

HeadStart South Tees Update

Autumn Newsletter



Giving all South Tees children and young people the necessary support to build resilience and achieve good emotional health



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INTRODUCTION

Welcome to the Autumn edition of the HeadStart newsletter. This edition looks at the current support available to schools during the continuing pandemic as well as a reporting about the excellent work schools are undertaking in supporting pupils.

A number of new and exciting national and local initiatives are also included for information.

The HeadStart initiative has secured further funding from Tees Valley Commissioning Group and South Tees Public Health after a period of uncertainty and schools will receive details of the offer of support in November.

For further information please contact a member of the team.

HeadStart South Tees

Through funding from Tees Valley Clinical Commissioning Group and South Tees Public Health the HeadStart programme has been extended until March 2022. This additional funding for the programme will see HeadStart launching in Redcar and Cleveland, as well as maintaining the programme in Middlesbrough; ensuring all South Tees children and young people are given the necessary support to build resilience and achieve good emotional health.

HeadStart will launch in Redcar and Cleveland on 19th November with an introductory webinar which will be followed by a series of workshops.

The HeadStart team will have capacity strengthened by the recruitment of 2 new posts. They will commence employment at the end of November.

COVID-19 Recovery Sessions

Due to the impact of lockdown and the Covid-19 pandemic on young people's emotional wellbeing, the HeadStart team have been delivering recovery sessions to South Tees schools in collaboration with Tees Esk and Wear Valley NHS Trust, Middlesbrough and Stockton Mind, The Junction and the Link.

The sessions will offer a theoretical and practical approach to building resilience and creating coping mechanisms in light of the COVID-19 pandemic.

The HeadStart team have delivered a range of sessions including breathing and relaxation, coping with change, managing routine, stress and worries and transition to both primary and secondary schools in the South Tees area.

Training sessions for school staff are also being delivered on a range of topics, including staff well-being.

For more information on the recovery sessions please contact a member of the HeadStart team.

HeadStart School Improvement Grant

The HeadStart School Improvement Grant supports schools with investing in sustainable methods of improving the emotional health and wellbeing of their students and school community. Eligibility for the grant requires achieving the silver quality standard level.

Abingdon Primary School, Beech Grove Primary School, Breckon Hill Primary School and Hemlington Hall Academy have all recently accessed their grants having achieved Silver Standard on the HeadStart School Quality Standard.

Beech Grove are using their grant to develop an indoor safe space and to aid in the creation of an after-school HeadStart club. These initiatives will help the school to build pupil's resilience, enable pupils time and space to notice when, where and why they are feeling upset and develop coping strategies as well as giving school an extra facility to use for 1 to 1 support for pupils.

Hemlington Hall's grant are using their grant in a range of initiatives including the purchasing and training of an emotional therapy dog, additional training for staff and pupil workshops and recruiting a Family Liason Officer to lead on HeadStarters work.

The following quote is from Jo Smith, Headteacher at Breckon Hill on how the school will be utilising their grant.

"The grant towards our new learning environment for youngest children recognises the importance of children's well-being in learning and playing outside. The children's emotional well-being is so very important to us and we are excited about further developing our outside spaces

“Since successfully achieving the HeadStart Silver award and grant we have been able to establish ‘Calming Corners’ in every classroom throughout school and central Well-being place within the school library. Feedback from both children and adults has been positive. Every child now has access to a safe space where (cont.) they can go to if they feel their emotions running high. The grant has enabled us to resource these safe spaces with age appropriate tools for children to use independently to regain emotional and physical control. Our next step is to develop Safe Spaces within the outdoor area to ensure that children’s holistic wellbeing is strengthened.”



HeadStart Post 16 Offer

HeadStart Post 16 have recently submitted the last evidence for milestone 5 of the Future Ready Fund from NESTA. The final report will be distributed as soon as it receives confirmation from NESTA.

Despite restrictions as a result of Covid-19, work has continued to be developed and offered to post 16 students.

HeadStarters training will commence shortly and virtual drop in sessions are available to post 16 students in college.

A new development is a partnership with Middlesbrough Council’s apprenticeship service where emotional well-being support will be offered to young people accessing apprenticeships.

For further support young people aged 15 and above can access the HeadStart Post 16 Smart Moves website for a range of resources and tips on building resilience and resources for use during the pandemic.

<https://www.smartmovesmiddlesbrough.com/>

HeadStart School Spotlight

Abingdon Primary School, based in Middlesbrough's Central ward, have been a HeadStart school since 2018.

30 Abingdon students from Year 4-6 have been trained as mental health champions as part of the HeadStarters Educational Pathway, achieving Gold award. Some of these students now act as peer mentors in the school's Wellbeing Hub.

Having recently accessed their school improvement grant, senior teacher Kay Venis outlined the impact that the HeadStart programme has had on school and what their grant allows them to do.

"There is no doubt that the focus through HeadStart on wellbeing and resilience has had a positive impact on the culture of the school. Staff have increased awareness of wellbeing, children's holistic health and ways to promote these are threaded throughout the school day.

In addition to this staff have increased awareness of mental health issues affecting children and young people and a better understanding of the referral routes to specialist mental health support both in school and externally.

The Wellbeing Hub is reaching children across the whole school. It is operating every lunch time with the pastoral team all taking a turn daily to join the HeadStarters to play games with children who are self-identifying as needing a wellbeing boost.

Dinner ladies/mid-day assistants all on board signposting children to the Wellbeing Hub over a lunchtime if they feel their 'ordinary' magic isn't enough making wellbeing everyone's business. In addition to this we also have a member of the pastoral team delivering a mini wellbeing place for the pupil premium children who access breakfast club."



Transition Support

On the 1st and 2nd of September, the HeadStart Project Team delivered transition support sessions to 223 Trinity Catholic College Year 7 students to aid them in developing coping strategies to deal with the effects of moving school and the lockdown period.

When asked what was the best part of the sessions, the most common answers were “Finding out other people faced the same challenges when moving school”, “talking to new classmates”, “talking about how we can deal with feelings” and “listening to other people’s ideas and how I could use them when I’m facing a difficult change”.

To further complement the support given to Year 6 and Year 7 students, HeadStart will again be providing students with EIKON Smart Moves resource books. Smart Moves is a programme of evidenced based short sessions to give young people learn-able skills (Smart Moves) that increase resilience. The resources can also help CYP to look after their mental wellbeing during uncertain times. The HeadStart team have started to deliver resources to Y7 year groups.

Guidance and Support

Department for Education Helpline

A dedicated DfE helpline for education and children's social care providers and parents/carers to handle questions related to coronavirus was set up in September. The helpline is open Monday - Friday 8am - 6pm and Saturday and Sunday 10am - 4pm. The purpose of the helpline is to ensure consistent and accurate information reaches education and children’s social care providers and ensure that providers feel well-supported by DfE.

Phone: 0800 046 8687 | Email: DfE.coronavirushelpline@education.gov.uk

Every Mind Matters

Most families have experienced upheaval in their daily lives during the pandemic. With children and young people now back at school or college, PHE’s new campaign provides NHS-endorsed tips and advice to help children and young people’s mental wellbeing, and equip parents and carers with the knowledge to support them.

The new advice available via <https://www.nhs.uk/oneyou/every-mind-matters/> has been developed in partnership with leading children and young people's mental health charities, including Young Minds, The Mix, Place2Be and The Anna Freud Centre. It is designed to help parents and carers spot the signs that children may be struggling with their mental health and support them, and also provides advice that can help maintain good mental wellbeing. In addition to the advice for parents and carers the site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.



“The day the seed is planted is not the day the harvest comes. The best is yet to come” – Trent Sherfield

Kooth

Kooth, an online mental health and wellbeing support service, continues to offer virtual sessions and live demos of the site, supporting professionals to know how Kooth can support a young person. Kooth can provide the opportunity for young people to keep a daily journal, explore their feelings through the new activity hub, receive peer to peer support through articles and discussion boards, as well as receiving professional support through 1-2-1 online counselling and messaging service.

For access to Kooth's promotional material or to arrange a Kooth session please contact Lisa Locke, Area Manager at llocke@kooth.com

Young Minds Parent Helpline

Young Minds offer three helpline services for parents and carers who are concerned about the emotional wellbeing of their child/young person, up to the age of 25.

The helplines are available through phone, email and webchat. The helpline, which connects you to a trained adviser are free to use and confidential. More information on the helplines can be found on the Young Minds website below.

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

NHS Mental Health of Children and Young People Report

This report looks at the mental health of children and young people in England in July 2020, and changes since 2017. Experiences of family life, education and services, and worries and anxieties during the coronavirus pandemic are also examined. The findings draw on a sample of 3,570 children and young people interviewed face to face in 2017 and followed up online in July 2020, now aged between 5 and 22 years.

https://files.digital.nhs.uk/CB/C41981/mhcyp_2020_rep.pdf

School Resources

The below resources from The Anna Freud Centre can be used in school to aid in the reintegration of students into school following the pandemic and further instances of self-isolation or lockdown.

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/supporting-staff-wellbeing-in-schools/>

South Tees Single Point of Access (SPOC) for mental health difficulties.

Tess Esk and Wear Valley NHS Trust are managing a single point of contact for children and young people's mental health. The single point of contact (SPOC) launched on 30.09.20.

The purpose of the SPOC is to -

- Have a single point of contact for all referrals.
- Enable referees to access mental health expertise
- To facilitate the emotional containment of families/professionals
- Triage all referrals to ensure the appropriate response.
- Ensure all referrals for help are assessed through clinical decision making
- Provide advice and guidance for self help
- Signposting referrals to the most appropriate source of support

- Referral on to the most suitable organisation as appropriate (may be to VCS partners, HeadStart or Specialist NHS CAMHS amongst others) to prevent delay in accessing support.

To contact the SPOC call **0300 013 2000** and select Option 2 if you live in Middlesbrough or Option 3 if you live in Redcar. Alternatively, the SPOC can be reached through tewv.stspoc-camhs@nhs.net

Lockdown Guidance

Following the latest announcement from government, you may be feeling worried, anxious or fearful as the country heads into a second national lockdown. Below are some resources and advice on how to mentally prepare and cope with this new period of lockdown.


<https://metro.co.uk/2020/10/31/how-to-mentally-prepare-for-another-national-lockdown-13511928/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.itv.com/news/2020-11-02/top-tips-to-stay-both-physically-and-mentally-healthy-during-englands-covid-19-lockdown>

“It’s good being able to speak to people about how I’m feeling without feeling like I’m being judged” – Year 9 student, Trinity Catholic College, Covid Recovery Session

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions



LIMIT NEWS

Limit the amount of time you spend on social media and checking news



COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood



POSITIVE HABITS

Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



Training Opportunities

Brook RSE Training

Brook are offering professional training sessions on a variety of RSE topics. The training is free of charge. If you would like to book a place on the training please follow the links below that will take you to the booking page on Eventbrite.

All the sessions will be delivered remotely via Zoom and log in details will be sent out the day prior to the training.

4th December 9.30-4.30 How to Deliver RSE to Young People with Additional Needs

<https://www.eventbrite.co.uk/e/how-to-deliver-rse-to-young-people-with-additional-needs-teesside-tickets-120524651477>

12th February 1.30-4.30 Sexual Health Awareness

<https://www.eventbrite.co.uk/e/copy-of-sexual-health-awareness-teesside-professionals-only-tickets-120525038635>

CAMHS Online Training

The following online workshops are now available to book onto via email to TEWV.CAMHS-Training@nhs.net and will be delivered through Microsoft Teams.

Parents

Emotional Wellbeing Mon 30th Nov

Online Mental Health – Risk & Resilience Workshop for multi-agency children’s workforce in Teesside

This workshop acts an introduction to children’s mental health, understanding what this means and the impact on young people/families and communities.

The session introduces the risk and resilience theories and explores how this can be used by agencies to improve outcomes for children/young people and their families.

The Understanding Mental Health – Risk & Resilience workshop is now available to book on to for the below date (*The workshop will be ran virtually via Microsoft Teams and delivered by TEWV CAMHS Training*). *The workshop is available free of charge for all children’s workforce in Teesside from schools/colleges, local authority and not for profit organisations.*

❖ **Monday 7th December 2020** **10am – 11am**

If you would like to access the above workshop, please email TEWV.CAMHS-Training@nhs.net with

- **your name**
- **email address**
- **job role and**
- **workplace**

A calendar request will then be sent to you which will include a link to access the session.

For more information on HeadStart Middlesbrough please contact the programme team:

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