

SUMMER TERM

# Mental Health Support Team

NEWSLETTER



*Hello!*

As we move into the final term of this academic year, we recognise this can be challenging for many, with thoughts and plans towards the summer and beyond bringing lots of different thoughts and feelings. This term also includes many key events including stress awareness month and mental health awareness week, so there is lots going on to keep our teams busy!

Included in this edition:

- Stress busters for exams and transitions
- Team updates
- Sparkly moments
- Mood Bears launch
- Calendar of events
- Further support

## A SEASON OF CHANGE

With the summer term comes longer days and (hopefully) more opportunity to get outdoors. For many it also includes preparation for exams and transitions into the next year. In this issue we will share some key tips to take care of our wellbeing and manage stress during such periods of challenge and change.



*Find us on social media*

 @SOUTHSTAFFSMHST

Follow us on Twitter, Facebook and Instagram.

**NHS**

Midlands Partnership University  
NHS Foundation Trust

# STRESS BUSTERS



## EXAMS

Patty the Polar Bear's top tips on how to stay cool and bust exam stress:

Revision- Create a realistic revision timetable you will stick to  
Breaks- Take regular breaks and still do the things you enjoy

### Breathing exercises

Breathing is a great way to calm ourselves down when we feel stressed or worried. Below are some of Patty's favourite techniques:

5 finger breathing



Square breathing



### Grounding exercise

5 - 4 - 3 - 2 - 1

#### GROUNDING TECHNIQUE



## TRANSITIONS



Tiberius the Tiger's totally terrific transition tips:

Transition to high school can be scary and nerve wracking, but it can also be super exciting!

Here are some of my top tips to make this transition terrific:

Stay organised!  
Create a list of all the stationery and equipment you may need for school

Plan your route.  
Whether you're walking, cycling, getting a lift or the bus, make sure to plan your route and leave with plenty of time

Goal setting:  
Set yourself a goal for Year 7 based on something you would like to achieve. This could be making new friends or joining a new club!



Remember to make your goals SMART!



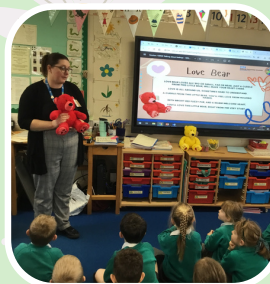
# Sparkly Moments

Take a look at some moments that have made us proud recently:



In East Staffs' MHST we have helped to establish even more Wellbeing Warriors!  
At Eton Park Junior School, class teachers delivered an assembly to present certificates to the successful candidates. They are very excited about their new roles and are already putting their ideas into practice - check out their 'regulation station' inspired by MyHappyMinds.

In Tamworth, we have been busy in our schools supporting our year 6 children by getting them thinking about how they can look after their wellbeing during their forthcoming SATS. At Bird's Bush, the children were brilliant at sharing good ways to be MAGIC! This is a great way to remember the five ways to wellbeing - Mindful, Active, Generous, Interested and Connected.



Some of our fabulous staff from across our teams were recently nominated for Maximising Experience at Work (ME@W) awards:

**Team Supporters of the Year**  
(Aisha Mahmood, Danielle Bate, Katie James, Nirali Dave)

**Wellbeing Warrior**  
(Lauren Edwards)

**Inclusivity Champion**  
(Aisha Mahmood)

**Sparks of Positivity**  
(Alison Lloyd, Chloe O'Brien)

**New Ways of Working Pioneers of the Year**  
(All Teams)

Our Mood Bears have been introduced to primary and SEN schools in Tamworth and Stafford during Children's Mental Health Week. We delivered workshops with the assistance of 'Happy Bear' and 'Love Bear' to encourage children to think about what 'happy' and 'love' feel like to them and how these feelings connect to our thoughts & behaviours. More Mood Bears and their workshops are on their way soon!





# THE TEAMS

*What we've been up to...*



## EAST STAFFS

**01283 504487**

We have continued to build our team as Chloe moved over to join us from Tamworth MHST.

We have also been facilitating workshops and activities around World Sleep Day and Children's Mental Health Week.

## CANNOCK

**01283 352113**

We have welcomed our new 'Wave 10' trainees who have started their university training and getting to know their schools. They have all just completed their fitness to practice and first exam - great job guys!

## STAFFORD

**01283 352097**

We have been focussing on safe use of social media in workshops with parents and children as well as launching Mood Bears in some of our schools. We had great feedback following our first few sessions from both pupils and school staff (see our Sparkly Moment on the next page).

## TAMWORTH

**01785 301027**

We have recently welcomed Becky & Steph to our team here in Tamworth. We have all been busy with supporting our schools with their Whole School Approach, attending parents evenings, workshops and coffee mornings.

## LICHFIELD

**01283 352113**

Our team has just come to the end of our university teaching and will be spending the next few months developing our practice in schools. Becky & Steph are also working with us now too!



## A 'TOP UP' OPPORTUNITY

Our 'Wave 10' trainees have not only joined our Cannock team, but will be working across additional schools in Cannock, Stafford and Seisdon. Their official launch takes place on 8th April when they will begin taking referrals.

We have the opportunity to expand the number of schools this team cover, so if you have received an Expression of Interest letter, please return this so we can start to work with your school.

All referrals to our teams should be sent to [referralsMHST@mpft.nhs.uk](mailto:referralsMHST@mpft.nhs.uk)



# CHILDREN'S MENTAL HEALTH WEEK 2024



Did you spot our posts on our socials during Children's Mental Health Week in February? There was plenty going on! Here's just a few examples of the activities and events we were involved with...



## SANDBOX SNAPSHOT

Our digital hub 'Sandbox' is accessible for all young people in South Staffordshire.

Each month Sandbox publishes new, free resources based on themed topics, as well as hosting regular Live Streams run by therapists and free webinars for teachers & professionals. They also recently launched a podcast; "The Talkbox" to inform adults about children and young people's mental health and provide professional advice.

You can check all this out by following the link on our 'further support' page or by scanning the QR code





# CALENDAR OF EVENTS

## April



Stress Awareness Month



2-8th  
World Autism Acceptance week

## May



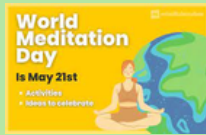
13th-19th  
Mental Health Awareness Week



National teen self-esteem month



Tourettes Awareness Month



21st  
World Meditation Day

## June



Pride Month



24th-30th  
World Wellbeing Week



17th-23rd  
Loneliness Awareness Week



Mental Health Awareness Week is vital in increasing understanding of mental health and how mental health problems can be prevented. It makes sure that mental health remains at the centre of our conversations.



This year, the theme is Movement: Moving more for our mental health.

Being active is important for our mental health. But so many of us struggle to get enough exercise. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find opportunities for movement in their daily routines. Going for a walk in your local area, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

Send us your pictures of how you have been active this term - we would love to share your ideas! [mhstsocial@mpft.nhs.uk](mailto:mhstsocial@mpft.nhs.uk)



## WE WANT YOUR FEEDBACK!

What else would you like to see featured in future newsletters? Send feedback to [mhstsocial@mpft.nhs.uk](mailto:mhstsocial@mpft.nhs.uk).

## FURTHER SUPPORT



24h Mental Health Access Team – urgent NHS mental health service who will provide support and advice over the phone.

☎ 0808 196 3002 (24/7)

<https://camhs.mpft.nhs.uk/urgent-help>



You can get advice from 111 or ask for an urgent appointment with the GP if you aren't able to speak to the urgent helpline, you need help urgently (but it's not an emergency) or you're not sure what to do.

☎ 111

## EMERGENCY

In an emergency / risk to life (either your own or someone else's) and/or you do not feel you can keep yourself or someone else safe.

☎ 999 OR GO TO A&E



MINDLER in partnership with NHS  
The Sandbox

The Sandbox is an online mental health support service for Children and Young People in South Staffordshire. The Sandbox provides information, a space to discuss concerns with both professionals and peers and a library of internet delivered CBT exercises. They also offer one-to-one support through chat, text, phone or video consultation.

<https://sandbox.mindler.co.uk/>

## THE MIX

The Mix offers support for anything that's troubling you. They offer email support, one-to-one webchat service and free short-term counselling.

☎ 0808 808 4994 (4pm-11pm, 7 days a week)

<https://www.themix.org.uk/>

## YOUNGMINDS

YoungMinds provides young people with tools to look after their mental health. Their website is full of advice and information on what to do if you're struggling with how you feel.

<https://www.youngminds.org.uk/>

## SAMARITANS

Samaritans provide emotional support to anyone in emotional distress or who is struggling to cope. They offer different ways of contact such as webchat, email and letters.

☎ 116123 (24/7)

✉ Email: [jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org/>

## childline

Childline is free, confidential helpline that can help with any issue no matter how big or small. They offer telephone support, one-to-one webchat and an email service.

☎ 0800111 (24/7)

<https://www.childline.org.uk/>

## shout

85258

Shout 85258 is a free, confidential, text messaging support service for anyone who is struggling to cope.

✉ Text: SHOUT to 85258 (24/7)

<https://giveusashout.org/>