

MENTAL HEALTH CHAMPIONS NEWSLETTER



Bradford Educational
Psychology Team



2023-24

Issue 5/6

Summer 1, 2024

Dear Champion,

The final term of this academic year is now underway and thoughts are turning towards children's transitions to their next class or their next school. Whilst each academic year tends to have a relatively predictable structure from year to year, the same cannot be said for MHC Core and Plus!



Over time the projects have evolved in response to what we can see does and does not work, and what our Commissioners would like us to do. Having said in the previous newsletter that we did not anticipate any significant changes for next September, it now seems that there may be some changes after all. The details of the changed offer are still being worked out with Commissioners, but we hope to retain elements of training and information-sharing, as these appear to be particularly valued by Champions.

We should be able to share more information next half term when plans are more concrete. Watch this space!

1. Local News and Information



MHC Core: Misbah and Faye will be running the final parent workshops of the year on 11th June (9.30-11) and 13th June (1-2.30), on the theme of school transition. If you know of any parents who would like to attend one of these virtual sessions, please ask them to email mhchampions@bradford.gov.uk.

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 how these have supported you in your roles. Please look out for this and contribute what you can!



MHC+ training sessions: Please note that there has been a **CHANGE OF DATE** for the final MHC+ training session of this year, "*Human Givens: how we can use this approach to meet people's "given" physical and emotional needs and avoid distress*". **Sessions will now take place on Monday 8th July (am), Tuesday 9th July (am) and Thursday 11th July (am) instead of during the previous week.** Anybody who had already booked for the previous dates should have been contacted, and anybody who would like to book a place on one of the new dates should do so via Skills4Bradford.

If you are curious about Human Givens and want to find out more before the session, please visit the website for the Human Givens Institute at www.hgi.org.uk. Georgina's session will explain the approach in more detail and look at how it can be applied in school contexts.

Peer Supervision: We are pleased that the MHC+ peer supervision session was able to go ahead as planned for this half term. Thank you to those who attended – we hope you found it useful! The last slots for this year are still planned to run on **Monday 8th July (1pm and 2pm)**, and places can be booked via Skills4Bradford as usual.

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Emotionally Based School Avoidance Project

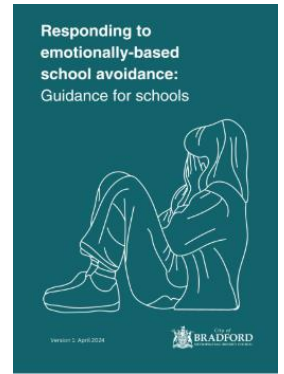
Vicki Morris (Specialist Senior EP, EBSA) has provided the following update about the EBSA project, which we have featured in previous newsletters.

“We were really delighted to see so many schools represented at the EBSA Spotlight Conference in April. Hearing from young people and a parent about lived experiences was particularly powerful and a reminder of the importance of child and family focussed working.”

The first version of the **Local Authority’s guidance on EBSA** was launched at this meeting and can be accessed here: <https://bso.bradford.gov.uk/content/responding-to-ebsa---guidance-for-schools>. Further training on getting started with implementing the guidance is available for schools for **FREE** on the 5th and 12th June and can be booked here:

- [Responding to Emotionally Based School Avoidance | Skills 4 Bradford – 05.06.2024](#)
- [Responding to Emotionally Based School Avoidance | Skills 4 Bradford – 12.06.2024](#)

We expect the course to be popular so recommend early booking. Please share this information with relevant staff who are leading in this area in your school.”



3. Featured service

Jo James (Senior Public Health Specialist, Health Improvement Team, Bradford Council) has provided the following information about two services available in relation to suicide, including one which offers **FREE TRAINING** available to anybody working with women and girls in Bradford:

SPEAK: “Bradford Public Health Team and the West Yorkshire Integrated Care Board have worked with PAPYRUS to develop a bespoke training session that will be focussed on female suicide and prevention.



Around one in four people who die by suicide in our district are female. Our latest intelligence shows that many of the females who die by suicide are likely to be in touch with services in the months before their death. Many of them will have a history of trauma, abuse, mental illness or experienced problems with alcohol or drug use, and some will be struggling with issues relating to motherhood.



This training is a **unique and limited offer** and is aimed to be accessible **for all people working with females** in Bradford who may be at risk of suicide.

At the training session attendees will:

- ✓ learn how to spot the signs of suicide.
- ✓ Learn how make a safety plan for someone they are concerned about.
- ✓ Have the chance to network with other professionals working with women and girls in Bradford.
- ✓ Receive a bespoke female-focussed resource pack to take away.
- ✓ Have the chance to sign up as a West Yorkshire Suicide Prevention Champion

Sign-up is quick and easy using the links below. There is one online session and one face-to-face session available, but places are limited so sign up soon to secure your place!

To book a place:

- 17th July - <https://www.papyrus-uk.org/training/wy-sp-eak-bradford-womens-services/>
- 17th September - <https://www.papyrus-uk.org/training/wy-sp-eak-bradford-womens-services-2/>

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Mind Specialist bereavement support for people affected by suicide:



*"This service will continue to offer **free support** to people over the age of 18 but can now also support younger people as part of their family offer. This means anyone of any age can receive specialist bereavement support if affected by suicide in Bradford.*

People can be affected by suicide in many ways, for example it could be the loss of a loved one, friend, work colleague or witnessing events related to suicide.

Referrals can be made via the link and there is no time limit for people to access the offer. Self-referrals are also accepted. <https://www.leedsmind.org.uk/suicide-bereavement-services-west-yorkshire/>"

For enquires relating to either of these services, please contact jo.james@bradford.gov.uk.

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.

