



Ely Mental Health Support Team



Newsletter

June 2024



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 18 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.

Isabel Crovato, our former Clinical and Team Lead, has now left the team. We would like to welcome our new Clinical and Team Lead, Nina Bradley!

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MHST STAFF SPOTLIGHT

Strengths

- Compassion
- Vision
- Leadership

Weaknesses

- Coffee
- Holidays
- Chocolate

Loves

- Connecting with others and building relationships
- Disney



Clinical and Team Lead
- Ely and Cambridge North

Nina Bradley

Fact File

Nina has 23 years experience of working in the NHS, having trained as a mental health nurse and more recently as a systemic practitioner.

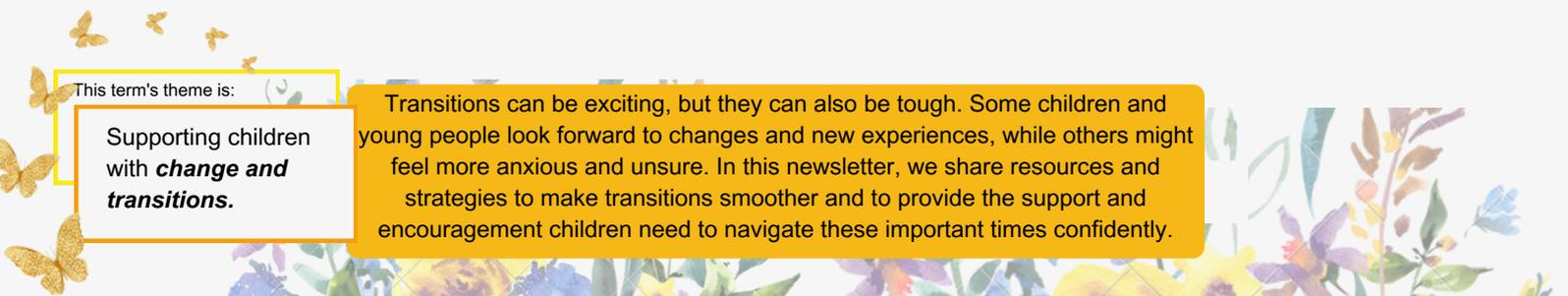
Over the past four years, Nina has worked as a Senior Clinician within MHSTs and is really looking forward to getting to know getting into her new role as she becomes the new Clinical and Team Lead for both Ely and Cambridge North MHST.

Nina is interested in systemic family work, mentalisation and working with children and parents, as well as supporting school staff through the whole school approach.

This term's theme is:

Supporting children with **change and transitions**.

Transitions can be exciting, but they can also be tough. Some children and young people look forward to changes and new experiences, while others might feel more anxious and unsure. In this newsletter, we share resources and strategies to make transitions smoother and to provide the support and encouragement children need to navigate these important times confidently.



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.

This term, we're looking at **Problem Solving**

Research shows that the signs of a successful transition are:

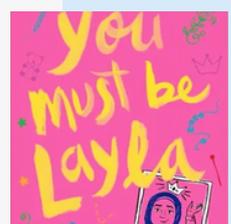
- Developing new friendships
- Maintaining good self-esteem and confidence
- Getting used to new routines
- Experiencing continuity in learning

Problem solving is a practical way to meet the signs of a successful transition to secondary school. You first identify a worry, identify who can help you with that worry and then list as many solutions as you can. With each solution, you rate how doable it is and think about different outcomes.

Please see below for an example of problem solving

Why I am worried	Who could help me to find a solution?	What is the solution?
I am worried I will forget to do my homework and get in trouble.	My form tutor or subject teacher.	I will have my planner to write down all of my homework. When I get home each day I can check my planner, complete my homework and tick it off.
1.		

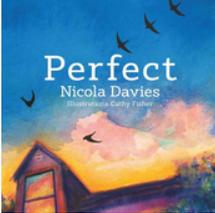
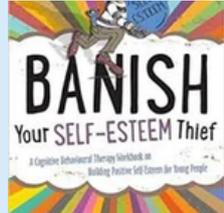
For more guidance, visit the following page:
<https://www.annafreud.org/resources/schools-and-colleges/supporting-childrens-transition-to-secondary-school-guidance-for-parents-and/>



You Must Be Layla by Yassmin Abdel-Magied

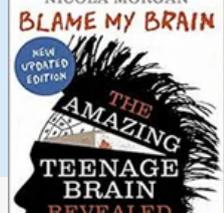


Banish Your Self-Esteem Thief by Katie Collins-Donnelly



Perfect by Nicola Davies

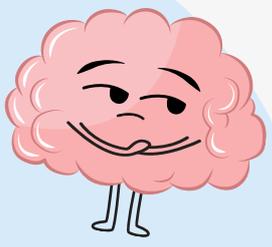
Blame My Brain by Nicola Morgan



The Teenage Brain and Change

The National Institute of Mental Health explains the following things about the teenage brain and change:

- The brain is still developing and may respond differently to stress to adults
- Brain development is related to social experiences during adolescence
- **The brain is resilient**- some changes during this critical phase support resilience and mental health during the long term



<https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know>

Dr Dan Siegel talks about the adolescent brain here, debunking myths and talking about remodelling the brain:

<https://youtu.be/001u5OEc5eY?si=TjmRdouSNNhui10r>

What can adults do to help teens during these times of development?

Taking a CARE approach is a simple way to support teens by listening

Proposed by Anna Freud: <https://d1uw1dikibnh8j.cloudfront.net/medial10836/care-guidance-v2.pdf>

- C** - Be CURIOUS
- A** - Be APPROACHABLE
- R** - REFER... when you need to
- E** - Show EMPATHY



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.



June

Volunteers' Week

Monday 3 June – Sunday 9 June

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too. This week is a chance to recognise and celebrate volunteers for all they contribute to our local communities, the voluntary sector, and society as a whole.

Take part a volunteering taster session near you this Volunteers Week by joining The Big Help Out from **Friday 7 June – Sunday 9 June**.

Find out more at: <https://www.thebighelpout.org.uk/>

Cambridge North and Ely Mental Health Support Team are running the following online workshops across June, July and August for parents.

Upcoming Workshops

We encourage parents speak to school for more information on how to join these workshops!

Year 6 Transition Workshops for Parents

Join us to talk about the transition from Year Six to Secondary School, some of the worries that come alongside this and strategies to help support your child.

Friday 7th June - 9:30-10:30AM
Thursday 13th June - 4:00-5:00PM
Monday 17th June - 12:00-1:00PM

Building Confidence Workshops for Parents

Join us to explore how worry may affect your child, how you are best placed to support them in managing their worries and strategies to support and build confidence.

Wednesday 31st July - 1:00-4:00pm
Monday 12th August - 10:00am-1:00pm
Thursday 29th August - 3:00-6:00pm

Team Snapshot



The Ely Education Mental Health Practitioners; Ismael, Jen, Ben and Lucy all attended the Year 11 Wellbeing Day at Ely College and donned judge's wigs and hammers to run a "Thought Court".

Year 11's joined the team in putting unhelpful thoughts on trial. Together we formed a jury and examined evidence for and against thoughts that can affect out wellbeing. We also discussed tools and strategies for emotional regulation.

We've included a team favourite "Hot Chocolate Breathing" to the left. Why not give it a go yourself?



Hot Chocolate Breathing

Imagine you are holding a cup of hot chocolate in front of your chin. Take a deep breath in through your nose as if you were smelling the hot chocolate Blow out gentle through your mouth to cool the hot chocolate down.

Get involved

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.