



CYP PRIMARY MENTAL HEALTH SERVICE PRESENTS

LIGHTBULB MOMENTS

ISSUE NO.30
JUNE 2026

INSIDE THIS ISSUE:

How we *celebrated* Mental Health Awareness month

Using '*MAGIC*' to navigate this exam season



WELCOME TO

lightbulb moments

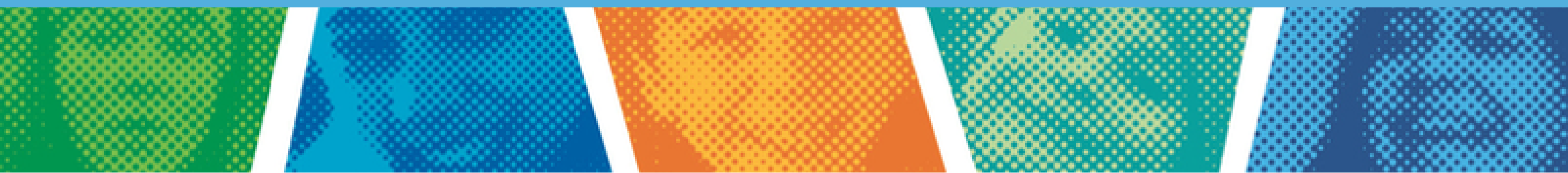
the CYP Primary Mental Health Service newsletter

ISSUE NO 30
JUNE 2026

A space to stay connected, informed and inspired by the work happening across our service and local community.

From school based support to wider initiatives, we'll share updates, insights and highlights that matter. Helping us to stay aligned in supporting children and young people's wellbeing.

The CYP PMHS supports young people and their families across Blackpool, Fylde and Wyre.



DATES TO REMEMBER THIS MONTH

ALL MONTH: PRIDE

5th June 2026: Environment day

15th June- 21st June: Learning disability week

18th June: Autistic Pride day

20th June: World refugee day

27th June: National PTSD awareness day

P R I D E M O N T H

CYPPMHS PRIDE

Our LGBTQ+ Champions delivered a presentation this month to our team on how to support young people who identify as LGBTQ+.



HOW TO SUPPORT YOUNG PEOPLE



You may find young people trying to figure out their identity during this stage of life. It's important to respect their boundaries, and use the name and pronouns they are comfortable with. Creating a safe space can make a difference for these young people.

HOW TO BE A GOOD ALLY

- Listen and be willing to learn
- Respect people's identities
- Challenge discrimination in any environment
- Use inclusive language
- Support LGBTQ+ communities



PRIDE + WELLBEING

Having supportive relationships and feeling accepted can positively impact mental health and wellbeing. Pride month is an opportunity to celebrate identity, build connections and promote inclusion.



P R I D E

If you or someone you know, needs to access support, please see the information below.
Click the tabs to be directed to support websites...

[PROUD TRUST](#)



[YOUNGMINDS](#)



[STONEWALL](#)



[HUB OF HOPE](#)



HOW WE CELEBRATED

MENTAL HEALTH AWARENESS WEEK

Our team hosted a 'one stop shop' event during mental health awareness week at North Family Hub.

This was open to families to attend to learn more about the mental health services available in the area.

A massive thankyou to the families and services who joined us to make this a successful event!



CYPPMHS ONE STOP SHOP

HOW WE CELEBRATED

MENTAL HEALTH AWARENESS MONTH
WITH ST.MARY'S CATHOLIC ACADEMY



**“BEFORE I USED TO FEEL
LIKE I WAS DEPRESSED
AND WOULDN'T BE ABLE
TO DO THINGS AS WELL AS
OTHER PEOPLE BUT NOW I
FEEL MORE HAPPY”**

Daniel, Year 7. About his
sessions with SHINE.

HOW WE CELEBRATED

MENTAL HEALTH AWARENESS MONTH

WITH ST. MARY'S CATHOLIC ACADEMY



OUR PRACTITIONERS MAGS AND ELIZABETH FEATURED ON ST MARY'S PODCAST THIS MONTH. THEY DISCUSSED ALL THINGS SHINE AND DANIEL TALKED ABOUT HIS EXPERIENCE WORKING WITH US. WE ARE VERY PROUD OF THE PROGRESS DANIEL HAS MADE!



WHAT YOU CAN DO AS A YOUNG PERSON TO PROTECT YOUR MENTAL HEALTH



PROTECT YOUR PEACE ONLINE

Mute or unfollow accounts on social media which negatively impact you.



TAKE BREAKS

Whether its exam season for you, or you're just attending school. This season can be tough and it's important to put yourself first.



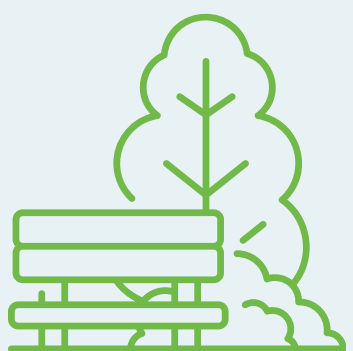
LEARN ONE GROUNDING TECHNIQUE

This can help you to regulate or calm yourself when you're feeling lots of emotions. See page X for ideas.



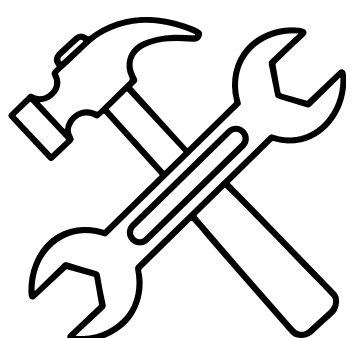
ASK FOR SUPPORT

There is no shame in asking for help. Parents, teachers and professionals are there to support you.



SPEND SOME TIME OUTSIDE

You don't have to go out of your way for this, keep it simple. Take a short walk or sit in your garden.



CREATE A FEEL BETTER TOOLKIT

Create a playlist, fidget box or anything else you can use when you need a pick me up. See page X for ideas



CHECK IN ON A FRIEND

Have a proper conversation, ask them how they're *really* doing.

WHAT YOU CAN DO AS A PARENT



DID YOU KNOW IT TAKES UP TO 3 MONTHS TO FORM A NEW HABIT?

Encourage better habits + routines:

Healthy sleep, meal and moving routines can support both of you with your wellbeing also. Encourage *walks, going outside or having a dance party!* It's something you can both do together

Validate your child's emotions instead of trying to immediately fix the problem.

Say things like 'this is something many children go through, you're not alone'

Create uninterrupted time for conversations with your child.

These do not have to be long, they can be anywhere between 5-10 minutes. This gives both your child and yourself the time to talk without pressure.

Reduce pressure around achievement.

Many times children can become stressed or unwell due to the pressure they feel to be perfect or to achieve certain grades. Removing this pressure is healthy for yourself and your child. You can still encourage them to try their best without having high expectations.

As parents, it is important to support your child with their mental health. For children, it is important that they feel protected and safe to talk to you. Not only during mental health awareness month but every month. Here are some ideas of how you can build a healthy relationship and encourage open conversations.



THIS ONE IS FOR THE EDUCATORS

As educators, it's important to support students both inside and outside of the classroom. Prioritising student wellbeing can positively impact *confidence, attendance, engagement* and *learning*. By creating supportive environments and providing access to the right information and support, students can feel *safe, heard and valued*.



01.

Normalise wellbeing conversations in the classroom

It's important to make conversations about wellbeing part of everyday school life. Small check ins, mindfulness activities to begin the day and talking about emotions in a more casual way can help students feel more comfortable about opening up.



03.

Build routines and safe places

Predictable routines and calm spaces can help students feel secure, especially during stressful times like exam season. Consistency in classrooms create a sense of safety and helps students know where to go for support if they need it.



05.

Signposting students

Displaying support information around school and in classrooms can regularly remind students about the services that are available to them and allows them to make their own choices about accessing support.



02.

Encourage peer support and belonging

Feeling included and connected can have a huge impact on student wellbeing. Encouraging teamwork, kindness and positive friendships help students feel more supported, valued and a part of the school environment.



04.

Celebrate effort

Recognising students effort, progress and resilience can help build their confidence and self esteem. Sometimes we can be too focused on grades or other academic achievements that we forget to reward progress and effort.



06.

Support staff wellbeing

Supporting staff wellbeing is just as important as supporting students. Creating a positive workplace culture, encouraging breaks and promoting open conversations around stress and burnout can help staff feel valued, supported and better able to support students.

PLAYLIST

Create your own playlist filled with your favourite feel good songs

FIDGETS

Create your own fidget box filled with your favourite fidgets. Pay close attention to textures and sounds!

BUILD YOUR OWN FEEL BETTER TOOLKIT

BE CREATIVE

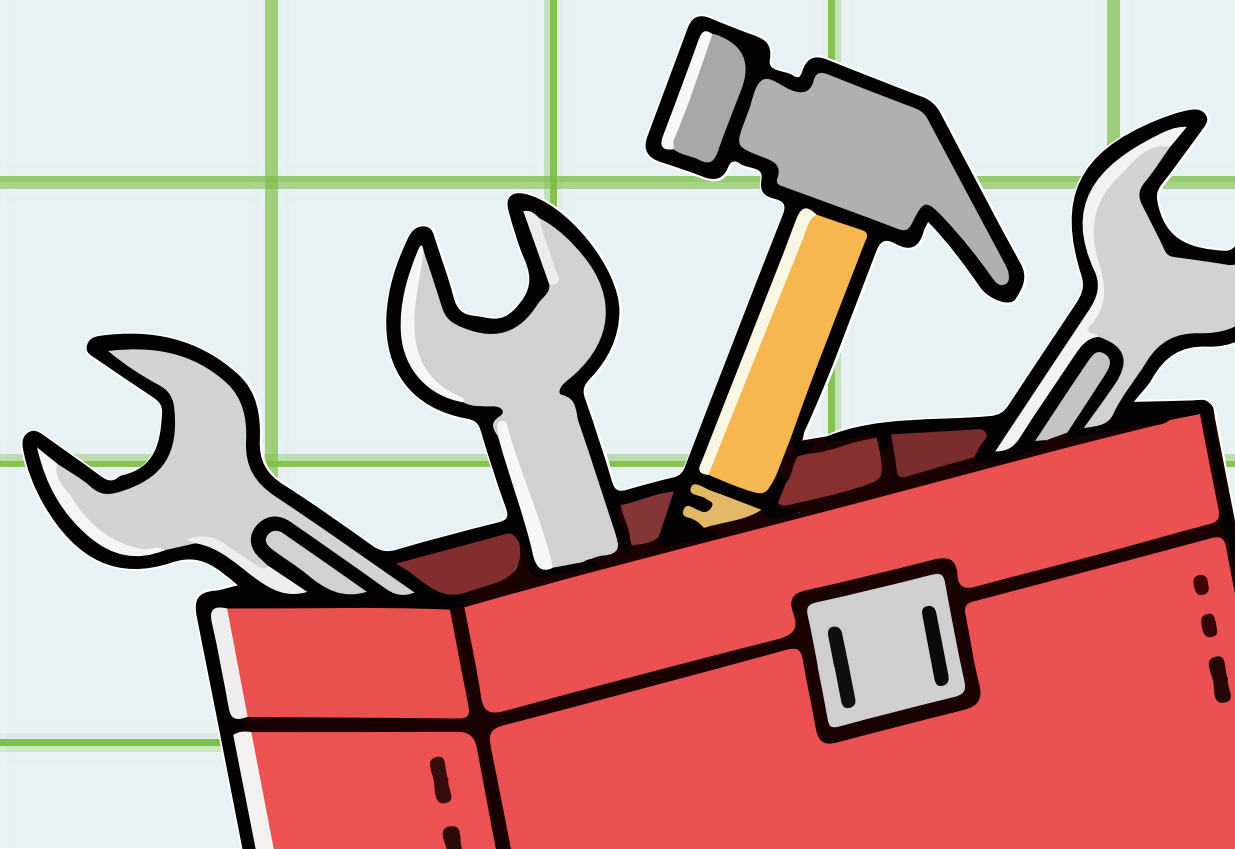
Create your own craft box filled with colouring books, pens, paints, tools, a journal or anything else you like to be creative with!

COMFORT ITEMS

You could have a blanket, teddy, hoodie or another object which calms you down. You could even carry a picture of a loved one with you.

SNACKS

Create a snack box + fill it with your favourite savoury or sweet treats! Keep some sour treats in there too (they can help regulate when you're anxious or panicked)



BUILD YOUR OWN FEEL BETTER TOOLKIT:

CREATE YOUR OWN POSITIVITY JAR



1. Prep your jar

Make sure you give your jar a good wash and make sure it's dry before you put the paper in.

2. Positive messages

Cut your paper into small pieces or strips. After this write down some positive quotes or kind messages. These will be rolled up and put in your jar.

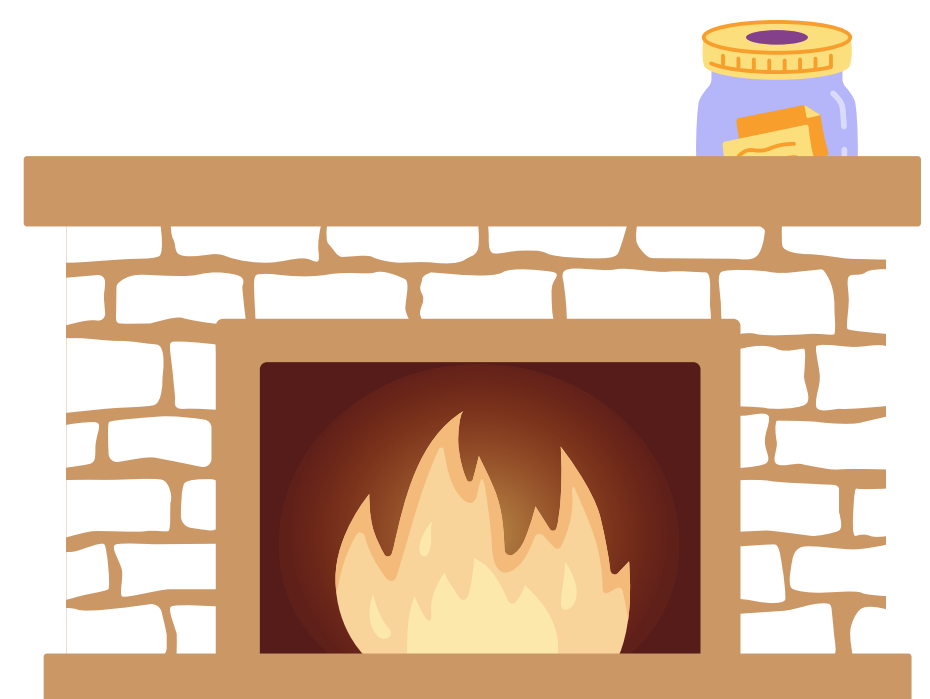


3. Add your own personal touch

Add some stickers, a label or some drawings to to the front of your jar to make it yours. Now its ready to be used!

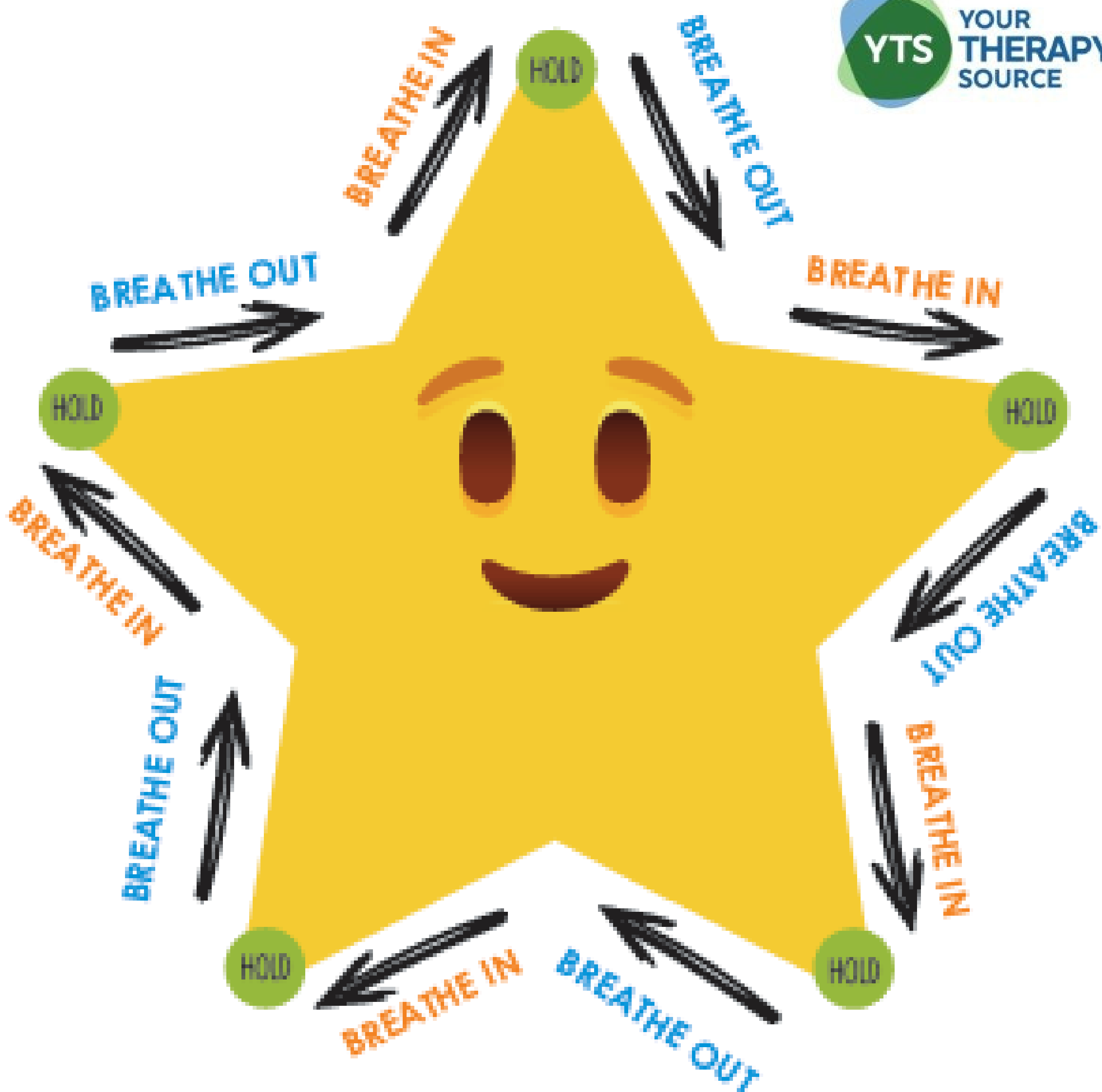
4. Keep it safe!

Make sure to put your positivity jar somewhere safe. Make sure you're able to reach it and can get to it all of the time. You could put it next to your bed, on a bookshelf or on the fireplace.

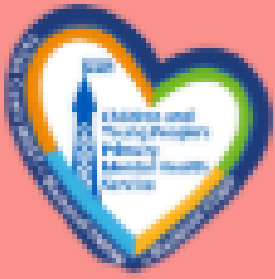


GROUNDING TECHNIQUES: STAR BREATHING

Calm down with star breathing. Pick any green circle to begin. Breathe out for a count of 3 - hold the breath for a count of 3 on the green circles - breathe in for a count of 3. Go around the whole star doing your deep breathing until you return to the green circle where you started. Repeat as needed.

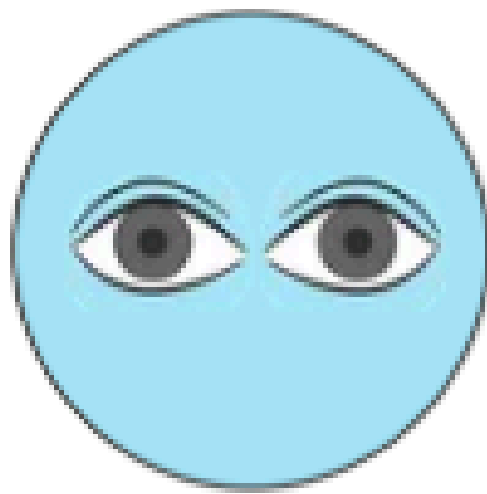


GROUNDING TECHNIQUES:



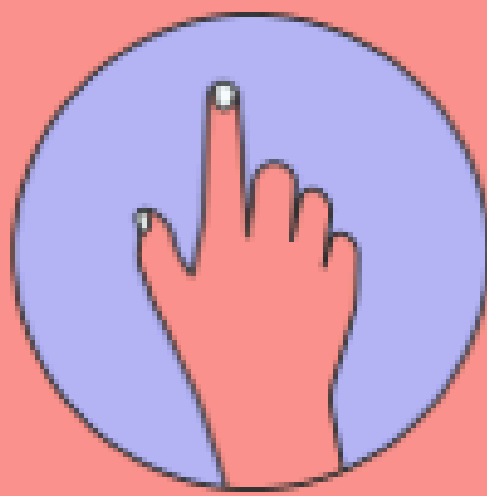
THE 54321 METHOD

This method can help manage your feelings of anxiety or overwhelming thoughts by encouraging you to focus on the environment around you. It helps ground you in the present moment and reconnects you with your senses.



5 THINGS YOU CAN SEE

Focus on your environment, what can you see? If you want an extra challenge focus on a specific colour or something starting with a certain letter.



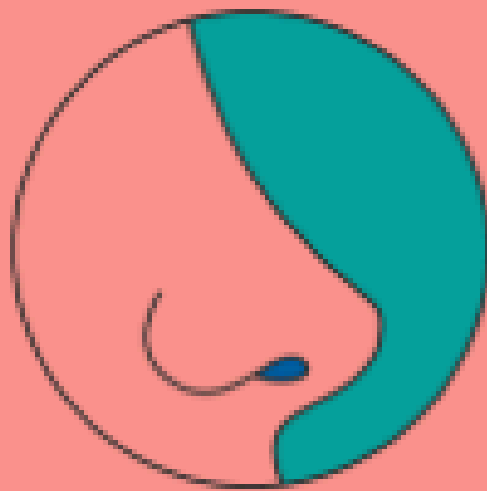
4 THINGS YOU CAN TOUCH

What's around you or on your person that you can touch or feel? Maybe it's a piece of clothing touching your body, your feet touching the ground or a physical object



3 THINGS YOU CAN HEAR

What are the natural sounds you can hear in your environment? Can you hear the birds, or cars passing? Maybe you're listening to music focus on the beat or instruments playing.



2 THINGS YOU CAN SMELL

What can you smell in your environment? Maybe there's a candle burning, or the smell of perfume. Maybe you can smell the flowers outside or yourself.



1 THING YOU CAN TASTE

What can you taste right now? Can you taste the last meal you ate? Can you maybe taste the toothpaste from when you brushed your teeth? This can be a tricky one and sometimes all you can taste is your saliva.

GROUNDING TECHNIQUES:

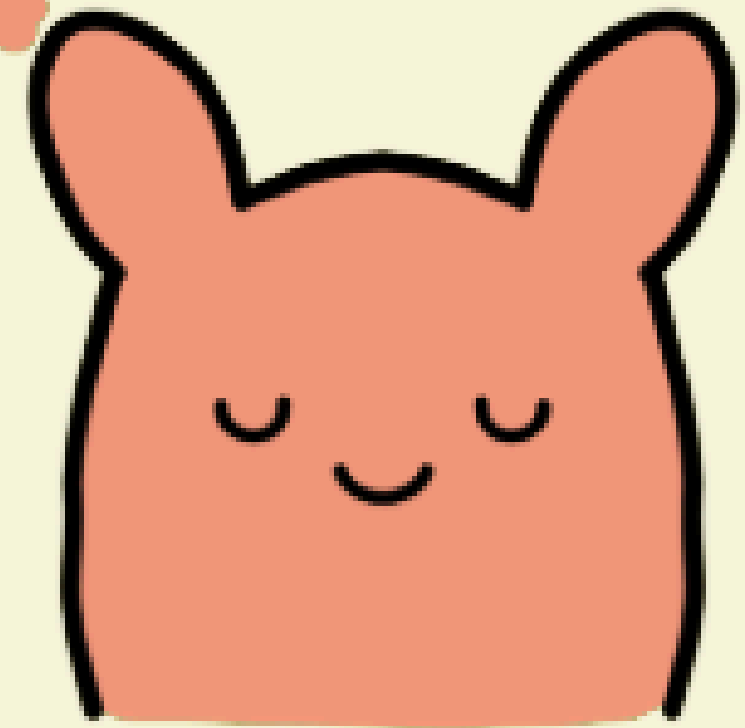
Keeping Calm

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste



Facts

Think about and name facts about what is going on right now. For example, think:

- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...



Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a ... colour
- Everything that is a ... shape
- Things that feel of...
- Things made of ...



By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.

THIS MONTH, MANY STUDENTS WILL BE FEELING EXAM STRESS.

PRIORITISE YOUR TIME WHEN REVISING



- Prioritising your time, subjects and workload will help reduce your anxiety levels, as you'll be able to ensure that the really important stuff is covered – and at the right time.
- As you progress through your revision, tick off the topics that you've completed – this will give you a small sense of achievement, knowing that you've finished something and are making your way to the finish line.

- Stepping away from social media during the exam period, as hard as it might be, will do wonders for your stress levels.
- Checking the latest updates on social media while revising is the worst type of procrastination possible, as we all know how quickly the time disappears when you're swiping through your social feeds.

TAKE BREAKS FROM SOCIAL MEDIA BEFORE EXAMS



EXERCISE + EAT HEALTHILY




- Sometimes the idea of exercising during times of high stress feels like the last thing you want to do, but we guarantee you will feel better afterwards. In fact, you could even have a bit more energy to do an hour more revision afterwards if you're feeling up to it.
- Give yourself that push to go out for a run, visit the gym, or even just head out for a brisk walk if you fancy a lighter form of exercise.
- Eating the right foods during stressful times is also absolutely crucial for mental health and well being.

- This is perhaps easier said than done, but try not to give yourself such a hard time. You're doing your best and that's the best you can do! Keep your eye on the bigger picture, and remember that one "meh" result isn't the end of the world.
- Putting yourself under a lot of pressure can have a negative effect, and as much of a cliché as this is, worrying really doesn't solve anything.

PUT YOUR WORRIES INTO PERSPECTIVE



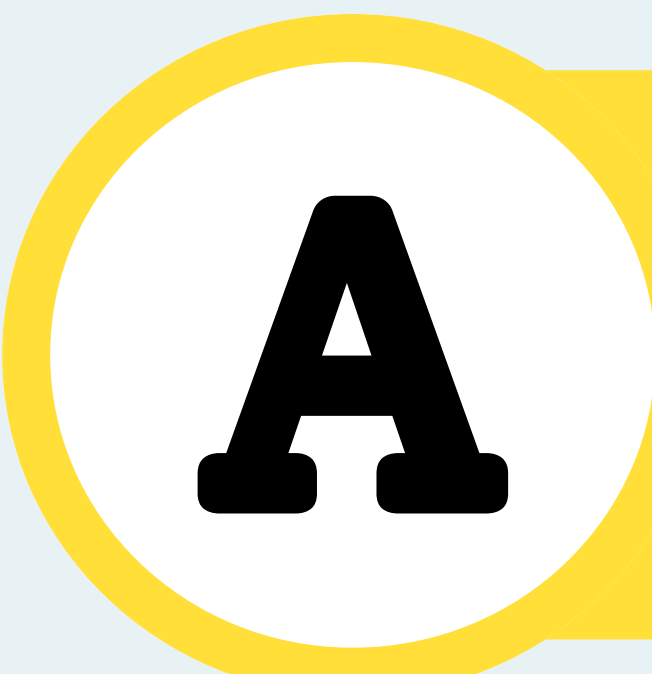
'MAGIC' CAN HELP WITH YOUR EXAM STRESS...



M

MINDFULNESS

Take notice of the world around you, focus on what is going on in your environment to ground you. Think about the 54321 method.



A

ACTIVE

Be active! Move your body in any way that feels comfortable for you. You could take a short walk, have a dance party, hula hoop, play a game or do some star jumps!



G

GENEROUS

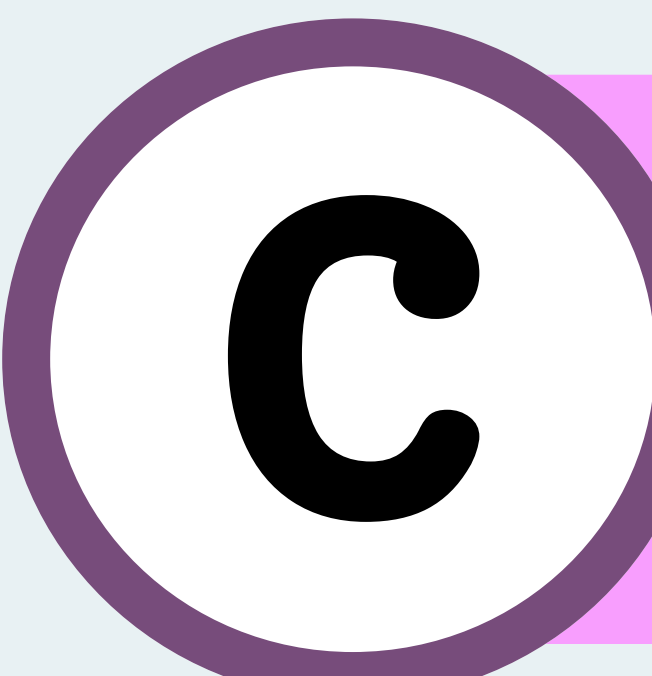
Doing good for others can improve your self-esteem and create a sense of purpose. Try giving someone a compliment or holding the door open.



I

INTERESTED

Learn new skills and be curious! You could try to cook a small dish (or bake if that's easier), read a new book, try a new hobby or listen to a new type of music.



C

CONNECTED

Build relationships with family, friends and neighbours. Having a strong support network can give you a sense of belonging and value. You could have lunch with a friend/ family member, plan a day out with someone or even join a new club/ class!

A spotlight is positioned in the upper left corner, casting a bright beam of light onto a blue, vertically-pleated curtain that serves as the background. The light creates a soft glow and a slight shadow on the curtain.

Service Spotlight

In the rest of this lightbulb moments issue, you will find information for services and events across Blackpool, Fylde and Wyre.

If you feel yourself or a young person need to access these services please use the contact information provided.



Lancashire &
South Cumbria
NHS Foundation Trust

DROP IN SESSIONS

with our Primary Mental Health Workers Team

- Aimed at Parents, Children and Young people and professionals seeking advice around Mental health

- Including information around signposting and best services that meet your Mental Health needs

THORNTON YMCA

FY5 3SX

&

POULTON LIBRARY

FY6 7DH

2:00-4:30PM

Thornton YMCA

2nd October

6th November

4th December

5th February

5th March

Poulton Library

2nd April

7th May

4th June

2nd July

6th August

DROP IN SESSIONS

With our our Primary Mental Health Worker Team

- Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health
- Including information around signposting and best services that meet your Mental Health needs

Where?

Knot End Library

FY6 0AU

Dates

Thursday 27/11/25	09:30AM-12PM
Thursday 22/1/26	09:30AM-12PM
Thursday 19/3/26	09:30AM-12PM
Thursday 14/5/26	09:30AM-12PM
Thursday 9/7/26	09:30AM-12PM



Lancashire &
South Cumbria
NHS Foundation Trust

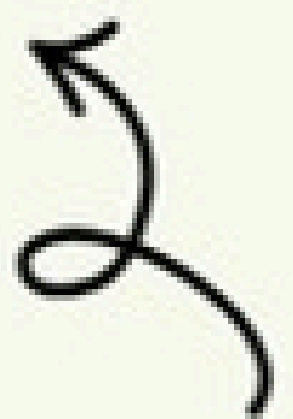
DROP IN SESSIONS

With our our Primary Mental Health Worker Team

Where?

Garstang Library

PR3 1EX



3rd Thursday of every month

• Aimed at Parents,
Children and Young
people and professionals
seeking advice around
Mental Health

• Including information
around signposting and
best services that meet
your Mental Health
needs

2:00PM-4:30PM

16 th October 2025	19th March 2026
20 th November 2025	16 th April 2026
18 th December 2025	21 st May 2026
15 th January 2026	18 th June 2026
19 th February 2026	16 th July 2026
	20 th August 2026



Children and Young People's Primary Mental Health Service

Entwined Minds Patient Participation Group: Wyre

Are you passionate about mental health and wellbeing?



Do you want to use your voice to make positive changes to Children's Mental Health Services?

Would you like to connect with others and have fun along the way?

If the answer is **YES** then why not come along to the Entwined Minds Group! Each session is supported by practitioners from SHINE Mental Health Support Team who work in all High schools within Wyre.

What can I do at Entwined Minds?

- Provide feedback on how we can be better
- Create content for social media
- Help design our promotional material and resources
- Make decisions about who we employ
- Attend events with the team in and out of school
- Gain experience to support you in your future plans
- Build positive relationships within your community

Date:

The first Wednesday of every month starting

Time:

4:30pm till 6pm

Location:

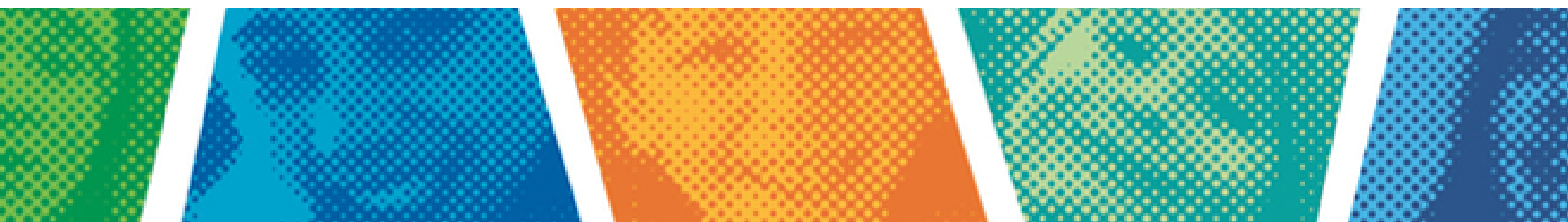
Poulton Community Hall, Vicarage Road, FY6 7BE

Get in touch

If you are interested or have any other questions then get in touch or let one of your practitioners know!

📞 0800 121 7762 (Option 4) ✉️ bfwh.cyppmhs.blackpool.nhs.net

📷 [@cyp_primarymentalhealthservice](https://www.instagram.com/cyp_primarymentalhealthservice)



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?

- We will listen to your concerns
- We can provide practical advice and guidance
- We can help you to explore services that can support a young person's mental health

SCAN THE QR CODE TO:

- Learn more about PMHWs
- Find the dates and locations of our drop in's
- Access our online link to join virtual drop in's.



WHERE TO FIND US:

ALL OUR DROP IN'S RUN FROM 2-4.30 PM.

- EVERY MONDAY- REVOE CHILDREN'S CENTRE GRASMERE ROAD, FY1 5HP
- 1ST TUESDAY EACH MONTH- SOUTH FAMILY HUB PALATINE LEISURE CENTRE, ST ANNE'S RD, BLACKPOOL FY4 2AP
- 1ST WEDNESDAY EACH MONTH- MOOR PARK LIBRARY, MOOR PARK HEALTH AND LEISURE CENTRE
- 2ND TUESDAY EACH MONTH- DEVONSHIRE PRIMARY ACADEMY
- 3RD TUESDAY EACH MONTH- NORTH FAMILY HUB
- 3RD WEDNESDAY EACH MONTH- VIRTUAL DROP IN (SCAN THE QR CODE TO ACCESS)

****PLEASE NOTE DROP IN'S DO NOT RUN ON BANK HOLIDAYS.**

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

 @cyp_primarymentalhealthservice

 @Blackpool PMHW




Blackpool Teaching
Hospitals
NHS Foundation Trust

Lancashire **SEND** Roadshow

2025/2026

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.

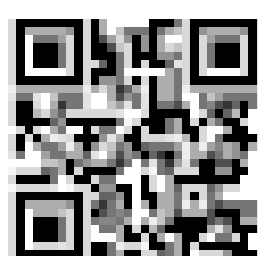




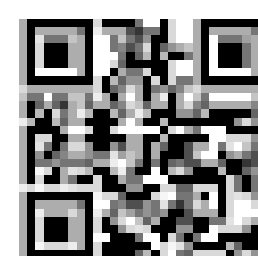
Dates across Lancashire are:

25th Sept 2025 9:30 – 1 pm	Kirkham Family Hub
22nd Oct 2025 9:30 – 1 pm	Skelmersdale Family Hub and The Zone
3rd Dec 2025 9:30 – 1pm	Pendle and Burnley 1882 Lounge Burnley Football Club
28th January 2026 9:30 – 1 pm	The Park Family Hub Accrington
4th February 2026 9:30 – 1 pm	Inspire Youth Zone Chorley
26th March 2026 9:30 – 1 pm	Clitheroe Family Hub
15th April 2026 9:30 – 1 pm	Lune Park Family Hub Lancaster
6th May 2026 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
16th June 2026 9:30 – 1 pm	Fleetwood Library
1st July 2026 1:30 – 4:30 pm	Moor Nook Ribblesdale Family Hub

Please scan the following QR codes
 for more information:



Local Offer



Family Hubs



Blackpool Teaching Hospitals

NHS Foundation Trust

SHINE Fylde Coast MHST Operates 9am to 5pm Monday to Friday.

There are other helplines, text and web-based support if someone is finding it hard to cope. You can get 24 hr advice to support you, your parent/ carer or someone you care for. More details below.

Helplines, Text & Web Based Support



The RAIS Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.

07810 696565 or bfwh.rais.team@nhs.net



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.

Text: YM to 85258.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Call: 0800 111

Visit: www.childline.org.uk



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.

Call: 116 123 for free



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.

Call: 0800 068 4141

Text: 07860 039 967



Initial Response Service is a 24 hours, 7 days a week service which supports with mental health crisis. It is staffed by trained mental health professionals.

Call: 0800 013 0709



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25

www.kooth.com

Caring • Safe • Respectful



Helpful Apps



These days so many of us use apps in our everyday life for anything from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health?

Calm

Improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



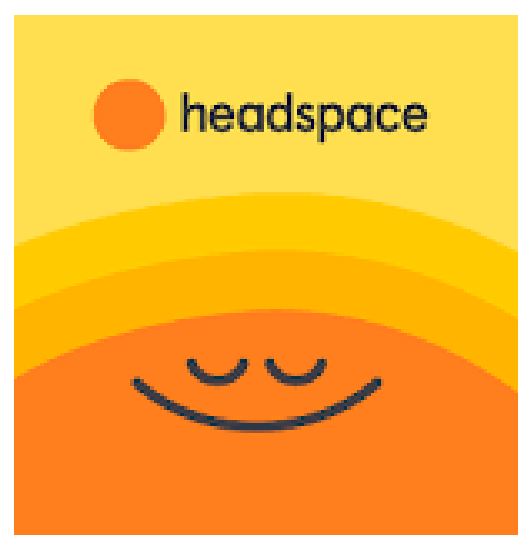
Worry Tree

The Worry Tree app aims to help you take control of worry. Wherever you are you can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you.



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It's also on Netflix too.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It. It can teach you how to look at problems in a different way and turn negative thoughts into positive ones.



Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.

