

MENTAL HEALTH CHAMPIONS NEWSLETTER



Bradford Educational
Psychology Team



2023-24

Issue 4/6

Spring 2, 2024

Dear Champion,

The Mental Health Champions network is now well-established in Bradford and has taken on many different forms over the years (as some of you will testify!). At the last count, we support 186 Champions in settings across the age range, which includes a range of independent settings as well as local authority schools and academies. However, this means that there are still schools, nurseries and colleges who do not engage with the support available, so please spread the word with your friends and colleagues in other settings!

At this point in the academic year we always begin to look forward to the next year and what the different projects will look like for 2024-5; this is guided in part by the Commissioners and what they would like us to deliver. We do not anticipate any major changes for next year but will keep you posted.

We are very proud of the level and range of support we can offer to Champions in Bradford – all free of charge – and believe that this is quite unique. This is possible largely due to the ongoing commitment of individual Champions and schools, so we hope that you will continue to engage with us as the projects evolve further!



1. Local News and Information



MHC Core: Message from Misbah Khan: *"We are continuing to run our **termly parent workshops** and **twice-yearly governor training sessions** this year, each based around a specific theme. We are keen for as many parents and school governors to attend these sessions as possible as it is a great way to learn about a key topic and share valuable experiences and ideas. However we are running into some issues with uptake of these. Our Autumn term workshop on emotional regulation had record numbers of parents sign up, however unfortunately attendance on the day was limited. We have also sadly had to cancel both our governor training sessions this year due to an insufficient number of people signing up.*

*The next parent workshop on the topic of **Exam Anxiety** will be running on 19th and 21st March, with another one on **School Transition** planned for the Summer term (provisional dates of 11th and 13th June). It would be great if Champions could promote the summer term session as much as possible within their schools as we received lots of positive feedback about it from parents last year!*

Also, if you have any ideas about how we might make our parent and governor sessions more accessible to maximise attendance, please let us know. We would love to see many more parents and governors next year!"

End of year evaluation: Towards the end of the Summer term we will send all Champions a link to a short end of year evaluation survey. This is to gather your **feedback on MHC Core and Plus offers** this year and what you would like these to look like in the future. We will let you know when this is ready as we value your input and would really appreciate as many Champions completing this as possible!

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MHC+ training sessions: Thank you to all the Champions who attended the recent MHC+ training sessions on emotional literacy. There was a lot to cover, but feedback received from people who attended was very positive and it was helpful for everybody to hear about the other emotional literacy interventions and approaches used in settings across the district. If you attended and have not yet been able to provide feedback, please do so via this QR code, as the link is still live.



Due to the ongoing traffic difficulties around MMT at the moment, uncertainty about room bookings and the low numbers of people signing up to the live training sessions each half term, we have decided to make all MHC+ training sessions virtual for the foreseeable future rather than offering a live option each time. We hope to be able to offer live

sessions again in the future as it was great to have Champions together in the same room, but for now it seems best to give everybody the choice of three virtual sessions each half term instead.



Hopefully this will also make it easier for more of you to access the MHC+ training sessions for the rest of this academic year! These are:

- ***The impact of trauma on brain development*** – 12th, 13th and 14th March (Sobia Khan facilitating)
- ***Supporting children with transitions*** (Sobia Khan) – 22nd and 23rd May (Sobia Khan facilitating)
- ***Human Givens: how we can use this approach to meet people's "given" physical and emotional needs to avoid distress*** - 2nd, 3rd and 4th July (Georgina Tidsdale facilitating)

To book a place on any of these sessions, please visit Skills4Bradford. Courses run via Microsoft Teams, are usually 1.5-2hrs long and are totally **FREE!** You just need to be signed up to MHC Plus; please email mhchampions@bradford.gov.uk to check if you are not sure if this applies to you or not.

Peer Supervision: Sobia and Rachel recently ran the first MHC+ Peer Supervision sessions, which worked really well. The Champions who attended were able to share ideas and do some joint problem-solving around particular issues they were encountering in their schools, with people who do the same Champion role as them but in different settings. Unfortunately we have had to cancel the next session (20th March) due to a very low uptake, but we hope that the next sessions will run as planned. The dates for these are:



- Monday 20th May
- Monday 8th July

Booking can be made via Skills4Bradford (as above) and sessions are available to Champions signed up to MHC+. Sessions run via Microsoft Teams, are up to 1hr long and are **FREE.**

Messages from Kay Tasker Smith



"The Healthy Minds Chartermark is moving from strength to strength and there are another 18 schools within the district due to receive their Chartermark award this July!" Congratulations to all schools who have achieved, or are working towards, Chartermark status.



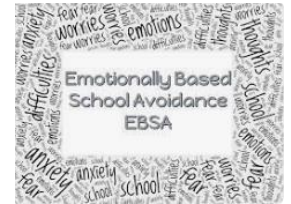
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*"We still have spaces on the **DfE Approved Senior Mental Health Leads Course** for this summer and you can apply for funding from the DfE for this course. We also have dates in place to run two cycles of this course in 2024-25: funding has not yet been confirmed but please reserve these dates in your diaries and I will let you know when the DfE has confirmed funding availability".*

If you would like further information about either of the Chartermark or the DfE Senior Mental Health Lead training, please see the information on Bradford Schools Online (under the Mental Health - Healthy Minds tabs).

EBSA Spotlight Conference: Places are still available for the Emotionally Based School Avoidance spotlight conference, to be held at Margaret McMillan Tower on **Thursday 25th April**. As well as hearing from young people who have experienced EBSA, new Bradford EBSA guidance will be launched and delegates will hear from Duncan Gillard, a national speaker who is driving the wellbeing agenda forwards within education.



Bookings can be made via Skills4Bradford. Please share this information with your Senior Leadership Team as it would be good to have as many schools on board as possible!

3. Featured service



Barnardo's Positive Identities Service: The Barnardo's Positive Identities Service (www.positiveidentities.org.uk) provides support to children, young people, families and professionals around sexuality and gender identity. They work with young people who identify as Lesbian, Gay, Bisexual, Trans, and other related identities (LGBT+), those who

may be questioning their gender identity and/or sexuality, and their families. They also work with professionals supporting them, empowering them to support young people with their identity.

The Positive Identities Service run a variety of different areas of support, the main one being **Gender Space** which supports young people aged 13-18yrs who identify as trans or are gender questioning. They provided the following information about this service: *"Gender Space offers a social model of support for children, young people and their families within West Yorkshire. We recognise the importance of gender identity being validated and expressed in a safe space, which is what we seek to provide in this service. Our support is primarily online, and is a mixture of one-to-one, group work, and therapeutic support. If you would like to make a referral to this service, please do so via the form below and email it to positive.identities@barnardos.org.uk".*

The Positive Identities Service also offer **training to professionals** to ensuring that their organisation is inclusive and accessible to LGBT+ young people, that their teams are proactively challenging discrimination and prejudice, and that professionals are confident in supporting young people & families around gender identity and sexuality. For further information about the training offer, please visit the "training" section of their website.



4. Diary Dates – Summer term

See above for the dates of upcoming MHC+ training and peer supervision sessions!

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.

