

Emotional Health and Well-being Newsletter

**North
Lincolnshire
Council**

March 2021

For Pastoral staff, Mental Health Champions, SENCOs and Governors
Promoting positive mental health and resilience



Updates



Theraplay® informed practice.

We are pleased to inform schools that we are now offering Group Theraplay® informed practice training. This can be whole school training or for a few identified staff members.

The aim of Theraplay® is to strengthen the relationship between the children and their carers using a range of simple play activities they hope to help children feel better about themselves and to reduce difficult behaviours.

Group Theraplay® is an adaptation of the Theraplay® model. It is an adult directed structured group that incorporates playful, co-operative, and nurturing activities that enhance emotional wellbeing. It develops children's self-esteem, sense of belonging, the ability to care for themselves and others and the opportunity to develop increased trust.

The leader (adult) creates an atmosphere of fun, caring, acceptance and encouragement which allows children to grow socially, emotionally, and often intellectually.

So far, the training has been very well received staff report that they enjoy the mix of practical and theory. The activities were described as easy to implement and resources are cheap and easily obtainable.

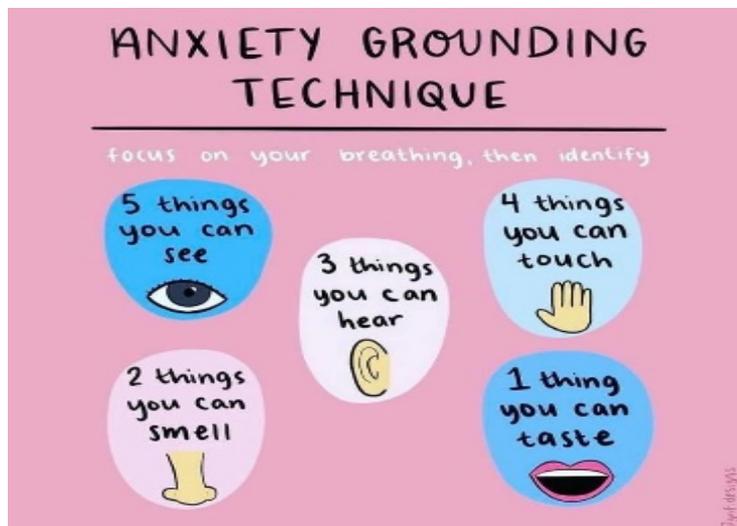
If you are interested in any further information about the training, then please contact Lucy Barnard or Melissa Jackson from the Behaviour Support Team.

lucy.barnard@northlincs.gov.uk melissa.jackson@northlincs.gov.uk

Anxiety Forum Training has now been delivered to over 45 teachers and teaching assistants across primary and secondary schools in North Lincolnshire since 2019. The training shares how anxiety can be supported in children across key stages 1,2 and 3 and the strategies to enable the children and parents to develop a consistent approach to coping with anxiety.

Within the training it shares with the practitioners' ways they can set up their own Anxiety Forum to support children and their parents with simple strategies and resources. Making stress balls with balloons and flour, happiness boxes, glitter jars, worry dolls, gratitude rocks, breathing buddies and much more to support the children with their worries.

Information and techniques are also shared with the parents and children such as breathing techniques, a grounding technique and further information to enable them to cope with difficult days.



“Change how you view anxiety. Be clear that a cure for anxiety does not exist. Anxiety is a fixed, natural part of our lives, so you must start getting comfortable living with it.

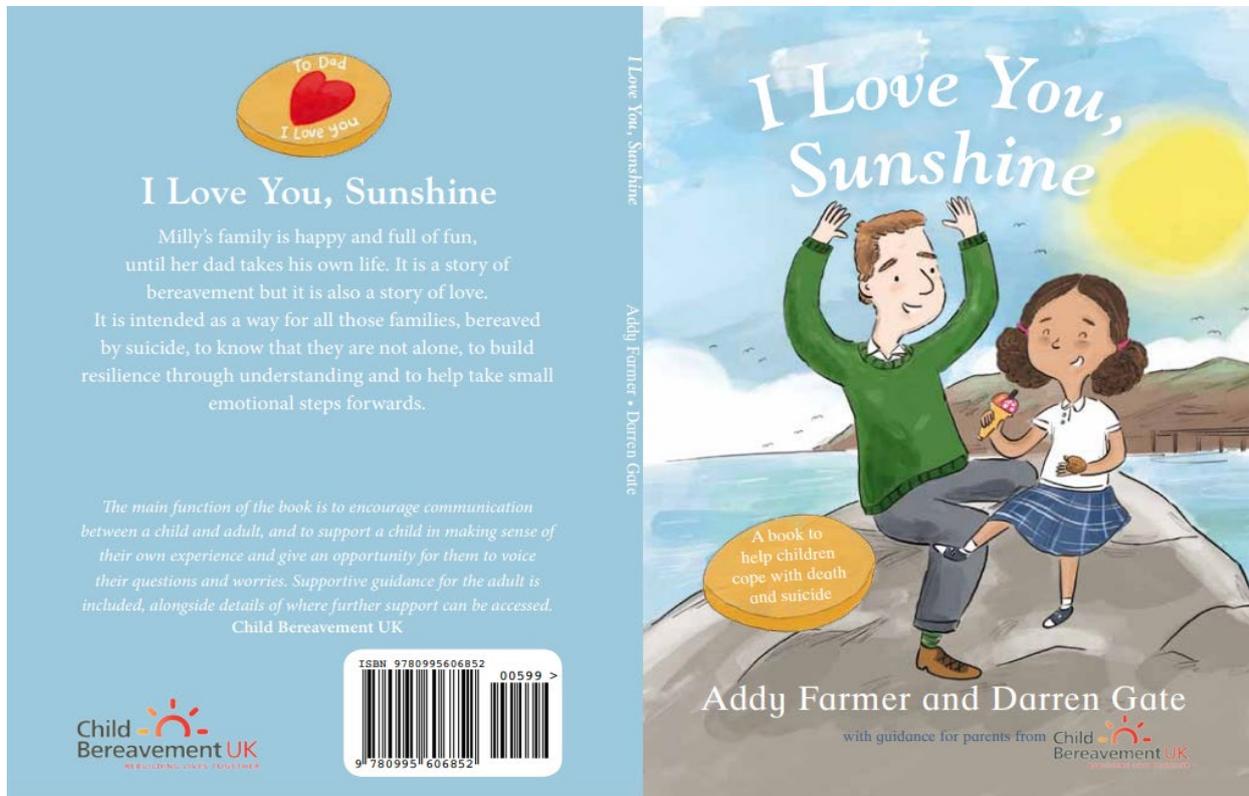
Stop fighting anxiety because it is a battle you’ll never win. Instead, look at anxiety as a friend – a friend who will always be there for you, keeping you safe and protecting you.

Put your arm around anxiety and thank it for being there for you. Know that you are normal, and all you need to do is aim for more balance.”

From Carl Vernon 'I'm anxious. 25 reasons you have anxiety and what you can do about it.

For more information, please contact Sarah Tipler on sarah.tipler@northlincs.gov.uk

New children's book on bereavement by suicide by For KS2



Addy Farmer

I am a published children's writer and a trustee for the North Lincolnshire Children's Literacy Trust. I have a chapter book for 7 - 9-year-olds coming out in March. It is called *I Love You, Sunshine* and it tells the story of how one child and her family start to recover when a father takes his own life. The story has been developed with the advice and support of two bereavement charities. Child Bereavement UK has supplied the parental guidance notes and will have 5% of sales. It has black and white illustrations throughout.



Kooth sessions for year 6 teachers.

Elle is planning to offer Year 6 teachers across all of her contract areas Kooth sessions via Eventbrite, planned to be delivered early in term 5 following the Easter holidays.

For anyone interested contact: Elle Gilkison Kooth engagement lead. +44 (0)7983 555744

www.koothplc.com

Loss and Bereavement support



Local Offer Bereavement Support page

We have developed the Bereavement Support page on the Local Offer website as part of the joint bereavement project between North Lincolnshire Council and NHS Clinical Commissioning Group. The Childhood Bereavement Charter was adopted. You will find this, and links to supportive organisations on the Bereavement Page.

A leaflet about available support services for children who have suffered a bereavement or loss can be found on the Local offer website.

If you would like further support for your school or for a young person then please contact your Educational Psychologist or email bereavementsupport@northlincs.gov.uk

The **Winston's' Wish** Free Training session on 3rd February was a success. KS1/2 **26** schools were represented. Packs were emailed out after the training morning, to those schools who took part. Positive feedback was received. It was highlighted during training regarding the importance of schools having a **school bereavement policy** in place. If anyone wants further information on this, or would like to attend future bereavement training, then please contact bereavementsupport@northlincs.gov.uk

Childhood Bereavement UK Network training was, rescheduled and took place on - **3rd March for KS1/2 and on 4th March for KS3+**. This was offered to all schools, school governors and staff who work with children and young people in North Lincs.

The training days were very successful once again. A total of **19** attended KS1/2 and **18** attended KS3+ (schools and other education organisations were represented). Information packs from the training days and certificates, were emailed out to all attendees. 100% Positive feedback was received back.

JENS SPECIAL PLACE Needs **Volunteers** to help with supporting bereaved families in our area. If you can offer any time to support this worthwhile organisation, then please contact: enquiries@jensspecialplace.co.uk Read more on their website. www.jensspecialplace.co.uk

New Wellbeing for Education Return

resources for education staff

We have worked with our national providers, MindEd and the Anna Freud Centre National Centre for Children and Families, to:

- Create a short recorded [webinar](#) for education staff - 'Every interaction matters' - and supporting information sheet and FAQs (click on 'Brief content' - and also attached). Education leaders can use the webinar with all staff in staff or INSET sessions. Education staff can also work through this individually.
- Index, hyperlink, and update signposting in the existing Wellbeing for Education content so that education staff can easily access and navigate it – this is now available (please click on 'Full content' and 'play' on the top two slide packs).
- [Signpost](#) to free supporting information and resources, including on education staff wellbeing.

Education staff engagement with these resources is voluntary and they are designed to be supportive of the pressures they currently face.

We will be in touch again soon about our final management information request on the reach and impact of local delivery, and to provide further examples of local practice.

We continue to welcome any feedback or queries you and your education colleagues have. As ever, you can reach us at: Wellbeing.EducationReturn@education.gov.uk.

Thank you once again for your support.

Wellbeing for Education Return Team

Wellbeing for Education Return – new webinar and supporting resources for all education staff

New and updated Return resources are now available for school and further education staff who do not have access to locally adapted training and support, or to supplement existing local offers. These include a short, recorded webinar - '[Every interaction matters](#)'. It introduces a simple framework for promoting wellbeing, resilience and mental health, building on education staff's existing roles, skills and personal qualities. It is intended for use by education leaders with all staff in staff or INSET sessions, or for staff to work through individually.

This sits alongside the full Wellbeing for Education Return [content](#) covering issues such as bereavement, loss, anxiety, stress and trauma; and [signposting](#) to freely available information and resources for education staff, children and young people and parents and carers.

The Children's Mentoring school training

Certified Children's Mentor Programme



A specialist three-day course covering up to date good practice skills in working with vulnerable individuals and groups of children. Looking beyond behaviour to consider the underlying causes and supporting staff with practical skills to identify and support social, emotional and mental well-being in school and address barriers to learning.

Ideal for learning mentors, SENDCOs, teaching assistants and teachers.

Dates: Days 1: Monday 24th May 2021 - 9:15-3:00pm

Day 2: Tuesday 25th May 2021 – 9:15-3:00 pm

Day 3: Monday 28th June 2021 – 9:15-12:00 pm

Cost: First place free. Additional places at £180 per place Venue: TBC

This programme is registered as a Level 3 qualification for those staff who wish to take this opportunity and complete a portfolio over six months.

Course content:

- About you and your situation
- Barriers to learning and overcoming them
- Managing emotions
- Supporting Special Needs
- Planning a group intervention
- Involving children and young people
- Supporting Social, Emotional and Mental Health
- Monitoring outcomes of intervention
- Reflecting on our journey and assignment
- What is a Children's Mentor
- Learning styles
- Preparation for the next stages of life
- Planning an individual intervention
- Involving parents and carers
- Involving other staff
- Setting up a referral system
- Bringing it all together

For further information please contact Tim Mellors - tim.mellors@northlincs.gov.uk

DON'T FORGET TO LOOK AFTER YOURSELF>

#MyWholeSelf

My Whole Self MOT

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

How's my mental health today?  How do I feel today? Mentally? Physically?  

My Stress Container  How full is my container? Am I using helpful coping strategies? Are they working? **Learn about your Stress Container here.**

My mental health journey  Our mental health is part of the wider journey of our lives. **Learn more.**

Looking after my wellbeing  How did I sleep last night? Am I eating a balanced diet and drinking enough water? For tips on supporting your mental health, especially when working from home, look at our **guidance**.

How's my thinking today?  How are my thoughts making me feel? Am I having unhelpful thoughts? Create Your Mind Plan with **Every Mind Matters** to get tips to help deal with stress and anxiety and boost your mood.

What can I do to look after my whole self?  Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.

Join the campaign for workplace culture change. Check out our resources at mhfaengland.org  MHFA England

Counsellors Support Group

Jane Ellory and Adele Neale facilitated the 2nd **school counsellors support group meeting**. It is early days, but we have 12 people who have signed up for the group so far. Those who attended, have said how much it has helped them. Attendees agreed on an agenda for follow up sessions. The group will run monthly. For any other school counsellors who wish to join, or for further information, please contact projects@northlincs.gov.uk.

Sharing Good practice

We would love to hear more about good practice hints and tips. Please send

Information to

Projects@northlincs.gov.uk

STAY SAFE

Useful websites and recommended resources

Factsheets for Professionals

Download factsheets designed to help you to understand the risks that children face online and the ways in which you can identify and respond to signs of grooming and abuse.



Josh & Sue: an

animation for children with learning difficulties

Designed for young people with mild/moderate learning difficulties, this animation focuses on staying safe online.

www.GOV.UK

PHE launches new psychological First Aid Training - From today people who care for or work with children and young people aged up to 25 who have been affected by covid-19 will be able to access a new online psychological first aid training course

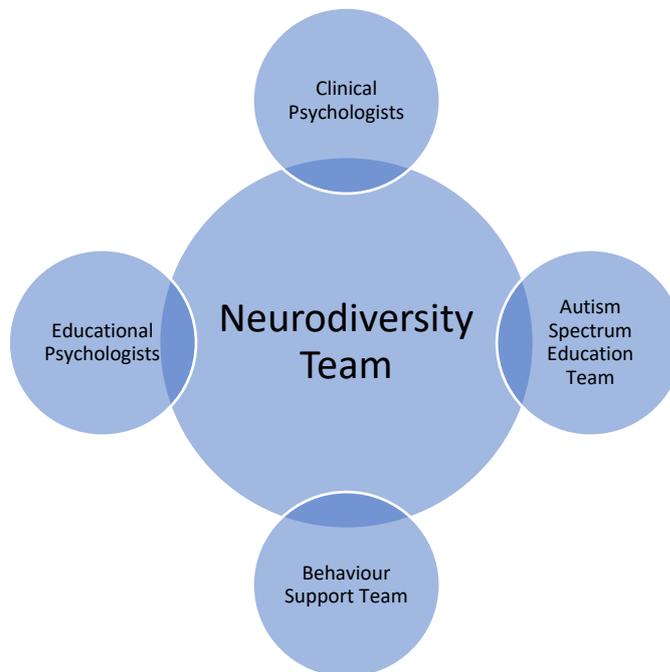


Eating disorders. Know the first signs? If you are worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible. Flips Is their behaviour changing? Lips Are they obsessive about food? Kips Are they often tired or struggling to concentrate? Nips Do they disappear to the toilet after

meals? Hips Do they have distorted beliefs about their body size? Skips Have they started exercising excessively?

Do not delay. Visit beateatingdisorders.org.uk/tips?

The Neurodiversity Team



As a Team we sit within EHWP and work alongside EPS, YC, Portage and YICU

Collectively we offer advice and support to schools, Colleges and other educational settings for children and young people who have identified SEND with or without an EHC Plan with SEMH, C&I and Sensory needs (Code of Practice). Some of these children may also have a diagnosis of ASD and/or ADHD and there will be some crossover with C&L and physical challenges. COBE in addition offer support in the home to parent carers where a child/young person has significant challenges with cognition and communication.

Our aim is to ensure that children and young people are understood, celebrated and offered support with challenges so they are enabled to succeed

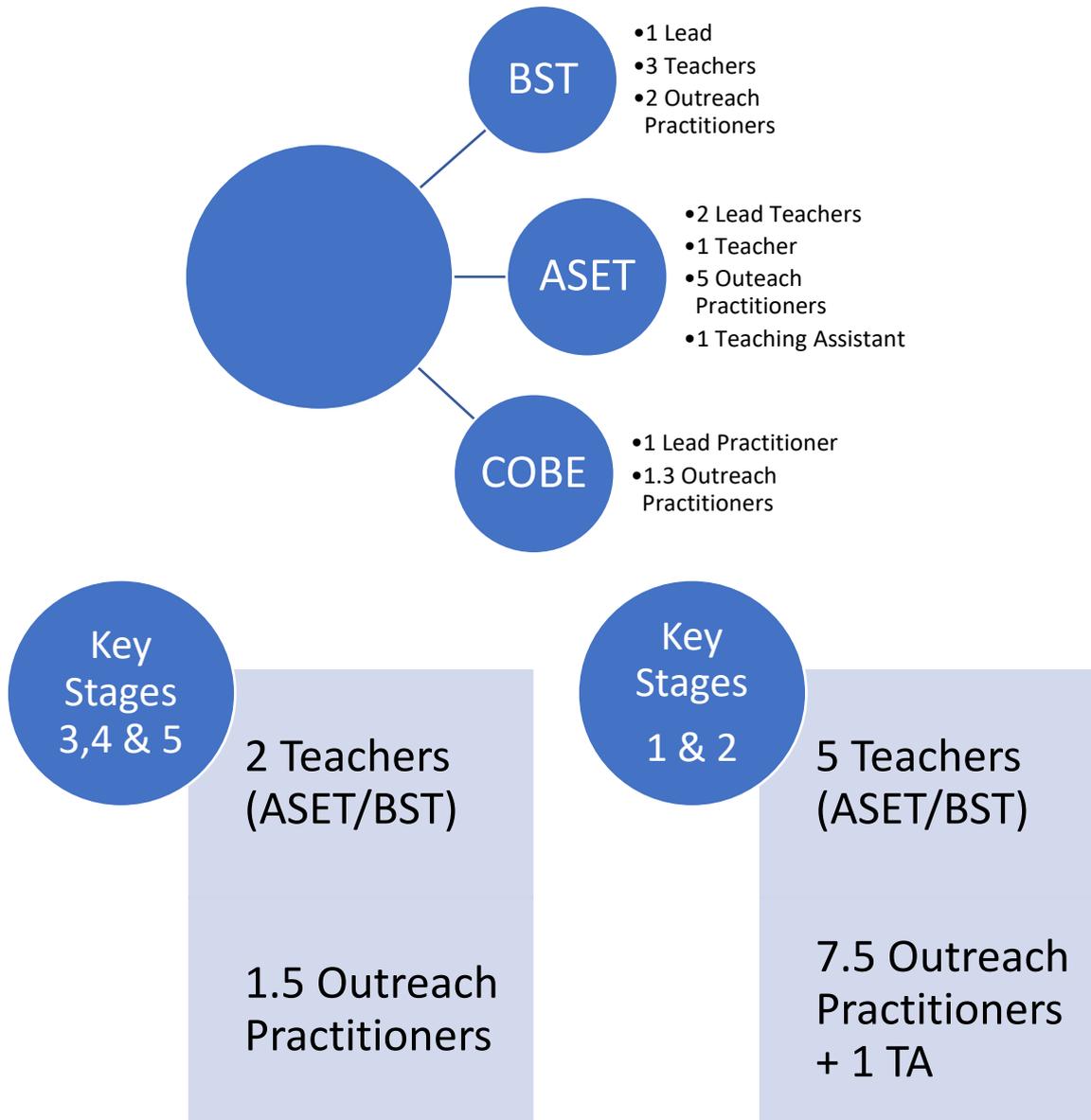
Our offer of support includes,

- Following a Request for involvement to EHWP and allocation to the Team we will offer a consultation with the referring school, observations, advice and/or direct work.
- The direct work can cover a range of needs e.g. emotional regulation, behaviour management, structure and predictability, sensory support, social interaction, communication.
- Where there is a diagnosis of ASD and/or ADHD it might include work on understanding the implications of the diagnosis – this is personalised to the age/stage of development.
- We may be involved regularly over time (Active Intensive) or intermittently (Active Monitoring).
- Alternatively we may offer advice and plans of action following consultations and observations.
- Where there is an Early Help open we may attend and support the family.

We also offer,

- Support with all KS transitions.
- Courses for parents.
- A range of training for education settings and other agencies.

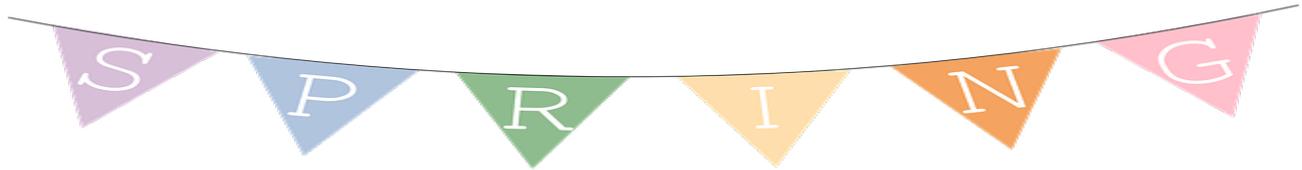
We work alongside other Teams – SEND, EIS, DSW Children’s Centres and FASST writing reports, offering advice and support, adding to assessments and target setting.



Association for Child & Adolescent Mental Health

Hope this is of interest. 'Literature review of support tools for school staff to respond to CYP self-harm' **FREE** virtual journal club #CAMHScampfire on Mon 26 April

<https://t.co/6SiSND0m27>



Mental Health Training for Primaries

This month has seen the start of the Emotional Literacy Support Assistant (ELSA) Course in North Lincolnshire, delivered by the Educational Psychology Team. The ELSA project has become widely recognised across the UK as an effective way of schools being able to meet the social and emotional needs of children from within their own resources. Training to become an ELSA involves 6 days of training followed by engagement in termly group supervision. There are 14 participants on the current course and the initial training days are expected to be completed by June 2021. Participants have so far completed Day 1, which involved an introduction to the course and a focus on raising emotional awareness. They will go on to learn about a range of topics including developing self-esteem and resilience, recognising and managing emotions, social stories, grief and loss etc. ELSAs are supported in applying their learning by planning bespoke interventions for the pupils in their school.

Due to restrictions imposed by the current Covid-19 pandemic, the training is currently taking place remotely. It is hoped that the training can move to being 'in-person' when it is appropriate to do so. Members of the Educational Psychology Team have previous experience of delivering ELSA in other authorities and are delighted to have been able to start this in North Lincolnshire. It is hoped that another ELSA Course will run during the next academic year.

Supervision for ELSA is half termly starting October 2021.

Best wishes,
Vicky
Dr Vicky Clarke (Educational Psychologist)

Further information from Rachel Woodford via nledpsychology@northlincs.gov.uk

<p><u>March</u> <u>Tuesday 23rd</u></p>	<p><u>ELSA training 2</u></p> <p><u>Target group- teaching assistants and pastoral support</u></p> <p><u>staff in Early Years, KS1 and lower KS2.</u></p>	<p><u><i>ELSA Trainers from Educational Psychology.</i></u> <u><i>c/o Rachel Woodford and Dr Vicky Clarke</i></u></p>
<p><u>April</u> <u>Tuesday 27th</u></p>	<p><u>ELSA training 3</u></p> <p><u>Target group- teaching assistants and pastoral support staff in Early Years, KS1 and lower KS2.</u></p>	<p><u>ELSA Trainers from Educational Psychology.</u> <u>c/o Rachel Woodford and Dr Vicky Clarke</u></p>
<p><u>May</u> <u>Thursday 6th and Friday 7th</u> <u>Mental Health Champion Forum</u></p>	<p><u>Open agenda</u></p>	<p><u>C/O Dr R Illman PEP North Lincs, and P Breun. CAMHs</u></p>
<p><u>Tuesday 11th</u></p>	<p><u>ELSA training 4</u></p> <p><u>Target group- teaching assistants and pastoral support staff in Early Years, KS1 and lower KS2.</u></p>	<p><u>ELSA Trainers from Educational Psychology.</u> <u>c/o Rachel Woodford and Dr Vicky Clarke</u></p>
<p><u>June</u> <u>Tuesday 8th</u></p>	<p><u>ELSA training 5</u></p> <p><u>Target group- teaching assistants and pastoral support staff in Early Years, KS1 and lower KS2.</u></p>	<p><u>ELSA Trainers from Educational Psychology.</u> <u>c/o Rachel Woodford and Dr Vicky Clarke</u></p>
<p><u>Tuesday 22nd</u></p>	<p><u>Emotional Health and well-being Conference.</u></p> <p><u>ELSA training 6</u></p>	<p><u>Extra date</u></p>
<p><u>July</u> <u>Thursday 8th</u></p>	<p><u>Suggested Topics</u></p> <p><u>Managing OCD in school</u> <u>Impact of Tourette's on learning</u> <u>Supporting students who are trans</u> <u>ASD young people and body image. Voices in my head</u></p>	<p><u>Joint North Lincs Council, NLAG, RDaSH and CAMHS.</u></p>

