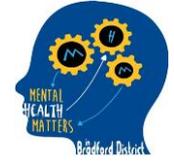




Bradford Educational
Psychology Team



Mental Health
Champions

Mental Health Champions Newsletter: May 2022

Dear Champions

Welcome to the penultimate newsletter of the academic year. We hope you managed to have a restful Easter Break and those of you celebrating Eid were able to enjoy this too.

As we are approaching the end of the academic year, those of you that are MHC Core schools may want to consider whether you want to upgrade to MHC Plus next academic year. There is still plenty of time to decide, and we don't need you to contact us with any decision as yet, but it might be something you want to discuss with your school SLT.

National News and Information



National Mental Health Awareness Week is happening between 9 to 15 May 2022.

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. [The Mental Health Foundation](https://www.mentalhealth.org.uk) started the event 21 years ago. Each year the Foundation continues to set the theme, organise and host the week.

The official theme this year is 'loneliness' and, across the week, we are encouraged to build meaningful connections with our friends, family, colleagues and communities.

"Loneliness affects many of us at one time or another. We know that loneliness can be both the driver for and a product of poor mental health."

Our society is changing fast. The pandemic has given rise to a sense of loneliness and isolation undermining confidence in daily routines. In recent times, many of us have had far less access to loved ones. Tech is enabling healthcare professionals to see more patients without the need to travel, but on the flip side of the coin, convenience and cost efficiencies are driving more and more activities online.

Our workplaces are also changing. With many adapting to home and hybrid working, we need to embrace this change while building and maintaining meaningful connections with our colleagues".

Quote taken from Mental Health UK

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

The Mental Health Foundation has published "A student guide to Loneliness" for students aged 16+. It explores loneliness and the links to mental health and provides tips for students together with ideas of how to get involved and raise awareness in communities, at school, college or university. Download the guide here: <https://www.mentalhealth.org.uk/publications/student-guide-loneliness>

Local News and Information

As part of [Mental Health Awareness](#) week, **Mind** in Bradford are offering free resources to schools. Please click on the following link to read the information on their website, where you can apply to receive the free resources: <https://www.mindinbradford.org.uk/mental-health-awareness-week/>



Featured service: Little Minds Matter

Little Minds Matter work with families and professionals with the aim of supporting the early relationships between babies and their carers. They offer therapy and support to [families](#) with babies and toddlers from conception to the age of two, and consultation and training to [professionals](#).

For parents: For expectant parents and those with a baby up to the age of two living in the [Better Start Bradford](#) area, the team can help them understand the importance of good mental health and offers an additional service for families where there are concerns or challenges with the parent-infant relationship. Difficulties in pregnancy, a traumatic birth, past parenting experiences, loss or bereavement, low mood or anxiety can all affect how parents feel about their baby and how they make sense of the world.

For practitioners: The Little Minds Matter team supports practitioners via regular training opportunities and consultation on infant mental health. This is done individually or in groups offering help and guidance on working with families where there are concerns with the parent-infant relationship.

Little Minds Matter is a multidisciplinary team consisting of clinical psychology, health visiting, family therapy, parent-infant psychotherapy, midwifery, and community engagement and support workers.

See their website: <https://www.betterstartbradford.org.uk/families-get-involved/our-projects/littlemindsmatter/> for more information.

See this page: https://www.betterstartbradford.org.uk/infant_mental_health/ to access resources for early years practitioners.

Diary Dates

- **MH Champions – Core Network meetings (for all Core *and* Plus Champions)**

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*.

[At these sessions we will be signposting Champions to resources and services regarding the following themes:](#)

- [CYP with a family member in prison](#)
- [Healthy Relationships](#)
- [Resiliency in CYP](#)
- [Working with parents under strain/with their own mental health needs.](#)

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>