Herts & West Essex
Mental Health Support Teams

mind in West Essex

Mental Health Support Teams in Schools
West Essex

NHS

January 2024

MHST NEWSLETTER

Welcome back to school.
Christmas and New Year seem like a distant memory!
We hope everyone is embracing the cold January weather and keeping up with the ever-changing names of the storms we have been enduring.

Uttlesford MHST have been busy in January -
we had a visit to a local Beavers group and
a wellbeing evening at Forest Hall School.
School workshops are underway with Brain Buddies, Friendship groups and Emotion Explorers. Many parent/carers and young people are benefiting from our 1-2-1 interventions

February is set to be busier with
Children's Mental Health Awareness Week,
Time to Talk Day and the start of our online parent workshops.

It is a privilege to work within the school community, building on our strong relationships with staff, children and young people.

Meet your Uttlesford Schools Team

Mike Ellen
CYP MHST Team Manager

Abbie Cody
Supervisor/Practioner

Helen Bird
Supervisor/Practitioner

Our Mental Health Practitioners
Emma. Charley, Abigail & Charlotte

Sally - CYP MHST Administrator

MHST
Herts & West Essex
Mental Health Support Teams

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Mental Health Support Teams

A reminder of what we do

Anxiety and Challenging Behaviourr

Brain Buddies and Emotion Explorers

Friendship Groups

Mental Health Support Teams in Schools, part of Mind in West Essex, is a service for children, young people and their parents/carers. We support mental health and emotional wellbeing, focusing on early intervention. In primary school we work with parents and carers, and in secondary we work directly with pupils. We work with the school, providing staff training focusing on mental health and well-being.

Coffee Mornings in school

Online Parenting Workshops

Assemblies
Bespoke Workshops
School events

Talk to your EMHP for more information

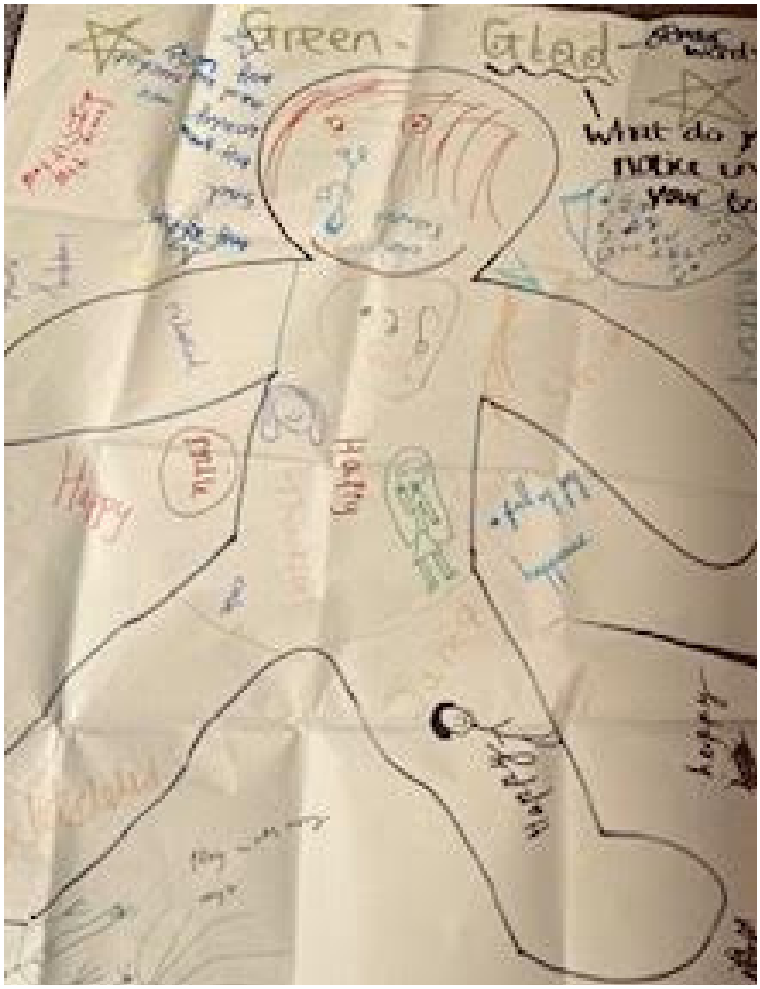
Herts & West Essex
Mental Health Support Teams

MHST Uttlesford visit
1st Henham & Elsenham

BEAVERS

One of our local Beavers groups reached out to our Mind School team & asked if we would do some work around “emotions”

Helen Bird & Sally Cowan visited one of their sessions and had a lovely time with the group.
Helen led the session and had all the Beavers thinking of different emotions and coming up with words and feelings linked to each emotion.
The children were a delight to work with!



FOREST HALL SECONDARY SCHOOL

Herts & West Essex Mental Health Support Teams

On Tuesday 23 of January Forest Hall school held a well-being fete which the MHST were invited to. The evening was a great success with a number of local agencies attending. The hall was buzzing with lots of activity. Emma and Abbie had a great time and were pleased to promote the MHST services at such a great event!

MHST working with our secondary schools

mind in West Essex

Mental Health Support Teams in Schools

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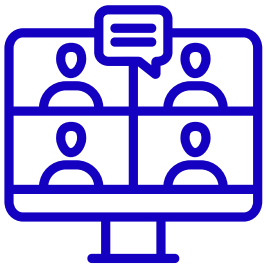
Online Parent Groups



Challenging Behaviour

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

14th February - Session 1
HALF TERM
28th February - Session 2
6th March - Session3
13th March - Session 4
20th March - Session 5
27th March - Session 6

Wednesdays 13.00-14.30 via Zoom

Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

29th February - Session 1
7th March - Session 2
14th March - Session 3
21st March - Session 4

Thursdays 13.00-14.30 via Zoom

Supporting Teenagers Emotion Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks. This will look at ways to help your teenager manage their emotional wellbeing.

27th February - Session 1
5th March - Session 2
12th March - Session 3
19th March - Session 4 (optional)

Tuesdays 17.30-19.00

To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code

If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:
Harlow - mhstharlow@mindinwestessex.org.uk
Epping Forest - mhsteppingforest@mindinwestessex.org.uk
Uttlesford - mhstuttlesford@mindinwestessex.org.uk

There are limited places available so please book your place as soon as possible. If you would like to access the course, but do not have access to the internet, please see your school or contact our team (see above)

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
5-11 FEB 2024

Children's Mental Health Week will take place
from 5 to 11 February 2024, with the theme of My Voice Matters.
It was set up by children's mental health charity Place2Be
and shines a spotlight on the importance of
children and young people's mental health.

Mind in West Essex Schools Team will be visiting
the following schools during the week :
Debden - Tuesday
St Mary's Saffron Walden - Wednesday
Kathrine Semar - Thursday
Hatfield Heath - Friday
Find us in the playground from 8.30am & say hello😊

Mind in West Essex

Children's Mental Health Week

Mind in West Essex is encouraging children and young people to use their voices, share what matters to them and encourage those around them to listen.

The aim of this event is to bring the community and families together to explore this year's theme of

'My Voice Matters'

We will be hosting various fun activities for children and adults at each venue facilitating conversation and support for everyone.

These events will take place in Harlow, Dunmow, Saffron Walden, Loughton and Touchpoint Stansted.

Please contact your local hub for further details.

Wednesday 7th February 2024

3:30-5:30pm

Come and drop in for some snacks & a chat, all ages welcome. We look forward to seeing you there!

Mind in West Essex
1 & 2 Bakehouse Court, 19 High Street, Saffron Warden, CB10 1AT

Mind in West Essex
The Uttlesford Community Hub, 45 Stortford Road, Great Dunmow, CM6 1DQ

Touchpoint
Crafton Green
72 Chapel Hill, Stansted, CM24 8AQ

time to talk day
01/02/24
mind
Rethink Mental Illness.

Time to Talk Day is run by Mind and Rethink Mental Illness in England, in partnership with Co-op. The campaign runs UK wide
, with SAMH (Scottish Action for Mental Health) and
See Me in Scotland, Inspire in Northern Ireland and Time to Change Wales.
The day is all about creating supportive communities by having conversations with family, friends, or colleagues about mental health.
We all have mental health and by talking about it we can support ourselves and others.
We aim to support communities up and down the country to have more mental health conversations than ever before.
Time to Talk Day was launched in 2014 by Time to Change, a campaign to end mental health stigma and discrimination,
which was run by Mind and Rethink Mental Illness.

"NOT TOOOO BAD"
SOMETIMES MEANS I FEEL LOST AND ALONE

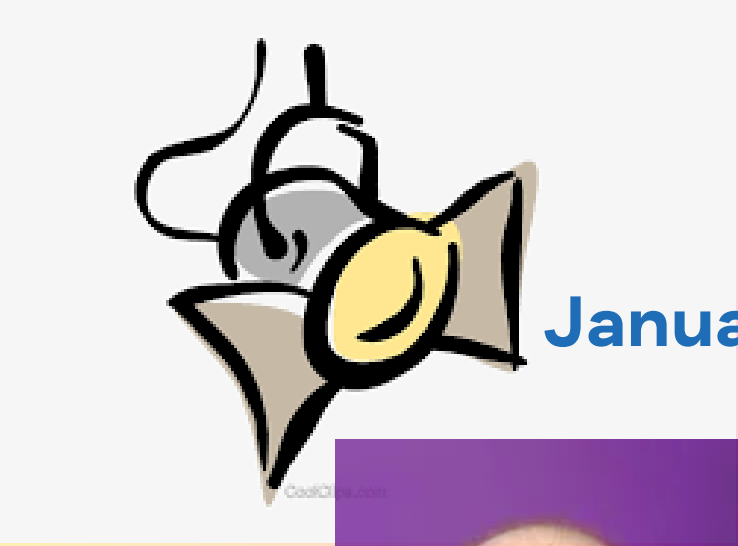
This year Mind in West Essex have been fortunate enough to receive funding from Time to Talk to enable them to buy equipment to record podcasts.
For Time to Talk Day we are focusing on the mental health and well-being of children and young people.
We sent out a questionnaire to our schools to be filled in by students and we received several replies. We have recorded a podcast where we discuss the questions and answers students
gave plus discussed questions they asked.
On Time to Talk Day we are holding a zoom webinar
where we will play the podcast
and also have a Q&A session where students are invited to ask the panel questions about mental health and well-being.

SAFER INTERNET DAY 6th FEBRUARY

Safer Internet Day is coming up - there are resources for educators including lesson plans and activities to help keep children safe online, available from UK Safer Internet Centre.

To find out more about local support and resources visit the ESCB Online Safety web pages where you can also access podcasts and videos from our campaign.

ESCB - Online Safety



MHST
January Spotlight

Mike Ellen
CYP MHST Uttelsford Team Manager

I'm happy When:
The Weather is Warm

YAY!
A bike ride without a puncture

Burnt Cakes
Make me Sad

Favourite TV
Dr Who

YUK!
Split tea bag in my cup

Working in the mental health schools team is:
A Joy ....

Free Family Cooking Club Saffron Walden

Description
Join us for a five week family cooking club.
Each week we will be creating delicious plant based recipes using fresh ingredients.

Families will be given new cooking equipment to use in the workshops and then you will be able to take the equipment home to keep.

The cooking club is for low income families, parent and children, living in the location of Saffron Walden and fully funded by Essex Council.

There are only 10 family spaces available for the 5 week course so please book early to avoid disappointment.

You must be available to attend the 5 weeks to be eligible for the cooking equipment.

The dates are
Thursday 1st, 8th, 15th, 29th February
Thursday 7th March
Time 4pm - 5.30pm

Please note there is parking available, as the venue is in the town centre.

There are car parks close by.
VENUE
St Marys Church Hall
Church Path
Saffron Walden
CB10 1JP

Requirements
Please come in sensible clothing and footwear, with long hair tied back

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https://widget.eola.co/1641/activities/making-it-mindful-free-family-cooking-club-saffron-waldenittl

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JOIN THE

MHST
Mental Health Support Team
BOOK CLUB

Reading with your child not only strengthens the parent-child bond but also helps children to develop empathy and emotional awareness, teaching children that it is okay to feel emotions and how to cope with their feelings in healthy ways.

Each term receive our MHST bookclub newsletter with 4 wellbeing book recommendations, as well as, prompts and questions to think through and/or discuss with your child. Book recommendations will be made for these age groups:

- 5-8 years old
- 9-12 years old
- 12-14 years old
- 15-19 years old

To sign up to the newsletter scan this QR code or email your area's administrator

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BOOK CLUB

Reading is a great way to relax and has positive benefits for our mental health too! Research has found that reading helps to reduce stress, increase concentration and combat insomnia.

Recieve wellbeing book recommendations straight to your inbox every term!

To sign up to our termly newsletter, scan the QR code or email are area's administrator

If you...

- are passionate about children and young people's mental health
- have accessed mental health services locally
- would like to make a difference by sharing your views
- are looking for an exciting volunteering opportunity

become a Young Mental Health Ambassador!

healthwatch Essex

We need your voice!

Your experiences are key to shaping the future of the Emotional Wellbeing and Mental Health Services in Essex. Young people's mental health is hugely important and you can help to change local services for the better.

If you are a child or young person up to the age of 23 (or up to 25 if you have special educational needs and disabilities), you can be involved in many different ways.

- Create videos, online blogs and respond to other digital tasks
- Share your experiences, views and opinions to help Commissioners improve and develop local mental health services
- Attend Young Mental Health Ambassador meet ups and build your network

Interested?

If you would like to apply for this great opportunity, contact our Engagement Officer, Renee Robey, on:

renee.robey@healthwatchessex.org.uk

07483 329411

@hiddenvoiceshwe **@HWEssex** **healthwatch-essex**

www.healthwatchessex.org.uk

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Keeping Myself Safe

Non-Emergency Support

SHOUT

- Text SHOUT to 85258 (free, anonymous text crisis messenger, 24/7)

Kooth.com

- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)

The Mix

Telephone support 3pm-12pm everday
0800 808 4994
Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

Childline

1:1 telephone counselling 9am-midnight everyday 0800 11 11

Switchboard

Confidential service available 10am – 10pm, every day 365 days a year. Service provides a safe space listening service via telephone, email or online chat.

Free Apps

CALM HARM

Helps reduce urges to self-harm and manage emotions in morepositive way.

CLEAR FEAR

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.

In an emergency

Call 999 or attend A&E

In a mental health crisis? CALL 111 OPTION 2

Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)

SET CAHMS – Monday to Friday telephone: 0800 953 0222
Out of hours and weekend Crisis Support Service: 0800 995 1000
Young Minds -Text crisis messenger 24/7: text YM to 85258 (free from most mobile networks).
Parents helpline Mon-Fri 9.30am+4pm 0808 802 5544 (free of charge)
Essex County Council Children & Families Hub - Telephone 0345 603 7627 Mon-Fri 9am-5pm. Telephone 0345 606 1212 (out of hours)
Vita Health (16+) -Telephone 0300 0152 966. This is NOT an emergency service. Self-referrals are accepted.
Family Lives - Helpline 0808 800 2222 Email askus@familylives.org.uk