



Ely Mental Health Support Team



# Newsletter

Autumn 2024



Nina Ellie Becky Lucy Ismael Jen Ben Beckie

## MEET THE MHST

We are the Ely Mental Health Support Team, part of the Emotional Health and Wellbeing Service. We work with staff, students, parents and carers in 17 schools across Ely, Littleport and the surrounding villages to support children and young people with their mental health and wellbeing. Within each of our termly newsletters for school staff and parents, we provide more insight into our services, as well as helpful tools and resources relating to a specific theme.

*We welcomed one new member to the Team: Ellie Nicholls, who has joined the Team as Senior Clinician*

## CONTENTS

- Resources
  - Termly Wellbeing Activity
  - Book recommendations
  - Signposting
- Calendar Spotlight
- Get involved



This term's theme is:

**Relax and Regulate**

**MHST STAFF SPOTLIGHT**

*Senior Clinician*



**Strengths**

Determination,  
Connecting with young people and families

**Weaknesses**

Cheese!

**Loves**

Good communication,  
autumn, cats and reading

**Ellie**

**Fact File**

I have worked as a Mental Health Nurse in CAMHS for 10 years, predominantly in Eating Disorders. I am passionate about working with young people and their families, and learn as much from them as they (hopefully) do from me!

I am a BIG reader and can go through a couple of books a week, so book recommendations are always appreciated.

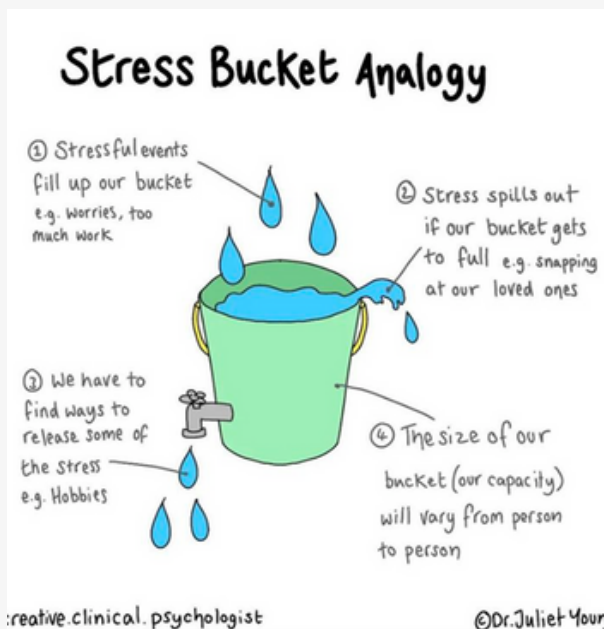
I joined Ely MHST in September 2024 and am looking forward to getting to know the schools I will be working with.

*“Between stimulus and response, there is space. In that space lies our freedom and power to choose our response...”  
Viktor Frankl*

# Useful Resources

## Termly Wellbeing Activity

In each newsletter, we will be sharing some wellbeing activities with you, to give you some ideas that you may be able to use for your own wellbeing, as well as with your children.



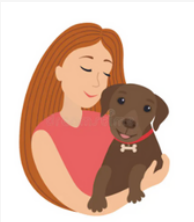
Other taps can include...

light exercise

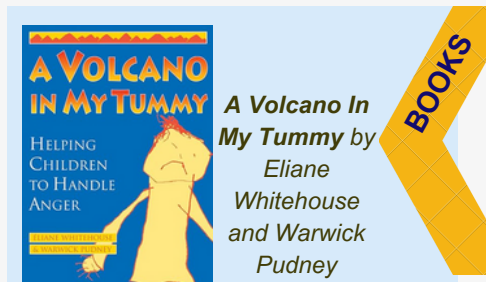


controlled breathing

cuddling a pet



chatting to a friend



**A Volcano In My Tummy** by Eliane Whitehouse and Warwick Pudney

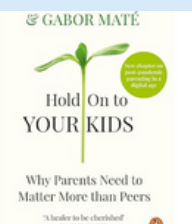
BOOKS

**What To Do When You Worry Too Much** by Dawn Huebner



**Helping Your Child with Friendship Problems and Bullying** by Sandra Dunsmuir, Jessica Dewey and Susan Birch

**Hold On To Your Kids** by Gordon Neufeld and Gabor Mate



## INFORMATION/SIGNPOSTING

- <https://www.pinpoint-cambs.org.uk/neurodiversity-book/>
- **Keep Your Head: Bullying advice:** <https://www.keep-your-head.com/cyp/CP-MHS/self-help/bullying#:~:text=Try%20to%20ignore%20the%20bullying,love%20to%20get%20a%20Oreaction.>
- [Online wellbeing/safety - Positively online: top tips for online wellbeing | NSPCC](#)
- NESSie webinars - <https://procfu.com/nespubbooking> (book here!)
- [Neurodiversity resources for parents - Resources | Neurodiversity Celebration Week \(neurodiversityweek.com\)](#)

# Calendar Spotlight

There are so many events and significant dates that happen throughout the school year, and we know you'll already be aware of most of them. But each term, we'd like to spotlight a select few dates of note with you, along with some relevant information and resources that you can explore.

**Further Resources:**

- <https://www.who.int/campaigns/world-mental-health-day/2024>
- <https://www.mentalhealth.org.uk/get-involved/fundraising/do-your-own-fundraising/tea-talk-world-mental-health-day#paragraph-52926>
- <https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-health-work>

**Oct**

**10th October - World Mental Health Day**  
**13-19th October - OCD Awareness Week**

**World Mental Health Day**

Aim: To come together to talk about mental health and show everyone that mental health matters

This year's theme is **'Mental Health at Work'**  
 You can show your support by wearing yellow or wearing a green ribbon

Workplaces across the country are participating in a 'Tea and Talk' to fundraise and spread awareness.

**Anti-Bullying Week - 11th - Friday 15th November**

**Nov**

This year's theme is **Choose Respect**. The aim is to empower children and young people to not resort to bullying, even when they disagree and remind adults to lead by example, online and offline.

**Odd Socks Day** is taking place on Tuesday 12th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.



**Building confidence workshop online**  
**28th November 2024 14:00 - 17:00** (request 'Book When' link from your school)

To help parents to understand about anxiety and how to help their child overcome their anxieties through discussion, strategies, and activities.

**Upcoming Workshop**

**3rd December - International Day of People With Disabilities**

**12th December - Christmas Jumper Day**

**Christmas Jumper Day**

Aim: To raise money for the children who need it most with Save the Children

On December 12th, we can put on Christmas jumpers and donate £2 to Save the Children

In 2023, £3 million was raised!

**Save the Children.**

**Further Resources**

- <https://www.savethechildren.org.uk/christmas-jumper-day>
- <https://www.savethechildren.org.uk/christmas-jumper-day/how-you-help>
- <https://www.un.org/en/observances/day-of-persons-with-disabilities>
- <https://idpwd.org/about/>



We welcome your input in our newsletters! Send us pictures and descriptions of any events, activities and achievements you would like to highlight, to **'rebecca.bowman9@nhs.net'** with the subject line **'Ely Newsletter'**, and we'll feature as many schools as we can in our next newsletter. We also welcome any submissions for our FAQ section, or requests for newsletter topics.