

# Newsletter

## Mental Health Support Team



May 2025

### MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for students from primary age 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 and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Accrington College).

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 can support a referral to the service. You can also speak to your GP.

### Thankyou



Hello everyone, we hope you are well and thank you for taking the time to read our Newsletter. This past half term staff from the MHST have been busy meeting lots of young people, parents, staff and new faces in schools and other settings. We are really enjoying meeting so many of you and we are very grateful for the warm welcome we receive in schools, children's centres and from other organisations we work alongside.

### Staff Introduction



Hi, I'm Sharon and I am a Mental Health Practitioner in the BWD Primary Schools Team. I love my job helping young people take care of their mental health and also working with parents to help them support their children. When I'm not working, I love to be outdoors in the fresh air and sunshine with my own family and I love a good book !



Hi, I'm Catherine with a "C" I'm one of the primary EMHPs, who has lived experience of neurodiversity and I love working with parents/CYP to support them to make positive changes. In my free time, I love walking my two dogs or being in my garden. I have 4 children and 4 grandchildren who keep me busy.

### Participation Event (BwD)

On the 28<sup>th</sup> May 11am-3pm we will be hosting a Participation Event at Blackburn Youth Zone. We are running this alongside our friends at Health Watch.

We would love to invite expressions of interest from any young people age 8-16 who are currently in school in Blackburn with Darwen. The event will be fun and we are looking forward to hearing the voice of young people. If you know of anyone who would be interested in this event please email [Lisa.naylor@lscft.nhs.uk](mailto:Lisa.naylor@lscft.nhs.uk) for further information. Look out for more information on our social media pages and in schools.



Newsletter - we work as a group to create this newsletter and are always looking for new suggestions and content so if you have any please email us at [mhstnewsletter@lscft.nhs.uk](mailto:mhstnewsletter@lscft.nhs.uk)

Follow us for regular updates and helpful Tips



[lscft\\_elcas](https://www.instagram.com/lscft_elcas)



[Elcas Mhst](https://www.facebook.com/ElcasMhst)



SCAN ME







# Mental Health Awareness Week

**NHS**  
Lancashire &  
South Cumbria  
NHS Foundation Trust



The theme for the 2025 Mental Health Awareness week is 'community' and it will be all about celebrating the importance, power and value of being in a community.



Being part of a safe and positive community can really benefit our mental health and well-being.

Communities can provide a sense of belonging and togetherness that can help fight loneliness and make us feel supported during difficult times.

## What is a community?



A community can take any forms and can involve:

- People who live in the same area.
- A network of supportive people.
- groups formed around shared interests, values, beliefs or cultural identities.

## Reasons why community is important for our mental health?

1

Social connections can reduce isolation

2

Sense of purpose through community involvement.

3

Life feels more satisfying when you're part of a community.

4

Community can ease psychological distress.



## How to get involved in your community

**Make it fun-** Join a club or a group that focuses on your interests.



**Get outdoors-** Go for walks, join a running or cycling group, or spend time in a community garden to feel more connected.



**Volunteer or give to charity-** Helping others can build a sense of community and give you purpose.-



**Show kindness to others-** Chatting with your neighbours, greeting people at your local café, or starting a conversation at the bus stop can lead to new friendships.





# National Walking Month

**National Walking Month** May 2025, a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking.

This month-long event is the perfect opportunity to explore the great outdoors, improve fitness, and connect with others in a healthy, enjoyable way.

### Improves your physical health

Regular walks can reduce the risk of major health conditions by up to 50%, such as:

- Heart Disease by 35%
- Stroke by 35%
- Type 2 Diabetes by 50%
- Some Cancers by 20-50%

A brisk 20-25 minute walk every day can add 7 years to your life

Walking boosts your immune system, helping to keep colds and flu at bay.

Walking **ONE** mile in 20 mins burns **100** calories

Walking keeps your **Heart** and **Lungs** and circulation healthy and improves your flexibility.

### Supports your mental wellbeing

Walking helps you sleep better, giving you more energy throughout the day.

Walking can be enjoyed as a social activity and increases our sense of connectedness.

Daily walks can improve your memory and the way your mind processes, cutting the risk of Alzheimer's by 45%

Walking can be an effective way of reducing depression. It can also reduce stress and anxiety levels.

Walking can make you happier by releasing endorphins into your body, which can improve your mood.

## Walking

### Helps the local environment

Every mile **WALKED** instead of **DRIVEN** cuts out **0.2kg** of **CO<sub>2</sub>**

Swapping five car journeys a week to walking could reduce your carbon footprint by 86kg a year.

Choosing to walk instead of drive will reduce air pollution, which improves your physical health as well as the environment.

If everyone walked one day a week instead of driving, traffic would be reduced by at least 10%.

### Enhances community

Improved neighbourhoods

Teaching children to walk safely to school improves their road safety and awareness skills and will stand them in good stead for the rest of their lives.

Residents of streets with less traffic tend to have more local friends.

Wicomico County has **30+** miles of trails, with more being added. Get out and explore!

Walking allows the opportunity to stop and chat with a neighbour... ..and enjoy the environment around you.

More walkers on the street can reduce traffic speeds, noise levels and the need for street surveillance.

### How To Practice Mindful Walking

1. Find a suitable location
2. Start walking
3. Pay attention to your body
4. Use your breath as an anchor
5. Engage your senses
6. Accept distractions and gently refocus
7. End your walk mindfully



### Summer Nature Scavenger Hunt

- |                                    |                                  |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> firefly   | <input type="checkbox"/> frog    |
| <input type="checkbox"/> bee       | <input type="checkbox"/> ladybug |
| <input type="checkbox"/> flower    | <input type="checkbox"/> worm    |
| <input type="checkbox"/> ant       | <input type="checkbox"/> tree    |
| <input type="checkbox"/> butterfly | <input type="checkbox"/> fly     |
| <input type="checkbox"/> dragonfly | <input type="checkbox"/> grass   |
| <input type="checkbox"/> stick     | <input type="checkbox"/> snail   |

### HOW DOES EXERCISE HELP Self-Regulation







**NHS**

**Lancashire & South Cumbria**  
NHS Foundation Trust

ADHD North West  
Supporting Families

**ADHD PARENT EMPOWERMENT & TRAINING COURSE**

JOIN US FOR 6 SESSIONS OVER 3 WEEKS  
TUESDAYS AND THURSDAYS AT 9.30AM AND 6PM.

We invite you to join us on a journey to unlock your child's full potential. Our expert team is dedicated to providing you with tools, strategies and support necessary to help your child thrive. Through a personalised, step-by-step approach, we will work closely with you to offer support that addresses your child's unique needs and aspirations.

START DATE  
29TH APRIL 2025

Visit [www.adhdnorthwest.org.uk](http://www.adhdnorthwest.org.uk) for more details and to access the application form or call us on 01254 886886



**Blackburn with Darwen**

**ADULT LEARNING**

**FREE Courses!! Click here**

**CLICK HERE**



**IGNITE Diversity**  
SPECIAL EDUCATIONAL NEEDS & DISABILITIES

- Inclusive Environment
- Experienced Staff
- Community Building
- Fun and Learning

**EXCITING ACTIVITIES**  
**DELICIOUS FOOD**  
**LIFE SKILLS PROJECTS**

AGE 8-21 YEARS SUNDAYS 2 PM - 6 PM  
AGE 11-16 YEARS MONDAYS 3 PM - 6 PM

JOIN US FOR A JOURNEY OF GROWTH, FRIENDSHIP AND DISCOVERY!

**Domestic Abuse SUPPORT GROUP**

**WHEN: TUESDAY 22<sup>nd</sup> APRIL 2025** (then every Tuesday)  
**WHERE: CAFE IMPRESSO**, 58-62 King William Street, Blackburn, BB1 7HU (town centre)  
**TIME: 11.00am - 12.30pm**  
**OR ONLINE: WEDNESDAY 23<sup>rd</sup> APRIL** (then every Wednesday) 6.00pm - 7.30pm ONLINE ONLY via ZOOM.  
Email: [Peer-Support@thewishcentre.org](mailto:Peer-Support@thewishcentre.org)

**What is it?**  
It is a women's support group designed to create a safe space for each woman to talk about their past or present domestic abuse experiences.

There is **NO CHARGE** to join for as little or as long as you like. Being in a group surrounded by women who have been through similar can be very comforting knowing you are not alone.

**YOUTHRIVE AT BLACKBURN YOUTH ZONE**

**Infants**  
Creative Arts  
Interactive Team Games  
Play Sensory Activities  
Value-based Activities  
Well-being Workshops

**Junior**  
STEM & Creative Challenges  
Climbing  
Leadership Skills  
Community Projects  
Well-being Workshops

**Saturday**  
10.00am - 12.00pm  
12.00pm - 2.00pm

**THRIVE TOGETHER**  
IN AUDLEY & QUEEN'S PARK

UNLEASH THE FUN, FOSTER FRIENDSHIPS, AND GROW THROUGH CREATIVITY, GAMES, AND WELL-BEING!

**UNITED WESTWAY**  
Age: 11-16 years  
Time: 12-2 pm

**AUDLEY SPORTS CENTRE**  
Age: 11-16 years  
Time: 12:30-2:30 pm

**AUDLEY SPORTS CENTRE**  
Age: 11-16 years  
Time: 3-5 pm

**Parent Webinars**

**FREE**

**Thursday 15th May Parent Webinar 6pm - 7pm**  
**Supporting your child's mental health Workshop**

We would like to invite parents/carers of young people to a workshop which explores how to support your child's mental health -

The Webinar explores :

- What is mental health
- What can impact mental health
- When is support needed
- What support looks like
- what to do to maintain positive mental health

Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID:364 683 482 861  
Passcode: LwGwQ2

**FREE**

**Thursday 19th June Parent Webinar 6pm - 7pm**  
**Understanding anxiety Workshop**

We would like to invite parents/carers of young people to a workshop which explores anxiety -

The Webinar explores :

- To gain an understanding of the support provided by the Mental Health Support Team (MHST).
- To identify possible signs and symptoms of worry in children and young people.
- To learn strategies to support your child if/when they are experiencing worry.
- To recognise when and how to request specialist support for your child.

Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID:360 902 638 910  
Passcode: YUEKPK