

Issue 17:  
April  
2023

# 'Kind Minds' Newsletter



**Children and young people's mental health and emotional wellbeing  
Staffordshire**

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please get in touch with ideas, contributions or to be added to the distribution list:



[louise.andrews-gee@staffordshire.gov.uk](mailto:louise.andrews-gee@staffordshire.gov.uk)



## Improving children and young people's mental health: Update on working groups

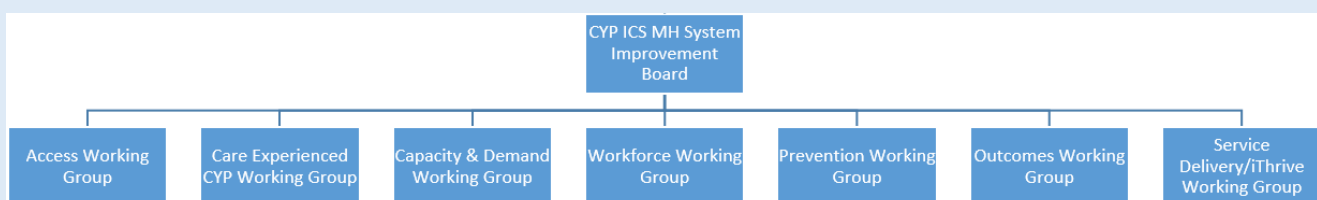
The Staffordshire and Stoke on Trent Integrated Care System (ICS) Children and Young People's Mental Health (CYP MH) System Improvement Board is pleased to share with you some updates on our work over the last few months.

The Staffordshire and Stoke on Trent ICS CYP MH System Improvement Board meets every month. Membership of this board includes colleagues from health, local authorities (Staffordshire and Stoke on Trent), education and the voluntary / independent sector providing services and support to children and young people.



The board aims to provide leadership and co-ordination of work to improve CYP's mental health and emotional wellbeing across the "whole system" in Staffordshire and Stoke on Trent.

In early 2022, the board established several working groups, to make improvements to the mental health "system" for CYP:



We are pleased to share some recent updates from some of these working groups, and future updates will be shared in future issues of Kind Minds and via the Mental Health Leads in Education Network:



## UPDATE: Prevention Working Group

The focus of this group is the prevention of mental ill health, in order to maximise the number of children who are thriving and to reduce demand on specialist services.

### **Achievements:**

The group has mapped out the local preventative offer to understand what is available for children and young people, from their early years up to age 19 (and up to 25 years for young people with SEND). We have identified that while there is a wealth of prevention support available, this is not necessarily always joined up and is not promoted in a consistent way.

### **Areas of Focus:**

Our area of focus moving forward will be to share the information we have gathered with the Service Delivery / iThrive Working Group, so that the overarching map of mental health provision includes the preventative elements.

We are also intending to use the government's [Prevention Concordat for Better Mental Health](#) to help us to identify locally how we can put in place effective prevention planning arrangements to promote good mental health and prevent mental health problems.

We will measure ourselves against the five domains within the Concordat to identify those areas where we are already making progress which can be built upon, as well as those areas where further improvement is needed. The five domains of the Concordat are here on the right.

If you would be interested in being part of the Prevention Working Group, please contact: [becky.murphy@staffordshire.gov.uk](mailto:becky.murphy@staffordshire.gov.uk)

### What good looks like:

A five domain framework for local action



#### Needs and asset assessment - effective use of data and intelligence

- analyse quantitative and qualitative data
- analyse and understand key risk and protective factors
- engage with the community to map useful and available assets
- agree the priority areas



#### Partnership and alignment

- form a local multi-agency mental health prevention group
- establish opportunities to bring mental health professionals from wider networks together
- involve members of the community with lived experiences in the planning
- pool resources together and share benefits



#### Translating need into deliverable commitments

- modify existing plans to include mental health
- determine the approach that best meets local need
- provide varying approaches in the action plan
- ensure a community centred approach to delivery
- reinforce actions with existing and new Partnership plans
- use the human rights-based approach
- regularly invite feedback



#### Defining success outcomes

- map out who the interventions work with and why, as well as recognising inputs and outputs
- identify 5-10 measures from already available data sources which most closely resemble what success looks like
- develop a measurement, evaluation and improvement strategy to:
  - a) identify the impact
  - b) highlight areas for development



#### Leadership and accountability

- delegate a leader
- work is linked and aligned to other strategic priorities
- develop a clear accountability structure

## UPDATE: Workforce Working Group

The focus of this group is to look at the CYP mental health workforce, to make sure that it meets the needs of current services and to plan to meet future demands.

### **Achievements:**

The group has developed understanding around the vacancy positions across the children's mental health "system", examined those hard to recruit to posts, and established relationships with colleagues across the "system" and specifically the Integrated Care Board, to link together the wider Operational Plans and Intervention Programmes.



### **Areas of Focus:**

The group will be working to understand the number of posts to meet the current contracts and future demand, developing insight into retention of the CYP workforce and mapping what a good workforce for children and young people's mental health should look like.

If you would be interested in being part of the Workforce Working Group, please contact: [JosephineE.Gaitley@combined.nhs.uk](mailto:JosephineE.Gaitley@combined.nhs.uk)

### **UPDATE: Demand and Capacity Working Group**

Children's mental health services are provided by a range of providers across the "system" (including NHS and third sector) across Staffordshire and Stoke on Trent. Whilst individual organisations have a good understanding of their demand and capacity, there is limited data at a whole systems level.



The purpose of the group is to support the ICS CYP Mental Health Improvement Board to better understand the demand for CYP mental health support across the system of Staffordshire and Stoke on Trent, in order to be able to inform the commissioning cycle and shape service delivery. The group will seek to understand both met and unmet needs, predict future need, and take a population health management approach.

### **Achievements:**

The group have developed a specification for the data they would like to be able to collect / analyse. Some high-level data for Staffordshire and nationally have been developed and organisations have started plotting data they have available against the specification. A literature search has been undertaken by Midlands Partnership NHS Foundation Trust (MPFT) library services and key national and regional evidence obtained. A draft, high level needs assessment has been produced based on national available data.

### **Areas of Focus:**

The Integrated Intelligence Collaborative (IIC) have picked up CYP mental health as an area of work which will act as the delivery for key elements of delivery of this work. Two individuals from the IIC are being trained in dynamic system modelling and have begun to understand pathways for CYP mental health, starting with North Staffordshire Combined Healthcare NHS Trust where pathway work has recently been completed as part of a service redesign for Eating Disorders, Self-Harm, Anxiety and Depression. Each of these has associated bundles of care and some CYP would receive multiple bundles.

If you would be interested in being part of the Demand and Capacity Working Group, please contact: [lyse.edwards@mpft.nhs.uk](mailto:lyse.edwards@mpft.nhs.uk)



## Mental Health Leads in Education Network - A great source of support, information and ideas!



The Mental Health Leads in Education Network continues to grow, with representation from colleagues from education settings across Staffordshire and Stoke on Trent. At the last count, over 200 colleagues had signed up to the Network and are now able to access Network meetings and peer support.


At the Spring term meetings, colleagues spent time focussing on the role of mental health lead and sharing experiences and ideas on how this role is being implemented in practice. Mental health leads told us that they found these sessions useful, as they provided an opportunity to share ideas and best practice about where the role is going well, but also provided a 'safe space' to seek support on how to address gaps and challenges in their own settings.




Building upon this positive peer support, it was agreed at the Spring meetings that we would establish a list of 'buddies', where settings have indicated that they wish to 'buddy up' with others. A list of buddies is being developed and will be shared with all of those who have expressed an interest. This will help the conversations and support to continue across the Network, between termly meetings.

In addition, Network members are given access to our web platform, which allows you to chat with colleagues in between meetings and continue to share ideas and seek support from peers.

If you are a mental health lead on a school or within an education setting (including post-16 education), and would like to be added to the MHL Network mailing list, please email:

 Staffordshire schools / settings: [becky.murphy@staffordshire.gov.uk](mailto:becky.murphy@staffordshire.gov.uk)

 Stoke-on-Trent schools / settings: [heather.griffiths@stoke.gov.uk](mailto:heather.griffiths@stoke.gov.uk)

### Dates for the rest of the 2022 / 23 academic year:

Date	Time	Districts
<b>Summer Term 2023</b>		
Tue 13 <sup>th</sup> June 2023	07:45 - 08:45	<b>North Staffordshire</b> (Newcastle-under-Lyme, Staffordshire Moorlands) & <b>Stoke-on-Trent</b>
Thurs 15 <sup>th</sup> June 2023	16:00 - 17:00	
Tues 20 <sup>th</sup> June 2023	07:45 - 08:45	<b>South Staffordshire</b> (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thurs 22 <sup>nd</sup> June 2023	16:00 - 17:00	



All meetings will take place via Microsoft Teams. Once you are on the mailing list, you will be sent a Teams link to allow you to join the meeting and you will receive an agenda nearer the time.



## UPDATE: Action for Children Staffordshire emotional health and wellbeing service

Action for Children's Staffordshire Emotional Health and Wellbeing Service will be running online workshops for students that suffer with exam anxiety, in preparation for the upcoming exam season.

Staffordshire Emotional Wellbeing Service

### Exam Stress

Do you think 'I can't do this' or 'I'm stupid'?

Does the room feel like its closing in on you?

Do you go blank in exams? Become frustrated?

Does your heart race? Does it feel difficult to breathe?

Score lower than your homework or your classwork?

Have you answered 'YES'?

Then this may be just what you need!!!!

Action for Children are running some online workshops for young people in Staffordshire

Wednesday 26th April 5.00pm—6.30pm

Or

Wednesday 3rd May 5.00pm—6.30pm

Interested? Email us on [staffordshireewb@actionforchildren.org.uk](mailto:staffordshireewb@actionforchildren.org.uk)

Over recent months we have been developing our website to offer more information, advice and guidance for young people, parents, carers, and professionals. It also has the dates and times of all our upcoming online, opt-in, workshops:

- ✓ Managing emotions - ages 7-11 years
- ✓ Riding the Wave - ages 12-18 years
- ✓ Communicating with My Child\* - for Parents / Carers
- ✓ Communicating with My Teenager\* - for Parents / Carers
- ✓ Anxiety, Autism & neurodiversity\* - for Parents / Carers
- ✓ Emotionally Based School Avoidance\* - for Parents / Carers

\*these workshops are also available to professionals, teachers and support staff. For more information please email:



[staffordshireewb@actionforchildren.org.uk](mailto:staffordshireewb@actionforchildren.org.uk)

You can find full details of workshops available each month, including dates, times and how to book onto workshop on our website:



<https://www.staffordshire-ewb.actionforchildren.org.uk/workshops>

### Referrals and waiting times update

We continue to work hard to reduce our waiting times and get support to children and young people as soon as possible. While our wait times vary depending on the type of support session needed, our waiting times continue to improve, and our **average** wait times for February were:



Referral to assessment: 8.9 days



Assessment to first intervention: 6.4 days



## Online self-help tools

Our online self-help tool can be really helpful for students who are feeling overwhelmed around upcoming exams. Our online tool supports anxiety, low mood and self-esteem or body image difficulties. Students over 15 years can sign up. It is also a FREE useful tool for professionals and parents.

We are also about to trial a new workshop for young people who persistently avoid school due to anxiety. This will be a 6-week, small, face to face group that aims to give young people the tools they need to manage their anxiety, whilst completing fun activities in a safe environment with their peers.

## Easter Wellbeing Activity Day

Finally, a reminder that our next wellbeing activity day is coming up. It's a free day and everyone is welcome!

\*You will find copies of posters from AfC at the end of this newsletter\*

The top poster is for SilverCloud, an online self-help programme for young people aged 15+. It features a young man with a backpack and a starburst graphic that says 'SilverCloud'. The text includes: 'It has arrived! Space from Anxiety programme for Teenagers', 'SilverCloud is an online self-help programme for young people who are 15+ to help to help you understand your anxiety and worries', '100% of young people found it useful', '100% of young people found it helpful', a QR code, and a 'SCAN ME' button. A testimonial from a 'SilverCloud Young Person User' says: 'With regard to the programme I've found everything I needed to know in terms of my mental health. I'm now feeling a fresh start and feel better about everything. I wanted to say thank you for all of your help. I really appreciate it.' Below the QR code is the SilverCloud logo and the text: 'You can sign up for free and work through it in your own time.' The URL is <https://actionforchildren.silvercloudhealth.com/signup/>.

The bottom poster is for the Wellbeing Activity Day. It features a group of children sitting around a table with colorful items. The text includes: 'Wellbeing Activity Day', 'Bring your children and young people along to learn about their big feelings and emotions in a fun & interactive way! Ages 5 - 18', 'Easter School Holidays', 'Wednesday 12th April', '10am - 3pm', and the location: 'Chasewater Innovation Centre, Pool Road, Burntwood, WS8 7NL'. A small note at the bottom says 'Children to be accompanied by parent or carer'.



North Staffordshire  
Combined Healthcare  
NHS Trust

## Mental Health Support Teams in Schools (MHST) - North Staffordshire: How schools refer to their MHST

Schools who have Mental Health Support Teams (MHST) in schools in North Staffordshire (Newcastle-under-Lyme and Staffordshire Moorlands) use a consultation approach to refer to their MHST.

In these schools, where a child or young person has been identified as having mental health and wellbeing needs, the school's mental health lead will have a consultation with their allocated MHST practitioner. The consultation will be about the needs of the child or young person but does not include discussing or sharing any identifying information at this point, as the MHST use the [Thrive framework](#) - MHST might not be the service best placed to meet the needs of the child or young person.

At this point, the MHST can signpost rather than potentially delaying support. It is only when the MHST agree they can meet the needs of the child or young person that the MHST asks that the school confirms consent from the child, young person, and their parents / carers that they accept the referral.

The current list of all schools in North Staffordshire with Mental Health Support Teams can be found here:



<https://combinedwellbeing.org.uk/da-our-services/>



## Guidance - mental health issues affecting a pupil's attendance: guidance for schools

Emotionally based school avoidance is a term referring to reduced or nonattendance at school by a child or young person.

The Department for Education has produced [guidance](#) on how to support school attendance where there is a pupil experiencing social, emotional or mental health issues:

[Summary of responsibilities where a mental health issue is affecting attendance \(publishing.service.gov.uk\)](#)

School staff are **not** expected to diagnose mental health conditions or perform mental health interventions, but they **are** expected to work to ensure regular attendance for every child. Broadly speaking, the role of school staff is to ensure that the school is a calm, safe, and supportive environment where all pupils want to be and are keen and ready to learn, which is the foundation of securing good attendance.

Schools will achieve this by [promoting children and young people's mental health and wellbeing](#) through a whole-school approach to pupil mental health. You can find resources to support whole school approaches here: <https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges>

The Department for Education has also produced an 'examples of effective practice' document showing how some schools have supported children to build up their confidence and help them to attend regularly, available here: [Support for pupils where a mental health issue is affecting attendance: effective practice examples \(publishing.service.gov.uk\)](#)

## Resource - Addressing emotionally-based school avoidance

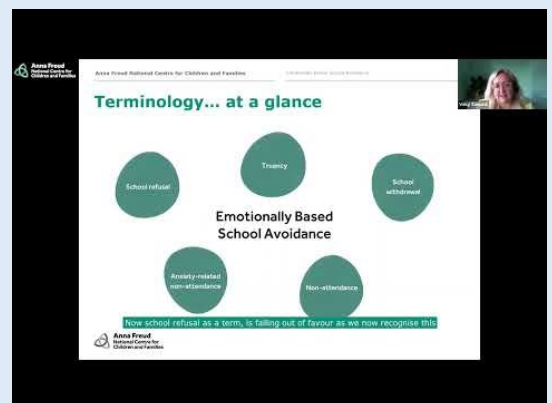
This resource looks at the topic of emotionally based school-avoidance (EBSA) and shares ideas to help education staff address the issue.

The term 'emotionally based school avoidance' recognises that this avoidance has its roots in emotional, mental health or wellbeing issues.

The Anna Freud Centre has produced a free resource that introduces the topic of EBSA, explores some of the potential risk factors, and provides strategies and tips to help education staff tackle the issue.

Download this free resource here:

 <https://www.annafreud.org/schools-and-colleges/resources/addressing-emotionally-based-school-avoidance/>





## Spotlight on....mental health and the cost of living crisis

People living in poverty or experiencing financial stress are more likely to develop mental health problems.

Due to the cost of living crisis, poverty and financial stress will likely rise over the next few years. There are increased reports across the UK that more people are going without basic living essentials, such as food and a warm home. Financial stress directly contributes to feelings of anxiety and hopelessness.



Across Staffordshire, many people are feeling the pressure from the increasing cost of living. If you are struggling financially, or concerned about the future, getting help early can make a big difference. Lots of support is available from many different organisations, and it is often closer than people think. Visit Staffordshire County Council's webpage to find information, advice, and support to help you manage cost of living pressures:

<https://www.staffordshire.gov.uk/Community/Cost-of-living-support/Here-to-help.aspx>



Mental Health & Money Advice have produced lots of useful information about how you can maintain your mental wellbeing during this time, alongside how to manage your money as your bills rise. Mental Health & Money Advice recognise that financial difficulty and mental health are interlinked and that the double stigma of mental health and money can be an isolating experience - but help is available.

Find detailed information about dealing with money problems, how the cost of living crisis might affect your mental health, what other effects you might see because of the cost of living crisis and links to other advice, information and support, here:

<https://www.mentalhealthandmoneyadvice.org/en/managing-money/cost-of-living-crisis-and-your-mental-health/>



Young people can find mental health advice during the cost of living crisis at the Young Minds website here:

<https://www.youngminds.org.uk/young-person/blog/mental-health-advice-during-the-cost-of-living-crisis/>

You can find real life stories from other young people, advice about looking after their own mental health, talking to someone about money worries and tips and hints to look after your mental health without needing to spend money.





Space 2023 is getting ready to blast off ahead of the launch of the summer programme.

The Space summer programme brings together public, voluntary and private sector organisations to provide enjoyable positive activities for young people, that increase their skills, improve their health and wellbeing and create opportunities, while also aiming to reduce levels of anti-social behaviour during the school summer holidays.

In 2022, almost 11,000 young people, aged between 8-17 years, enjoyed over 2,500 activities as part of the Space programme, equalling over 47,300 hours of engagement.

Young people's mental health after the pandemic is an ongoing concern, along with the cost of living crisis, these pressures can be compounded during the school holidays for some families. Space 2023 is pleased to provide free and subsidised activities to families at a time when support is really needed.

Details of activities including how to book will be available on the Space website in July. Please keep checking to see what activities are being added for your area and sign up for the Space newsletter to receive notifications.

### **Watch out for updates about Space 2023 in the upcoming issues!**

For more info, please visit: <https://staffordshirespace.uk/>



### **Resource: Helping children and young people to manage anxiety**

The Anna Freud Centre has produced a practical guide to supporting pupils and students during periods of disruption.

This free resource draws on existing evidence-base around self-care and cognitive behavioural therapy (CBT) to think about how we can support children and young people struggling with anxiety.

To access this free resource, please visit: <https://www.annafreud.org/schools-and-colleges/resources/helping-children-and-young-people-to-manage-anxiety/>



### **BBC Bitesize: Parents' Toolkit and Headroom**

[BBC Bitesize](#) has a brilliant resource available - a Parents' Toolkit. The Wellbeing Advice section has wellbeing tips for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health. Visit:

<https://www.bbc.co.uk/bitesize/articles/z63htrd>

[BBC Headroom](#) has a complete mental health toolkit, with articles, everyday tips, sounds to relax your mind, strategies to cope with parenting or films to get you talking. Visit BBC Headroom here: [BBC - Headroom - Your Mental Health Toolkit](#)



## Mental Health Awareness Week 2023 15 - 21 May 2023



Mental Health Awareness Week is organised by the [Mental Health Foundation](#) and is taking place from 15th - 21st May 2023. This year's theme is 'Anxiety', to help increase awareness and understanding of anxiety and think about things we can do to help us feel calmer and happier.

Having anxiety - or worries - is totally normal. But sometimes our thoughts can get carried away and our worries get on top of us.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying our food.

Focussing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

**Resources from Mental Health UK** - Find information about anxiety, includes what it is, symptoms, and support here: <https://mentalhealth-uk.org/help-and-information/conditions/anxiety-disorders/>.



You can also take part in the Kindness Challenge during Mental Health Awareness Week, by visiting their website here: <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week-2020/>

**Resources from the School of Kindness** - The School of Kindness is hosting a live virtual assembly for Mental Health Awareness Week on Monday 15 May at 1.30pm for 30 minutes. This assembly is suitable for Key Stages 1 and 2. To find out more and book your place, please visit: <https://schoolofkindness.org/mentalhealthweekassembly>



Access a range of resources including lesson plans, self-help tips and resources for children here: <https://schoolofkindness.org/mental-health-awareness-week>

**Resources from the Anna Freud Centre** - Schools can use Mental Health Awareness week to develop a whole-school approach to mental health, by using the 5 Steps to Mental Health and Wellbeing Framework. Provided by the Anna Freud Centre, this free, evidence-based framework is easy to use, interactive and takes a considered approach to mental health needs of pupils and staff, the importance of leadership, and the role of community.



Find out more here: <https://www.annafreud.org/schools-and-colleges/5-steps-to-mental-health-and-wellbeing/>





## Training and Learning Opportunities



### Multi-family groups in schools e-learning



Multi-family groups in schools are a systemic intervention that help children and young people with emotional and/or behavioural challenges, by bringing together multiple families and education staff into one group.

This e-learning training programme gives education staff the knowledge needed to set up and run their own multi-family group in their setting.

Reading materials and downloads are available for each part of the units and at the end of the training programme you are able to download a completion certificate.



This course is delivered online, with a combination of two hours film and written materials equivalent to five hours learning content and is free.

Find out more and book your place here: <https://www.annafreud.org/training/training-and-conferences-overview/online-training-live-and-self-directed-courses/multi-family-groups-in-schools/>

### Introduction to adolescent mental health



This free course has been designed with up-to-date research evidence to provide you with the tools to explore different approaches, which will help you reflect on the different ways that you can identify a young person who is struggling and consider how they can access support.

This course is free, takes about 24 hours of study time to complete and is at level 1: Introductory. Upon completion, you will receive a free statement of participation.

Find out more and join this course here:

<https://www.open.edu/openlearn/health-sports-psychology/introduction-adolescent-mental-health/content-section-overview?active-tab=description-tab>

### Supporting children and young people's wellbeing



This free course, *supporting children and young people's wellbeing*, looks at some of the broader concerns regarding wellbeing and the idea that children and young people today are increasingly reporting feelings of unhappiness. By completing the activities, you will be introduced to different ways of understanding children and young people's wellbeing, as well as a variety of practices and services that can provide support.



This course is free, takes about 7 hours of study time to complete and is at level 2: Intermediate. Upon completion, you will receive a free statement of participation.

Find out more and join this course here: <https://www.open.edu/openlearn/health-sports-psychology/supporting-children-and-young-peoples-wellbeing/content-section-0?active-tab=description-tab>



## Evidence Library



### “State of the nation 2022: children and young people’s wellbeing”

The DfE’s ‘State of the nation 2022: children and young people’s wellbeing’ report is now available. This fourth report focusses on trends in mental health and wellbeing over the 2021/22 academic year.

Over the past year, schools and colleges have returned to full-time face-to-face teaching and as the focus has shifted from the immediate impacts of Covid-19, a number of new national and global issues have emerged including the war in Ukraine, the costs of living crisis and concerns over the environment and climate change.

Key findings include:

- Secondary-aged boys reported better wellbeing than girls throughout 2021/22 on all measures.
- An increase in prevalence of mental ill health among children and young people aged 17-19 year olds from 1 in 6 in 2021, to 1 in 4 in 2022.
- A decline in average happiness of 10-15 year olds with their lives as a whole.
- The percentage of children and young people reporting low happiness at school has increased.
- Considering children and young people’s happiness with their relationships at school around 7 in 10 children and young people agreed or strongly agreed that adults at their school were interested in their wellbeing.

You can read the report here: <https://www.gov.uk/government/publications/state-of-the-nation-2022-children-and-young-peoples-wellbeing>

## Dates for your diary – mental health and wellbeing celebration days



<b>April</b>	April and May 2023	Build up to exams and assessments (dealing with anxiety, stress and resilience)
	April 2023	Stress Awareness Month
<b>May</b>	15 to 21 May 2023	Mental Health Awareness Week 2023 Theme: ‘anxiety’



<b>June</b>	June 2023	Students preparing for school, college or university (dealing with change)
	June 2023	June is Pride Month

**Feeling Confused? Below is a summary of who can access which service (of those featured above):**

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth).  Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
North Staffordshire CAMHS (NSCHT)	Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme)  Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).

Thank you to our partners:



# Free workshop for parents of children who self-harm

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Staffordshire Educational Psychology Service have worked in partnership with the Midlands Partnership NHS Foundation Trust to create four parental workshops that will be running across Staffordshire. These informal workshops will create a safe-space for parents to discuss self-harm. There will be a presentation that will focus on understanding why children self-harm and how adults can support them.

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Castle House, Newcastle  
1pm - 3pm, April 26th 2023



Staffordshire Place 1, Stafford  
1pm - 3pm, May 24th 2023



East Staffordshire Children's  
Centre, Burton  
1pm - 3pm, 7th June 2023



Wolseley Centre, Rugeley  
1pm - 3pm, 7th June 2023

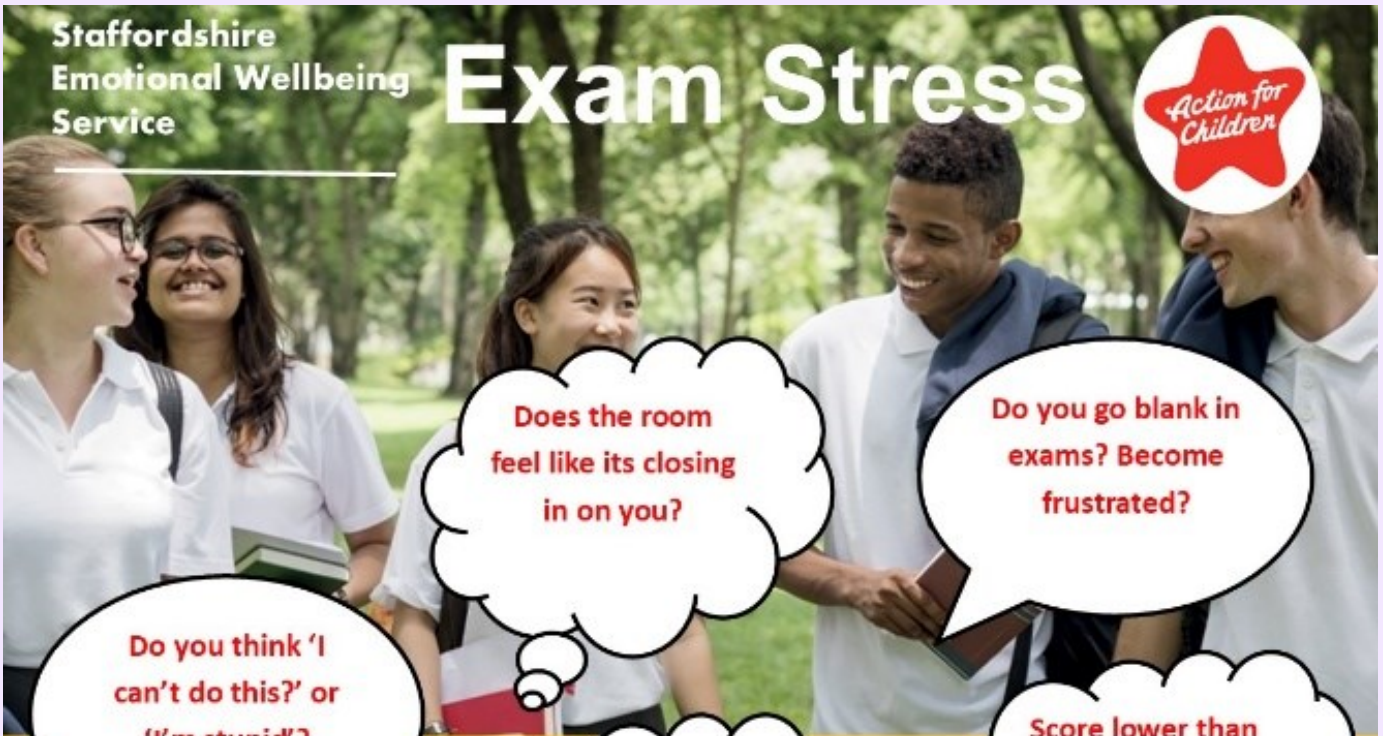
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We only have limited spaces therefore if you are interested in attending please book a place by emailing:

[jessica.hill@staffordshire.gov.uk](mailto:jessica.hill@staffordshire.gov.uk)



# Exam Stress



Do you think 'I can't do this?' or 'I'm stupid'?

Does the room feel like its closing in on you?

Do you go blank in exams? Become frustrated?

Does your heart race? Does it feel difficult to breathe?

Score lower than your homework or your classwork?

**Have you answered 'YES'?**

**Then this may be just what you need!!!!**

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**Wednesday 26th April 5.00pm—6.30pm**

**Or**

**Wednesday 3rd May 5.00pm—6.30pm**

**Interested? Email us on**

**[staffordshirewb@actionforchildren.org.uk](mailto:staffordshirewb@actionforchildren.org.uk)**



# It has arrived! Space from Anxiety programme for Teenagers



Silvercloud is an online self-help programme for young people who are 15+ to help to you understand your anxiety and worries

- 87% of young people found it useful
- 91% of young people found it interesting



**"With regard to the programme I've learnt everything I needed to know in terms of my mental health. I'm now having a fresh start and feel better about everything. I wanted to say thank you for all of your help. I truly appreciate it"**  
**Silvercloud Young Person User**

**SCAN ME**



**You can sign up for free and work through it in your own time .**

<https://actionforchildren.silvercloudhealth.com/signup/>





Staffordshire  
Emotional Wellbeing  
Service



## Wellbeing Activity Day

Bring your children and young people along to learn about their big feelings and emotions in a fun & interactive way!! Ages 5—18.

**Easter School Holidays**

**Wednesday 12th April**  
**10am—3pm**



**Chasewater Innovation Centre, Pool Road,  
Burntwood, WS8 7NL**

Children to be accompanied by parent or carer

