

Calderdale's Emotional Health and Wellbeing Spring Bulletin 2018

Calderdale's emotional health and wellbeing bulletin contains useful information regarding what is happening in Calderdale along with regional and national updates. Please ensure you share with your organisation and wider teams to continue to keep children and young people's emotional health and wellbeing high on agendas in line with our vision that emotional health and wellbeing is 'everyone's business'.

If you would like to contribute to this bulletin or be added to our circulation list, please contact Joanna.marshall@calderdale.gov.uk

Please note that each article is written by the individual organisations/groups.

Young People's Tough Times Reference Group

Young Peoples Emotional Health and Wellbeing Celebration Event

Halifax Town Hall was full of colour and energy on Thursday 22nd March when over 120, children, young people, parents and professionals came together to celebrate the excellent work that is happening in Calderdale to support children and young people's emotional health and wellbeing. The event was organised and led by the young people's Tough Times Reference Group and some Youth Council members who successfully planned and facilitated an interesting and exciting evening.

Quote from a young person – "It was a very good experience and I have learnt a lot. It has really helped me"

Quote from a parent/carer – "What a well informed, attended event I met some lovely professionals and volunteers and service users. The youngsters were polite and informative; the service stands had great visuals and information. I saw confidence grow in a child who lives with us by helping at this event and actually the best bit for me was the young people talking about the struggles, the presentations and letting them have their voice... The last best thing for me was seeing services networking"

Quote from a professional – "Fantastic! The young people were truly amazing. I feel really privileged meeting such awesome young people"

Recruitment of new members

Tough Times Reference Group welcomes Saba, Jack and Jayden who has recently joined the group. Due to college commitments the group have had to say goodbye to Erin, Sadia, Maddiah and Ammarah, who have all been fantastic members of the group for two years. The group wish them luck in their futures 😊

KOOTH.COM on line counselling for children and young people

Kooth is a safe, confidential and anonymous online counselling support service for young people aged 11-25. It is free at the point of need and available through a smart phone, tablet or computer.

Access Times: Monday to Friday 12pm – 10pm and Saturday to Sunday 6pm – 10pm

Time Out

Time Out is delivered by Healthy Minds for all 13-19 year olds in Calderdale. The Time Out activity schedule is growing, with new activities planned through North Bridge Leisure Centre. For further information about what Time Out offers please click onto their website: www.timeoutcalderdale.co.uk. If you would like to speak to a Time Out worker then please contact Kim or Annie on kim@healthymindscalderdale.co.uk or annie@healthymindscalderdale.co.uk

Calderdale's Emotional Health and Wellbeing Website for Children and Young People

Our Open Minds website for children and young people has been successfully launched. The website was developed after extensive input and consultation with young people, as well as a range of professionals. If you would like any promotional materials to give to children and young people you work with or to advertise in your place of work then please contact Joanna.marshall@calderdale.gov.uk.

To visit the Open Minds website please click here: www.openmindscalderdale.org.uk

Emotional Health and Wellbeing Service Guide for Professionals

Calderdale's emotional health and wellbeing service guide for professionals was launched in February. The service guide aims to help professionals to support children and young people who are experiencing emotional health and wellbeing difficulties. If you would like a hard copy of the guide then please contact Joanna.marshall@calderdale.gov.uk

A new training package for staff and students in primary and secondary schools

An exciting new joint offer between CAMHS and Healthy Minds gives all Calderdale schools access to free workshops for staff and students. Based on the THRIVE approach, which brings together services to address children and young people's overall wellbeing, workshops can be tailored to suit your school. Ideally schools would receive training for staff and students, to achieve maximum impact; however packages can be tailored to suit individual schools.

For further information about the workshop for staff, please contact Aismah Zabair or Phoebe Beevers on training@calderdalecamhs.org.uk.

For further information about the workshops for students, please contact Tara Guha on tara@healthymindscalderdale.co.uk

Transition Tool Kit for children moving from Primary School to Secondary School

The Transition Tool Kit which includes a self-assessment for both primary and secondary schools and will be launched in May 2018 on Calderdale's Services for Schools Intranet. The Transition Tool Kit has 4 sections, Support for Schools, Support for Students, Additional Support and Support for Parents and Carers. Each of these 4 sections has examples of good practice, support and guidance for school staff. For more information please contact Joanna.marshall@calderdale.gov.uk

Supporting Emotional Health and Wellbeing in the Early Years

A total of 14 Emotional Health and Wellbeing Champions have been recruited across Calderdale's early years sector. For further information about the Champions please contact Gill.holden@calderdale.gov.uk

Building Resilience Toolkit

The Building Resilience toolkit is designed as a resource for schools to use, to achieve better outcomes for children who are experiencing social and emotional challenges. The resources (some of them commercially produced) are used at Carr Green Primary School and are proven to have a positive impact. For further information about the Building Resilience Toolkit please contact lesley.wall@carrgreen.org.uk

Autism Pre-Assessment Information Pack for School Aged Children

A multi-agency group has created an information pack designed to support families and carers of children and young people, waiting for an assessment of their social communication needs including Autism Spectrum Disorder (ASD). The pack includes the current assessment pathway, and lots of information about local and national resources that is available to support families whilst waiting for assessment. For further information about the pack please contact Joanna.marshall@calderdale.gov.uk

Public Health Services in Schools Newsletter

Public Health has launched their 5th Edition of the Public Health Services in Schools newsletter. If you would like to be sent a copy then please contact Helen.saunders@calderdale.gov.uk

Local Networks and Meetings

Secondary Health and Wellbeing Network Meeting

Colleagues from secondary schools meet regularly to discuss issues and solutions and to share information and good practice around student health and wellbeing. The next meeting is taking place on **Thursday 3rd May at Ryburn Valley High School from 1.30pm – 3.30pm**. For further information please contact lynn.powell@calderdale.gov.uk or Helen.Saunders@calderdale.gov.uk

Primary Health and Wellbeing Network Meeting

Colleagues from primary schools meet regularly to discuss issues and solutions and to share information and good practice around student health and wellbeing. The next meetings are taking place on **Tuesday 12th June at Ash Green Upper Site from 1.30pm – 3.00pm** and **Thursday 14th June venue to be arranged in the Upper Valley from 1.30pm – 3.00pm**. For further information please contact Joanna.marshall@calderdale.gov.uk or Helen.saunders@calderdale.gov.uk

Mental Health Innovation Hub

This group is focussed on both child and adult mental health and supports the implementation of the Mental Health Crisis Care Concordat. For more information about these meetings or the Crisis Care Concordat please contact corinne.mcdonald@calderdaleccg.nhs.uk

Mental Health Matters Forum

This forum is for organisations to come together and discuss mental health issues. If you would like further information please contact Healthy Minds by emailing info@healthymindscalderdale.co.uk or visit their website at <http://www.healthymindscalderdale.co.uk/>

Regional and National Updates

Mentally Healthy Schools: Website launch

A new free online resource to help primary schools support the mental health of pupils has been publically launched by Heads Together (supported by Anna Freud, Place2Be, Young Minds, Centre for Mental Health and NAHT).

Mentally Healthy Schools brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing. Their aim is to increase staff awareness, knowledge and confidence to help support pupils. The resource is available here <https://www.mentallyhealthyschools.org.uk/>

Mental Health Resources from Dr Pooky Knightsmith

Dr Pooky Knightsmith has filmed a few more useful videos which include:

- [Reducing Exam Stress: Ideas for teachers and parents](#)
- [There is no right or wrong way to suffer from an eating disorder](#)
- [Understanding self-harm and finding safer alternatives](#)
- [My Mental Health Journey - the ups and downs of recovery \(personal video\)](#)

Autism/CAMHs resource from Autism Alliance

Autism Alliance has launched a new online resource for families, carers and professionals providing advice and guidance to support the access of children on the autism spectrum to community CAMHs. Please click on this link: <https://www.autism-alliance.org.uk/autism-camhs-toolkit/>

Diary Dates

Mental Health Awareness Week 2018 which will take place from 14-20 May 2018

This year, the focus is on stress. Chronic stress increases our risk of addictive and damaging behaviour, of developing anxiety, depression and other mental and physical health problems. For more information about how you can get involved in Mental Health Awareness Week please click [here](#)

Future Minds: Young People's event to shape the next generation of mental health care

On Saturday 12 May, NHS England and YoungMinds will bring together 100 young people, aged 14-20, to get creative about the future of mental health support.

Secondary Schools eHNA Conference - North Bridge Leisure Centre -Thursday 14th July - 9.45am to 12.00noon with lunch from 12.00noon - 12.30pm

Consultation

Emotional Health & Wellbeing – Survey for Professionals

Calderdale Council are consulting with Professionals to inform the Emotional Health and wellbeing Local Transformation Plan. If you are a professional working with children and young people then please complete the survey using the link below. If you wish to make any general comments about the survey or want to know more about the Local Transformation Plan, please contact Joanna.marshall@calderdale.gov.uk

Survey Link: <https://www.surveymonkey.co.uk/r/EHWBforProfCMBC2018>