

Issue 12

MHST Newsletter

July 2022



MHST? Who are we?

The Mental Health Support Team (MHST) provides an easily accessed service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen, Year 1 to Year 6 in Burnley & Pendle, and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Hyndburn and Rossendale Colleges).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who will refer you directly to the service.

QR Code

- Open the Camera app on your phone
- Select the rear-facing camera.
- Hold your device so that the QR code appears in the viewfinder in the Camera app.
- Tap the notification to open the link associated with the QR code



SCAN ME

Reminder – We have a webpage!

Just a reminder that we have a web page on the East Lancashire Hospital Trust's website. Please click on the image below to look us up and find further information and advice about who we are and what we do.

You can also use the QR Code to the left to take you directly to our page



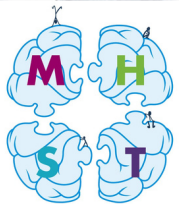
It's our Birthday!!



This month is our 12th edition of the MHST Newsletter! We are so proud and want to say a BIG THANK YOU for all of your support and feedback. We value your feedback greatly and always try our best to make any changes you suggest; some examples are:

- Making the newsletter more inclusive for all - we started off as a parent newsletter but have now opened this up to parents/carers, young people, practitioners, education staff and anyone else who might find the information helpful.
- You asked us to include more information on local events and support - we have included a full page of signposting to other agencies and events and always try to include as much local information as we can find.
- We have updated our design and layout to keep the newsletter 'Fresh!'
- We now publish our newsletter on social media for those people who are not on the mailing list - our social media pages on the last page, please follow us!

If you would like to offer us any feedback or have suggestions of things you think would be helpful to include please email: lisa-marie.naylor@elht.nhs.uk



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services

Managing Mood in the Holidays

Summer Holidays

It's that time again! Holidays can be a great time to spend time with our families, relax, and hopefully enjoy some warm weather. However, 6 weeks is a long time and we often have other demands which can impact on how enjoyable the holidays can be.

The change of the holidays can unsettle some children, especially those who rely on routine. The words parents don't want to hear is "I'm bored!" It can also feel daunting to try and fill the summer holidays with constant activities and fun! However, the holidays do not need to be filled with expensive days out. To avoid this there are many alternatives to spend quality time together. Our mood can begin to change for many different reasons, but if we do start to feel down, our motivation lessens and we do less ending up in the cycle below:



To prevent, maintain, or improve our mood it can be helpful to break that cycle by planning activities based on our values as a person. Using this technique during the holidays can help to spend quality time together, maintain wellbeing, and keep a routine.

Activities can be broken down into three categories: **ACHIEVEMENT CLOSENESSE ENJOYMENT**



Planning activities can be tricky, but spending time doing some craft, for example, is a simple activity which may score highly (out of 10) in each of these areas.

Not all activities need to score highly in each category, as long as the range activities we are participating in cover all the areas. For example, a game of football may score highly in achievement and enjoyment but not in closeness, but a picnic with family would.

Planning at least a week ahead can take the pressure of trying to think what to do each day. Additionally, it can help create a routine which children respond well to, and helps keep them regulated. We advise also keeping a sleep routine as near to their regular as possible.



Activity Scheduling Tips



Try and plan a week in advance, longer if possible
- click on the image for an activity planner

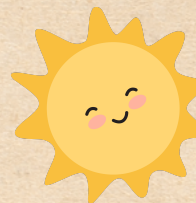


Try and stick to a routine

Allow for downtime too



Try and schedule activities which matter to both you and your children



Here is a link to a worksheet so children can explore what matters to them. This can then be used to plan activities in the holidays



Try and include a range of activities

For Parents

If your child's mood is changing, it can be difficult to spot straight away. Signs may include:

- | | | |
|--|--|-----------|
| lack of concentration | Difficulty making decisions | Irritable |
| Spending a lot more time on their own | Change in sleep pattern - more or less | |
| Change in eating habits - more or less | Thoughts of not wanting to be alive | |

If you suspect your child is struggling, try and speak to them to understand what they are experiencing. If you feel they need further support, please make an appointment with the GP or a referral can be made to the MHST through school.

Signposting

Double Click on any of the images to go straight to that organisations website

Parent Support Group – Blackburn with Darwen

Parent Support Group – BWD

Wednesday 20th July 2022

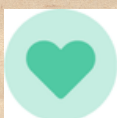
6pm–7pm via Microsoft Teams

This month's topic – ANXIETY Part Two

Please email emma.jackson@elht.nhs.uk for a link to the meeting



Thank you for all those who attended the Parent Support Group. The topic was part one discussing Anxiety - we hope everyone found it helpful! Part one focussed on the origins of anxiety, how it works, how we experience anxiety in the body, and how it can impact our thoughts, feelings, and behaviour. This month is part two and we will explore ways anxiety can be managed. Don't worry if you missed part one but would still like to attend - we will recap at the beginning of the group. The parent Support Group is held once a month via a video call. There is no expectation to have your video or microphone on. The session is topic based with time for discussion and shared ideas. We are always happy to receive feedback or ideas, please just get in touch!



Burnley Together

Burnley Together is a partnership between Burnley Borough Council and other local organisations, set up in March 2020 to support people through the Coronavirus outbreak.

As well as these partners many local people have come forward to offer their services to help the local community. Volunteers are playing an essential role in the delivery of Burnley Together and we are grateful for their support. We are continuing to support people in this collaborative way as we move out of the pandemic, as we know that there is still a need for the service and we will continue to ensure that those who need help have the support of our partnership.

Helping those in need across Burnley and Padiham.



Anna Freud National Centre for Children and Families

National Centre for Children and Families is a children's charity dedicated to providing training & support for child mental health services.



Your online mental wellbeing community
Free, safe and anonymous support

*Available for all young people in Lancashire from ages 10-18.



BURNLEY PENDLE & ROSSENDALE COUNCIL FOR VOLUNTARY SERVICE

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219

The one-stop shop for charity, community, voluntary and faith organisations

We are your local one-stop shop for all things third sector. BPRCVS is an infrastructure organisation that operates within the third sector in East Lancashire. We are at the forefront of the local communities of Burnley, Pendle and Rossendale

Maundy Relief a gift of time and service

A registered charity set up to respond immediately to the needs of the people in our community.

Whoever you are, whatever problems you're dealing with, whatever your race, religion, gender, sexuality, we are here to help.



We're the UK's leading charity fighting for children and young people's mental health.

We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

Contains information and advice for Young People, Parents & Professionals

Summer Holiday Ideas

Double Click on any of the images to go straight to that organisations website

Blackburn with Darwen



The 'Get Stuck In' Holiday Clubs will operate during 2022 Children and Young people will be able to access a range of FREE activities.

- CLUBS FOR ALL AGES
- 16 SESSIONS per child
- MULTIPLE VENUES, DATES & TIMES
- MEAL PROVIDED
- ALL FREE

*All children and young people eligible for Free School Meals or identified by local agency referral as In Need, are entitled to FREE holiday club sessions, with a meal each day.

Burnley



Summer Party! We're Celebrating!

Join us on Saturday 9th July for our Summer Party! Take part in free, fun family activities inside and outside, watch our Youth Theatre sharings and even enjoy a bite to eat! Kicking off at 10am there will be a wide range of free creative activities throughout the day for everyone to get involved in!

What's on?

Face Painting, Youth Theatre Performances, Artist led workshops, Face Painting, Icecream, Music
A perfect introduction to everything we do at Burnley Youth Theatre!



School Holiday Activities to keep your kids healthy and active. Who's it for?

If your child is aged 5 to 16 and gets benefits-related free school meals, you may be able to access free activities through fun, food and friends, Burnley's Holiday activities and food programme

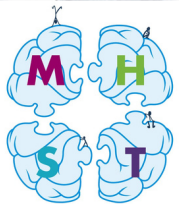


Hyndburn



Hyndburn Leisure established in Summer 2021, our very own HAF Programme, 'Fun with Food and Friends' is now in it's second year.

Working in partnership with a range of local, well known and trusted organisations across the whole of Hyndburn, Fun with Food and Friends provides a borough wide offer of free holiday provision for eligible pupils age 4 - 16 years, so pupils from reception all the way up to year 11.



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services

Other Information

Lancashire
County Council

Padiham Leisure Centre

Address: Park Rd, Padiham, Burnley BB12 8ED
Phone number: 01282 477222

12-19 year olds



Giving young people a fun and safe space where they can hang out.

Come join us on Friday
Evenings 7:00pm - 9:00pm

Starting Friday 10th June

For more information please contact:
Qadeer.Ahmed@lancashire.gov.uk
07770764310

Games and a range of activities...
There's something for everyone!

OR
Amania.Hassan@lancashire.gov.uk
07989750474

Wellbeing Service

Lancashire
County Council

BURNLEY BUS PASS SCHEME

WEDNESDAYS
4:00PM-6:00PM
THE ZONE, BURNLEY

DROP IN FOR A
FREE BUS PASS



FOR MORE INFORMATION CONTACT:
QADEER.AHMED@LANCASHIRE.GOV.UK
07770764310
OR
AMANIA.HASSAN@LANCASHIRE.GOV.UK
07989750474


BASIC REQUIREMENTS

- YOUNG PEOPLE AGED 16-18
- NOT IN EDUCATION, EMPLOYMENT OR TRAINING
- YOUNG CARERS OR PARENTS, NEEDING TO SUPPORT A YOUNG PERSON TO ACCESS EMPLOYMENT, EDUCATION OR TRAINING

Wellbeing Service

FOR 12-19+

EMPOWERING POSITIVE CHANGE



MEET OTHER YOUNG PEOPLE WITHIN YOUR COMMUNITY

POUT BURNLEY

LGBTQ+ YOUTH GROUP

THURSDAYS 7-9PM

FOR MORE INFORMATION CONTACT:
Amania.Hassan@lancashire.gov.uk
07989750474
OR

A SAFE SPACE TO EXPLORE GENDER AND IDENTITY.

ACCESS SUPPORT, INFORMATION & ADVICE

Social Media Pages



elht_elcas



@elht_ELCAS



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