

# Kind Minds Newsletter



**Children and young peoples' mental health and emotional wellbeing  
Staffordshire**



## Welcome to this Spring edition of Kind Minds.

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every term and **we would welcome your thoughts on the types of information that would be most useful to you.**

**Please get in touch with ideas, contributions or to be added to the distribution list:**



[sandra.webb@staffordshire.gov.uk](mailto:sandra.webb@staffordshire.gov.uk)



## Staffordshire Emotional health and wellbeing service

With so many pressures on families currently parenting can be the hardest job of all, and supporting a child or young person with new emotional health and wellbeing can be challenging. Their difficulties often impact the whole family and especially you as parent/carers its ok not to be ok, and important to reach out

and ask for help and support when you need it.

At Action for children, we want to support you too!

Visit our website ...to see our advice and support for parents and carers.

Whether you need a listening ear or advice tailored to your situation speak to a trained parent coach via our parent talk.

[Parent Talk - Support for Parents from Action For Children](#)

Get help with your feelings of worry or find out how to support your anxious child or young person.

[Silvercloud. Making Space For Healthy Minds \(silvercloudhealth.com\)](https://silvercloudhealth.com)

Or if you want to understand more and access tips and resources quickly on issues such as low mood, stress, self-harm, anger and more, see the self-help videos and information in the Advice and Guidance section of our website.

[Staffordshire Emotional Health and Wellbeing Service \(actionforchildren.org.uk\)](https://actionforchildren.org.uk)

And follow the Advice for parents' link

You can also sign up to one of our virtual workshops or join one of our in-person peer support sessions. Hearing others have similar difficulties helps us understand we are not alone.



### Wait times

**Our wait times can differ depending on the young person's pathway. Wait times for a group workshop are minimal** enabling children and young people to receive support quickly so please encourage children and young people to access this support.

**Wait times for one-to-one sessions are longer** and we are working hard to reduce this. While we understand some children and young people prefer this type of support we would encourage them to try a group workshop. This can be a great way to see that others have similar emotions and difficulties and therefore reduce their feelings of isolation.

Our overall average wait times are currently:-

Referral to assessment - November - 10 days

Assessment to intervention - April - 5 days

**Contact us:** to check progress of a referral or get some information, advice and guidance:



**01782 977 877**



[staffordshirewb@actionforchildren.org.uk](mailto:staffordshirewb@actionforchildren.org.uk)



[Staffordshire Emotional Health and Wellbeing Service \(actionforchildren.org.uk\)](http://Staffordshire Emotional Health and Wellbeing Service (actionforchildren.org.uk))

## Making a referral for children and young people's mental health and emotional wellbeing support in Staffordshire

Support and guidance are provided through the single points of access for north and south, they will triage information provided to understand the needs of the child, young person, and their families. Simplifying the way children, young people, their families or carers seek care, support and guidance, also how professionals and others can make a referral.

### North Staffordshire:

- Child and adolescent mental health services are accessed via the **Single Point of Access (SPA)**, bringing together children and young people's mental health services including Action for Children.
- The **Crisis Care Centre** can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened by the CCC and passed over to the duty team for triage.

Telephone: 0800 0 328 728

Online referrals: <https://combinedwellbeing.org.uk/da-our-services/>



North Staffordshire  
Combined Healthcare  
NHS Trust



#### Where does this service cover?



## South Staffordshire:

- Child and adolescent mental health services are accessed via the **Children and Families Single Point of Access (CaFSPA)**, bringing together children and young people's mental health services including school nursing and Action for Children.
- The **CaFSPA** can take telephone calls / referral forms from self-referral or from professionals.
- Referrals are screened and triaged by the CaFSPA.

Telephone: 0808 178 0611

Email referrals to: [CaFSPA@mpft.nhs.uk](mailto:CaFSPA@mpft.nhs.uk)

Please visit website for more information:

<https://www.mpft.nhs.uk/about-us/latest-news/children-and-families-single-point-access>



**NHS**  
Midlands Partnership University  
NHS Foundation Trust



Where does this service cover?



## Mental Health Leads in Education Network



**The Mental Health Leads in Education Network** continues to grow, with colleagues from education settings across Staffordshire and Stoke on Trent. Meetings are held termly and are a way of sharing information, resources and best practice as well as offering an opportunity for mental health leads to come together to ask questions, seek support, and share ideas.

Autumn meetings saw the sharing of the **new guidance from Staffordshire Educational Psychology Service** by Gemma Holmes Senior Educational Psychologist **see page 6 for more info**. In the north meetings Helen Emsley Specialist Senior Educational Psychologist (Stoke Educational Psychology Service) shared information about Emotionally-Based School Non-Attendance, factors impacting and what can be done to help.

Network members are given access to our **web platform**, which allows you to chat with colleagues in between meetings, continue to share ideas and seek support from peers. Building on this positive peer support, we established a list of **'buddies,'** where settings have indicated that they wish to 'buddy up' with others. This helps the conversations and support to continue across the Network, between termly meetings.

A recent question on the web platform is asking for recommendations for where to start Mental health lead training, **if you have any recommendations please log onto the padlet and share your experiences of training.**



## Mental health leads in education network upcoming meeting dates:

Date	Time	Districts
Spring Term 2024: Staff wellbeing, Mental health support for adults/staff		
Tuesday 5 <sup>th</sup> March 2024	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thursday 7 <sup>th</sup> March 2024	16:00 – 17:00	
Wednesday 28 <sup>th</sup> February 2024	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thursday 29 <sup>th</sup> February 2024	16:00 – 17:00	
Summer Term 2024:		
Tuesday 18 <sup>th</sup> June 2024	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thursday 20 <sup>th</sup> June 2024	16:00 – 17:00	
Tuesday 11 <sup>th</sup> June 2024	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thursday 13 <sup>th</sup> June 2024	16:00 – 17:00	

All meetings take place via Microsoft Teams. Those on the distribution list will be sent a Teams link to allow them to join the meeting as well as an agenda nearer the time.

If you are a mental health lead in a school or an education setting (including post-16 education), and would like to be added to the MHL Network mailing list, please email:



Staffordshire schools / settings: [sandra.webb@staffordshire.gov.uk](mailto:sandra.webb@staffordshire.gov.uk)



Stoke-on-Trent schools / settings: [heather.griffiths@stoke.gov.uk](mailto:heather.griffiths@stoke.gov.uk)

## Want to know more about Mental health lead training for schools?

According to the [latest data release from the DfE](#), uptake of the senior mental health lead training grant in **Staffordshire is 62% meaning 38% or 154 eligible settings are yet to claim their grant**

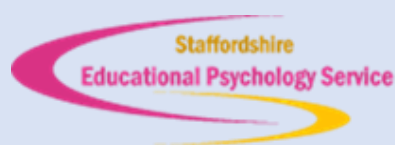


**Senior mental health lead training:** Find out how your school or college can apply for a grant and access DfE quality assured training to help develop a whole school or college approach to mental health and wellbeing. The Department for Education (DfE) is offering a grant of £1,200 for eligible state-funded schools and colleges in England to train a senior mental health lead to develop and implement a whole school or college approach to mental health and wellbeing. This training is not compulsory, but it is part of the government's commitment to offer this training to all eligible schools and colleges by 2025.



Eligible schools and colleges are now able to apply for a senior mental health lead training grant to commence training by 31 March 2024. Grants will be provided to cover (or contribute to) the cost of attending a quality assured course and may also be used to hire supply staff while leads are engaged in learning [Senior mental health lead training - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/senior-mental-health-lead-training).

Eligibility for the Senior mental health training funding from DfE was updated 6th Oct. Second grants of £1,200 can now also be claimed by eligible settings if their previously trained senior mental health lead moved on before embedding a whole school or college approach to mental health and wellbeing. [Senior mental health lead training: conditions of grant for the 2023 to 2024 financial year - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/senior-mental-health-lead-training-conditions-of-grant-for-the-2023-to-2024-financial-year)



## Staff Wellbeing

Staff within education are under enormous pressure, with lots of pupils to support with various strengths and needs, lessons to plan, classroom management to consider and much more. In order to increase job satisfaction and productivity, to reduce staff absence and to ensure better support for pupils, educational settings must consider staff wellbeing as a high priority.

During **February's Mental Health Leads in Education Network south meetings**, (Wednesday 28th February 2024 at 7:45 and Thursday 29th February 2024 at 16:00) **Senior Educational Psychologist, Vanessa Willis, and Assistant Educational Psychologist, Alice Cox** will be **sharing research and strategies to support staff wellbeing in schools**. This session will cover the **Staffordshire Educational Psychology Service Wellbeing Resource**, which includes a wellbeing plan for staff to use, to help them think about how they can take care of themselves, top tips for promoting good wellbeing, ideas for school leadership to support positive wellbeing among their staff and links to further available resources.

The wellbeing resource also provides activities that are underpinned by cognitive behavioural therapy (CBT). CBT focuses on the idea that the way we think, feel and behave all interact with each other and that one area can influence the others. The activities provided can help with thought reframing and managing worries, with further, practical calming exercises also shared.

A problem-solving model will also be covered, which provides a structure for staff within schools to come together to consider a particular issue and how they might work together to solve it. This model is favoured within schools, as it requires only 30 minutes to complete and can support creative thinking around a specific problem. This can lead to more efficient teamwork and better outcomes, which in turn, can reduce stress and contribute to more open communication and a happier school environment.



This will be an open and positive session to share good practice and to consider how positive staff wellbeing and a supportive school environment can become embedded within educational settings.

*For more information on becoming a member of mental health leads in education network and attending meetings please see page 4*







**Staffordshire Educational Psychology Service** have created **guidance for educational settings to support children and young people who are struggling to attend school**. During previous mental health leads in education network meetings,

Senior Educational Psychologist, Gemma Holmes, has shared the guidance, which is split into 2 booklets for ease of use.

The first booklet provides information around attendance, including terminology, prevalence of school non-attendance and the impact it can have on children and young people. An explanation of what anxiety is and how it can be related to school non-attendance is shared, with helpful tips around early identification of risk factors related to school non-attendance, as well as how protective factors can be built on to increase school belonging. Potential functions of school non-attendance are also explored, before sharing ideas around how to work collaboratively with parents and carers and how to elicit the child's voice. The first booklet goes into detail on what strategies and approaches schools can use to encourage increased attendance and to build positive relationships with school. All of the information provided is supported by booklet two, which shares activities schools can use to gather and analyse information, and to finally create an action plan that is informed by the data collected.

The second booklet contains screening tools and space to consider a young person's areas of need, as well as risk and protective factor tables, that highlight how to recognise early signs of school non-attendance. Sorting card activities are provided to support with gaining views from the child, with tables to organise the data gathered in a clear and efficient way. These cover what the child finds difficult and easy at school, how they feel in school and at home and what support they feel they need in school. Booklet two also provides useful tips for how to undertake these activities, with a suggested action planning meeting format shared, to support schools in working collaboratively with parents, carers, other professionals and young people around meeting their needs and supporting them to feel safe in school.

Staffordshire Educational Psychology service have received lots of positive feedback from schools for these resources and are delighted to share this new and updated version.



**[School non-attendance guidance - Staffordshire County Council](#)**



Staffordshire Council of Voluntary Youth Services (SCVYS) are thrilled to announce and welcome our newly elected youth forum: Staffordshire Youth

Union (SYU). Aged between 11-19, we have 21 representatives spanning across the county who are eager to begin working on making positive changes in their communities and beyond, for the benefit of young people in Staffordshire and the United Kingdom.

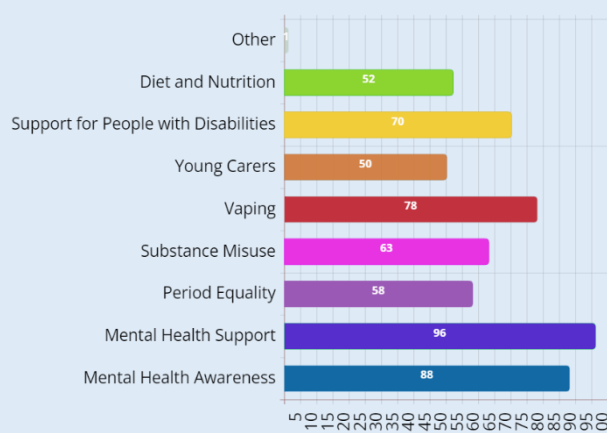


Nearly 1200 during votes were cast by 11-18-year-olds across the county in November 2023 to select who they wanted to represent them in SYU. As part of the process, voters were given the option to select which issues they felt were most important, or that they would like SYU to focus on. These were grouped into 7 categories:

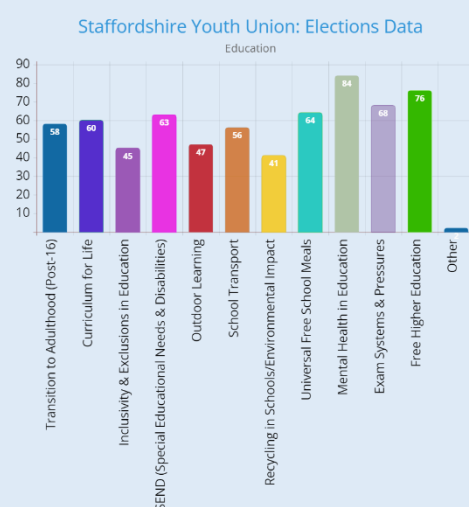


- Crime & Safety ► Rights, Equalities & Democracy ► Jobs, the Economy & Benefits ►
- Health & Wellbeing ► Education ► Youth Work & Young People's Services ►
- Climate Change & Environment

Under '**Health & Wellbeing**' the young voters selected '**Mental Health Support**' and **Mental Health Awareness**' as their top 2 issues. You can see the full distribution of priorities under this category here:



Within the '**Education**' category, '**Mental Health in Education**' was the most voted for topic, followed by '**Free Higher Education**' and '**Exam Systems and Pressures**,' which of course is linked very closely to mental health especially issues such as stress and anxiety.



Considering the issue of mental health and wellbeing is consistently high on young people's list of key concerns, I know that our Youth Representatives will be keen to engage with individuals, experts, groups, and communities in order to work for the benefit of young people. If you would like to work with Staffordshire Youth Union, please contact Youth Engagement Co-ordinator Sean Turner [sean@staffscvys.org.uk](mailto:sean@staffscvys.org.uk) to discuss.

I asked our new Staffordshire Youth Union representatives what they would like to contribute to the Kind Minds Newsletter and am very happy to be able to share the following pieces of writing representing their thoughts on young people's mental health and wellbeing.

*'Social media can make it incredibly difficult to manage a good state of mental health. The pressures and concerns associated with the use of social media are extremely significant. Our society must do more in managing the harmful content and toxicity of social media to support young people's struggles with mental health. Digital detoxing involves spending less time on social media and appreciating the non-digital positives in life'. Benjamin (age 15)*

*'I think in today's society there are too many labels and assumptions. Labels create a sense of pressure on an individual to look or act a certain way...*

*Nerd.*

*Jock.*

*Skinny.*

*Fat.*

*Blonde.*

*Brunette.*

*Twink.*

*Gay.*



*In movies or TV, a male is meant to be this strong, fighting, violent man. Significantly within young lads due to a 'herd' mentality are those who try to promote respect through fear and intimidation of being marginalized for not supporting their ideas. This leads to many lads feeling the need to laugh along with, or stay quiet, when these leaders go after easy targets in minority groups.*

*Many have inner conflicts with themselves; morals versus the social risk of being isolated from everyone. This creates a lasting and harmful effect upon the mental health of these young lads, especially if they are feeling like they don't fit the mold of 'straight male'. Hatred does occur, and oftentimes people are just passive bystanders, which promotes this toxic cycle of masculinity.*

*I am not disputing the relevance of some labels when it comes to identity, as some may give a person an understanding or closure on their past struggles of mental health, such as transgender or non-binary people finally understanding what makes them 'different'. Belonging to a strong community of supportive people can be hugely beneficial.*

*Promoting acceptance and the understanding - that all people have mental health - are key things that as a society we can improve on. Having a low period or questioning one's label that is assigned from birth, isn't an area of weakness or vulnerability, but a human thing.*

*Not every day is going to be the best.  
Things do get better.*

*We can begin by starting to accept those good days even more, and this provides an inkling of hope even in the darkest days.*

*If no one had these labels, each individual would be seen as just one human doing their best to get through the day, then things would be easier.' Oliver (age 16)*

*'Young People feel like no one listens, nobody cares, nobody understands. As a young person, seeing this and experiencing this is devastating and sometimes makes me lose faith. However, small changes are important and will allow young people to have a say and have that acknowledgement and support that we all deserve.*

*But when will this change? We say that we 'want to be more included', 'want to talk about mental health', we want someone to 'listen to our feedback and make change' or 'give me mental health help in school.' We question ourselves, is this pleading not good enough? Can no one hear me? Is this it? I was deeply bullied for a long period of time, it destructed my GCSE'S, a chance of going to do the course that I so desperately wanted. However, I got through it.*

*I did this by surrounding myself with my friends, by doing things that I enjoy, and I can tell you that it wasn't easy, it never is. I overcame some massive hurdles, I promise you, whatever you are going through is acknowledged and you're very brave. It's a journey but you will get there. I desperately feel like there should be more support, acknowledgement and acceptance in society. This is something society lacks and I'm sure we have all experienced this. You are important.'*  
Caitlyn (age 17)





## Focus on....Adult /Staff emotional wellbeing



### Time to Talk Day

Time to Talk Day is on 1 February 2024. It's the nation's biggest mental health conversation. It's a day for us all to start a conversation about mental health. Talking about mental health isn't easy. But a conversation has the power to change lives.



Time to Talk Day is run by Mind and Rethink Mental Illness, in partnership with the Co-op. Start a conversation **#TimeToTalk**. Posters, digital/social media and activities are downloadable here: [Download a Pack - Time To Talk Day](#)

**1 in 4 of us will experience a mental health problem** in any given year. It's not always easy to say how you really feel. **But talking openly and honestly can be the first step towards better mental health.** And the more we talk about mental health, the better life is for everyone. **#TimeToTalk is the perfect opportunity to start a conversation about mental health**

There is no right way to talk about mental health. But these tips can help make sure you're approaching it in a helpful way.

**Ask questions and listen:** Asking questions can give the person space to express how they're feeling and what they're going through, it will help you to understand their experience better. Try to ask questions that are open and not leading or judgmental, like "how does that affect you?" or "what does it feel like?"

**Think about the time and place:** Sometimes it's easier to talk side by side rather than face to face. So, if you do talk in person, you might want to chat while you are doing something else. You could start a conversation when you're walking, cooking or stuck in traffic.

**Don't try and fix it:** It can be hard to see someone you care about having a difficult time but try to resist the urge to offer quick fixes to what they're going through. Learning to manage or recover from a mental health problem can be a long journey, and they've likely already considered lots of different tools and strategies. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

**Treat them the same** When someone has a mental health problem, they're still the same person as they were before and they don't want to be treated any differently. If you want to support them, keep it simple. Do the things you'd normally do.

**Be patient** No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok - the fact that you've tried to talk to them about it may make it easier for them to open up another time.



### Rethinking Rest Guide

This resource has been designed to be used by staff within education supporting children and young people. However, the content is relevant to anyone wanting to find out more about the different types and ways to rest. Download the guide here: [Rethinking Rest Guide | Mental Health Foundation](#)





Have you heard of **5 ways to wellbeing?** you might have heard about eating at least 5 pieces of fruit & veg, but what about mental health? Research carried out by the New Economics Foundation found that there are five ways to wellbeing. [Five ways to wellbeing | New Economics Foundation](#) 5 Ways to wellbeing aim to prompt people into thinking about those things in life which are important to their well-being and perhaps should be prioritised in their day-to-day routines. **Connect; Be active; Take notice; Keep learning and Give.** They're not complicated and it's easy to fit them into your day, you're probably doing some already.

**Connect:** Connecting with the people around us is a great way to remind ourselves that we're important and valued by others. Arrange to meet up with friends, reach out to someone – send a letter or give them a call. Having a chat can give your mood a boost, talking and especially laughing, releases endorphins, a natural feel-good chemical that promotes an overall sense of happiness and wellbeing.

**Be Active:** physical activity can help maintain positive mental health, being more active can help with sleep, reducing stress, anxiety and unhelpful thoughts. It doesn't mean having to run marathons, you can just use the stairs rather than the lift, go for a walk at lunchtime (maybe connect with a colleague at same time) do some stretches, potter in the garden.

**Taking Notice:** Paying more attention to the present moment, to our thoughts and feelings and to the world around us boosts our wellbeing. It can be using Mindfulness – stopping, calming, resting and noticing. Simple things like noticing changing seasons, take some time to enjoy the moment and the environment around you. Being aware of the world around you and how you are feeling to understand what makes you feel happy or stressed or anxious.

**Keep Learning:** We're always learning new things – often without realising it. Learning can help improve and maintain your well-being, it can boost self-confidence and self-esteem; help build a sense of purpose. People engaged in learning report feeling better about themselves and a greater ability to cope with stress, as well as feeling more self-confidence, hope and purpose. Why not sign up for a class to learn a new skill, read a book (maybe try a book you normally wouldn't pick up), research something you are curious about.

**Give:** There's been lots of research about the effects of taking part in social and community life. Some studies have shown that people who help others are more likely to rate themselves as happy. Is there anything you can do today, to be kind or helpful to someone else? Make a brew for a colleague, offer to help out with something they are finding difficult to complete. Maybe volunteer at a local group/charity.



## We asked what you do to support your mental and emotional wellbeing

'Taking a long, hot bath at the end of the working day is essential, my stresses and aches and pains from sitting all day just float away!'

'Exploring nature with my dogs, fitness and fresh air clears my cluttered mind'

'Head massage'

'Spiritual Sikh hymns'

'Having a hot drink, when feeling a little stressed'

'Calm App - listening to tranquil noise.'

Mindfulness activities - colouring, drawing'

'Word searches, dot to dot - they take my mind of stresses'

'Calm app as well as mindfulness it has coping mechanism for anxiety'  
[Calm - The #1 App for Meditation and Sleep](#)

'In our team we have a 'Health and Wellbeing' focus day with guest speakers, reflexology, mindfulness sewing, candle painting and crafts to name but a few'

'Spending time with my friends- having a good catch up'

'Going to gym, swimming, spa, sauna, steam room'

'City breaks, eating new food, learning about different cultures'

'Watching old sitcoms that are light-hearted and make you laugh a little too'

'Wild Wisdom community, a group of women who support each other through challenges such as the menopause.'  
[Wild Wisdom Menstrual Cycle & Menopause Journal | Moon Diary](#)  
([wildwisdomjournal.co.uk](http://wildwisdomjournal.co.uk))

'Exercise, going to Spin class - its hard work but afterwards I feel energised and takes my mind off whatever I'm stressed about'

'Couch to 5K, I enjoyed it and I feel better'

'Taking a daily walk, fresh air and taking notice of the world around'

'Listening to Music, having a kitchen disco'

'I use Head space app, I find it helps'-  
[Guided Meditation and Mindfulness - The Headspace App](#)

'Watching wildlife, my family have a competition to see what different ones they can see'

'Gardening- out in nature with birds, bees and insects, I'm also getting some exercise and chatting to people going by'

'Yoga- its hard work but feels so good afterwards'





## Maintaining Wellbeing

Rushing the kids to and from school, completing household chores, eating five a day, taking the dog for a walk, maintaining friendships... all whilst trying to uphold a full-time job, meet deadlines and achieve long-term goals... does this sound familiar?

As adults it is easy to fall into predictable routines, which means we often forget that we need a balance of activities in our day-to-day lives.

Picture a three-legged stool... what would happen if you cut one of the legs off? It would fall. Similarly, if you do not have a balance of routine, necessary and pleasurable activities, your wellbeing may decline or 'fall'. So ask yourself, what routine, necessary and pleasurable activities are included in your weekly routine? Some examples are listed below:

- **Routine:** washing, dressing, cooking, cleaning
- **Necessary:** responding to emails, paying bills, taking the car to the garage
- **Pleasurable:** meeting friends, reading a book, watching a film, engaging in hobbies

It is not always easy to find the time for pleasurable activities, so you may need to think about how you can make those mundane activities more enjoyable. For example, doing the ironing whilst catching up on an episode of your favourite TV show or having themed dinner nights. Do not be afraid to get creative!

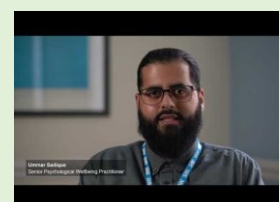
Despite living such a busy life, it is not uncommon to think we are still not doing enough. But when those negative thoughts creep in, make sure to STOPP:

- **S-** Stop
- **T-** Take a breath
- **O-** Observe (What thoughts are going through your mind? How do you feel?)
- **P-** Put in some perspective (What is another way to view the situation? What is the bigger picture? What would you tell a friend?)
- **P-** Proceed (What is the best thing to do right now? Where can you focus your attention? What fits with your values?)



Doing this helps to create some distance between you and your thoughts. Remember your thoughts are not facts and you have the freedom to choose how to respond to them. These are just some tips and tricks that can be used to improve your wellbeing, but sometimes we need a helping hand and that is okay.

Staffordshire and Stoke-on-Trent Talking Therapies support adults (16+) experiencing mild-moderate anxiety and depression, and you can make a referral anytime, either online (<https://staffsandstoketalkingtherapies.nhs.uk/>) or by telephone (0300 303 0923). You are not alone.



## Seeking help for a mental health problem

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. It's common to feel unsure, and to wonder whether you should try to handle things on your own. But it's always ok to ask for help. You can speak to your GP, friends, family.

- [Mind North Staffordshire](#) - Counselling, parent support and advice.
  - **Phone:** [01782 262 100](tel:01782262100)
  - **Email:** [reception@nsmind.org.uk](mailto:reception@nsmind.org.uk)
- [Mind Burton](#) - Counselling, support groups and advice.
  - **Phone:** [01283 566 696](tel:01283566696)
  - **Email:** [info@burtonmind.co.uk](mailto:info@burtonmind.co.uk)

[Men Unite - Mental Health Support For Men](#) group for Men for support [Men Unite | Facebook](#)

**New Year Resolutions** can bring a lot of anxiety - if you've set some, remember to be kind to yourself if you don't keep them. It's ok to set goals and okay not to meet them, take time for self-care and don't feel guilty or blame yourself for not 'succeeding'- sometimes things work out, sometimes they don't [Why It's Okay to Break Your New Year's Resolutions](#)



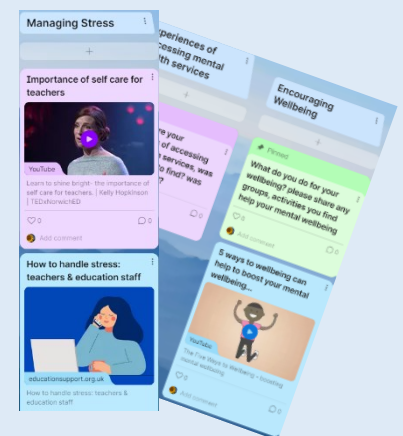
**School Staff Mental Wellbeing:** A school staff survey was undertaken to understand the provision of wellbeing and mental health support to staff and students in schools across the county. It identified a recommendation that staff who have used support services should be encouraged to share their experiences with other staff to reduce stigma and prejudice.

We have produced **a padlet for school staff to share their experiences of accessing mental wellbeing services, breaking down stigma, supporting each other and promoting mental wellbeing.**

A Link and guidance to the padlet has been sent via the school e-bag. If you are a member of school staff and would like to access the padlet please email: [sandra.webb@staffordshire.gov.uk](mailto:sandra.webb@staffordshire.gov.uk)

We would like school staff to get involved, share and support, we would welcome you sharing:

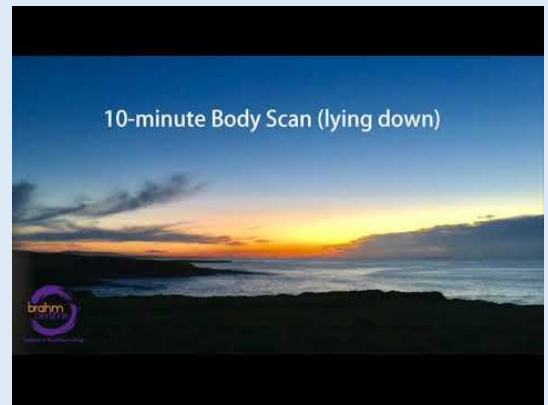
- Experiences of accessing mental health services.
- Ways to boost wellbeing.
- Apps and websites you know/have used.
- Ways to manage stress.





Autumn's issue had links to how to meditate for beginners and one moment meditation if you liked them **why not try a 10 min body scan?** The body scan is a mindfulness-based intervention often used as part of a longer mindfulness-based stress reduction (MBSR) program. However, this meditation can be done as a standalone practice and has many benefits, including deep relaxation, reduced stress and anxiety, and improved sleep.

[10-min Body Scan \(Lying Down\) Mindfulness Practice | Angie Chew \(youtube.com\)](#)



**Find your little big thing for your mental health.** There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us.

This could be as simple as taking a walk-in nature, prioritising our sleep or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.

Find out more at: [Every Mind Matters - NHS](#) complete your **Mind Plan Quiz**, sign up for **Anxiety-easing emails** or get **Sleep tips** sent to your inbox.



**The Wellbeing College** offers a range of Free co-produced wellbeing workshops for anyone aged 18 or over in Stoke-on-Trent, Newcastle-under-Lyme, and the Staffordshire Moorlands covering any

topic related to wellbeing. [Wellbeing College \(combined.nhs.uk\)](#)



**The Wellbeing and Recovery College** provides recovery-focussed education courses that are free and open to anyone aged 18 or over who live in Staffordshire, Shropshire, Telford & Wrekin and Stoke on Trent. Courses are a mixture of in

person or online. [WRC Spring 2024 Prospectus.pdf \(mpft.nhs.uk\)](#) [Wellbeing & Recovery College](#)



NICE and NHS recommended Sleepio is a digital sleep improvement programme based on Cognitive Behavioural Therapy. It's clinically proven to help address the root causes of poor sleep and insomnia.

Sleepio is structured into six 15-to-20-minute CBT sessions. [Onboarding Sleep Test - Sleepio](#)

Podcasts to help you feel sleepy [Nothing Much Happens](#) Sleep stories read by various people with soothing voices where...nothing much happens, maybe just a journey or a description. Great for dozing off to.



## Technology, music and sleep are areas that young people feel impacts on their mental health the most.

[Teenagers and sleep | Family Lives](#) explains how hormones affect the teenage body clock, importance of sleep, issues with sleep and consequences of lack of sleep with tips for better sleep.

*'Sleep apps making it easier to cope'* [Sleep - HappyMaps](#) has links to some free and some subscription podcasts, practical advice as well as apps

*'Through music'* listening to music for anyone can be a positive [Why music is great for your mental health - Mind](#)

*'Using technology to have support can erase the taboo so it would make it more accessible so young people are more willing to talk about their mental health'*



*'Shout text service is really good'*

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. trained volunteers are here to listen at any time of day or night, and messages won't appear on your phone bill.

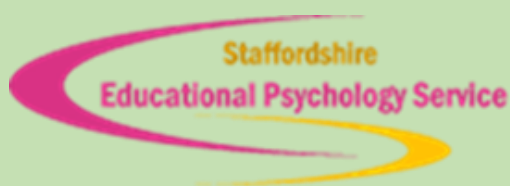


\*Young peoples' voice from *The Voice project young adults survey 2022*

## Coming up for Early Years' ....

### Emotion coaching webinars for early years

If early years settings wish to book a place, please book a place via the link: [Emotion Coaching for Early Years](#)



**EMOTION COACHING FOR EARLY YEARS**

**EMOTION COACHING**

Emotion coaching is an approach used to support children in recognising what they are feeling. Join us for a series of two webinars to explore how to use emotion coaching in an early years setting. To book our course of two online webinars please fill out our Microsoft form.

**WEBINAR 1:**  
MONDAY 15TH JANUARY, 1PM - 3PM  
WEDNESDAY 24TH JANUARY, 3.30PM - 5.30PM

**WEBINAR 2:**  
WEDNESDAY 28TH FEBRUARY, 3.30PM - 5.30PM  
TUESDAY 12TH MARCH, 1PM - 3PM

**SPRING WEBINAR DATES**  
FOR BURTON-ON-TRENT, TAMWORTH, LICHFIELD & CANNOCK DISTRICTS

**WEBINAR 1:**  
TUESDAY 16TH APRIL, 1PM - 3PM  
MONDAY 29TH APRIL, 3.30PM - 5.30PM

**WEBINAR 2:**  
TUESDAY 14TH MAY, 1PM - 3PM  
MONDAY 10TH JUNE, 3.30PM - 5.30PM

**SUMMER WEBINAR DATES**  
FOR STAFFORD, SOUTH STAFFORDSHIRE, NEWCASTLE-UNDER-LYME & MOORLANDS DISTRICTS

Staffordshire Educational Psychology Service

The poster also features several small photographs of children engaged in various activities, such as playing with clay, drawing, and interacting with each other.





## RESOURCES



Help and resources available for education

staff, guides, articles and videos [Mental health & wellbeing resources for teachers & education staff \(educationsupport.org.uk\)](https://www.educationsupport.org.uk/mental-health-resources-for-teachers) as well as wellbeing tools and resources for schools to support staff [Mental health & wellbeing resources for schools and colleges \(educationsupport.org.uk\)](https://www.educationsupport.org.uk/mental-health-resources-for-schools)



Guides, free mental health resources for children and young people [FREE Mental Health and Wellbeing Resources & Training \(worthit.org.uk\)](https://www.worthit.org.uk/free-mental-health-and-wellbeing-resources)



### **Winter wellbeing: toolkit of resources Resources for students and staff to help support good mental wellbeing this winter**

The shorter days, colder temperatures and the pressures associated with this time of year can negatively impact our wellbeing, and it can be easy to forget to look after ourselves. Seasonal affective disorder (SAD) may be an issue some young people experience, and a break from the structure of school or college can be difficult for some students too.

This toolkit contains lesson plans and supporting activities to help pupils to look after their wellbeing, as well as to understand the importance of self-care and connections with others. The toolkit also includes a resource for staff on building good mental wellbeing, as well as information on seeking further support. [Winter wellbeing: toolkit of resources : Mentally Healthy Schools](https://www.annafreud.org.uk/winter-wellbeing-toolkit)



### **Using Mindfulness to Help Children Cope with Life's Ups and Downs**

In the fast-paced and ever-changing world we live in, children encounter a myriad of challenges that can be both exhilarating and overwhelming. From academic pressures to social dynamics, the journey of growing up is filled with ups and downs. Amidst these fluctuations, introducing children to mindfulness can be a powerful tool to help them navigate life's twists and turns.

Mindfulness can be integrated into various aspects of daily life, offering children a valuable set of skills for emotional regulation and resilience. Teaching children to recognise and label their emotions allows them to understand the ebb and flow of their feelings. These practices can be especially helpful during challenging situations, providing children with a tool to manage stress and anxiety.

If you are currently working in a school or nursery setting contact Claire at MiniMe Mindfulness®. They offer a range of solutions from 1:1 sessions, regular whole class sessions, one off theme days and many more. Tel 07368254093  
[claire@minimemindfulness.co.uk](mailto:claire@minimemindfulness.co.uk) [www.minimemindfulness.co.uk](https://www.minimemindfulness.co.uk)





**Resources to teach mental wellbeing topics to both primary and secondary students**, with flexible, ready-to-use content co-created with teachers and young people. Topics include emotions, worry, body image, self-care. [Mental wellbeing | Overview | PHE School Zone](#)



Did you know that there is a service across Staffordshire that supports children and young people with a social worker who are experiencing difficulties at school? The Relational & Restorative Practice team can support through:

- Information, advice and guidance to professionals on how to progress a situation
- Solution Focused Circle opportunity when the child/young person has low attendance and/or suspensions. These circles aim to bring the relevant people around the table to discuss how to move things on, resulting in a SMART plan being developed
- Restorative Conferencing when there has been a breakdown in relationships and/or conflict. Circles allow all parties to consider what they need to move on from the situation and try to repair the harm by giving everyone an opportunity to talk through what has happened.

For further information and details of how to make a referral, please contact the advisor for your area on: [RestorativeVS@staffordshire.gov.uk](mailto:RestorativeVS@staffordshire.gov.uk)

We have a training offer available to education staff from Staffordshire, to discuss further what's on offer and how to enrol on training, please email [RestorativeVS@staffordshire.gov.uk](mailto:RestorativeVS@staffordshire.gov.uk)

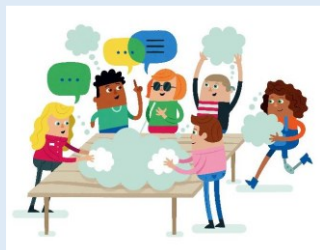
Staffordshire Virtual School would also like to invite professionals to a Relational Conference held on Tuesday 5<sup>th</sup> March at Yarnfield Conference Centre. We have some outstanding keynote speakers, along with workshops to attend, covering a variety of topics including:

- Bereavement and loss in 0-7-year-olds
- Early Years Emotion Coaching
- Domestic Violence and the Impact of Poverty - what the research tells us
- Trauma-informed and Attachment Aware approaches
- The Power of Circles - Focus on Community-Building and Solution Focused Circles in Education Settings

To access your place, please complete the form using the QR code below:



## Focus group for parents and carers: Making the autism and ADHD pathways better in Staffordshire and Stoke-on-Trent



**Wednesday 31<sup>st</sup> January 2024, 6pm -7:30pm (Autism) [Autism focus group for parents and carers | Eventbrite](#)**  
**Wednesday 7<sup>th</sup> February 2024, 6pm - 7:30pm (ADHD) [ADHD focus group for parents and carers Eventbrite](#)**

### Dates for your diary - mental health and wellbeing celebration days



<b>January</b>	January	New year self-care
	27 <sup>th</sup> January	Parent Mental Health Day
<b>February</b>	2-11 <sup>th</sup> February	Children's Mental Health Week
	6 <sup>th</sup> February	Safer Internet Day
<b>March</b>	15 <sup>th</sup> March	World Sleep Day
	20 <sup>th</sup> March	International Day of Happiness



**Anna Freud**

**January Self-care.** Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way

that we can look after our own mental health and wellbeing. It can help your body and mind to relax, drift away, or be more energised. Anna Freud has resources for **self-care plan** [my-self-care-plan-primary.pdf](#) This self-care plan walks **primary-aged children** through a series of steps, helping them create a simple self-care plan that works for them. It helps children identify activities that they can use to support their mental health. Some of the suggested self-care activities include: music and dance, mindfulness, art. **Secondary schools and colleges self-care plan** [my-self-care-plan-secondaryfe.pdf](#) The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities. The suggested activities in the plan are split into different categories, including: physical activities, emotional activities, social activities, practical activities

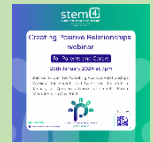






**Parent Mental Health Day.** stem4, a charity that supports young people to build positive mental health, is the UK founder of Parent Mental Health Day, which started in 2022. **Parent Mental Health Day 2024** is an opportunity for parents and carers to acknowledge and discuss their struggles and share in

their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health. Sign up to the free webinar January 25<sup>th</sup> at 7:00pm [Webinar Registration - Zoom](#)



**Children's Mental Health Week 2024.** Now in its 10th year, the theme is **'My Voice Matters'**. Everyone can take part Place2Be has resources for schools and families. School resources can be downloaded [Schools - Children's Mental Health Week](#) top tips for families and how families can support children's mental health can be accessed:

[Families - Children's Mental Health Week](#) There are also activities and top tips for children and young people.



**Safer Internet Day** takes place

in February of each year to raise

awareness of a safer and better internet for all, and especially

for children and young people. On the website there are resources empowering young people, their teachers and their families to make the best possible use of online technology. [Resources - Safer Internet Day](#)



**World Sleep Day** is an annual event that aims to raise awareness of sleep health and promote healthy sleep habits. The theme for this year's World Sleep Day is Sleep Equity for Global Health. In the UK, nearly one in three people suffer from poor sleep. Poor sleep can have a negative impact on mental health, with nearly 48% of UK adults agreeing that sleeping badly has

a negative effect on their mental health. Having enough good-quality sleep is a key, and often underestimated, protective factor for children and young people. Sleep helps to regenerate their brains and bodies, process information and memories, boost immunity, guard against obesity and stress, and help concentration, learning and behaviour. [Sleep : Mentally Healthy Schools](#) has guidance on good sleep hygiene. NHS has tips for sleeping better [How to fall asleep faster and sleep better - Every Mind Matters - NHS](#)

**Sleep lesson plans for year 6** [Sleep - Year 6 lesson plan | PHE School Zone](#) **KS3 and KS4** Sleep lesson plans [Sleep - KS3 and KS4 lesson plan pack | PHE School Zone](#)



**International Day of Happiness** This year's theme is: **'Be Mindful. Be Grateful. Be Kind'**

**BE MINDFUL** Relax your breathing and notice: **How am I feeling right now?**

**BE GRATEFUL** Look around you and ask yourself: **What am I thankful for?**

**BE KIND** With warm feelings, ask yourself: **Who do I want to send love to?**



**Action for happiness** has 10 keys to happier living [10 Keys to Happier Living | Action for Happiness](#) **toolkits for teachers** [Schools Toolkit | Action for Happiness](#) resources are also available for **happiness at work** [Workplaces | Action for Happiness](#)  
A free Action for Happiness app is available with an action idea each day [Take action | Action for Happiness](#)

Around 10 lives are prematurely lost each month to suicide in Staffordshire and Stoke-on-trent. **#TalkSuicide campaign** aims to bring local individuals, organisations and businesses together to help prevent suicide. You can sign up at **#TalkSuicide - #DoingOurBit ([staffordshire.gov.uk](http://staffordshire.gov.uk))** for Free training, resources, downloads, and tools

**#TALK  
SUICIDE**

**Need urgent help?** If you need urgent support, feel unable to cope, are worried about your own mental health or someone you care for, help is available.



Call your **local NHS urgent mental health helpline 24 hours a day, 7 days a week:**

**North Staffordshire** (Stoke-on-Trent, Newcastle, Staffs Moorlands) on **0800 0 328 728 (option 1)**. If you have a hearing impairment or are unable to use the telephone, you can text the All Age Access Team on **07739 775202** and the team will respond as soon as possible (please note: this text service is charged at your network provider's rate).

**South Staffordshire** (Stafford, Stone, Rugeley, Cannock, South Staffs, Lichfield, Burton, Uttoxeter, Tamworth) on **0808 196 3002**. If you have a hearing impairment or are unable to use the telephone, you can email the All Age Access Team [mhsi.staffordshire@mpft.nhs.uk](mailto:mhsi.staffordshire@mpft.nhs.uk) and the team will respond as soon as possible.

**Samaritans** - confidential crisis support helpline, 24 hours a day, 365 days a year - **116 123**. [Contact Us | Samaritans](#) they have email service and self help app

**Is it an emergency?** If someone's life is at risk because they have seriously injured themselves or taken on overdose call **999**. If you do not feel you can keep yourself, or someone else safe from immediate risk of harm, call **999**.



**AMPARO**  
support following suicide

**Amparo** is the new commissioned bereavement support service for those affected by suicide in Staffordshire and Stoke-on-Trent [Staffordshire and Stoke-on-Trent - Amparo](#)

Amparo's local Liaison Workers aim to make initial contact within 24 hours of a referral being made.

To find out more about Amparo, or to make a referral, **visit this page**. If you're a professional and want to learn more about the Amparo service and the support offered, book onto one of the free briefing sessions [here](#).





## Training and Learning Opportunities



**free online course** to help you support others called Conversations in the Community.

You'll build confidence in how to have conversations about mental health and wellbeing, to be there for others in your community. [Mind's](#)

[free online course to help you support others - Mind](#)



**Free CPD Strategies to Support Teacher Wellbeing.** Tips on how to prevent stress and

support the wellbeing of teachers in FREE webinar [Free Webinar: Strategies to Support Teacher Wellbeing \(worthit.org.uk\)](#) Other free

mental health and wellbeing training is available on the website as well as some with costs.



NHS England and People Unlimited have announce a series of new dates in January and February 2024 for the



**Crisis Tools Academy half-day workshops** exploring how to improve

conversations with young people (16-25) about online communication, social media and their mental health. These sessions are specifically designed for people supporting young people with their mental health and workshops are tailored to a variety of professional and non-professional groups including:

- Parents/carers of young people
- Educators and other staff
- NHS - Inpatient CAMHS
- NHS - Outpatient/Community CAMHS

They have been co-designed with mental health professionals and people with lived experience including parents, carers and young people. All workshops are co-delivered by young people with lived experience of mental illness.

For dates and remaining availability for 2024 please visit: [Online communications, social media and young people's mental health](#)



Free course **Supporting physical development in early childhood.** Learn how to ensure young children do enough physical activity and how it improves child mental and physical health

development. Learn low cost, effective ways of accessing recommended amount of activities Course for practitioners, parents/carers: [Supporting physical development in early childhood](#)





## Evidence Library



**Annual Teacher Wellbeing Index 2023** provides an insight into the mental health and wellbeing of teachers and education staff working in the UK. Themes within report show: Stress levels increased in 2023. teachers and education staff to describe their level of work-related stress. Overall, stress levels have increased when compared to 2022. There is a large increase in the number of schoolteachers and senior leaders reporting their organisational culture has a negative effect on their wellbeing. 39% of teachers and education staff said they had experienced mental health issues in the past academic year this is a 3% increase on 2022; the highest level since this question was first asked in 2018 **read more here:** [twix\\_2023.pdf \(educationsupport.org.uk\)](https://www.educationsupport.org.uk/twix_2023.pdf)



### **The Headspace** [2023 Workforce Attitudes Toward Mental Health report](#)

Of the eight sectors involved in this latest report, which analysed the state of workplace wellbeing, education came out on top, beating even financial services and insurance for stressfulness. Research shows that stress at work often leads to a number of other mental health struggles. However, research also shows that the right support can mitigate this. This can be clinical support as offered through the NHS and others. The key is to ensure the right support is there at the right time. Whoever provides that support, and however they provide it, early identification and intervention are particularly important. [The Knowledge: How teacher stress compares to other jobs \(schoolsweek.co.uk\)](#)



### **Online Safety Youth Taskforce**



**Make your voice heard and shape a safer, happier online world.**

At the NSPCC, we know young people have a special understanding of the online world, compared to adults who haven't grown up with technology in the same way. Only you can explain what your online experience is like. That's why it's so important you have the chance to share your thoughts on how we make the online world safer for children and young people.



**To do that, we're setting up an Online Safety Youth Taskforce - and we want young people like YOU to be part of it.** [Apply for the Online Safety Youth Taskforce](#)

**The Online Safety Youth Taskforce will be a group of 15 young people from across the UK aged between 13-16 years old.**

For more details on what's involved and who can apply : [Apply now! Online Safety Youth Taskforce | NSPCC](#)



**Social media resources** to support students to explore the topic of social media and learn actions a person can take to look after their wellbeing online and offline. Lesson plans for Year 6, KS3 and KS4 [Social media - Year 6 lesson plan pack | PHE School Zone](#) [Social media - KS3 and KS4 lesson plan pack | PHE School Zone](#)





# Useful helplines and websites

**Childnet:** Provides [online information](#) for parents around supporting children with gaming at different ages.

Parents can [download their Family Agreement template](#) and find tips on using it with their family.

**The Mix:** Offers online information as well as helpline support to under-25s about anything that's troubling them.

Email support is available via their [online contact form](#).

Free [1-2-1 webchat service](#) and telephone helpline available.

Opening times: 4pm - 11pm, seven days a week [0808 808 4994](#)

**Childline:** If you're under 19 you can confidentially call, chat online or email about any problem big or small.

[Sign up](#) for a free Childline locker (real name or email address not needed) to use their [free 1-2-1 counsellor chat](#) and email support service.

[Can provide a BSL interpreter](#) if you are deaf or hearing-impaired.

Hosts [online message boards](#) where you can share your experiences, have fun and get support from other young people in similar situations.

Opening times: 24/7 [0800 11 11](#)

## Tellmi

Formerly known as MeeToo. A free app for teenagers (11+) providing resources and a fully moderated community where you can share your problems, get support, and help other people too.

Can be downloaded from [Google Play](#) or [App Store](#).





**Below is a summary of who can access which service**

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / Care Experienced within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, and Tamworth).  Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
North Staffordshire CAMHS (NSCHT)	Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme)  Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
Mental Health Support Teams in Schools	C&YP with mild to moderate difficulties, focussing particularly on low mood, anxiety, and behavioural difficulties. C&YP aged 5-18 *within Newcastle-under-Lyme, Staffordshire Moorlands, Stoke-on-Trent, Burton & Uttoxeter, Stafford, Cannock Chase, Tamworth, Lichfield <b>*Participating schools only</b>

thank you to our partners:



We love to hear your feedback, especially if you have shared websites or resources from Kind Minds with Children and Young people: what have you/they found useful? Please ensure any feedback from children and young people is anonymised.

Maybe you have something you would like to share that you find helpful to support Children and Young peoples' Mental health and emotional wellbeing.

Drop us a line at [sandra.webb@staffordshire.gov.uk](mailto:sandra.webb@staffordshire.gov.uk)

