



Bradford Educational
Psychology Team



Mental Health
Champions

Mental Health Champions Newsletter: March 2022

Dear Champions

Welcome to the second newsletter of the Spring Term.

Our recent Parent Workshops were so popular that we were over-subscribed. We will consider running the same session again on a later date for those parents who were unable to access a place.

In the meantime, you might like to signpost any concerned parents to resources such as the following:

- **Young Minds** <https://youngminds.org.uk/find-help/for-parents/> includes:
 - Parental helpline - for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call 0808 802 5544 from 9:30am to 4pm, Monday to Friday.
 - Parents Survival Guide – looking after yourself
- **Parents Forum Bradford & Airedale** - a group of parent and carers of children who have additional needs in the Bradford and Airedale district. See [Click on this link](#)
- **Family Lives** - Charity providing help and support in all aspects of family life-call email or chat online and talk through your child's problems. <https://www.familylives.org.uk/>
- **The Anna Freud Centre**: resources that offer advice and guidance to parents to help support children and young people who may be struggling with poor mental health. <https://www.annafreud.org/parents-and-carers/about/>
- **Every Mind Matters (NHS website)** Advice for mental health for adults, including a section on how parents can support their children. <https://www.nhs.uk/every-mind-matters/>
- **MindEd** - a free educational resource on children and young people's mental health for all adults – includes advice on how parents can support their children during mental health difficulties. <https://www.mindedforfamilies.org.uk/young-people>



Local News and Information



Born in Bradford (BiB) one of the largest health research studies in the world. Since 2007, researchers have been tracking the health and wellbeing of over 13,000 Bradford children from when they were born, and finding out why some become ill and others do not.

BiB's new study, 'Age of Wonder' will be a new seven-year project capturing the journey through adolescence and adulthood for the BiB cohort and their peers. It will include young people's perspectives as we recover from the pandemic, providing schools, services and policy makers with crucial information to help design new targeted interventions to improve the life chances of young people in Bradford.

National News and Information

• Anna Freud Centre Resources

The [Anna Freud Centre](#) has released free mental health resources developed specifically for staff working in Further Education (FE) colleges, to support their students.

The resources were developed by the Anna Freud Centre's Mentally Healthy Schools team with clinicians, and in consultation with college staff and experts, including the Association of Colleges. The five free mental health resources are designed for tutors and lecturers to support students on the following topics:

- Anxiety
- Exam stress
- Unhealthy relationships
- Eating disorders
- Self-harm



Visit the relevant [Page link to FE resources](#) for more details.

For Primary and Secondary School staff, a link to the existing resources is here: [Page link to Mentally Healthy Schools](#)



• Resources for transitions



As it is coming up to the time of year when transitions are being considered, you might like to explore the resources from the [Young Minds](#) service: [Page link to Young Minds Transition resources](#)

Featured service: Rooted

Rooted work with Secondary Schools within Bradford who can refer girls who would benefit from support with self-confidence, relationships and mental health. They work with groups of up to 8 girls at a time and the course includes a minimum of 10 two-hour sessions over a term. Each session combines elements of psycho-educational learning, physical and creative activities, and reflective practices

These are all effective evidence based interventions that reduce negative emotional experiences and increase resilience and coping strategies.

For more information please visit <http://www.rooteduk.com>



Diary Dates

• MH Champions – Core Network meetings

Monday 16th May for schools in the West area: 9.30am - 11am

Tuesday 17th May for schools in the North Area: 9.30am - 11am

Wednesday 18th May for schools in the East area: 9.30am - 11am

Thursday 19th May for schools in the South area: 9.30am - 11am.

More information 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>