

Bradford Mental Health Champions Newsletter



2023-24 Issue 1/6
Autumn 1, 2023

Dear Champion,

Welcome to the first issue of the Mental Health Champions newsletter for this the new academic year! We hope you've been able to have a restful Summer break and that the Autumn term has started well. These newsletters aim to help keep Champions up to date with recent developments, both locally and nationally; please share them with colleagues in your setting!

1. Local News and Information

Each year the MHC Core and Plus offers have evolved, and this year is no different. Full details of the Core and Plus offers are available on Bradford Schools Online (Mental Health / Healthy Minds / Mental Health [Core/Plus](#) pages); this is the best place to check for up to date details. However, to summarise:



MHC Core: The basic offer of information and signposting for schools who may access support and training elsewhere and may not require anything additional.

- **Half-termly pre-recorded webinars for school Champions**, providing key news and information. **Please note that these webinars will replace the previous termly 'live' network meetings**
- **Termly parent/carer workshops** offering information and training around common issues and concerns
- **Bi-annual training sessions on Social, Emotional and Mental Health for school new governors** (existing Governors may access this training as a 'refresh' if they wish to do so).
- **Half-termly newsletters** with relevant local and national information regarding mental health and emotional wellbeing.
- ***New for 2023-24*** Claire will be developing some work around the role of **student 'care navigators'** within schools and/or pupil voice relating to mental health and emotional wellbeing needs/provision in education.

MHC Core team for this year: Claire Cooper-Jones (Senior EP), Sophie Davis (Specialist Senior EP), Misbah Khan (EP), Faye Orton (Assistant EP)



MHC Plus (MHC+): A programme of additional support for Champions who want to increase their skills and knowledge around mental health and emotional well-being, keep up to date with new interventions, approaches and understanding, and network with Champions in other settings. In addition to the Core offer, Plus Champions can access:

- **Half-termly training sessions on a range of topics**, delivered by an EP or Trainee EP. Virtual and live options for delivery. Topics for the whole year have now been decided and are advertised on BSO, and below. The first session (17th and 18th October) will be *"Meeting the emotional needs of children in difficult family circumstances"* – please see Skills4Bradford for more details and booking information.
- **Half-termly opportunities for peer supervision** with Champions from other settings, facilitated by an Assistant or Trainee EP.
- MHC+ Champions still have access to the range of **Healthy Minds intervention training packages** devised in previous years. We are also hoping to add three further packages this year – watch this space!

Please note that because the Chartermark and DfE Senior Mental Health Lead training programmes are now established, we no longer require schools to complete an audit or action plan as part of MHC+.

MHC+ team for this year: Sophie Davis (Specialist Senior EP), Sabiha Khan (Y3 Trainee EP), Georgina Tidswell (Y2 Trainee EP), Rachel Viegas (Assistant EP)



Bradford DfE Approved Senior Mental Health Lead Training:

Bradford continue to be a quality-assured provider of this course.

Schools can access a grant of £1200 to support them to develop and implement a strategic approach to mental health and emotional wellbeing across their setting.

For further details please see the [Bradford DfE Grant Funded Senior Mental Health Lead Training page on BSO](#).



Bradford Healthy Minds Chartermark is now in its third year, with over 30 schools at various stages of working towards the silver, gold or platinum awards.

Through this process, schools showcase the development of their whole-school ethos and policy with regard to mental health and emotional wellbeing, based on a foundation of relational practice. An awards ceremony takes place at the end of every year to celebrate their achievements and ongoing commitment, with schools are given a trophy, banner and certificate to display in their setting.

For further details, please see the [Chartermark page on BSO](#).

Education Emotional Well-Being Practitioners

In addition to the support available to setting through these projects, the Education Emotional Well-Being Practitioner (EEWP) Team continue to offer free support to schools across the Bradford district that do not already have access to an NHS-based Mental Health Support Team (MHST). The EEWPs work with children aged 0-25 who are experiencing mild to moderate social, emotional and mental health difficulties and offer support through four different strands of work:

- Workshops
- Mini group interventions
- 1:1 interventions
- Therapeutic Story Writing

For further information, please visit the [EEWBT page on BSO](#).

2. National news and information



World Mental Health Day – Tuesday 10th October 2023: Since 1992, 10th October has been World Mental Health Day, a day dedicated to global awareness and understanding of mental health issues. This year's theme, set by the World Foundation of Mental Health, is ***"Mental health is a universal human right"***.

Different mental health charities produce resources and fundraising ideas that can be linked to the day, for example "tea and talk" packs from the Mental Health Foundation (www.mentalhealth.org.uk) "wear yellow" packs from Young Minds (www.youngminds.org.uk) and pin badges, pet bandanas and tote bags available from Mind (www.mind.org.uk).

3. Featured Service



Sibs (www.sibs.org.uk) is the only UK charity dedicated to supporting the needs of siblings of disabled children and adults. Siblings have a lifelong need for information. Sibs provides direct support to children through their Young Sibs information hub so that children can find information about disability, advice on coping with tricky situations in their families as well as getting answers to their questions from a Sibling Advisor. They provide a range of support to adult siblings including email and peer support, tailored information guides, bespoke information and wellbeing events. The charity also provides information to parents, professionals and sibling supporters through training and workshops including regular training for those wanting to run sibling support groups for children. A half-day national conference – **“If Only You Knew – Supporting siblings of disabled children in school”** is being held on Friday 10th November – please see www.sibs.org.uk for further information.

4. Diary Dates

MHC+ training sessions: Please see www.skills4bradford for full details, but the anticipated dates and themes for MHC+ training sessions this year will be:

	Dates	Anticipated theme
Autumn 1	Tues 17 th and Weds 18 th October	Supporting the needs of children in difficult family situations (<i>e.g. being the sibling of a child with a high level of need / death of a close family member / having a family member in prison</i>)
Autumn 2	Tues 5 th and Thurs 7 th Dec	The importance of play for children’s mental health and wellbeing
Spring 1	Tues 30 th and Weds 31 st Jan, and Thurs 1 st Feb	Supporting the development of children’s emotional literacy
Spring 2	Tues 12 th , Weds 13 th and Thurs 14 th March	Understanding the impact of trauma on child development
Summer 1	Weds 22 nd and Thurs 23 rd May	Supporting children with transitions
Summer 2	Tues 2 nd , Weds 3 rd and Thurs 4 th July	Sexuality and gender identity

Please note – these sessions are for schools who have signed up to MHC+, the Chartermark and/or DfE Senior Mental Health Leads training.

5. Further information and contact details

Up to date information about all of Bradford’s mental health projects is available on the various pages on BSO, as detailed above. If you have any other questions or queries, or need to update the name of the Mental Health Champion for your setting, please contact mhchampions@bradford.gov.uk.