



2023-24

Issue 2/6

Autumn 2, 2023

## MENTAL HEALTH CHAMPIONS NEWSLETTER

Dear Champion,

The Autumn term always feels like a bit of a marathon, not helped by darker evenings and mornings, winter bugs and colder weather. We hope you are well and enjoyed a bit of a break over half term. Here is the second MHC Core newsletter for this year – please share it with your colleagues!



### 1. Local News and Information



**MHC Core sessions:** We have had several enquiries about the Core offer for this year. The Core offer remains the basic offer for Champions who want to stay up to date with the latest developments affecting the Champion role, with the Plus offer being available for Champions who want to enhance their knowledge and skills and to network with Champion colleagues in other settings.

Full details of both offers are on Bradford Schools Online ( /Mental Health / Healthy Minds) but key changes for Core this year include:

- **Half-termly newsletters and short pre-recorded webinars, instead of the termly network sessions that Champions were previously asked to attend.** Webinars will provide an overview of a topic, approach or resource that could be useful to your practice as a Champion. Unfortunately, it was not possible to produce a webinar last half term but the Autumn 2 one will be available soon – the topic for this will be the resources available to help you mark Children’s Mental Health Week.

We also offer **workshops for parents and Governors** at Core level. This year’s themes for parent workshops are:

- **Autumn 2: The Emotional Brain: From Tot to Teen (5<sup>th</sup> and 7<sup>th</sup> Dec)** - *Understanding and supporting your child’s emotional development, from infancy to adolescence*
- **Spring 2: Exam related anxiety (19<sup>th</sup> and 21<sup>st</sup> March)** - *Anxiety is a feeling of unease, such as worry or fear, and the symptoms range from mild to severe. Anxiety looks and feels different for different people, which means the solutions for reducing anxiety will also differ for each person. Exams can be a source of anxiety for some children and young people and in this workshop, we will explore a variety of ideas and tools that may be useful strategies to support your child to manage exam anxiety*
- **Summer 2: Supporting your child with transition (11<sup>th</sup> and 13<sup>th</sup> June)** - *Your child may be transitioning from one year group to another within the same school, making the leap from primary to secondary school, or perhaps your child is starting school for the first time. Join us to explore useful strategies that will help the process to be a positive experience for all.*

Parents can book places by emailing [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk).

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The theme for the Governor's workshop is **Staff wellbeing (17<sup>th</sup> January)**. 'Staff wellbeing including workload' is amongst the top five themes schools prioritise in terms of workforce development. What are the issues, and what, if anything, can school governing bodies do to address them? These important questions will be explored in this interactive workshop. Governors can book places via Skills4Bradford.



**Change to advertised MHC+ training topic:** Please note that the theme of the final MHC+ training session for this year (Summer 2) will be different to previously advertised. The new theme will be finalised soon and will be advertised in due course.

Don't forget that we usually offer a "live" option for training sessions each term (in addition to the online Teams sessions) and these sessions are currently held at Margaret McMillan Tower. Parking is usually available locally or in Broadway shopping centre (approx. 10mins walk) and we provide refreshments.

Feedback from Champions who have attended the live sessions has been positive, with Champions reporting that they appreciate the opportunity to reflect on their role away from the demands of the school setting and find it easier to network with colleagues in person than during online sessions. *We will run the live sessions as long as there are enough people booked onto them to make it viable – we realise that the traffic situation around MMT is difficult at the moment so do not want people to feel like they have had a wasted journey. If attendance is due to be very low we will default to an online session instead.*



**Healthy Minds training packages:** Champions who are signed up to MHC+, the Chartermark or the DfE Senior Leads training programme can access the various Healthy Minds training packages available, all **FREE** of charge. These provide information about a range of different approaches/interventions, as well as practical advice about to establish them in school. To date the following packages are available:

**Zones of Regulation**

**Emotion Coaching**

**Mindfulness**

**Social Stories/Comic Strip Conversations**

**CBT approaches**

**Resilience/Academic Resilience**

**The Ideal Self and Ideal School**

**Restorative Practice**

Two new packages should be available in the New Year – **Starving the Anxiety Gremlin** and **Lego Therapy**, and a third is anticipated for later in the year (most likely the **SuperFlex** resources). All packages are pre-recorded YouTube videos, accessible via a link upon request (via [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk)) but there is an expectation that Champions will share knowledge with colleagues in school and allow one approach to embed properly before accessing training on another. We will let you know via email and newsletter when the new packages are available.



Don't forget about **Bradford's DfE approved Senior Mental Health Leads course!** For the academic year 23-24, it is run termly and continues to be great value for money! See BSO <https://bso.bradford.gov.uk/content/mental-health/healthy-minds/bradford-dfe-accredited-mental-health-leads-training> for details.

**23 Projects to support adult wellbeing in Bradford:** The Council has awarded grants to 23 different projects that aim to support the wellbeing of adults across the district. Projects support a range of groups of people including older people, LGBTIA+, people with mental health conditions, asylum seekers/ refugees, people who have learning disabilities, people who identify as neurodiverse, men, and South Asian women. More information can be found at [23 projects supported to boost wellbeing in Bradford | Bradford Council](#)



## 2. National news and information



Following successful campaigning from several organisations, the Government has recently announced £5m of funding for **early support mental health hubs**, which offer mental health treatment to young people ages 11-25 without the need for a referral from a doctor. Approximately 60 of these hubs already exist across the country, operated by a range of local services, including volunteer organisations, local authorities and the NHS. The investment will allow 10 of these hubs to expand their service offering (e.g. group work, counselling, psychological therapies) and reach even more young people before they reach a crisis point.

Alongside these pilots, the government will also conduct an impact evaluation to acquire better insight into how the hubs are working, strengthening the evidence base for early intervention and possibly paving the way for a wider, national roll-out. The 10 hubs due to benefit from the additional funding will be announced soon.



Place2Be's **Children's Mental Health Week** will be taking place 5<sup>th</sup>-11<sup>th</sup> February 2024 and the theme will be "My Voice Matters". The Place2Be website has loads of free, downloadable resources that can be used to support your setting in marking Children's Mental Health week and these will be the focus of this half term's pre-recorded webinar. Please see <https://www.childrensmentalhealthweek.org.uk/> for full details.

The featured service in the last newsletter was **Sibs** ([www.sibs.org.uk](http://www.sibs.org.uk)), the national charity that supports siblings of any age who have a brother or sister who is disabled, SEND or high level of need. It is thought that, nationally, most classes will have at least one child who this definition applies to (this figure is likely to be higher in Bradford). Sibs offer support to these children, as well as to parents/carers and professionals.



Following their national conference "*If Only You Knew*" on 10<sup>th</sup> November, Sibs have asked whether we would share information about the following:

- **FREE Sibs Talk Lite resources** that they produce for staff working with [KS2](#) and [secondary](#) age siblings. These resources (story pack, animations/video clips, worksheets and materials that could be used in an assembly) are designed to help staff to open up conversations in PSHCE lessons, circle

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times and assemblies. Teacher guidance notes are also provided. For more information (including details of their more comprehensive support package, Sibs Talk), please click on the links or visit [www.sibs.org.uk](http://www.sibs.org.uk).

- **A nationwide database of where young sibling support groups are located**, and they're asking for your help! If you know of any sibling support groups and are happy to share details, please contact them here <https://sibs.beaconforms.com/form/75f0e136>.
- If you don't run a young sibling support group, but it is something you are interested in, the following link provides information about their next training sessions: <https://www.sibs.org.uk/sibs-workshops-and-training/training-for-sibling-group-leaders/>

## 3. Featured Service



**Family Action Bradford** ([www.family-action.org.uk](http://www.family-action.org.uk)) offer a range of services to children and families across the district who have experienced domestic abuse and trauma (including traumatic bereavement). Services under the **Survive and Thrive** and **Children's Trauma Therapy Service**

umbrellas include creative therapies (e.g. movement/art/drama therapies), individual sessions, systemic family work and therapeutic parenting services, as well as consultation for professionals. They also offer a **Perinatal Support Service**, which offers 1:1 peer support and listening sessions for women across the district who are in the perinatal period (conception – 2 years old).

Further information about all three projects, including how to refer children and families who you feel may benefit, can be found at <https://www.family-action.org.uk/what-we-do/children-families/bradford/>.



## 4. Diary Dates – Autumn term

<b>Tues 5<sup>th</sup> Dec (am and pm)</b> <b>Thurs 7<sup>th</sup> Dec (pm)</b>	<b>MHC+ training sessions</b> - <i>The importance of play for children's mental health and wellbeing</i> . For booking details please see Skills4Bradford.
<b>Tuesday 5<sup>th</sup> December 9.30–11am</b> <b>Thursday 7<sup>th</sup> December 1-2.30pm</b>	<b>Parent workshops</b> – The emotional brain. For booking details, please see the Core page on Bradford Schools Online.

Legal
Living Well Schools
Mental Health
Healthy Minds
About Healthy Minds
Bradford Healthy Minds Chartermark
DfE Grant Funded Senior Mental Health Lead Trainin
Education Emotional Wellbeing Practitioners Team
Healthy Minds - Services Directory for Schools
Healthy Minds Wellbeing Intervention Training
Mental Health Champions CORE
Mental Health Champions PLUS
Self Harm in School

## 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 Bradford Schools Online (Bradford Schools Online - Mental Health / Healthy Minds). 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](mailto:mhchampions@bradford.gov.uk).