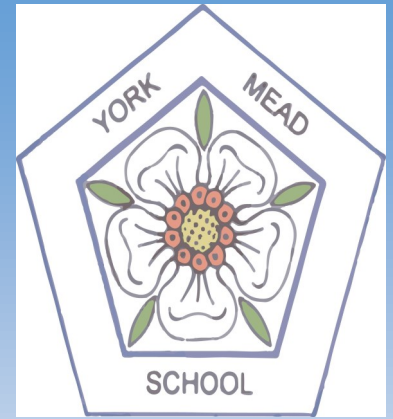
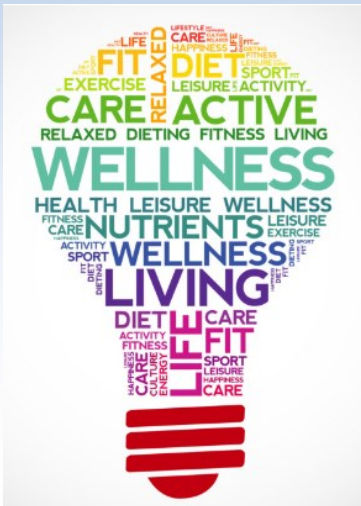


Yorkmead School



Mental Health & Well-being Newsletter — July 2024

Welcome to this term's mental health and well-being newsletter.

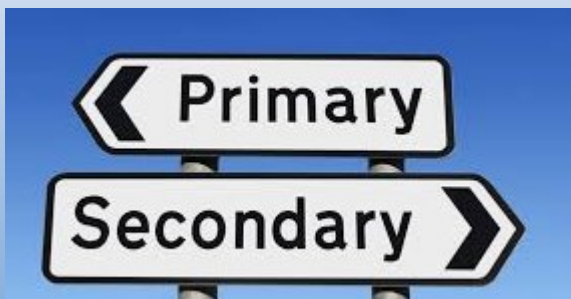


As we come to the end of another school year, we can reflect on the many successes of our school community. We have held mental health workshops with Forward Thinking Birmingham, which have been well attended by parents and children. The children have also completed their Mental Health Champion training this year.

In school, we have also been busy developing our mental health and pastoral care provision. This year we have managed to secure the work of a family support worker who will be starting with us, part-time, in September. If this is a service you might be interested in, please contact Mr. Neale-Crane (Pastoral Care Lead) via the school office.



Year 6 will be moving on to their secondary schools in September, which can be an anxious time for them. We have been preparing them for their transition, so keep the conversation going to reassure them that all will be well in their new schools.





What is Play Therapy?

Play is children's primary form of communication.

A Play Therapist can help a child to safely express their feelings and experiences through the medium of play.

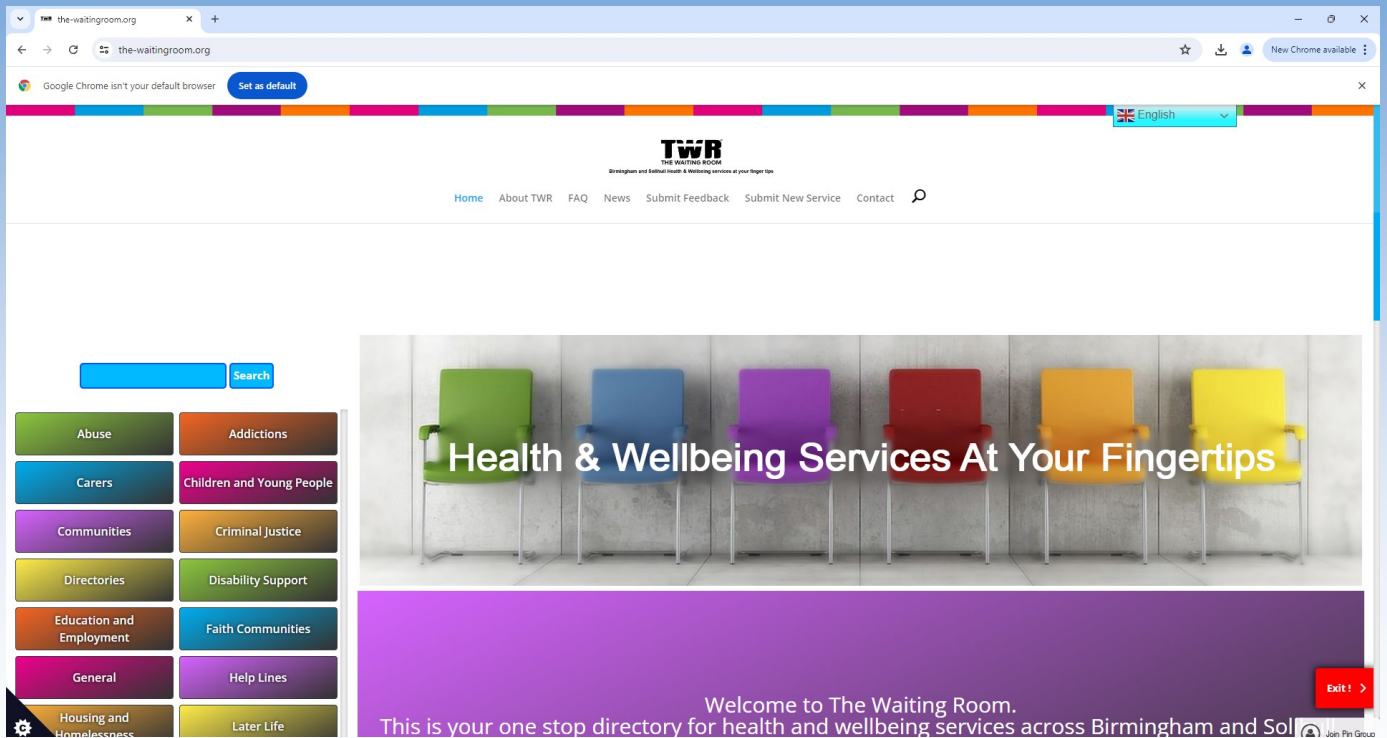
Play Therapy can be helpful to Children who have experienced:

- Bereavement and Loss
- Family Breakdown
- Abuse
- Friendship Difficulties
- Bullying
- Attachment Difficulties
- Trauma
- Low Self Esteem
- Anxiety
- Illness
- Emotional or Behaviour Difficulties

From September, we will be able to offer the services of a Qualified Play Therapist. Places are very limited, but if you feel that this is something that may be of benefit to your child, please contact Mr. Neale-Crane.



Further Information ...



The Waiting Room is a great website for all kinds of services; from homelessness, to mental health, family support and advice.

<https://the-waitingroom.org/>

Birmingham Mind
Mental health support service that promotes well-being and recovery // Birmingham and Solihull

 [01216088001](tel:01216088001)

 <https://birminghammind.org/>

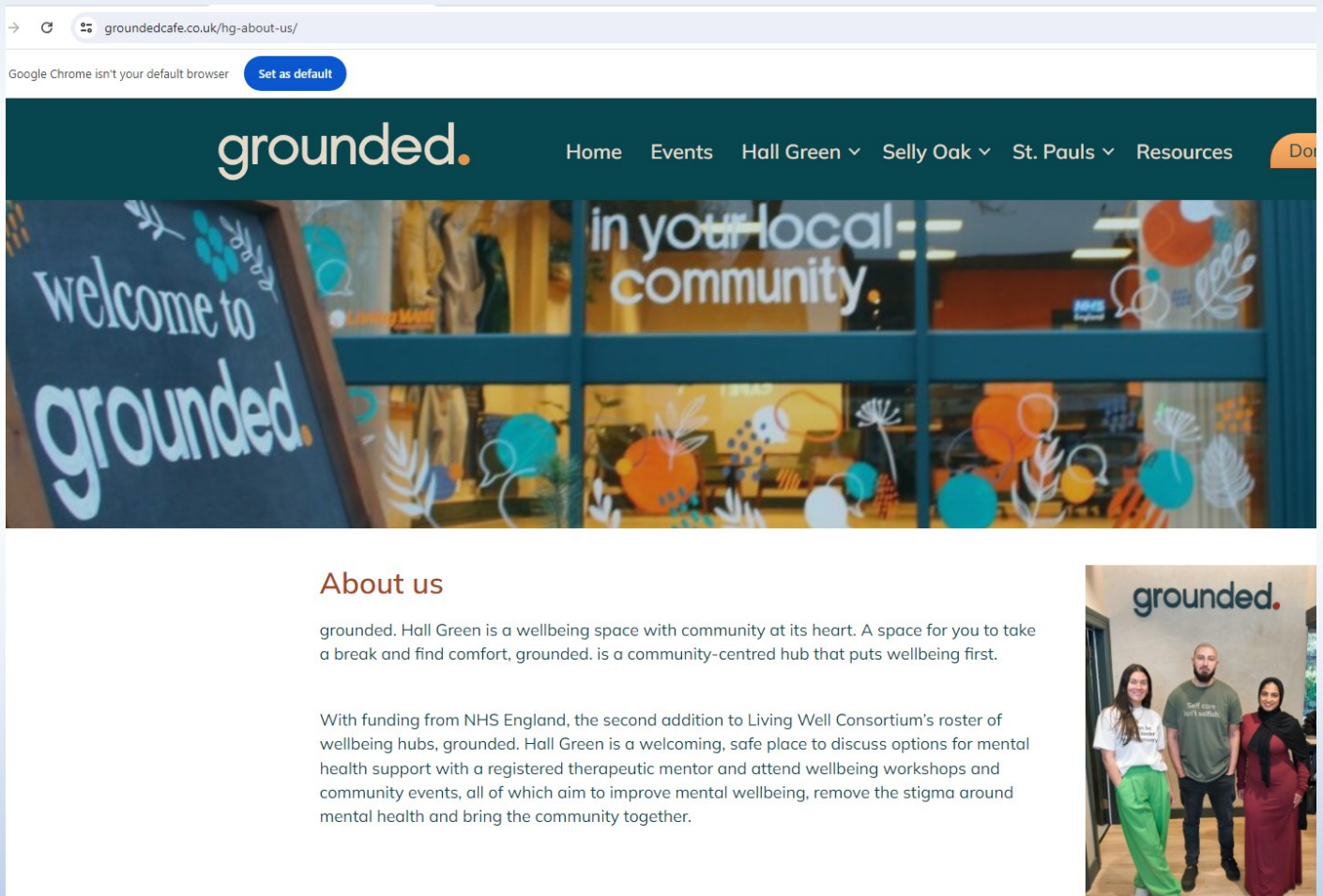
    

Further Information ...

Located on the Stratford Road near to Poundstretcher, you will find Grounded café. This is a community mental health and wellbeing hub for local residents.

For more details go to:

<https://groundedcafe.co.uk/hall-green/>



The screenshot shows a web browser displaying the website groundedcafe.co.uk/hg-about-us/. The page features a dark green header with the 'grounded.' logo and navigation links for Home, Events, Hall Green, Selly Oak, St. Pauls, and Resources. Below the header is a large image of a window display with a chalkboard that says 'welcome to grounded.' and the text 'in your local community.' The main content area has a white background with the heading 'About us' in brown. The text describes the grounded. Hall Green as a wellbeing space with community at its heart, funded by NHS England. To the right of the text is a photograph of three people standing in front of a grounded. sign.

About us

grounded. Hall Green is a wellbeing space with community at its heart. A space for you to take a break and find comfort, grounded. is a community-centred hub that puts wellbeing first.

With funding from NHS England, the second addition to Living Well Consortium's roster of wellbeing hubs, grounded. Hall Green is a welcoming, safe place to discuss options for mental health support with a registered therapeutic mentor and attend wellbeing workshops and community events, all of which aim to improve mental wellbeing, remove the stigma around mental health and bring the community together.

Until next time, have a great summer!

Mr. A Neale-Crane (Assistant Head Teacher and Pastoral Care Lead)