



Bradford Educational
Psychology Team



Mental Health
Champions

Mental Health Champions Newsletter - December 2021

Dear Champions

We hope you are all taking care of yourselves in the run up to the festive period, which can be a stressful time for many of us. This newsletter is to bring you up to date with local and national news, and to signpost you towards some useful information and resources.

Local News and Information

Living Well Schools Launched

'Living Well Schools' launched successfully on 4th November. This initiative is part of the overarching '[Living Well](#)' project, which aims to transform the physical *and* mental health and wellbeing of young people in Bradford. 'Living Well Schools' is a new initiative, helping staff improve the health and wellbeing of pupils in their care, thereby supporting our young people to achieve better educational outcomes and live happier, healthier more fulfilling lives.

It's also a place for schools to access relevant guidance, resources, services and training to help make this possible. This promotes a whole-school, tailored, cross-cutting approach to tackle complex health issues in the school-setting.

We strongly advise Champions to take a look at the website to see what is on offer – and don't forget to let your colleagues in school know about the initiative! Click here for the website: [Living Well Schools](#)

News from Better Start Bradford

Better Start Bradford (BSB) have produced a series of podcasts called 'Earliest Years of Life'. It is described as an uplifting and engaging series that looks at how formative babies' earliest months and years are. Two practitioners from BSB talk with early years specialists from around the UK, to find out how babies and children can be given the best possible start in life.

Click here to listen: <https://www.betterstartbradford.org.uk/earliest-years-of-life-podcast/>

Qwell: Online event for Parents and Carers: 15th December 2021 4.30-5.30pm

This event is an overview of the Qwell service and how they can support parents and carers with their own mental health online. It is open to parents and carers *and* professionals who support families.

Register for free <https://bit.ly/3HAPbyu>

Resources from Community Action Bradford and District (CABAD) (Twitter @WeAreCABAD)

CAB has produced a [Winter Support Booklet](#), full of great advice, including mental health such as anxiety, depression, grief and loss, and crisis. It also covers NHS key messages including healthcare and vaccinations, keeping safe and warm this winter, isolation and loneliness, domestic abuse and sexual violence, food/fuel poverty, finances, and employment support.





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Mental health/emotional wellbeing projects led by Bradford Educational Psychology Team

The Local Authority expects all schools in Bradford to join the MHC Core Network, but many of you have also signed up to the MHC Plus offer, the DfE Senior Mental Health Leads Training, and/or the Bradford Healthy Minds Chartermark which is great news! CYP in the area will benefit from your continued training and enhanced provision in schools.

A gentle reminder that for the MHC project is separate from the DfE Senior Mental Health Leads and the Chartermark, and therefore schools need to contact those projects directly for further information:

- DfE Senior Mental Health Leads Training:

For info click here: [DfE Senior Mental Health Leads](#)

Email: BradfordSeniorMentalHealthLeads@bradford.gov.uk

- Healthy Minds Chartermark

For info click here: [Healthy Minds Emotional Wellbeing Chartermark](#)

Email: EmotionalWellbeingChartermark@bradford.gov.uk

As we have mentioned in previous communications, schools signed up to either MHC *Plus*, DfE Senior Mental Health Leads, or the Bradford Healthy Minds Chartermark will be eligible to access free training and follow up support from the EP team in one of six intervention packages. These will include (subject to change): Emotion Coaching; Zones of Regulation; Mindfulness; Restorative Practice; ROAR Whole School Approach to Mental Health and Academic Resilience (primary focussed); Nurturing Schools (secondary focussed).

N.B. Schools signed up to MHC *Core* offer *only* and not engaging with DfE Senior Mental Health Leads, or the Bradford Healthy Minds Chartermark will not be eligible. Please note, we have not yet finalised arrangements for this offer and we will get more details to you as soon as they are available.

National news and information:

Schools in Mind from the Anna Freud Centre – a great resource for MH Champions!

Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges. By joining the network, you will have access to termly newsletters and events, updates on current research, thinking and training, in regards to the mental health and wellbeing of children and young people.

Information and advice relating to mental health/emotional wellbeing over the Christmas period

For anyone struggling over the festive period, many organisations offer online information and advice specifically relating to Christmas:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>

<https://www.mentalhealth.org.uk/christmas>

<https://www.headstogether.org.uk/tips-on-looking-after-your-mental-health-this-christmas/>

<https://www.time-to-change.org.uk/sites/default/files/Thriving%20at%20Christmas.pdf>





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Emotion Based School Avoidance (EBSA)

At our next Core Network Meeting we would be interested in hearing your views and experiences around CYP who avoid school due to emotion-based issues such as anxiety. Within the Authority, there seems to be increasing numbers of CYP who are experiencing this, and we would like to explore what protocols might be put into place to support schools and young people. All views welcome and no preparation necessary, just a willingness to discuss!

Diary dates

MHC Core Network Meetings for School Champions:

Monday 31st January for schools in the West area: 9.30am-11am

Tuesday 1st February for schools in the North Area: 9.30am-11am

Wednesday 2nd February for schools in the East area: 9.30am-11am

Thursday 3rd February for schools in the South area: 9.30am-11am

What area is my school in?

We invite Champions to attend one of the sessions allocated to their area to help develop and maintain local school links, but Champions who cannot attend on their allocated day are welcome to join a different session.

Booking details: Please book via the Skills for Bradford Website: <https://skills4bradford.co.uk/>

Please note that Champions will only receive email notifications and log in details for these sessions once a booking has been made and confirmed/checked out by the schools Skills for Bradford administrator.

Need to know more / find something out?

Don't forget that you can always access up to date information about the MHC project, including dates of upcoming events and links to useful resources and other local services at our pages on Bradford Schools online:

MHC Core: <https://bso.bradford.gov.uk/content/www.mentalhealthmattersinschools.org.uk>

MHC Plus: <https://bso.bradford.gov.uk/content/mental-health-champions-plus>

