



## Children and Young People's Primary Mental Health Service

# lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 24 | July 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

### Spot 10 Differences





# Summer Holiday Activities

Our CYP PMHS are busy this summer out and about across Blackpool, Fylde and Wyre. They are attending holiday clubs, youth groups and other summer events.



## Summer fun in Blackpool with free and low-cost family activities

A wide range of free and low-cost family activities and events are being delivered by Blackpool Council services and local partners over the summer holidays.

The activities are aimed at children and young people across a range of ages. From sports, swimming and the outdoors to arts, crafts, culture and storytelling, there is a wide range of activities for all ages to enjoy.

A number of council services are offering workshops, sessions and events throughout the summer holidays. These include Blackpool libraries, Active Blackpool, Showtown Blackpool Museum and Blackpool Family Hubs.



Fylde Council is delighted to announce the return of its much-loved Holiday Activities and Food (HAF) Programme for the 2025 summer holidays.

Funded by the Department of Education, this fantastic initiative provides free holiday club places for eligible school-aged children from Reception to Year 11 who receive benefits-related free school meals.

This summer, the HAF programme is bigger and better than ever, with even more clubs and activities to choose from. Whether your child enjoys sports, arts and crafts, outdoor adventures or fun games, there's something for everyone to enjoy. Each session includes a nutritious lunch, along with a range of fruit and snacks to keep children fuelled throughout the day.

HAF vouchers for the Summer holiday will be sent on Monday 23rd June 2025 to all HAF eligible families by email or text from [hello@holidayactivities.com](mailto:hello@holidayactivities.com).

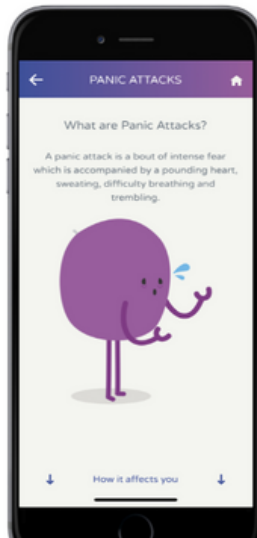
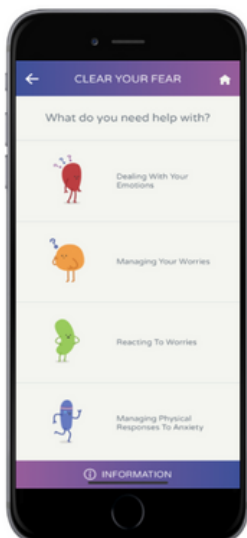
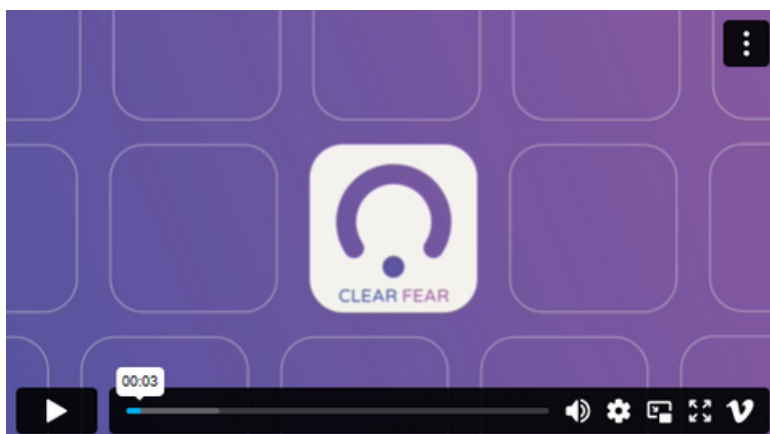




# Clear Fear

Suitable for age: 11-19. Younger users can use the app with the support of a parent, carer or teacher. Uses mindfulness, relaxation and breathing techniques to help young people learn ways to reduce their physical responses to threat.

Getting started: [Visit the Clear Fear website](#)



"I like things where I actively did something with my anxiety, such as putting worries away, breathing exercises, clear [your] fear, etc. The active involvement made me feel more in control."  
Research study participant, aged 20 years



"I honestly didn't think this app would be THIS helpful. It's good when you need to go through a bad moment of anxiety and you need some help. I have trouble sleeping and with palpitations but the breathing exercise calms me down and puts me to sleep so fast. The other activities are also a nice distraction. Keep up the good work!"  
Review from app user







# Learning and Development

## For Parents



### Helping your child to talk

Being able to talk and feeling listened to can make a huge difference for your child or young person. But helping them open up isn't always easy. We've got lots of tips to support you.

## For Professionals



This summer, we're encouraging teachers and education staff to take the time to rest, reset and reconnect with life beyond the classroom.

After a demanding year, switching off from work can be easier said than done but it's a vital part of protecting your wellbeing and recharging for the year ahead.

To support you, we've gathered a selection of resources designed to help you unwind over the break and look after yourself. These tips can help you step back, slow down and make space for recovery.



New from Anna Freud  
Let's talk about healthy relationships:  
friendships and conflict

We're excited to share a new set of classroom resources designed to support pupils aged 10 to 11 to develop the skills and understanding they need to build healthy friendships and manage conflict in ways that support their mental wellbeing.



Teachers, SENCOs and school leaders:  
Get your free guide to helping young people manage strong emotions like anger or anxiety

Full of useful insights and strategies - that you can start using today - to help your students recognise and self-regulate their emotions in school





# Service Spotlight



## Blackpool Children's Learning Disability and ADHD Team Tea & Talk



For Parents/Carers

Advice &  
Support

Networking  
with  
Parents/Carers

Signposting  
Information

Pre-referral  
guidance

One Friday a month  
9:30am - 11:30am  
Please see dates on back  
Unity Academy Family Hub  
Warbreck Hill Road  
Blackpool  
FY2 0TS

Contact CYP LD and ADHD team for more  
information  
0800 121 7762 Option 5



## Upcoming Dates 25/26

Friday 4 <sup>th</sup> July 2025	Friday 6 <sup>th</sup> February 2026
Friday 5 <sup>th</sup> September 2025	Friday 6 <sup>th</sup> March 2026
Friday 3 <sup>rd</sup> October 2025	Friday 27 <sup>th</sup> March 2026
Friday 7 <sup>th</sup> November 2025	Friday 1 <sup>st</sup> May 2026
Friday 5 <sup>th</sup> December 2025	Friday 5 <sup>th</sup> June 2026
Friday 9 <sup>th</sup> January 2026	Friday 3 <sup>rd</sup> July 2026







# Youth Group



## Entwined Minds Patient Participation Group - Blackpool

Could you be a Childrens  
Mental Health &  
Wellbeing champion?

Do you want to be  
involved and make  
positive changes to  
Childrens Mental Health  
Services?

Would you like to be part  
of a group, connect with  
others and have fun?

If the answer is **Yes** then why not  
come along to **Entwined Minds**?

- Each session is supported by practitioners from our services.
- Meetings are the **first Wednesday of each month at Whitegate Drive Health Centre @ 4-5pm.**
- Fill in an application form

### What we do at Entwined Minds

- Provide feedback on how we can improve Childrens' Mental Health Services
- Create content for social media
- Help produce promotional materials and resources
- Be part of an interview panel for new staff members
- Gain experience to support you in your future plans
- Build positive relationships within your community

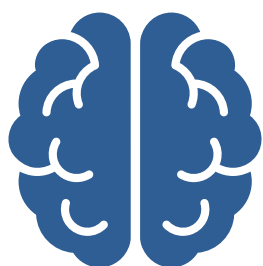
Call 0800 121 7762 (option 1) for more details



## 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



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



## 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.cyppmhs.blackpool.nhs.net**

Follow us



**@cyp\_primarymentalhealthservice**



**@Blackpool PMHW**