

MENTAL HEALTH CHAMPIONS NEWSLETTER



Bradford Educational Psychology Team



2023-24

Issue 6/6

Summer 2, 2024

Dear Champion,

It's the end of another busy year, and there is lots to celebrate! Twelve schools were awarded with their Silver or Gold Chartermark awards at a ceremony at the Midland Hotel on Tuesday and, for the first time, two schools were given Beacon School status. It was fantastic to hear about the work staff have done to achieve the awards, and to celebrate what was – for many – already standard practice in their setting. Fourteen schools have also completed the DfE Senior Mental Health Lead training programme over the year, which will allow them to pursue a Chartermark award if they wish. Congratulations to all involved!

The MHC+ Core and Plus programmes have continued to reach approximately 75% of settings across the district too, which means that more than 180 Champions have had access to the wide range of free support available from the Educational Psychology Team. It has been great to see so many of you at MHC+ training sessions and supporting each other in MHC+ peer supervision groups this year. Champions have such a range of skills and knowledge to contribute and are always so willing to share as well as learn. Thank you all for your continued engagement – we hope to see you in the new year!



1. Local News and Information



Changes for next year: In the last newsletter we said there would be some changes to the Core and Plus offers for next year. We will be able to share more detailed information next term, but the headlines are that:

- **These newsletters will become termly rather than half termly**
- The bulk of our time going forwards will be spent supporting all schools in Bradford – not just the ones who have engaged with Core and Plus – to clarify exactly what their school's offer is in relation to mental health, and to help them identify and plug any gaps. This will be known as the **Mental Health In Schools Offer (MHISO)**. We're planning to use the Thrive Framework as the structure for this, which will help schools to state what they offer to those in their community who **need advice**, who need **help**, who need **more help** or **risk support**, but also to those who are already **thriving**.
- We will continue to run **training sessions for Champions, but on a termly basis** rather than half-termly.
- We will also be **providing support, advice and training to a network of Peer Mental Health Champions**, which is an exciting new development.



We recognise that parts of the new Champions offer look quite different to the previous Core and Plus offer. However, as other sources of systemic mental health support have become more established in Bradford (e.g. the Mental Health Support Teams and the DfE Senior Mental Health Lead training programmes), and pressures on Champions' time has increased, we feel that Educational Psychology Team

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time can now be used differently and in a way that also reaches schools that have not traditionally engaged with Core or Plus.

Champions will still have an important role to play, so we look forward to maintaining links with you all as we move forwards. We will share more information about all aspects of the new Champions offer in the new academic year!

End of year evaluation: We have recently emailed all Champions a link to a (very) short end of year evaluation survey. This is to gather your feedback on MHC Core and Plus offers this year, so that we can report back to Commissioners. **Thank you if you have already completed this. If you have not already done so, please complete this by the end of term so that we can gather as much information as possible** - the QR code and link are here if you need them! <https://online1.snapsurveys.com/izeng2>



DfE Senior Mental Health Leads training: This year representatives from 14 schools have completed Bradford's DfE Senior Mental Health Leads training: **All Saints CofE Primary (Bradford), Beckfoot Upper Heaton, Byron Primary Academy, Dixons Free Sixth Form, St Joseph's Catholic Primary (Bingley), Denholme Primary, Beechcliffe Special School, Knowleswood Primary, Swain House Primary, Chellow Heights Special**

School, Dixons Trinity Academy, Farnham Primary, Idle CofE Primary, and Lidgett Green Primary. Congratulations to everybody involved!

The course has been also accredited for a further year and continues to be grant funded; please see Bradford Schools Online for further information and information about how to register (BSO/Mental Health/Healthy Minds/DfE Grant Funder Senior Mental Health Lead Training).



Healthy Minds Chartermark: The following schools were formally presented with their **Silver** Healthy Minds Chartermark awards by the Lord Mayor Councillor Beverley Mullaney at our annual Chartermark ceremony on 2nd July: **Beckfoot Allerton Primary School and Nursery, Jaamiatul Imaam Muhammad Zakaria, Thornton Primary, Farfield Primary, Holycroft Primary, Grove House Primary, Steeton Primary, Worth Valley Primary, Frizinghall Primary and St Columbas Catholic Primary. Parkwood Primary and Chellow Heights Special School** also achieved their **Gold** awards, and this year **Burley & Woodhead CofE Primary and High Park Special School** have been awarded ***Beacon School*** status! A lot of hard work goes into achieving any level of the Chartermark, so many congratulations to all involved!

The Chartermark award ceremony is held at the Midland Hotel and is always a lovely, feel-good afternoon for everybody. It is so inspiring to hear about the amazing work that schools do, even in the face of increasing pressures, and to hear from members of staff as well as pupils about the work they've done to support mental health and emotional wellbeing in their setting. Many of them said how the Chartermark gave them the opportunity to formally pull together, but also celebrate, what they were already doing across school; this in itself was a boost to morale and staff wellbeing!



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We hope that more and more schools become involved in the Chartermark over time, especially secondary settings. If you would like to find out more, please visit Bradford Schools Online (BSO/Mental Health/Healthy Minds/Bradford Healthy Minds Chartermark) or email EmotionalWellbeingChartermark@bradford.gov.uk to formally register interest.

3. Featured service



Charlie Waller Trust (www.charliewaller.org): The Charlie Waller Trust is a mental health charity which was set up in 1997 in memory of 28 year old Charlie, who sadly took his own life after suffering with depression. The organisation has grown to become one of the most respected mental health charities in the UK, offering a range of training, resources and consultancy services to young people, parents/carers, schools, colleges, universities and employers. They promote evidence-based approaches to mental health and emotional wellbeing and work closely with Universities (e.g. Oxford and Reading), as well as organisations such as the Anna Freud Centre, in developing their resources and offer.

The Charlie Waller Trust **website** has a wealth of resources and topics to explore, including **free webinars** on different subjects. They have kindly made a 20 minute section of their webinar on self esteem - about “lifespan theory” - available to us and **this will be shared as part of this half term’s webinar.**

Schools can also ask the Trust to deliver **in-person training** within their setting, which is also **free of charge** (although they do ask schools to make donations to the charity where they can). Training can be on a wide range of topics and is very flexible depending on your school’s needs.

For further information, please visit the Charlie Waller Trust website.

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

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). **These pages will be changed soon to reflect the new offers for 2024-25.**

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. We like to keep our register up to date!

Please share this newsletter with your colleagues!

Wishing you a restful and well-earned Summer holiday – see you in September!