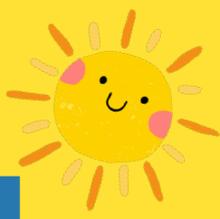


SUMMER HOLIDAY



Mental Health Support Team

NEWSLETTER



Hello!

Over this academic year, the Mental Health Support Team has undergone a few updates and developments, so we thought what better time than now to take a moment to reflect on all the events and activities that have taken place. We invite you to do the same as you read through this edition of our newsletter, and let us know your thoughts about how we can support you and your school in 2024/25.

Included in this edition:

- A Year in Review
- Sparkly Moments
- Team Updates
- Plans for 2024-25
- Whole School Approach reviews
- Calendar of Events
- Further Support

A YEAR IN REVIEW

Being reflective enables us to learn through and from our experiences, gain new insights and knowledge, and identify areas for development. We thank all our schools, mental health leads and anyone who has supported us along the way to make this year a success and we look forward to continuing this journey with you in September.



Find us on social media

   @SOUTHSTAFFSMHST

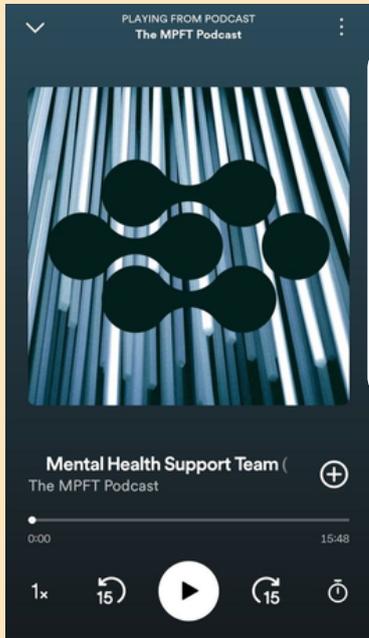
Follow us on Facebook, Instagram and X

NHS

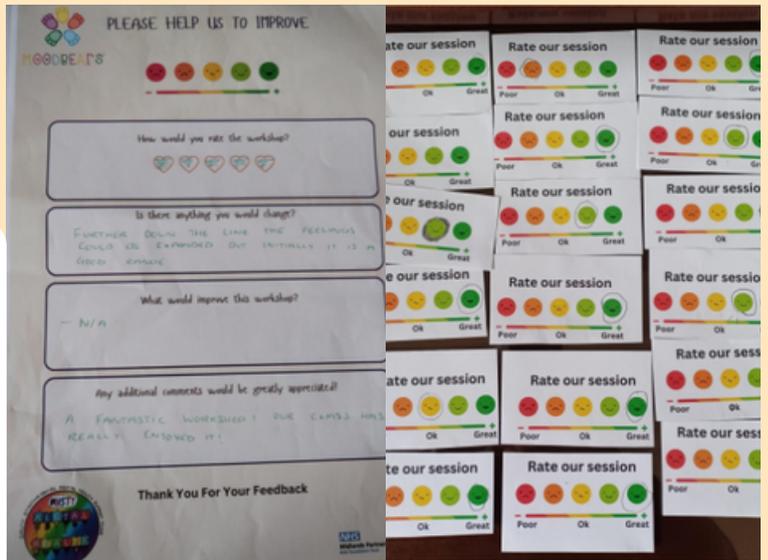
Midlands Partnership University
NHS Foundation Trust

Sparkly Moments

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



We launched our first MHST podcast episode! Two practitioners from our team came together during Mental Health Awareness Week to share a personal story of their lived experience of mental health difficulties. **The MPFT Podcast** is available on all listening platforms, so have a listen and let us know what you think! Additional episodes are available from teams across our NHS trust, covering physical and mental health, learning disabilities and more.



Following the launch of our Mood Bears in Tamworth and Stafford (as featured in our previous edition), we have received fabulous feedback from children and staff in our pilot schools. As a result, we intend to be able to offer the Mood Bear project to additional schools in the near future.

CANNOCK & SEISON MHST

Schools we work with:

- Redhill Primary School
- Moorhill Primary School
- Bridgtown Primary School
- St Mary's Catholic Primary School
- West Hill Primary School
- Redbrook Hayes Community Primary School
- Littleton Green Community School
- Heath Hayes Primary Academy
- Churchfield CofE Primary Academy
- Kingsmead School
- Cannock Chase High School
- Cardinal Griffin Catholic College
- St Lukes CofE Primary School
- Five Ways Primary School
- Landwood Primary School
- Bilbrook C of E Middle School
- Chaselaia Alternative Provision Academy
- Cherry Trees School
- Forest Hills Primary School
- Great Wyrley Academy
- Lane Green First School
- Jerome primary School
- Moat hall Primary Academy
- Norton canes High School
- Norton Canes Primary Academy
- Perton Middle School
- The John Bamford Primary School

@southstaffsMHST

LICHFIELD MHST

Schools we work with:

- Boney Hay Primary School
- Charnwood Primary School
- Chase Terrace Primary School
- Chase Terrace Academy
- Chasetown Community Primary School
- Erasmus Darwin Academy
- The Friary School
- The Rawlett School
- Saxon Hill Academy
- Queenscroft
- Rocklands School
- The Bridge Academy
- Willows Primary School
- Netherstone High School
- St. Chad's C.E. Primary School
- SS Peter and Paul Catholic Primary School

@southstaffsMHST

STAFFORD MHST

Schools we work with:

- Burton Manor Primary School
- Castlechurch Primary School
- Doxey Primary & Nursery School
- Flash Ley Primary School
- John Wheelton Primary Academy
- King Edward VI High School
- Penkridge Middle School
- Sir Graham Balfour School
- St. Leonard's CofE First School
- Stafford Manor High School
- Veritas Primary Academy
- St Patrick's Catholic Primary School
- St Leonard's Primary School
- St Austin's Catholic Primary School
- Walton Hall Academy
- Walton Priory Middle School
- Silkmere Primary Academy
- Marshlands School
- Blessed William Howard Catholic School
- Bailey Street Alternative Provision Academy
- St. John's C of E Primary Academy
- The Weston Road Academy
- Tillington Manor Primary School

@southstaffsMHST

Our service provision has recently expanded into a number of new schools across Cannock, Seison, Stafford and Lichfield. Trainee practitioners across these teams are in place and getting to know their school communities in order to identify how they can best meet their mental health and emotional wellbeing needs moving forwards.



THE TEAMS

What we've been up to...



Have you followed us on our socials yet? Below are a few highlights from **@southstaffsmhst** of recent events and activities across our teams - check out the original posts for all the details:

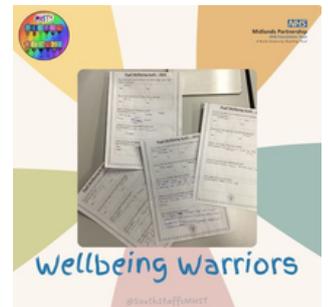
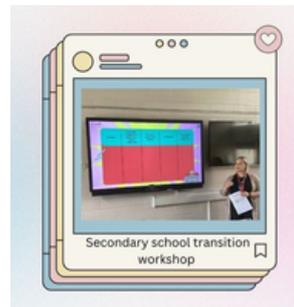
CANNOCK

01283 352113



EAST STAFFS

01283 504487

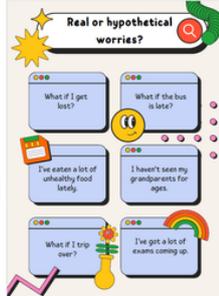


LICHFIELD

01283 352113



A few of the resources created by our team and shared in our recent Team Away Day.



STAFFORD

01283 352097



TAMWORTH

01785 301027



COMMUNITY

NEW



Our Children's Wellbeing Practitioners recently hosted our first community event at Burton Library, open to everyone. Details of future community events will be shared on our socials, so keep your eyes peeled!



Plans for 2024-25

Trainees across the teams will be completing their qualifications and getting stuck into their roles in schools!

Development of our social media platforms, podcasts and website

Newsletters for children, young people and their families

Expansion of the Mood Bear Project with younger children and those with SEND

Rollout of our new, easier-to-work-with Wellbeing Mapping Tool

Development of our new online courses for young people

CALLING ALL MENTAL HEALTH LEADS



Eight principles to promoting a whole school approach to emotional health and wellbeing.

Public Health England 2015



Our Mental Health Support Teams across the region are always looking for more ways to support you with the wonderful work you are doing for your children and families.

What themes or topics should we focus on next year?

How can we best support staff with the Whole School Approach?

If you have not yet done so, please book in with your Education Mental Health Practitioner (EMHP) before the summer break to plan your whole school approaches ahead of 2024-25!



We recently successfully piloted a new version of our Wellbeing Mapping Tool across select schools from each of our areas in Staffordshire. We will be looking to launch this across all our schools in the next academic year.

Tamworth:
Oakhill Primary
Tamworth
Enterprise College

Lichfield:
Charnwood Primary

Stafford:
Burton Manor Primary
King Edward VI High
Weston Road Academy

East Staffs:
Thomas Alleynes
Tower View
St Josephs

Cannock:
Norton Canes Academy
Forest Hills Primary Chase
Lea Alternative Provision
Academy
Kingsmead School
Moorhill Primary



CALENDAR OF EVENTS



July



National Picnic Month



24th

Samaritans Day - The Big Listen



7th

Thank you Day



230th

International Day of Friendship

August



21st

International Youth Day



227th

Makaton International Awareness Day



September



5th

International Day of Charity



10th

World Suicide Prevention Day



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





WE WANT YOUR FEEDBACK!

What else would you like to see featured in future newsletters? Send feedback to 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



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

<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/>