

Mental Health Champions Newsletter November 2020

Dear Champions,

I hope you are well. There is some news and information we would like to share with you, details are below....

1. Parent Support Strand

We have now made arrangements for our parent workshops and support groups. Due to the ongoing coronavirus situation, we are holding our events this term online, via WebEx. (Those Champions who attended our DfE Wellbeing for Education Return [WER] training will be familiar with this platform).

The initial dates are going to be:

- Monday 23rd Nov (9.30-11am) for parents in the West*
- Tues 24th Nov (1-2.30pm) for parents in the North*
- Weds 25th Nov (1-2.30pm) for parents in the East*
- Fri 27th Nov (9.30-11am) for parents in the South*

The topic for these sessions will be Covid recovery and returning to school (similar to your Champions' WER training)

There will also be further sessions later the same half term, at dates yet to be arranged, and then every subsequent half term. Future topics will include input around mental and health and emotional wellbeing issues for CYP, and may include as general anxiety, school-related anxiety, low mood, self-harm etc. (Further details will be sent to you as soon as they have been confirmed)

*In usual circumstances we would be asking an individual school to act as host for their geographical area, to facilitate local links between parents. Using the online platform, we would still like to encourage parents to sign up to the online session allocated to their geographical area, but they are welcome to join us on a different day if that better suits their personal circumstances.

Booking details:

To register interest, please contact Charlotte McLaughlin on work mobile phone: 07816 089217 or Email: 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.

2. DfE Wellbeing for Education Return Training

For any Champions who missed these sessions, you will be able to attend live catch up sessions on Weds 18th November.

Part 1 will be held on Weds 18th Nov from 9.30am to 12. This is a repeat of the DofE Wellbeing training which took place week commencing 12 October 2020

Part 2 will be held on Weds 18th Nov from 1pp-2.30pm. This is a repeat of the week commencing 19 October 2020.

Please book these session using the Skills for Bradford system:

<http://www.skills4bradford.co.uk/Training>

- Click on “Training & Events”
- Search by “Provider” which is ‘Education Psychology’ also add in “Keyword” ‘Wellbeing’ and click enter the sessions will come up.

If you registered last year, your log in and passwords details will be the same. If you are new, please click - <https://www.skills4bradford.co.uk/Enquiry/SignUp> and fill in a form and someone will email back with log in details.

Recordings of the sessions will also be made available. Further details will be emailed to you as soon as we have them.

3. Wellbeing Audits

A reminder that we will be asking Champions to complete the CYP audits every half term. 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. Schools are not expected to administer the audit to individual CYP.

4. QWELL

QWELL is a new digital counselling support service commissioned by Bradford Metropolitan District Council and NHS Bradford & Craven CCG which is now available to all adults across Bradford and Craven.

Anyone living in Bradford and aged 19+ can register anonymously by visiting 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.

You can find out more by attending a virtual introductory session, where the organisation will share information about the service. Please click [here](#) to register to attend one of their dates. For further information please contact Hayley Snee at hsnee@kooth.com . (Please note the MHC Team does not have any further information on this).

5. Individual Supervision

We are continuing to offer individual supervision sessions with an Educational Psychologist for your school MH Champion to discuss their work with children and young people who may be experiencing mental health or emotional difficulties. (This can cover a broad range of difficulties and is not limited to Covid recovery).

Each month an Educational Psychologist will be available to talk to Champions on an individual basis regarding their practice in schools. There will be three slots per month, each slot lasting approximately 45 to 60 minutes.

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), or download a consent form from BSOL [here](#) (please scroll down page to consent forms).

Future dates (subject to availability):

- November: Tues 10th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
- December: Mon 7th am: 9-9:45am; 10-10:45am; 11-11:45am
- January: Wens 13th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
- February: Tues 9th am: 9-9:45am; 10-10:45am; 11-11:45am
- March: Mon 8th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
- April: Wens 7th am: 9-9:45am; 10-10:45am; 11-11:45am
- May: Tues 4th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
- June: Mon 7th am: 9-9:45am; 10-10:45am; 11-11:45am
- July: Wens 7th pm: 1-1:45pm; 2-2:45pm; 3-3:45pm
- August: Tues 3rd am: 9-9:45am; 10-10:45am; 11-11:45am

6. Network Meetings arrangements – a reminder

Dates for future network meetings will be as follows:

2. w/c 30th November
3. w/c 25th January
4. w/c 22nd March
5. w/c 24th May
6. w/c 5th July

Network Meeting dates are allocated to geographical area:

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

Meetings in the Autumn term will be held on-line (WebEx) and this will be reviewed for the subsequent meetings, in line with Government and Local Authority guidelines.

Specific training topics for this year's Network Meetings will be confirmed nearer the time of each session. We envisage that most of this year's training will be linked to mental health and emotional wellbeing pertaining to covid recovery, and it may include specific topics such as supporting CYP with maintaining social relationships during the pandemic/lockdown, supporting CYP with any study-related or exam anxiety due to reduced or different educational opportunities this year, or other themes that emerge from our wellbeing audit.

7. Introduction to the EEWPs

From December 2020, there will be some newly-appointed practitioners who will be a part of the Educational Psychology Service and who will be working in educational settings to improve children and young people's emotional wellbeing following coronavirus. Educational Emotional Wellbeing practitioners will provide support to children and young people on a one-to-one or small group basis. They will work in schools and early years' settings and will also liaise with parents and carers.

They will provide low intensity interventions such as guided self-help based on cognitive behavioural therapy (CBT) and group-based interventions for those with persistent mild to moderate concerns.

This might include:

- Enabling children and families to recognise problems and make use of their own internal resources to improve the quality of their lives.
- Assisting school professionals in developing skills, understanding and knowledge of child mental health issues.
- Promoting approaches to improve emotional health and wellbeing
- Providing non-judgmental emotional support, advice and guidance for parents.
- Individual and group support for children in school.
- Strengthening child/parent and school relationships.
- Signposting to CAMHS specialist services for further help and support.

How to make a referral

The team will be in post by December 2020 and begin work in school from January 2021. More details about referral will be posted on the Educational Psychology page of BSOL [here](#) once the team is in post.

8. General contact details

For any queries about the MHC project, please email us at: 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).