

Mental Health in Education Newsletter

Issue 7 - Autumn 2023

Welcome

Welcome to our Autumn 2023 Mental Health in Education newsletter.

We hope that the new school year has started well for you. We are continuing to produce this newsletter to share information, reminders and news regarding anything that we think may support your school and families with mental health and wellbeing. We hope it is useful.

Please share this newsletter with your school staff and display it in your staff rooms. If you would like to contribute anything for future newsletters, make suggestions or requests please email claire.gwyer@stockport.gov.uk (including to request this newsletter in digital form if you are reading a paper copy).

iThrive

As mentioned in the previous newsletter, the THRIVE Framework is an integrated, person-centred and needs-led approach to delivering mental health services for children, young people and their families. Services across Greater Manchester are aiming to improve mental health support and provision, and have the whole system working in a thrive-like way. As such we are introducing more Thrive language into our newsletter.

A free e-learning module has been created for professionals to find about more about what Thrive is and what it means. You can access the training here: <https://app.melearning.co.uk/auth/self-registration/XQDRKYWF>



Mental Health in Education Newsletter

Thriving

Autumn Term Wellbeing Calendar



Anna Freud
National Centre for
Children and Families

The Anna Freud Centre have produced a [Mental health and wellbeing calendar](#) of curriculum themes and occasions linked to mental health for the 2023 autumn term, with activity ideas and suggestions for each theme. It features dates, activity suggestions and free resources for events including:

- the return to school and transitions
- Black History Month
- World Mental Health Day
- International Stress Awareness Week
- Anti-Bullying Week

Senior Mental Health Leads training

It is still possible for you to apply for for your grant of £1,200 to pay for training for senior mental health leads in educational settings. Eligible schools and colleges are now able to apply for a senior mental health lead training grant to commence training by 31 March 2024. Grants will be provided to cover (or contribute to) the cost of attending a quality assured course, and may also be used to hire supply staff while leads are engaged in learning. For more information and to apply visit: <https://www.gov.uk/guidance/senior-mental-health-lead-training>

ARC Wellbeing Event

As part of Stockport Arts and Health Week , Arc is hosting a free showcase event, for people to come along and find out more about local creative groups offering youth focused opportunities to improve wellbeing through creativity, as well as support services for young people (age 11+).

Drop in with or without your young person, stay for as long as you like, meet local groups and find out about the sessions that they run, the support they provide or the activities that you can get involved in. Arc's Shine project will be running a free drop-in creative session as part of the event. This friendly and informal event will take place at Arc at Hat Works, Stockport, on **Tuesday 10th October, 16.00 -19.30**. Bookings are encouraged (but not required) from: <https://www.eventbrite.co.uk/e/youth-arts-and-mental-health-showcase-tickets-713911708137?aff=oddtcreator>

Checkpoint

The next Checkpoint (emotional Wellbeing Network) meeting will take place on Thursday 7th December, 3.30-4.30pm at Pendlebury Centre. For more information about Checkpoint or to request an agenda item contact zorina.carrigan@pendlebury.stockport.sch.uk

Mental Health in Education Newsletter

Advice and Signposting



School Nursing Service Update

The school nursing service has undergone a refresh and has now branched out into 2 arms. One will focus on early help and safeguarding the other will focus on the universal offer. The school nurse drop ins are still available each week in every high school where young people can access support for their physical and emotional health. School nurses will continue to work closely with the Mental Health Support Teams. The school nurse 'Chathealth' is no longer available but young people can still access Kooth.com for online support.

Proud Connections

Proud Connections is The Proud Trust's programme of bespoke support for LGBT+ young people and the adults in their lives. It comprises live chat online, one to one support (for young people age 13 to 19, or up to 25 with additional needs), a parents support group and a mentoring programme for young people age 16-19 (up to 25 with additional needs).



For more information visit <https://www.theproudtrust.org/proud-connections/> . There are posters to promote the service available to download [here](#).

Resources to support young people and adults

There are a range of resources – posters, leaflets and business cards – free to order at: [Free Stockport Mental Health & Wellbeing Resources \(office.com\)](#) These have been updated to include the latest information and support available.

New Website

The Healthy Stockport website now has a section dedicated for finding support for children and young people and for parents looking for support for their child. The address is:

<https://www.healthystockport.co.uk/topic/help-and-support-for-children-and-young-people>

Please put a link to this on your school website. (This replaces information previously access on the Local Offer website).

Mental Health in Education Newsletter

Getting Help



Course for Parents and Young People

Stockport have extended the licence with the Solihull Approach, allowing unlimited access to the courses for parents and carers. This also includes courses for young people to complete themselves on 'understanding my teenage brain' and 'understanding my feelings'. Please continue to promote this resource with your school family via the school website and communication with parents and carers. (Use the digital poster sent out with this newsletter. Social media assets can also be provided to help with this, please email Claire.gwyer@stockport.gov.uk to request these).

The courses for teenagers would be ideal to complete within PSHE lessons.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers

www.inourplace.co.uk

Residents of **STOCKPORT**

In paid partnership with:



Use Access Code
REDROCK

Mental Health in Education Newsletter

Mental Toughness Programme

Mental Toughness is a fully funded 6-week programme for secondary age pupils, delivered by Skylight Youth Engagement within Stockport Homes. It is designed to develop how young people face challenges, build confidence, and set achievable goals. Working with small groups as well as offering tailored 1-2-1 sessions, the programme benefits those young people who have been through mental health services, who lack self-esteem and resilience, who display poor attendance at school or who struggle to maintain positive relationships. Incorporating a range of research, participants complete a psychometric test which enables facilitators to assess the areas on which individuals need to focus, such as interpersonal confidence, goal-setting or emotional management. Each session involves interactive games and mindfulness activities, as well as opportunities for the young people to reflect and develop self-awareness. If you are interested in finding out more please contact dylan.abbott@stockporthomes.org.

An Update from Primary Jigsaw

The Primary Jigsaw team are settling into Stopford House after our move from Oakgrove please note this has meant a change to our phone number which is now **0161 474 4470** Primary Jigsaw are aligning our work with children and families to the i-Thrive model please feel free to ask any of the team about this and what it means moving forwards.

We have started our latest "Parenting Anxious Children" course with a cohort of 40 parents / carers, this will run over ten weeks. This very popular course runs three times a year and is available for school staff CPD in addition to parents.

We are delighted after the success and impact of our first group to have been successful in a bid through the UKSPF Town of Culture to deliver a second "**Feelings and Faces**" group, this is our creative project with children and families where adults living with the children are impacted by a life limiting condition or diagnosis. The first group have continued meeting through monthly drop-in sessions and we are grateful to our partnership with ARC for their support with this. More details to follow.

If you have any queries about any of this information please email primary.jigsaw@stockport.gov.uk or anna.purvis@stockport.gov.uk

Mental Health in Education Newsletter

Pennine 24 hour helpline

Pennine Care NHS has a 24 hour helpline people of all ages who are experiencing increased mental health needs.

This is run by experienced mental health professionals who can:

- Listen to the person and help them work through immediate problems
- Work with them to find ways to move forward or suggest ways of working
- Give information about other services that may be helpful to them or the person they care for.

World Mental Health Day

10th October is [World Mental Health Day](#).

The 'Every Mind Matters' website has some useful information on looking after a child's mental health, for parents and carers:

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

and self care for young people, with videos and ideas:

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>



Diary reminders:

Tues 10th October – World Mental Health Day ARC event, Hatworks

Thurs 19th October – PSHE Leads Network, Heaton's Sports Club

Thurs 7th December – Checkpoint Wellbeing Leads Network, Pendlebury

Stockport Mental Health in Education is a partnership programme between the following:

