

LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

If you work in an education setting, we hope that you had a relaxing half term. Our newsletter this week looks at the free Wellbeing Toolkit for schools from NCC, a research trial for teenagers with low mood, and videos from NSFT. We are also excited to introduce our 'Spotlight On' feature where we share the hard work of Mental Health Champions. Have a great week,
The LINK Team



Wellbeing in Education Toolkit

Fully funded by the DfE and DfHSC, Norfolk County Council have released a toolkit for schools as part of Phase 2 of the DfE Wellbeing Project.

You may have attended one of the Wellbeing Education Return webinars last year. The toolkit follows on from these webinars and provides resources to aid you in cascading learning to the colleagues in your school. You do not need to have attended the live webinars to access the toolkit. Recordings of the webinars are also available [here](#).

The team will also be offering bespoke support to schools in nurturing the wellbeing of students and staff.

To access the webinars, toolkit and contact details for bespoke support, please click [here](#). To find out more about the Wellbeing Education Return project, please see the attachment with this email.

POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

Families can get in touch via phone by calling **0800 977 4077** or via email at **point1-support@ormistonfamilies.org.uk**

If you wish to make a referral please fill in the referral form, which you can access [here](#), and send to:
point1@ormistonfamilies.org.uk



Ready Trial

The Ready Trial is a research trial aimed at young people aged between 13 and 17 who would like support with low mood/depression. Run by the University of Hertfordshire, the aim of the study is to see if exercise is an effective treatment for low mood in young people.



If you have a young person that you think might be interested in taking part, please signpost them to the Ready Trial website, or show them the attached leaflet.

Did you know?

The Norfolk and Suffolk Foundation Trust (NSFT) have a YouTube channel. Videos include parenting advice, supporting anxiety, breathing techniques and recorded workshops - in case you missed any live webinars. Find the NSFT YouTube channel [here](#).



Mental Health Champion Training

Many of you may be aware that we now offer SLT Mental Health Champion training, as well as our original course. This means settings can now have **two** Champions. If you would like to train an additional Champion in your setting, please get in touch via email.



SPOTLIGHT ON

We are very excited to introduce a new feature in our newsletter - Spotlight On. We love to hear about the amazing work happening in your settings to support emotional wellbeing. Each newsletter, we will showcase the work of a Mental Health Champion as an opportunity to share good practice across the network.

As our first feature, Lisa Andrews, Mental Health Champion at Framingham Earl High School, shares details of the Wellbeing and Mental Health day that she facilitated during Children’s Mental Health Week.

"As part of Children’s Mental Health Week at Framingham Earl High School, we organised a day off-timetable for our Y10 students focusing on Wellbeing and Mental Health. The aim of the day was to equip our students with a toolkit of practical strategies to boost wellbeing both now and in the future. We held online sessions on managing emotions, strategies to manage feelings of stress and anxiety which was delivered by Jess from YMCA Norwich, a Yoga and Mindfulness session run by Jackie at ZenKids and a Men’s Mental Health Toolkit session run by Ed at Menscraft.

We gained such positive student feedback from our interactive Q&A session with Eve and Deanna from the LINK team; we were also lucky to be joined by Tory and Gaia from the UEA Headucate Society. Students asked for advice on how they could stay motivated in the current pandemic, how to support friends who may be going through a challenging time as well as the panel’s top tips for promoting positive mental health. Our students really appreciated having expert mental health practitioners to ask questions to, especially during this period of home-learning when they are missing their friends and usual routines. It was honestly one of the most informative and engaging student mental health sessions that I have ever been involved in; thank you so much Eve and Deanna for being part of it and sharing your brilliant advice!"



If you have an event, strategy, resource, activity or story that you would like to share with our network of Mental Health Champions, please do send us an email - we would love to hear from you!

Champion Checklist

We know that it can feel like a never-ending to-do list when it comes to actions you can take to support emotional wellbeing in your setting. We wanted to introduce the Champion Checklist as a way to break it down into bite-size chunks in each newsletter. Every two weeks, we will share a practical step that you can take to support the mental health of children, young people and staff in your settings.



Sign up to the Schools in Mind network from the Anna Freud Centre. This free network shares research, resources and strategies to support mental health in schools. Work in an Early Years setting? Sign up to the Early Years in Mind network too.