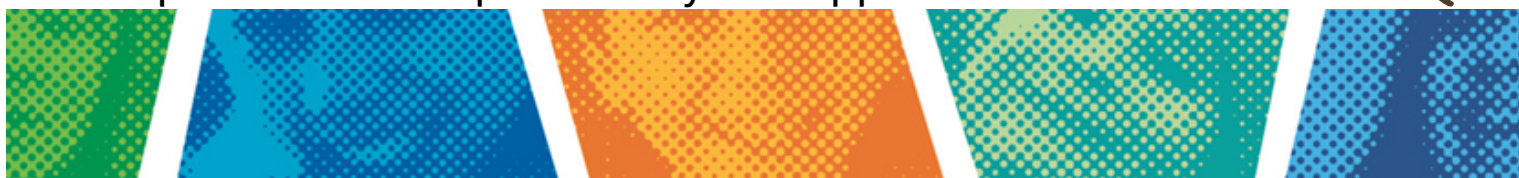
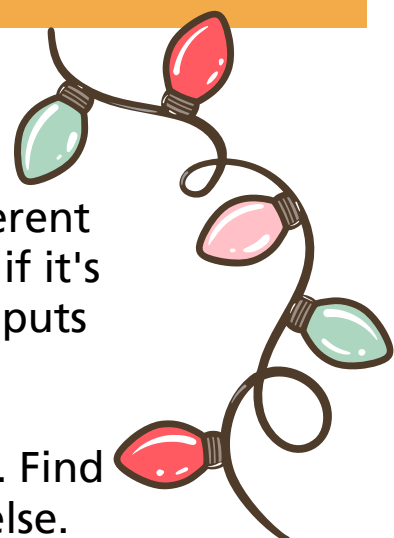
For Professionals



How might Christmas affect my mental health?


Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

Learn how Christmas might affect your mental health. Find tips on how to cope and ways to support someone else.





Service Spotlight




[GET INVOLVED](#) [ABOUT US](#) [CONTACT](#)

[JOIN](#) [DONATE](#)

A MONTH OF CHRISTMAS

It's time to celebrate – our Month of Christmas is here!

From magical shows to family activities, we've got a fantastic line-up throughout December. Browse the events below to find out what's on and how to join in.



Events will take place in each of our four youth centres, across Blackpool & Fylde unless specified.



Fri 12 Dec

Christmas Dinner

7:30 – 9:00pm

Senior / Senior Plus

[FIND OUT MORE](#)




Sat 13 Dec

Polar Express Ride

INVITE ONLY

Infants / 11:00 – 4:00pm

[FIND OUT MORE](#)



Wed 17 Dec

Christmas Party Day

KS1 + KS2: 5:00 – 6:30pm

KS3 + KS4: 7:00 – 9:00pm

[FIND OUT MORE](#)

Christmas Holiday Clubs



Mon 22 Dec

Bloomfield Youth Centre

KS1 + KS2: 10:00 – 12:00pm

KS3 + KS4: 12:30 – 2:30pm

[SIGNUP NOW](#)

Tues 23 Dec

Grange Park Youth Centre

KS1 + KS2: 10:00 – 12:00pm

KS3 + KS4: 12:30 – 2:30pm

[SIGNUP NOW](#)

Mon 29 Dec

Pathway Whiteholme

KS1 + KS2: 10:00 – 12:00pm

KS3 + KS4: 12:30 – 2:30pm

[SIGNUP NOW](#)

Tues 30 Dec

Fleetwood Youth Centre

KS1 + KS2: 10:00 – 12:00pm

KS3 + KS4: 12:30 – 2:30pm

[SIGNUP NOW](#)





Blackpool Libraries



Days and time: Tuesday 30 December at 2.00pm to 3.00pm
Type: Arts, Children, Health and wellbeing, Community

Description

Come along to Central Library and join our Mindful Makers session for young people aged 11 to 17, and create a personal journal as we step into a new calendar year. Journaling helps us to track our habits and work through our emotions, to enable us to be healthier and happier for 2026.

Our friends from the NHS Children and Young People Primary Mental Health Service and SHINE Team will be there with information to help us improve our emotional wellbeing, mental fitness and resilience as we craft together.

Booking essential, please call into the library, telephone: 01253 478080 or email: central.library@blackpool.gov.uk.

For further information contact your local library or check our social media.

Blackpool Libraries Facebook page
<https://www.facebook.com/BlackpoolLibraries/>



Blackpool Council





OPTIONS4CYP

Christmas Openings 2025



**OPTION 1
CAMHS**



**OPTION 2
RAIS**



**OPTION 3
YOUTHERAPY**



**OPTION 4
CYP PMHS**



**OPTION 5
CYPLD & ADHD**

	OPTION 1 CAMHS	OPTION 2 RAIS	OPTION 3 YOUTHERAPY	OPTION 4 CYP PMHS	OPTION 5 CYPLD & ADHD
Christmas Eve	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm
Christmas Day	Bank Holiday	Open 9am - 10.00pm	Bank Holiday	Bank Holiday	Bank Holiday
Boxing Day	Bank Holiday	Open 9am - 10.00pm	Bank Holiday	Bank Holiday	Bank Holiday
Saturday 27 th Dec	Closed	Open 9am - 10.00pm	Closed	Closed	Closed
Sunday 28 th Dec	Closed	Open 9am - 10.00pm	Closed	Closed	Closed
Monday 29 th Dec	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm *Virtual PMHW Drop In 2:30 -4:30	Open 9 -5pm
Tuesday 30 th Dec	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm
New Years Eve	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm
New Years Day 2026	Bank Holiday	Open 9am - 10.00pm	Bank Holiday	Bank Holiday	Bank Holiday
Friday 2 nd Jan 2026	Open 9 -5pm	Open 5.00pm - 10.00pm	Open 9 -5pm	Open 9 -5pm	Open 9 -5pm

Freephone

0800 121 7762



*FYI Directory Link to PMHW online Drop in





MENTAL HEALTH HELPLINES TEXT & WEB BASED SUPPORT

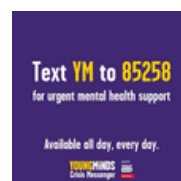


Should you find you are struggling with overwhelming feelings and emotions, here are a few resources available for you 24 hours a day.



The RAIS Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.

0800 121 7762 option 2 or bfwh.rais.team@nhs.net



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK. Text YM to 85258.

They offer help and support no matter what kind of crime you have been affected by.

- Specialist services are available to support with
 - have been affected by hate crime
 - have been affected by rape and/or sexual assault
 - are under the age of 18
 - are a victim of domestic abuse
- lancashirevictimservices.org



**LANCASHIRE
VICTIM
SERVICES**

Mental Health Crisis Line
0800 953 0110
24 hours a day
7 days a week

Lancashire Mental Health Crisis Line is available 24 hours a day. It is staffed by trained mental health professionals.

Call: 0800 953 0110



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.

Call: 0800 068 4141

Text: 88247



Nest Lancashire has been set up to support young people aged 5 to 18 (and to 25 for anyone who has learning needs) who have been impacted by crime.

We are a charity, you can talk to us in confidence, and all of our services are free of charge. Our aim is to help you recover from whatever it is you have experienced and our trained, friendly staff will be able to help you move forward and feel safe again.



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

Call free: 116 123



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.



Mind's online community Side by Side is a supportive place where you can feel at home talking about your mental health and connect with others who understand.

sidebyside.mind.org.uk



Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.
Ring: 0800 111

Visit: www.childline.org.uk



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com



NEW

Where to Find us



Scan the QR
code to find
a drop in
clinic near
you

NEW

Summer 2025



NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust

Children and Young People's Primary Mental Health Service

BLACKPOOL PMHW COMMUNITY DROP IN CLINIC

Worried about a young person's emotional well-being?



- Do you have questions about a young person's mental health?
- Are you looking for advice or support for their emotional development?
- Do you feel like you don't know where to get help?

How can we help?



Listen to your concerns



Provide practical advice and guidance



Help you to explore services that can support a young person's mental health

Where to Find us

NEW Every Monday at **Revoe Children's Centre**, FY1 5HP, 2pm to 4.30pm. **NEW**

First Tuesday of each month at **South Family Hub**, FY4 2AP, 2pm to 4.30pm

NEW First Wednesday of each month at **Moor Park Library**, FY2 0JG, 2pm -4:30pm **NEW**

Second Tuesday of each month at **Devonshire Primary Academy**, FY3 8AF, 2pm to 4.30pm

Third Tuesday of each month at **North Family Hub**, FY3 7NX, 2pm to 4.30pm

Please note: Drop-in clinics are not open Bank Holidays .



Contact Us

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



0800 121 7762 (Option 4)



bfwh.cypmhs.blackpool.nhs.net

Follow us



@cyp_primarymentalhealthservice



@Blackpool PMHW

Entwined Minds Patient Participation Group

Are you passionate about mental health and wellbeing?

Do you want to use your voice to make positive changes to Children's Mental Health Services?

Help design and create content and resources



Date: WYRE
The first Wednesday of every month
Time: 4:30pm till 6pm
Location:
Poulton Community Hall, Vicarage Road, FY6 7BE



Would you like to connect with others and have fun along the way?

Improve your mental health services

Build positive relationships with your community

If the answer is **YES** then why not come along to the Entwined Minds Group!

Help decide who we employ

Attend special events and conferences

Learn new skills

BLACKPOOL

Date:
The first Wednesday of every month

Time: 4:00pm till 5:00pm

Location: CAMHS
Whitegate Health Centre
150 Whitegate Dr,
Blackpool FY3 9ES

Please contact us if you would like to attend

☎ 0800 121 7762 (Option 4)



@cyp_primarymentalhealthservice



bfwh.entwinedminds@nhs.net



Self Referrals from Young people, Parents and Carers

Do you
worry ?

Do you have
feelings of
stress ?

Do Have
problems
sleeping ?

Have you got
low Mood ?

Are you feeling
anxious

Do Have
feelings
of panic ?

Fylde Coast SHINE MHST supports children and young people, currently attending education settings, noted below.

We support 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



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

- AKS Lytham
- Armfield Academy
- Athena School
- Baines School (High)
- Blackpool Aspire Academy
- Blackpool & Fylde College
- Blackpool Sixth Form
- Brookfield School
- Carr Hill High School
- Cardinal Allen Catholic High School
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Leadership Academy
- Highfurlong SEN School
- Hodgson Academy
- Kirkham Grammar High School
- Lytham St Anne's High School
- Millfield Science and Performing Arts College
- Montgomery Academy
- Park Community Academy
- Pear Tree School
- Pegasus
- Redmarsh School
- Saint Bedes Catholic High
- South Shore Academy
- St. Aidans Church of England High School
- St. Mary's Catholic Academy
- St George's Church of England Academy
- The Maple School
- Unity Academy Blackpool
- Woodlands School

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.

Follow us on social media ?

@cyp_primarymentalhealthservice

