

# 'Kind Minds' Newsletter

## Issue 4: March 2021

Welcome to the 4th issue of the '**Kind Minds**' newsletter - with a bumper edition!

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We plan to produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please contact [louise.andrews-gee@staffordshire.gov.uk](mailto:louise.andrews-gee@staffordshire.gov.uk).

In this 4<sup>th</sup> issue we focus on:

- **Updates** on services available to support Children & Young People, including Cannock Mental Health Support Team and DFE Wellbeing for Education Return Project
- **New Resources** to support the DFE Wellbeing for Education Return Project
- **Top Tips** and a video for good mental health and wellbeing
- **Spotlight** on whole-school approaches to mental health
- **Case Study** from Action for Children's Emotional Health and Wellbeing School Support
- **Mythbusting** – What are the Five Ways to Wellbeing?
- **County Lines** poster – preventing vulnerable exploitation
- **Resources and training** – for colleagues, parents / carers

And lots of other useful updates, news and information!

### Cannock Mental Health Support Team – Update



The Cannock Mental Health Support Team is now in place and the team will soon be contacting schools who are involved in the project.

The service will support a number of education establishments within the Cannock Chase CCG locality to ensure that children and young people have early access to emotional wellbeing support, as well as ensuring schools embed a whole-school approach with regards to mental health.

We have four Trainee Education Mental Health Practitioners who have commenced Low Intensity Cognitive Behaviour Therapy (CBT) informed training at the University of Derby. This will allow them to offer support for presenting difficulties such as anxiety and low mood. As well as the schools themselves, the team will also work collaboratively with Staffordshire County Council to ensure pupils are able to receive the help they need.

If you have any queries or would like to know more about the service, please contact: [MHSTCannock@mpft.nhs.uk](mailto:MHSTCannock@mpft.nhs.uk)

## Wellbeing for Education Return Project: UPDATE

The **first phase** of the Wellbeing for Education Return project, funded by the DfE and DH&SC, **is now complete**.

Our local experts commenced delivery of the virtual webinars, to Staffordshire education colleagues, in November 2020. The delivery of the final webinars during January 2021 is now complete.



Feedback from delegates from the January 2021 webinars are currently being analysed and will be shared in the next newsletter. Feedback has been incredibly positive, so we extend our thanks and say **'well done' to our local experts!**

We are now looking at how we will extend this project beyond March 2021 into **Phase 2**, considering local needs, resourcing and capacity.

Having looked at delegates' suggestion for future needs and topics, **'staff wellbeing'** has been the most popular response.

Added to this, SCC have undertaken a survey of childcare providers and **'staff wellbeing'** and the **'emotional wellbeing of under 5s'** are the main themes.

Planning for Phase 2 and the next steps will continue during March 2021. Your feedback from the webinars and using the resources available is invaluable in understanding your needs and informing the next phase.

*Please let us know if you would like to be part of the discussions around Phase 2 of the project, focussing on **'staff wellbeing'** (all phases of education) and the **'emotional wellbeing of under 5s'**.*



**NEW Wellbeing for Education Return resources for education staff**

The Department for Education and Department of Health and Social Care have been working with MindEd and the Anna Freud National centre for Children and Families to:

- Index, hyperlink and update signposting in the existing Wellbeing for Education content so education staff can more easily access and navigate it – this is now available on the [MindEd Education Hub](#).
- Create a short, pre-recorded webinar titled ['Every interaction matters'](#) and supporting information sheet, which school and FE leaders can use with staff. The webinar focuses on wellbeing, resilience and the 'look, listen, link' framework covered in the original Wellbeing for Education Return content and derived from Psychological First Aid.
- Collate signposting to supporting resources, including on education staff wellbeing.

These resources are available on the [MindEd Education Hub](#), alongside the original Wellbeing for Education Return content.



### **NEW** Better Health – Every Mind Matters resources for teachers

New lesson plans on [sleep](#) and [social media](#) are now available on [School Zone](#), Public Health England's free teacher website.

They are suitable for Year 6 and Key Stages 3 and 4 lessons, both in the classroom and at home, and feature content co-created with teachers and young people.

They complement a wide range of other [mental wellbeing resources](#) that support teachers to deliver the new RSHE statutory guidance.

### **Boloh – The Black, Asian and Minority Ethnic Family Covid-19 Helpline**

Barnardo's has launched a COVID-19 helpline and webchat for those age 11+.

Call us on 0800 151 2605 or chat to us online at <https://helpline.barnardos.org.uk/>

Are you a Black, Asian or Minority Ethnic child, young person, parent or carer, affected by Covid-19? You can speak to us about your worries, problems and stresses during this time, and we can provide emotional support, practical advice and signposting to other organisations who can provide further help.

If you're a professional, you can also contact us to discuss how to support a child or young person you are working with.

We are available to talk Mon-Fri, from 10am-8pm, and Sat-Sun 10am-3pm.



### **Top tips for good mental health and wellbeing**

Youth Mental Health Ambassador, Dr Alex George has shared his 'top five tips' for young people's good mental health and wellbeing. This is live on the Department for Education's [YouTube channel](#).

Dr Alex has given advice to young people on how to improve their mood and look after themselves by eating well, getting plenty of sleep and natural light during the daytime.

**\*Click on the picture below to start the video – and click on the 'YouTube' logo to enlarge the video when playing\***





### Spotlight on...Redhill Primary School: A whole-school approach to mental health

At [Redhill Primary School](#), we have recently been awarded Silver status in the [School Mental Health Award](#) from the **Carnegie Centre of Excellence for Mental Health in Schools**. This award recognises our work with supporting our children, staff and community’s wellbeing over the last few years.

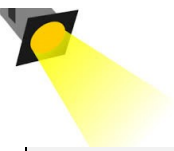
Our journey began in 2017 when the government published their Mental Health Green Paper. Over this time, we set up our school to **prioritise the mental health of all** of our stakeholders. Whole school ‘mental health temperature checks’ are taken with both our staff and children, identifying people who could benefit from support and signposting as well as potential stressors, current and upcoming so they can be mitigated.

**Mentally healthy staff** are happier and more productive which are behaviours that we want staff to model to our children. We complete collaborative, **whole school events** that challenge us both physically and mentally such as zorbing, meditation and yoga. Sometimes, however, a bar of chocolate and good chat might make the difference between a good night’s sleep or not. Getting this balance right requires trust and time for staff to become comfortable to want this and at Redhill we ensure that this is **modelled right from the top of leadership**.

We have created our own **bespoke Society curriculum** that combines subjects such as PSHE, RSE, Mental Health and R.E. where we explicitly teach children how to manage their wellbeing-among other things. Our **behaviour management system** models to children healthy and appropriate ways to manage stress, anxiety and relationships and does not focus on punishment for mistakes made. The daily timetable schedules in ‘zen time’ where we teach our children to value their wellbeing by modelling and practising self-care. External agencies support children in making their first mental health first aid kits - a life skill to guide them through modern society.

Everything at Redhill revolves around relationships. We listen to our community and aim to be proactive rather than reactive to need.

The impact of Covid-19 has made a huge impact on our community, but we are confident that the years of preparatory work has mitigated some of the disaster. Self-care has been essential for our children and thankfully they have used their knowledge over these lockdowns to support themselves.



### Spotlight on...Cardinal Griffin Catholic College: A whole-college approach to mental health and wellbeing

At [Cardinal Griffin Catholic College](#), we have been concerned about the impact of the pandemic on our young people’s wellbeing and mental health.

Throughout lockdown we have asked pupils to take part in a **Wellbeing Survey** each week which has helped us to identify those pupils who were struggling and gave our Pastoral Team

the opportunity to put extra support in place. Feedback from our pupils and parents was positive and we have been able to set up group and 1:1 virtual support sessions using MS Teams.

The survey results helped us to design virtual **Mental Health Awareness Assemblies** for each year group highlighting key areas of concern.

We created a programme of events and raised awareness of local and national support for our pupils during **Children's Mental Health Week 1st-5th Feb 2021**. Link here: <https://sway.office.com/6IDMFUvh0vDVky2b?ref=Link&loc=play>



[Sway](https://sway.office.com/6IDMFUvh0vDVky2b?ref=Link&loc=play)

The theme of this year's Children's Mental Health Week is Express Yourself.

[sway.office.com](https://sway.office.com/6IDMFUvh0vDVky2b?ref=Link&loc=play)

We look forward to the wonderful opportunity of the newly commissioned MHST for Cannock Chase as we recognise the valuable support that they will offer our college community.

We are now looking to set up a **Mental Health Action Group** so that pupils, parents/carers, staff and governors can all play a role in promoting and improving the mental health and wellbeing support across our college community.



### Staffordshire Emotional Health and Wellbeing Schools Support: A Case Study

Jo is 9 years old and was referred to Action for Children as she struggles to maintain friendships and has been experiencing strong angry feelings which often resulted in outbursts which impacted on her behaviour at home and school.

Jo worked online with a practitioner for 5 sessions, each session Jo learnt a new skill for managing angry feelings.

Jo learned we can all be superheroes and understand anger and how it affects us, how we can calm down, catch our feelings before they grow, change our thinking to manage angry feelings and make good decisions to stay in control.

When we had finished these sessions Jo could understand her angry feelings and use the calm down techniques and other skills. She stopped seeing herself as 'naughty' and this helped to improve her self esteem and enjoy better friendships.

Jo's carer joined part of the sessions and was then able to help her keep on track between sessions and support her moving forward using what she had learned.

**For more information about the Staffordshire Emotional Health and Wellbeing Service please visit:** <https://www.staffordshire-ewb.actionforchildren.org.uk/>.

The **Five Ways to Wellbeing**, developed by the New Economics Foundation (NEF), are a set of evidence-based actions which promote people's **wellbeing**.

Evidence suggests there are five steps we can all take to improve our mental health, enabling people to feel happier, more positive and to get the most from life. They are: **Connect, Be Active, Take Notice, Keep Learning** and **Give**. These activities are simple things individuals can do in their everyday lives.

**Wellbeing** is when you feel good and enjoy day to day life. The things that we do and the way we think affects our wellbeing. Each of the five ways to wellbeing can make a positive difference to the way we feel. Being aware of and combining these will make a difference.



**Connect...** With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



**Be active...** Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



**Take notice...** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



**Keep learning...** Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



**Give...** Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.





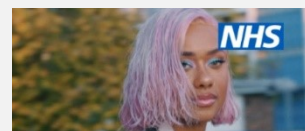
### Happy Maps – new resource

A website for parents, carers and professionals. Reliable and up-to-date resources on emotional health for your children. For all ages, from babies to young adults.

Worried about your child's behaviour or mental health? Not sure where to start looking for help? Happy Maps has information and resources to help you and your child of different age groups, comprehensive help directory and information for professionals.

There are also resources for children or teenagers with special educational needs (SEN) or disabilities, who often experience issues with mood, anxiety, poor sleep and other problems.

Visit Happy Maps at: [www.happymaps.co.uk](http://www.happymaps.co.uk)



### Better Health – Every Mind Matters: Make Inside Feel Better

When things aren't so good out there, make inside feel better! Create your own '[Mind Plan](#)' to get tailored tips and advice for you.

[Every Mind Matters](#) has lots of information and resources to support you during the Covid-19 outbreak, including a [Covid-19 hub](#) that includes tips on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing whilst staying at home.

There are practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

Visit <https://www.nhs.uk/oneyou/every-mind-matters/>

### Training Opportunities

#### Psychological First Aid: Supporting Children and Young People



[Public Health England](#) has launched a new Psychological First Aid e-learning on supporting children and young people in emergency and crisis situations via the [Future Learn](#) platform. This programme is aimed at professionals (including education staff), volunteers and members of the public interested in supporting the psychological wellbeing of children and young people during and after the pandemic and other potentially traumatic or stressful incidents.

It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required. Visit <https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people> for more information and to enrol.

#### Youth Mental Health: Helping Young People with Anxiety



University of East Anglia and [Future Learn](#) offer an introductory course to managing anxiety disorders in teenagers. Learn how to identify and help with anxiety in young people, understand 'stigma' related to mental health and develop your ability to help a young person experiencing debilitating anxiety.

It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required. Visit <https://www.futurelearn.com/courses/youth-mental-health> for more information and to enrol.



**Free training available from Action for Children to professionals and volunteers working with young people across Staffordshire**

Action for Children believes that equipping whole communities to support and nurture children is the way to ensure all our children grow, develop, and learn in a safe and healthy environment.

The **Guide Digital Training – Mental Health Literacy Training for All** is:

- available **free** for a limited time
- evidence-based
- suitable for professionals and volunteers supporting young people
- designed to improve Mental Health knowledge and understanding
- designed to reduce stigma
- designed to support young people to increase help-seeking behaviours

**Guide Digital Training** is delivered via Microsoft Teams in groups, over four sessions of 2 ½ hours each (**all four sessions need to be attended**). A CPD certificate (10 hours) is awarded on completion of all four sessions.

**To enrol for one of the four-session courses please click on the relevant link (in blue) below:**

<a href="#"><b>Build Sound Minds – Group One</b></a>
<a href="https://www.eventbrite.co.uk/e/build-sound-minds-group-one-tickets-142068770517">https://www.eventbrite.co.uk/e/build-sound-minds-group-one-tickets-142068770517</a>
<b>Group One – 10am – 12.30pm</b>
Session 1 - 09/04/2021
Session 2 – 16/04/2021
Session 3 – 23/04/2021
Session 4 – 30/04/2021

<a href="#"><b>Build Sound Minds – Group Two</b></a>
<a href="https://www.eventbrite.co.uk/e/build-sound-minds-group-two-tickets-142070383341">https://www.eventbrite.co.uk/e/build-sound-minds-group-two-tickets-142070383341</a>
<b>Group Two – 10am - 12.30pm</b>
Session 1 – 07/05/2021
Session 2 – 14/05/2021
Session 3 – 21/05/2021
Session 4 – 28/05/2021

<a href="#"><b>Build Sound Minds – Group Three</b></a>
<a href="https://www.eventbrite.co.uk/e/build-sound-minds-group-three-tickets-142070961069">https://www.eventbrite.co.uk/e/build-sound-minds-group-three-tickets-142070961069</a>
<b>Group Three – 1.30pm – 4pm</b>
Session 1 – 07/05/2021
Session 2 – 14/05/2021
Session 3 – 21/05/2021
Session 4 – 28/05/2021



## County Lines poster – preventing vulnerable exploitation

County lines is the name given to drug dealing where organised criminal groups (OCGs) use phone lines to move and supply drugs, usually from cities into smaller towns and rural areas.

They exploit vulnerable people, including children and those with mental health or addiction issues, by recruiting them to distribute the drugs, often referred to as 'drug running'.

OCGs often use high levels of violence and intimidation to protect the 'county line' and control them.

Staffordshire Police have created a poster, **which you can find on the last page of this newsletter**, to help you spot the signs that may indicate someone is involved in county lines.

For more information about County Lines, please visit the Staffordshire Police website here: <https://www.staffordshire.police.uk/countylines>



### Feeling confused? Below is a summary of who can access which service (of those featured above):

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
Mental Health Support Teams	C&YP with mild to moderate difficulties; focusing particularly on low mood, anxiety and behavioural difficulties. C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, <i>Cannock Chase coming soon!</i> <b>*participating education settings only</b>



Cannock Chase Clinical Commissioning Group  
 East Staffordshire Clinical Commissioning Group  
 North Staffordshire Clinical Commissioning Group  
 South East Staffordshire and Seisdon Peninsula Clinical Commissioning Group  
 Stafford and Surrounds Clinical Commissioning Group  
 Stoke-on-Trent Clinical Commissioning Group



# Children are being exploited by gangs involved in drug crime. Know the signs to spot.

County lines gangs use children and vulnerable people to courier drugs and money. A young person who is involved in county lines activity might exhibit some of these signs:



Persistently going missing from school or home, or being found out-of-area



Unexplained acquisition of money, clothes or mobile phones



excessive receipt of texts or phone calls



Relationships with controlling, older individuals or gang association



Leaving home or care without explanation



Suspicion of self-harm, physical assault or unexplained injuries



Parental concerns



Significant decline in school performance



Significant changes in emotional well-being



Home Office

Working in partnership with

**CrimeStoppers.**