

Mental Health in Education Newsletter

Issue 1 – Dec 2021

Welcome

Welcome to our first termly Mental Health in Education newsletter.

The Mental Health in Education group in Stockport is a partnership bringing together key departments and professionals that are working to support this agenda in schools. This work is driven by both national programmes and local need. In order to keep schools updated on this agenda this newsletter will be circulated termly, with updates, key dates, contacts and links to further information. Please share this newsletter with your school staff, display it in your staff rooms and make a note of the actions at the end of the newsletter to engage in this programme in your school.

Mental Health and Wellbeing Offer

Mental Health Support Teams

Mental Health Support Teams will be in Stockport by September 2022, providing additional support to young people in schools. As part of ensuring this new service meets the needs of Stockport Schools and children there are currently two wellbeing workers employed by Beacon Counselling delivering a pilot project, working with a small number of schools. Further developments about this programme and key updates will be included in further editions of this newsletter. For more information please contact anna.purvis@stockport.gov.uk.

Mental Health in Education Newsletter

SHINE!

SHINE! is an early help service for 11–17-year-olds in Stockport offering information, advice and guidance relating to emotional wellbeing. The SHINE service offers three weekly wellbeing groups where the focus is on building resilience and relationships. When we receive a referral one of our project workers will decide along with the young person which group might suit them best. Young people can self-refer or be referred by a professional. If you would like to refer a young person to the SHINE service, please email shine@beaconcounselling.org.uk to request a referral form. If you would like to recommend our service to any young person, please ask them to check out our website www.beaconcounselling.org.uk where they can find out more information and refer themselves to SHINE!

Kooth.com

Kooth offers young people in Stockport (11-18) free, anonymous and safe mental health and wellbeing support, helping to address with anything that they might be facing. The Kooth platform includes the Community Support: Magazine (articles, research, creative writing etc- written by the Kooth team and by the young people), the Forums (posts, discussions and friendly advice and words of support from the Kooth community on a variety of topics) All of which is pre-moderated to prevent bullying, trolling or any harmful activity. Self Help Resources: Wellbeing activities, goal setting and a journal tool and finally Professional Support: Text based chat with trained, professional Counsellors and Emotional Wellbeing Practitioners.

Tom is the local engagement lead for Stockport who can be reached at tboroughs@kooth.com. Tom can offer Kooth information assemblies to schools, mental health and wellbeing workshops and Kooth staff training to teachers and any staff who work directly with YP or for parents interested in finding out more. Anyone who wants to learn more or book any of this in please reach out to Tom.

Mental Health in Education Newsletter

Chat Health

Young people in Stockport aged 11-19 can now start a text chat with a School Nurse via the online service Chat Health. The service is open Monday – Friday 8.30am to 4.30pm and young people can expect a response within 24 hours. The number to text is 07480 635227.

Primary Jigsaw

Primary Jigsaw is a school-based service that supports Emotional health and wellbeing of Primary School age children and their families. Referrals to Primary Jigsaw are completed by a key member of school staff in conjunction with the Behaviour Support Coordinator from BSS and sent directly to Primary Jigsaw via bss.admin@stockport.gov.uk. They are currently running the popular Parenting Anxious Children course, a 10-week program based on Timid to Tiger online via a webinar format. The next course will begin in January 2022.

Secondary Jigsaw

The Jigsaw Team is a multi-agency mental health team which works as a part of the Stockport CAMHS Service. They aim to work alongside mainstream secondary schools and detached education services to improve the educational and emotional opportunities for those students experiencing mental health difficulties and to offer support for their families and carers. They accept referrals from schools and other professionals. We offer a telephone consultation in the first instance and can be contacted on: 0161 428 9305 option 1 and are based at: The Pendlebury Centre, Edgeley Road, Cheadle Heath, Stockport SK1 0RJ

Mental Health in Education Newsletter

Solihull Approach free online support

Solihull Approach online courses for parents, carers, grandparents and anyone supporting children can now be access by all Stockport residents for free. Visit the [Stockport Childcare Directory website](#) for more information. Please share this with parents and carers in your school. To request a publicity pack please contact claire.gwyer@stockport.gov.uk.

PACTS (Parent and Carers Together in Stockport)

PACTS mission is to bring about positive change for families of children and young people with any additional needs or disabilities. They achieve this by empowering parent carers in effective participation to shape services and provide information and support. PACTS run various webinars to support parents, which can be found here: [Webinars | PACT Stockport](#)

CAMHS (Child and Adolescent Mental Health Service)

Since Monday 25 October HYMs have changed their name from Healthy Young Minds to Pennine Care CAMHS. This means all their children and young people mental health services in Bury, Oldham, Heywood, Middleton and Rochdale, Tameside and Glossop and Stockport will be known as CAMHS. The new website is www.penninecare.nhs.uk/CAMHS. Links to the Healthy Young Minds website will automatically redirect to the new site. A new [animation film](#) explains why they have changed their name, plus more information about the services they provide.

There is guidance for parents and carers on supporting a child or young person if they are concerned about their mental health on the Local Offer website here:

<https://stockport.fsd.org.uk/kb5/stockport/fsd/advice.page?id=NKqQVYm65no>

Mental Health Training & Support

ELSA (Emotional Literacy Support Assistant) Training

Since November 2021, Educational Psychology have been delivering a borough wide roll out of the Emotional Literacy Support Assistant (ELSA) training programme, as part of a GM funded Mental Health initiative. They are offering ONE FREE place on the ELSA training programme (usual cost is £550) to every Stockport primary, secondary and nursery setting. For more information contact Elaine Hannen on 0161 474 3870 or email elaine.hannen@stockport.gov.uk

Senior Mental Health Leads Training

Senior Mental Health Leads Training is funded by DfE and grants are now open for 2021/22. Funding of £1,200 will be allocated on a first come first served basis and there is enough funding for around a third of schools in the first year. Once funding is allocated, schools can select a course from a range of providers, to meet the needs of the school. Training courses are intended to support a member of staff to develop a whole school approach to mental health support in your school. Where the cost of the course is below £1200, the remaining money can be used to for resources and for cover. Applicants must be able to start training on or before 31st March 2022. For more information visit [Senior mental health lead training - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Behaviour Support Service Training

BSS offer a range of training for schools to support emotional wellbeing, both bespoke and open sessions. This can be accessed via the schools' Behaviour Support Coordinator. Alternatively, the full training booklet can be found at <https://www.behavioursupportservice.co.uk/training/>

Other mental health and wellbeing training is available via SLA online, Learning Leads, Learning Pool and Office Online.

Checkpoint

Checkpoint is the schools' emotional wellbeing network for wellbeing leads. Meetings take place once a term. Please look out for information on how to book for the Spring Term meeting.

Mental Health in Education Newsletter

Identifying Mental Health Need

LINK Programme

DfE have commissioned the Anna Freud Centre to roll out the revised LINK programme to 40 localities across the country and Stockport has been successful in being selected to participate in the second wave of the roll out, starting in January 2022. The aim for the programme is to strengthen the links between education and mental health services. To inform our participation in this programme it is vital that schools' views are heard. If your school hasn't already, please complete this survey as soon as possible: <https://redcap.link/esmhci-schools-survey> For more information please contact claire.gwyer@stockport.gov.uk.

Bee Well Survey

#BeeWell will create the conditions for all our young people in Greater Manchester to thrive by:

- listening to young people's voices
- acting together for change
- celebrating young people's wellbeing

Designed by young people, #BeeWell is a fully-funded collaboration between the Manchester Institute of Education at The University of Manchester, the Anna Freud Centre and the Greater Manchester Combined Authority to produce a survey that measures the wellbeing of young people across all secondary schools in Greater Manchester – mainstream, independent, special schools and PRUs.

All schools who took part in the survey will receive confidential online interactive reports along with support and advice about how to best act on the results. A coalition of organisations from the arts, sports and the voluntary sector will use the data to better support the young people they work with in local communities.

[Home - #BeeWell \(gmbeewell.org\)](https://gmbeewell.org)

[Guidance for Schools - #BeeWell \(gmbeewell.org\)](https://gmbeewell.org)

Mental Health in Education Newsletter

Mental Health Awareness

We are currently undergoing planning towards a Mental Health Week of Action during Childrens Mental Health Week, 7th – 13th February 2022. Please look out for more information coming soon.

We hope you have found the information in this newsletter useful. Please contact Claire.gwyer@stockport.gov.uk with any suggestions for future editions.

In Summary – Please consider doing the following:

- Apply for a Senior Mental Health Leads grant
- Book onto ELSA training
- Complete LINK programme survey.
- Attend the networks
- Start to prepare for Childrens' Mental Health Week in February

Mental Health in Education is a partnership programme between the following:

