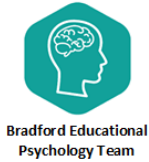


# MENTAL HEALTH CHAMPIONS NEWSLETTER



Autumn 2024

Dear Champion,

We hope you are well and that this academic year has got off to a good start. We are aware that some settings have a new Champion this year and that some Champions are engaging with us for the first time. Welcome aboard if you are a newbie, and welcome back to Champions who have been with us in previous years! These newsletters aim to keep you up to date with some of the many developments both locally and nationally. We hope you find them helpful and that you will be able to engage with network meetings held through the year, where you can meet Champions from other settings and further develop your knowledge and skills – it's always great to hear about the amazing work going on in our schools to promote mental wellbeing. We hope to see you soon!

Sophie and the Mental Health Champions team



## 1. Local News and Information

**Changes for this year:** This year, the MHC offer for schools looks slightly different to in previous years. The following update was posted onto the existing [Mental Health Champions Plus page](#) on Bradford Schools Online recently, and explained further during the Autumn Champions network meetings<sup>0</sup> held in October:

*"From now on, we are moving away from having a Core/Plus distinction and will be focusing instead on supporting all schools in the Bradford District to clarify what approaches and interventions they offer at different levels of the **THRIVE framework** (not to be confused with the Thrive Approach, which is a trauma-informed whole school approach to improving mental health and wellbeing)."*

The THRIVE framework is increasingly used across Bradford District and Craven as a way of organising the many different services available to support children and young people at five different levels of need; **Thriving, Getting Advice, Getting Help, Getting More Help** and **Getting Risk Support**. It is increasingly used by partners across Education, Health and Social Care and helps to bring some clarity and consistency to a system that can otherwise feel difficult to navigate.



**Over the next three years, we hope to support all schools in the Bradford District to clarify their THRIVE offer and to publish this within school and externally (e.g. on their school website) so that it is clear to, and understood by, a range of audiences. The Educational Psychology Team will support individual schools to do this and are currently working on producing resources to make this process as easy as possible.**

The work we, and you, have previously done through Core and Plus has helped to lay the foundations for the THRIVE framework being used more widely across Bradford District. It's now time to take it to the next level!

- **My school has previously been part of Mental Health Champions Plus – what now?** Brilliant news, especially if you actively engaged with the support that was available. You'll already have done a lot of the thinking around what approaches and interventions you offer, so it will not take very much work to translate this onto the THRIVE framework when it is your turn to do so. This is especially true if you have

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also been part of the Chartermark and/or DfE Senior Mental Health Leads programmes. Your school is likely to be one of the earlier schools who we link with. In the meantime, you'll still be able to come to termly Champions meetings to stay up to date with developments and network with Champions in other settings.



• **My school was previously part of Mental Health Champions Core – what now?** This is also great news, especially if you actively engaged with the support that was available. The Educational Psychology Team will support you to clarify what your THRIVE offer looks like and to identify any gaps in provision. In the meantime, you'll still be able to come to termly Champions meetings to stay up to date with developments and to network with Champions in other settings.

- **I don't think my school was part of Core or Plus – what now?** Don't worry! We aim to link with all schools in the Bradford District over the next three years so we should be in touch with you between now and the end of 2026-27. In the meantime, your nominated Mental Health Champion will be able to come to termly Champions meetings to stay up to date with developments and to network with Champions in other settings.
- **Will you still send Champions newsletters?** We will continue to produce newsletters for Champions to keep you up to date with local and national developments to do with mental health and emotional wellbeing in schools, but these will be sent termly rather than half-termly from now on. These will be sent to Champions registered on our existing Core or Plus registers, plus any new Champions who request to be added to the mailing list. If you would like to be added to this list, please email [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk).
- **Can I still access the Healthy Minds training packages?** Yes, if your school was previously part of Mental Health Champions Plus, the Chartermark or the DfE Senior Mental Health Leads programmes. As before, we encourage schools to pace themselves when accessing these packages rather than accessing several at once, to give time for people to get different approaches up and running effectively. Please email [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk) for more information"

We hope this makes sense and clarifies the support Champions will be able to access this year, but if you have any question please ask.

**MHC Network Meetings:** As mentioned above, we will continue to run Mental Health Champions Network meetings, this year on a termly basis, and it was great to see so many of you at the Autumn sessions just before half term. Network meetings for this year will link to the THRIVE Framework, for example focusing on different approaches and interventions that schools could have in place at parts of THRIVE; so may well include mini segments of training as well as opportunities for schools to share their experiences of implementing these.

Meetings take place via Teams and are repeated three times each term to hopefully allow as many Champions as possible to attend. Dates for the rest of the year have been confirmed as:

Spring	Summer
Weds 5 <sup>th</sup> March, 1.00-2.00	Tues 10 <sup>th</sup> June, 1.00-2.00
Thurs 6 <sup>th</sup> March, 9.30-10.30	Thurs 12 <sup>th</sup> June, 9.30-10.30
Thurs 6 <sup>th</sup> March, 1.00-2.00	Thurs 12 <sup>th</sup> June, 1.00-2.00

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Please see Skills4Bradford for full details and to sign up; Champions are encouraged to come to meetings where they can.

**Bradford Schools Online pages:** We are planning to delete the MHC Core and Plus pages soon and replace them with a single “Mental Health Champions” page to reflect the new Champions offer. We will continue to use the [existing MHC+ page](#) until technology catches up with us!



In the meantime, we have added last year’s newsletters to the existing MHC+ page in case anybody (especially new Champions) finds them helpful.



**DfE Senior Mental Health Leads training:** Bradford Educational Psychology Team continues to be a DfE-assured provider of this training, which has been very popular in previous years. Schools can apply for a £1200 grant to support attendance, with courses for this academic year starting on **Tuesday 5<sup>th</sup> November** and **Tuesday 24<sup>th</sup> February**. Please see the [DfE Senior Mental Health Leads training page](#) on BSO for full details.



**Healthy Minds Chartermark:** Kay is pleased to report that the Chartermark register is full for this year! This is great news and demonstrates that an increasing number of schools are committed to developing really solid whole-school offers around mental health and well-being.

**Emotionally Based School Avoidance:** The EBSA page on Bradford Schools Online has a wide range of information and resources to support schools to recognise and meet the need of children displaying emotionally based school avoidance; please have a look when you can, as we know that the earlier these children are supported, the better their outcomes tend to be.

Early Education & childcare
Education and Learning
Education Safeguarding
<b>Educational Psychology</b>
About the Educational Psychology Team
Buying Additional Time
Courses and Training
Critical Incident and Bereavement Support
Educational Psychology Consultations
<b>Emotionally-based School Avoidance (EBSA)</b>
Portage
School Based SEN Review
Emergencies


## 3. Featured service



No specific service this time but a reminder about the **Healthy Minds website: [www.healthyminds.services](http://www.healthyminds.services)**, which is a directory of over 250 support services and activities provide locally by the NHS, Bradford Council, mental health charities and community groups. A “support finder” tool allows you to tailor your

search for a particular person or type of need, and there is also the option to search by a keyword. The website also contains information about a range of different conditions as well as about maintaining positive mental health.



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 **Healthy Minds**

**Support finder**  
Take a quiz to find the right mental health services for you

**Information and advice**  
Read articles and get wellbeing tips and support

**What's Healthy Minds?**  
Learn about this directory and who offers support






[Urgent help](#)

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## Mental health support in Bradford and Craven

Find mental health information, advice and support in Bradford, Airedale, Wharfedale and Craven.

[Find support](#) → [About Healthy Minds](#)



The Healthy Minds website is a mine of information that could be useful for anybody within your school community; we anticipate that it will be included on every school's THRIVE Framework as a resource that you are aware of and refer to at every level of THRIVE.

## 5. Further information and contact details

➔ Mental Health
➔ 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

Keep an eye on the existing Mental Health Champions Plus page on BSO, and your email inboxes, as this is where (for now!) we will share key updates and information between Network meetings.

**Need to notify us of a change of Champion?** Thank you, it helps us to have an up-to-date mailing list! Please email [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk) to register any changes.

**Any other questions?** Please email [mhchampions@bradford.gov.uk](mailto:mhchampions@bradford.gov.uk) and we will get back to you as soon as possible!

**PLEASE SHARE THIS NEWSLETTER WITH YOUR COLLEAGUES!**