

## Mental Health Champions Newsletter January 2021

**Dear Champions,**

2021 has begun with another national lockdown and it seems that the Government is asking schools to remain closed until the February half term. Whilst this was not the news we wanted to hear, we wish all education staff the very best in dealing with the current situation.

### **DfE Wellbeing for Education Return Training: An update for the new period of school closure**

Although our live DfE 'Wellbeing for Education Return Training' sessions are now over, the recorded sessions have recently been completed. All registered Champions will be automatically notified by email as soon as these are available, along with instructions on how to access the materials.

As we are now in the midst of a further period of school closure, we have also put together a slightly adapted version of the power-point slides, the content of which will make it easier for your colleagues to get the most out of the materials if you are unable to disseminate your own version of the training, as per the original DfE remit. You will automatically be notified/given access to this via email in due course.

### **Network Meetings**

Our next round of Network Meetings is due to be held the week commencing 25<sup>th</sup> January 2021. The theme for these session will focus on supporting students who may be feeling anxious about perceptions they are 'falling behind' in their school work and studies due to the periods of school closure, and anxieties around the cancellation of formal examinations this year.

A recorded session will also be available for those Champions who cannot attend any of the live sessions.

We have taken on board your feedback that it is more useful for supervision groups to be structured to reflect your status as a primary or secondary school professional, and the groups will be organised to reflect this.

Please note that a version of the power-point slides will always automatically be sent to Champions, and you do not need to make a specific request during the meeting or to our admin team to request these. There may be a very slight delay in getting the materials out to you due to the time needed for adaptation and distribution.

## Parent workshops

The sessions for this half term are planned for the following dates:

- Monday 1st February 10am-11.30am *or*
- Monday 1st February 1pm-2.30pm *or*
- Tuesday 2nd February 10am-11.30am *or*
- Tuesday 2nd February 1pm-2.30pm

*\* Sessions may be cancelled if minimum numbers are not met, and any parents/carers booked on to sessions that are cancelled will be offered an alternative.*

A flyer giving further details was emailed to you early in January.

To register interest, parents should contact Charlotte McLaughlin on work mobile phone: 07816 089217 or Email: [charlotte.mclaughlan@bradford.gov.uk](mailto:charlotte.mclaughlan@bradford.gov.uk) (before 12 noon please). Parents are welcome to book directly but we would also accept registrations of interest on behalf of parents from Champions/staff members. Once interest has been registered, log in details will be sent.

## Wellbeing Audits

A reminder that we are Champions to complete the CYP audits every half term, with time set aside during the Network Meetings to complete these. Schools are not expected to administer the audit to individual CYP.

Results will be shared with local strategic planning organisations (e.g. the Clinical Commissioning Groups in Bradford) to help us respond more directly to reported needs from schools.

## Whole School Evaluation Audit

A reminder that we are no longer asking schools to complete the evaluation tool introduced at the November/December meetings. Although the commissioners of the project requested us to use this audit to measure the impact of the project, it was agreed that we would find a more efficient way of doing so.

## QWELL

A reminder that QWELL is a new free digital counselling support service for adults, commissioned by Bradford Metropolitan District Council and NHS Bradford & Craven CCG. Anyone living in Bradford and aged 19+ can register anonymously by visiting [www.Qwell.io](http://www.Qwell.io) and can access the service 365 days of the year from any internet device. Once registered, they can access a range of self-help resources, peer to peer support and have access to qualified counsellors.

(Please note the MHC Team does not hold any further information on this service).

## Individual Supervision

We are continuing to offer individual supervision sessions with an Educational Psychologist for Champions to discuss their work in school. This not limited to Covid recovery, but must relate to low-medium level mental health/emotional wellbeing concerns and should reflect your role as a Mental Health Champion.

Please note, this is a supervisory discussion of your own practice with a member of the Mental Health Champions Team, and is not a formal referral to the Educational Psychology Service.

If you wish to discuss an individual CYP rather than generic work, you must provide us with parental consent prior to your supervision session.

For bookings and to request a consent form please contact the MH Champion inbox ([MHChampions@Bradford.gov.uk](mailto:MHChampions@Bradford.gov.uk)). *(Please note, we are not using the same consent form as the one used for referrals to the main part of the Educational Psychology Team, so you will need to request and use the one designed for MH Champions)*

## Dates for future network meetings:

w/c 22<sup>nd</sup> March

w/c 24<sup>th</sup> May

w/c 5<sup>th</sup> July

Whilst working remotely, all sessions will be online (currently WebEx) from 9.30am to 12noon.

Network Meeting dates are allocated to geographical area:

- Mondays – West
- Tuesdays – North
- Wednesdays – East
- Thursdays – South

If you are unable to attend on your allocated day, you can request one of the alternative dates, or access the recorded version of the session.

Bookings are made through the Skills4Bradford website. Once you have booked a session, our business support team will ensure you receive the necessary log in details. <https://skills4bradford.co.uk/>

## General contact details

For any queries about the MHC project, please email us at: [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk) or telephone EPT business support team: 01274 439444. Key information can also be found on our page on Bradford Schools Online (click [here](#) for the link).