

## Mental Health Champions Newsletter May 2021

### Dear Champions,

Welcome to our May newsletter. As we move towards the latter part of the academic year we are starting to look towards planning for next year. We are looking to make some changes to the project to offer more flexibility and increased support for those schools who want to be more involved, and we will update you on our plans as soon as we are able.

Our final session in July will include some time for you to give us some feedback on the project, in order to help us tailor our plans. We would very much welcome your input on this. If you are unable to attend the live meeting, we will send out feedback forms via email so that you can still contribute.

The theme for the May Network Meetings and Parent Workshops is around supporting children and young people with transitions, and will cover how we can support students with transitions such as moving between key stages and to new schools and settings.

Finally, please can I draw your attention to the information about what you can do if you have **concerns about an individual child or young person**, which is below the 'Individual MHC Supervision' section on page 3.

### Network Meetings

The title of our next round of Network Meetings (due to be held the week commencing 24<sup>th</sup> May) is '*A resilience and coping framework for supporting transitions*'. Dates are as follows:

Monday 24<sup>th</sup> May (West)

Tuesday 25<sup>th</sup> May (North)

Wednesday 26<sup>th</sup> May (East)

Thursday 27<sup>th</sup> May (South)

(All 9.30 to 12 noon)

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/>

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 your school's "Skills for Bradford" **administrator**.

A recorded session will also be available for those Champions who cannot attend any of the live sessions, although you are welcome to book a meeting in a different area if your allocated day is not convenient.

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 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 7<sup>th</sup> June

Tuesday 8<sup>th</sup> June

Monday 14<sup>th</sup> June

Tuesday 15<sup>th</sup> June

(All 9.30 to 11am)

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).

Please note, these are group sessions covering training similar to Champions' training in a workshop format. *We are unable to offer parents or families any individual advice or support via this forum.*

### **Individual MHC 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)*

### **If you have a concern relating to a specific child or young person**

MHC supervision is intended to be an opportunity to reflect on your *own practice* as a Champion, which would normally involve low to medium level emotional wellbeing or mental health concerns. We ask for parent/carer consent if you feel you will start to talk about an individual CYP as we feel this is the ethical thing to do, and it helps to cover GDPR requirements.

However, if you feel that the child/young person's needs are greater than this, or if you know you are asking for advice about the CYP rather than your own practice, or if you are acting in a different role (e.g. class teacher, SENCO) it might be more appropriate to access the wider EP team.

All Bradford Schools are able to access **EP Consultation hubs**. This service enables school staff to access support and advice from an EP in a timely and efficient way. EP hub sessions are available across the year and are covered by individual area teams within the EP Service. School staff are also able to invite parents to join these sessions. EP consultation hub sessions are not limited to mental health/emotional wellbeing – the service covers all aspects of school-based concerns (e.g. learning, social skills, inclusion etc)

Please note that these consultation hubs work in a slightly different way and require a different consent form to the MHC supervision consent form. More details can be found here: <https://bso.bradford.gov.uk/content/ep-early-help-hubs>

### **KOOTH and QWELL**

A reminder that KOOTH is the free digital support service for **young people** aged 10-18 in the Bradford area. It is a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners.

QWELL is a free digital counselling support service for **adults, including school staff**, 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.

(Please note the MHC Team does not hold any further information on these services).

**Dates for future network meetings:** w/c 5<sup>th</sup> July (online)

**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).