AUTUMN TERM

Mental Health Support Team

NEWSLETTER

Hello!

Welcome to the first edition of our newsletter for the 2024/25 academic year. This is also the first issue to be exclusively developed for our schools and school staff, as we have now launched a separate newsletter for children, young people & families. We hope you find our updates useful and informative, and as ever, welcome your feedback and suggestions for further developments and future features.

Included in this edition:

- Sparkly Moments
- Team updates
- Community events
- Whole School Approach updates & feedback
- Awareness days
- Further support information

FIVE MINUTE MINDFULNESS

The MPFT podcast features regular content related to mental and physical health, learning disabilities and much more, produced by members of our specialist NHS teams. Before reading on, gift yourself a moment of pause - listen to our '5 minute mindfulness' episode here:

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

For World Mental Health Day on 10th October, our teams were out and about in schools working with staff, students and families to share and promote ways to support your mental health **every day**. Activities included making self-care pledges, developing workshops, creating conversation starters and building connections with others.

Our connections are growing!

We have begun working with local family hubs across all our team localities to further support and enhance the MHST offer. We will be utilising these spaces for future events and appointments, and to increase awareness of our support.

THE TEAMS

What we've been up to...

WHOLE SERVICE

We recently came together for a whole service away day, focussing on evolving our provision further across 1:1 interventions, group programmes and whole school approaches, including our wellbeing champions training. We have some really exciting developments coming your way - speak to your school's lead practitioner for more details.

CANNOCK

01283 352113

Jordan and Raveena have been doing an amazing job with the Craft and Chats! We have also launched lots more whole school approach and helped to make a real impact on staff wellbeing.

EAST STAFFS

01283 504487

We have been recognised for our high score in the NHS People Promise for 'Reward and Recognition'! Aisha & Sam also joined chill & chat sessions at East Staffordshire Family Hub recently to raise awareness of the MHST within the Asian community.

LICHFIELD

01283 352113

Our trainee Education Mental Health Practitioners have recently completed their university course! The team have also started working with some new schools in the area and look forward to getting to know them better.

STAFFORD

01283 352097

We have recently recruited a new Children's Wellbeing Practitoner (CWP) to the team - welcome Beate!

TAMWORTH

01785 301027

We recently recruited a new Children's Wellbeing Practitioner (CWP) to the team - welcome Poppy! The whole team have been working to develop our whole school approach across primary & secondary schools.

COMMUNITY

With the addition of our new CWPs, more Craft and Chat events have taken place and have been scheduled for the future! Check out the next page to see what we got up to over the half term break...

HALF TERM COMMUNITY EVENTS

Over the half term break, our teams in Cannock, Lichfield, Stafford & Tamworth got dressed up and hosted Halloween-themed wellbeing events across local community venues. Here are some highlights of the activities on offer:

Have you followed us on our socials yet? Check us out for updates on future community & school events, wellbeing tips and much much more!

@SOUTHSTAFFSMHST

Whole School Approach Update

In our summer edition, we announced plans for a new wellbeing mapping tool. This has now been fully launched with many of our schools embracing the opportunity to gain the voice of staff, pupils and parents through our wellbeing surveys. Thank you to everyone who has sent out these questionnaires! These enable us to celebrate with you on all your successes, as well as offer suggestions as to how we can work together to improve emotional health and wellbeing provision.

New Brochure!

We are excited to announce the launch of our revised whole school approach offer brochure, including lots of new provision.
Look out for this new offer coming soon to your inbox or ask your practitioner for details.

Wellbeing Champions Training

If your school does not yet have wellbeing champions, please ask your practitioner about how we can support you to start up a group of ambassadors!
Our new training offer will support staff and students develop and grow a community of student champions for wellbeing.

Feedback

"[staff] have learnt new skills and are excited about using them"

"The training was precise and informative. It reaffirmed the purpose of mentoring and defined what mental health is."

"We appreciate the support provided and would recommend it to others to be open to accessing support"

CALENDAR OF EVENTS

November

Remembrance Day
11 November

Anti-bullying week
11 November - 17 November

Social Media Kindness Day
13 November

December

National Grief Awareness
2 December - 8 December

International Day of Persons with Disabilities
3 December

Christmas Jumper Day
12 December

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

SCAN ME

WE WANT YOUR FEEDBACK!

What would you like us to feature our in future newsletters? Scan the QR code to share your thoughts.

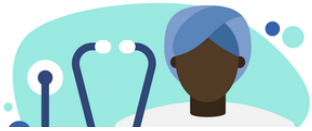
FURTHER SUPPORT

MPFT NHS
Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

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

MINDLER NHS
The Sandbox

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/

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/

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/