

St Helens School Health and Wellbeing Newsletter

Autumn Term 2020



Welcome to the 2020 Autumn Term St Helens School Health and Wellbeing Newsletter

This newsletter has been designed to inform schools about the health and wellbeing services and support available for young people and their families, as well as school specific programmes, campaigns, service news, updates and developments.

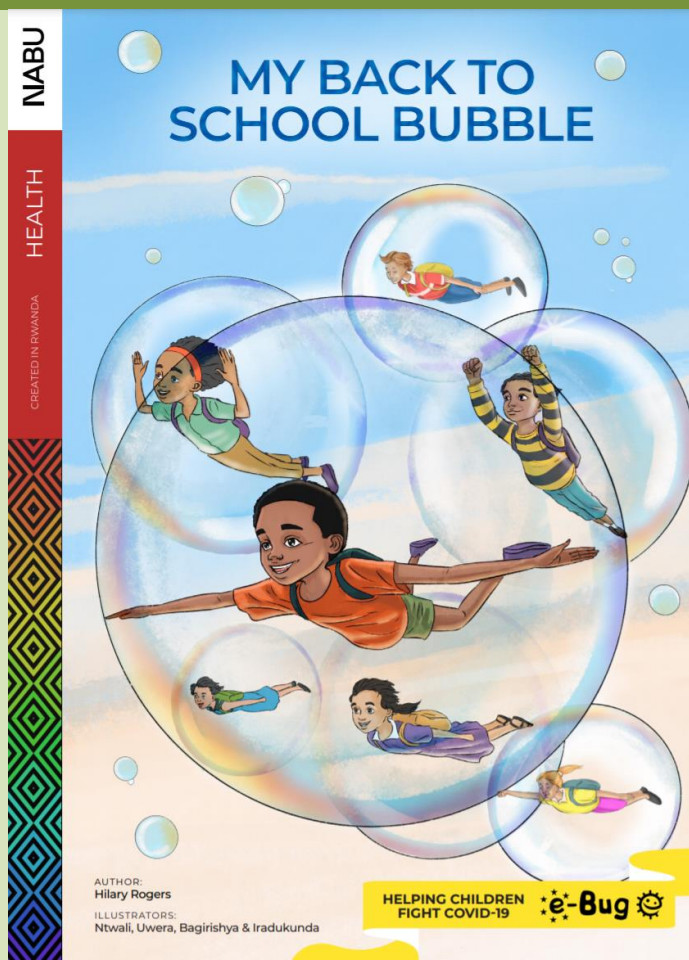
We hope you find this useful. If you would like to contribute to the next edition, please email Julie Dunning: juliedunning@sthelens.gov.uk

My Back to School Bubble

'My Back to School Bubble' is an e-storybook that has been created with the input from a network of teachers, parents and public health professionals.

It aims to help children understand the new protective measures that may be in place at their school, in an age appropriate way. It reinforces public health messages including the importance of hand and respiratory hygiene, while reassuring children that everyone makes mistakes, helping to combat feelings of anxiety, that have been reported by parents.

The storybook is available to download for free and can be found alongside other COVID-19 resources on the [e-Bug website](#)



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HELPING CHILDREN
FIGHT COVID-19



Health and Wellbeing Plans for the 2020-2021 Academic Year

Firstly, thank you to all staff who attended the health and wellbeing meetings which took place at the start of the academic year. It was good to see everyone again and to start supporting schools with health and wellbeing throughout the academic year. The feedback received following the meetings was really positive and acknowledgement of the wide and varied offer of health support from universal, targeted and specialist services.

We are aiming to host cluster meetings either before the Christmas break or early in January 2021, depending on how the current situation transpires during the winter. We would like these meetings to be a discussion forum and address any concerns or issues that may have arisen since September. Please do contact Julie Dunning to ask for any themes or subjects to be included on the agenda: juliedunning@sthelens.gov.uk

The Good Childhood Inquiry in St Helens

The
Children's
Society

As many of you participated in the Good Childhood Inquiry during the early part of 2020, we wanted to make sure that you have had sight of the borough report and the young people's report.

The findings have highlighted many positives of the lived experiences of children and young people in St Helens, but the research has also indicated where significant improvements are required. These include improved resilience and emotional wellbeing for children, concerns about body image for young females, future aspirations for children with SEND (special educational needs and disabilities) and worrying about crime and safety in their communities.

Whilst each school who participated has received their own individual report to act on the voices and views of the children in their community, the local authority has formed a task group to oversee some of the recommendations which The Children's Society has set before strategic leaders in light of the findings.

Over the next 12 months, we shall be bringing you updates on the borough activity and we shall be looking to yourselves for updates as to how schools have listened to and acted upon the findings of children and young people in St Helens.

To view the reports, please visit: <https://www.sthelens.gov.uk/public-health-and-wellbeing/health-of-people-in-st-helens/>

#GrowYourHappy Toolkit

#GROW YOUR HAPPY



St Helens Borough Council Youth Services have co-produced an online mental health toolkit with members of the St Helens Youth Council – aimed at educating young people about the importance of self-care.

#GrowYourHappy is an easy to read/navigate, fun, pressure-free online space, full of swipeable recommendations, resources, support services and mood-boosting content.

The Youth Council were provided with funding from the Violence Reduction Partnership (Merseyside Police) to create something which could educate and help young people in St Helens.

The Youth Council were keen to create something which could help provide other young people in St Helens with the space to improve their mental health whilst providing supportive resources, education about self-care and options to empower and 'help themselves' should they need it.

The young people looked at many different ideas, however one stuck out for them and this concept came from the 2019 Junior Democracy Debates. The concept to create a mental health and wellbeing toolkit (box) but rather than a physical box, to create a digital one - so that all young people could access it and take what they would want from it.

Self-care is any activity that we do deliberately in order to take care of our mental, emotional and physical health. It's so important to make sure you take good care of your body, mind and soul every day. Learning how to eat right, reduce stress, exercise regularly and take a time-out when you need it are touchstones of self-care and can help you stay healthy, happy and resilient.

Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. The Youth Mental Health Toolkit, encourages young people to develop self-care techniques, by exploring recommendations, positive affirmations, visiting green spaces and spending some time on themselves – to 'grow their happy'.

For more information please contact Nazia Nabi, Youth Service Clerical and Facilities Officer on 07712235378 or email nazianabi@sthelens.gov.uk

To view the toolkit, please visit <https://padlet.com/StHelensYC/growyourhappy>

Make Your Mark

Make Your Mark votes are now open until 30th November 2020.

Make Your Mark is an opportunity for 11-18 year olds across the UK to have their say and begin their democratic journey by voting on the policies they want to introduce or change.

The issues voted as most important will be the focus of the UK Youth Parliament's 2021 campaigns. Members of Youth Parliament will campaign to influence the UK Parliament and their local representatives, ensuring that the views of young people are listened to by decision makers.

This year more than ever, young people's voice is important, please help them share it and it's so easy to get involved; find out how to get involved and register your school/college at:

<https://www.byc.org.uk/uk/uk-youth-parliament/make-your-mark>

As we all know, listening to young people helps them feel valued, improving their sense of being and in turn, supports them to be active citizens within their communities. Therefore it is important to help them channel their voice. Taking part in the Make Your Mark vote gives them this opportunity. The issues with the most votes will be debated at Westminster and shared with decision makers.

If you would like some resources to support you or anymore information, please contact nazianabi@sthelens.gov.uk

Member of Youth Parliament Update

St Helens Member of Youth Parliament (MYP), Ben Lomas has successfully put forward his motion to tackle child poverty to the British Youth Council's Annual Conference 2020. Due to the current pandemic, this year's conference was held virtually over two days.

Ben (with the MYP for Cardiff) had put forward his motion to tackle child poverty last year and received an outstanding 98% backing from his peers, this led to the motion passing and not only being on the UK Youth Parliament Manifesto, but also on the 2019 ballot for Make Your Mark, which received an outstanding 135,276 votes from young people across the UK. This had been the first time an MYP from St Helens had not only made it on to the manifesto, but also on to the ballot.

We are pleased to say that Ben received a majority backing from his peers again this year, and the motion is now on the UK Youth Parliament Manifesto again for a second year running, as well as on this year's Make Your Mark Ballot.

Listening Ear

In St Helens, Listening Ear is contracted by the Local Authority to deliver age appropriate emotional therapies support to children and young people presenting with issues relating to bereavement (*Butterflies* service) or domestic abuse (*DiAmond* service).



During the coronavirus pandemic, when schools were closed, Listening Ear offered young people aged 11+ video counselling. For children aged 10 years and under, the organisation used video or telephone with parents and carers to provide them with strategies to support their child's emotional health and wellbeing at home. In some cases, parents accepted a mixed model of counselling support for themselves, alongside strategies to support their child in the home too.

Listening Ear is continuing to offer all of the above, however, they are now also working strategically to resume some face-to-face counselling. Initially, Listening Ear has identified schools with a large number of children and young people waiting for its services. For these secondary schools, they have offered video counselling in school one day per week and for primary schools, a counsellor will visit school one day per week. When the therapy is completed with children referred, they'll identify different schools to work with next time.

Listening Ear has robust safeguarding policies and procedures to support its work in schools, and has created new guidance for its counsellors and for schools regarding work during COVID-19. Listening Ear reported some really positive experiences with St Helens schools when establishing this new way of working, with Newton-Le-Willows Primary School receiving a special mention in regards to both their rigorous approach to safeguarding, and in terms of going over-and-above to ensure that children can access counselling support in their school.

Tracy Allen-Lea, Head of Clinical Services at Listening Ear said, 'We know that all schools are under considerable pressure at the moment, particularly in St Helens with the high COVID-19 rates. We were unsure if schools would be open to us working with children within their schools at this time, but felt the need to explore this option with them due to high levels of need. For many children and young people, we understand that their school is the safest place for them to be able to access therapy and talk to our counsellors. St Helens schools have been amazing in recognising that children do require our help and they've pulled out all the stops to make it happen. We've been so grateful for their help and incredibly impressed with the way they've prioritised access to mental health support for children and young people, whilst maintaining safeguarding and child protection processes. It's been a real team effort and we really appreciate their support during the ever changing landscape of this pandemic.'

Schools and colleges can make referrals directly to Listening Ear for any child aged 4 to 18 years using an online form at listening-ear.co.uk/refer/counselling/.

Butterflies

From August 2020, St Helens is now working with Listening Ear, a third sector charitable organisation, to provide a new bereavement counselling service (Butterflies Service) for children and young people aged 17 and under in St Helens; with the exception of those with SEND (special educational needs and disabilities), where the criteria will extend 0-25 years and they must have been referred and accepted to children's health services before their 18th birthday. Listening Ear are working alongside existing children and young people's mental health services in St Helens such as CAMHS and Barnardo's to provide a fully holistic emotional support offer.



BUTTERFLIES
those affected by bereavement and loss

All sessions (which are 50 minutes long) are currently being delivered to clients aged 11+ using either telephone or video counselling. For younger children, Listening Ear can work with parents and carers to enable support of a young child's mental health at home.

To make a new referral, complete a simple online form at: <https://listening-ear.co.uk/refer/counselling>

For advice on making a referral, please email cypreferrals@listening-ear.co.uk

Listening Ear has full service accreditation from the British Association of Counselling and Psychotherapy (BACP) registered number 102805.

Listening Ear is also able to accept referrals for St Helens children and young people experiencing domestic abuse (DiAmond Service). Referrals can be made online at <https://listening-ear.co.uk/refer/counselling>

Over the Rainbow have gone digital!

Are you aged 13-25 and identify as LGBT*?

Why not join the Over the Rainbow social support group?

Join the online meeting via ZOOM!

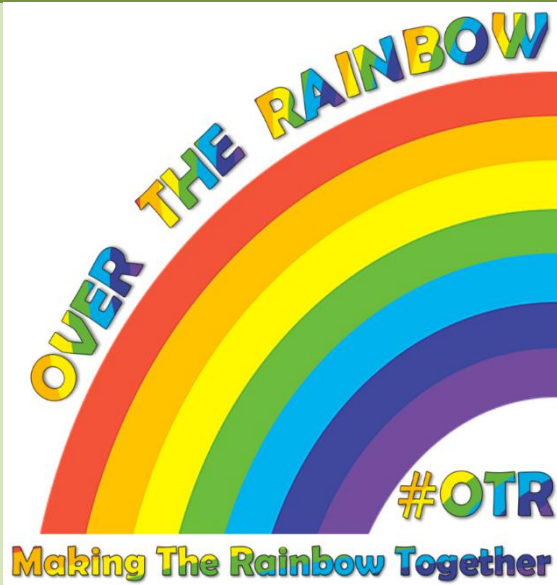
Wednesdays, 3:30 - 4:10pm

For meeting details email
SHealth.Improvement@sthk.nhs.uk

Facebook: @SthelensLGBTnetwork

Twitter: @STHK_SexHealth

Instagram: @sthksexhealth



School Health Team Update

During this term, the school nursing team will be commencing the health questionnaires for Year 6, due to commence in December 2020. Letters have been sent to parents with the following information:

During this term your child will be involved in completing a simple online questionnaire about their health, wellbeing and lifestyle.

The questionnaire gathers the needs of children and young people as identified by them, and offers an opportunity for them to gain support at an early stage. Information from the completed questionnaires is collected via an online portal that will help to identify any issues that may impact on the health and wellbeing of your child.

Once completed, the data is reviewed by a member of our school health team and your child may be seen at their own request or at the request of the school health team if required. In addition, any emerging themes are used to tailor a bespoke public health plan for the school so that group health education sessions can be delivered.

In addition, school health are now offering drop in sessions and one to one support sessions for children and young people. We encourage schools to get in touch with their school nurse team for more information.

PSHE Association – Drug and Alcohol Education

The PSHE Association has developed drug and alcohol schemes of work for key stages 1-4. It includes lesson plans and resources for each key stage, teacher guidance document, briefing on the evidence base underpinning effective drug and alcohol education, and governors' briefing. Interactive PowerPoint lesson plans are also available for members of the association.

Visit <https://www.pshe-association.org.uk/content/drug-and-alcohol-education> to access the resources.

The PSHE Association has also created a number of podcasts. The latest podcast covers PSHE's role in safe and effective substance education. Visit <https://www.pshe-association.org.uk/podcasts> to access the podcast.

St Helens Universal Offer of Mental Health Support for School Staff

The following directory has been put together by colleagues in Public Health to provide information to school staff regarding mental health support.

Stepped Care	Telephone/Email	Website	Description
Universal offer – self help tools and numbers that can be utilised before contacting health and social services			
St Helens Wellbeing Service	01744 371111	https://www.sthelenswellbeing.org.uk	The service makes it easier to access a wide range of healthy living and wellbeing support through a 'one stop shop'
Halton and St Helens VCA	01744 457100	https://www.haltonsthelensvca.org.uk/	Halton & St Helens VCA is an infrastructure organisation that provides advice, information and development support services to voluntary, community, not-for-profit and faith organisations and volunteers in the boroughs of St Helens and Halton.
St Helens Citizen's Advice Bureau	01744 737866	http://sthelenscab.org.uk/	The service helps people resolve their legal, money and other problems by providing free, independent and confidential advice.
Ways to Work	Call: 01744 676131 Email: waystowork@sthelens.gov.uk	https://www.sthelens.gov.uk/council/european-social-fund/	The Ways to Work team have a huge amount of experience in supporting people back into work. They have close links with businesses and organisations across the borough of St Helens.
Amparo	Call: 0330 088 9255 Email: amparo.service@listening-ear.co.uk	https://listening-ear.co.uk/amparo/	Offers emotional and practical support. Listens to your needs and assists you in accessing the support you need, whilst helping with a range of practical matters such as: dealing with police and coroners; helping with media enquiries; preparing for and attending inquest and helping you to access other, appropriate, local support services.

Stepped Care	Telephone/ Email	Website	Description
Barbara Bettle Foundation	Call: 0151 289 2761 Email: hannah.sowery@caringconnections.org.uk	https://www.barbarabettlefoundation.co.uk/	The Barbara Bettle Foundation supports residents of the Merseyside community who have been affected by suicide, and raise awareness of support services/ community programmes for individuals whom maybe feeling suicidal.
Arts on Prescription	Call: 07745590698 Email: helen@creativealternatives.org.uk	https://www.creativealternatives.org.uk/our-programmes/offer-st-helens/	Creative Alternatives is funded by Public Health, to provide creative activities as an alternative or as an addition to standard treatments, for people who experience mild to moderate depression, anxiety or stress.
Able Futures	0800 321 3137	https://able-futures.co.uk	For anyone who is employed, self-employed or an apprentice, including anyone who has been furloughed, and who needs advice and guidance about anything that is affecting their mental health in these challenging times.
Carers Centre	01744 675615	http://www.sthelenscarers.org.uk/	Support for both young and adult carers to recognise their own needs, have their voices heard and help with their physical and mental wellbeing.
St Helens Mind	Call: 01744 647089 Email: admin@sthelensmind.org.uk	https://www.sthelensmind.org.uk/	St Helens Mind aims to promote and preserve good mental health and to assist those experiencing mental distress to regain their full potential. They support people aged 18+ who are experiencing mental health difficulties in St Helens Borough, so they achieve their full potential and play an active part in community life.
Local and national bereavement support	N/A	https://www.sthelens.gov.uk/births-deaths-and-marriages/deaths-funerals-and-cremation/covid-19-information-for-funeral-directors-and-mourners/	https://www.sthelens.gov.uk/media/328772/2000037-bereavement-information-book.pdf
Faith groups	N/A	https://sthelenschurchaction.org/ https://www.sthelensmosque.co.uk/	Local faith groups

Stepped Care	Telephone/ Email	Website	Description
Community and peer to peer groups	N/A	https://www.sthelensgateway.info/	Local community groups – St Helens Gateway
Campaigns – universal support numbers			
Kind to Your Mind	0800 051 1508	https://kindtoyourmind.org/	24/7 crisis support line and self-care apps
OK2ASK	N/A	http://www.oktoaskcampaign.co.uk/	Local and national support numbers
Frontline	Text: FRONTLINE to 85258 Call: 0300 131 7000	https://www.mentalhealththatwork.org.uk/toolkit/ourfrontline-socialcare/	24/7 text support service for social care and health staff who are working on the frontline right now. Samaritans' dedicated confidential support line 7am–11pm every day of the week.
Kooth	N/A	https://www.kooth.com/	Online counselling and wellbeing support for 11-25-year olds.
Qwell	N/A	https://www.qwell.io/	Online counselling and wellbeing support for 26+ year olds.
Stay Alive	N/A	https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/	Useful information and tools to help you stay safe in crisis.
Papyrus – Hopeline UK	Call: 0800 068 4141 Text: 07860039967 Email: pat@papyrus-uk.org	https://papyrus-uk.org/hopelineuk/	Having thoughts of suicide or are concerned about a child and young person under 35 years old.
Every Mind Matters	N/A	https://www.nhs.uk/oneyou/every-mind-matters/	Expert advice and practical tips online to help you look after your mental health and wellbeing. Direct links to crisis support.

Stepped Care	Telephone/ Email	Website	Description
Training – universal offer			
Health Education England	N/A	https://portal.e-lfh.org.uk/Component/Details/615905	E-learning and resources to provide health and social care support workers with the latest information and guidance on coronavirus (COVID-19).
	N/A	https://www.minded.org.uk/Component/Details/632895	Many resources available – one example of free to access, outlines the impact of mental disorder, mental wellbeing, and public health interventions.
Public Health England	N/A	Psychological First Aid (PFA) digital training module , aimed at all frontline and essential workers and volunteers.	The course will teach the key principles of giving psychological first aid in emergencies. This is not training on how to deliver specialist care, but to enhance people’s skills in identifying and providing practical and emotional support to those in distress in the context of the pandemic.
St Helens Wellbeing Service	01744 371111	https://www.sthelenswellbeing.org.uk	The service is offering virtual mental wellbeing sessions for staff (max 10) via Microsoft Teams. 45mins – 1hr covering stress and anxiety, basic mental health awareness and basic suicide prevention. They will adapt to the needs of the staff.

CATCH App

The CATCH (Common Approach to Children’s Health) App is a FREE app providing local NHS-approved support and information to parents and carers of children aged 0-5. With the app you can:

- Create profiles for your children to view health articles most relevant to your child’s age
- Have timely reminders to alert you to key health dates, such as childhood immunisations
- Browse and search local support, health articles and videos regularly reviewed by NHS clinicians
- Find healthcare services in your area, such as pharmacies or dentists



You can download the app for FREE from the Apple and Google Play stores. Just search for ‘catch app’. You can also visit the [CATCH App website](#) for more information.

Alcohol Awareness Week

Alcohol Awareness Week is taking place 16th-22nd November. Here is some information from the Young People's Drug and Alcohol Team (YPDAAT):

For students

Use Alcohol Awareness Week to raise awareness of the harms caused by alcohol. This year's theme is alcohol and mental health. There are a host of resources on the PSHE Association website so if you can deliver sessions with your students this would be a great opportunity! <https://www.pshe-association.org.uk/content/drug-and-alcohol-education>

YPDAAT are also running a poster competition. Students are being invited to create a poster showing how alcohol can impact on a person's mental health and emotional wellbeing. If you choose what you think is the best one from your students and send to ypdaat@sthelens.gov.uk YPDAAT will then select one to feature in the publicity during this week. Winning prize will be a £20 high street voucher!

For parents

YPDAAT are running a "Talking to your Kids" session on Thursday 19th November 5-6.30pm via Microsoft Teams. This is suitable for parents with children in year 6 and upwards. Please promote this to your parents - all they need to do to book a place is contact the team – email: ypdaatraining@sthelens.gov.uk tel: 01744 675605 - with their name, phone number and email address.

What parents have said about the training:

I received some good techniques to use and address substance use with my child

Very good and informative session, it was good hearing from other parents

I am confident I can apply this to my son

Look out for the YPDAAT digital campaign starting 16th November!

For members of staff

We know this year has been tough and everyone has dealt with it in different ways. There is strong evidence to show that people may be drinking alcohol more than they normally would which can affect a wide range of day to day functioning - disturbed or lack of sleep, feeling tired, hungover, impact on relationships, increasing spend on alcohol..... the list goes on.

Why not use Alcohol Awareness Week as a good way to also spread messages to your colleagues - maybe do an alcohol quiz in a staff meeting or start thinking about doing a team challenge for Dry January! There's lots of information at the Alcohol Change website: <https://alcoholchange.org.uk/help-and-support/get-help-now/coronavirus-information-and-advice-hub>

For further information please email ypdaat@sthelens.gov.uk

St Helens Wellbeing Service makes it easier to access a wide range of healthy living and wellbeing support through a 'one stop shop'. Offering advice and sessions about healthy eating, exercise, weight management, stopping smoking, breastfeeding, emotional and social wellbeing, oral health and volunteering. All of which aim to improve local communities' health and wellbeing. The service supports schools, colleges and alternative education settings to promote pupils' emotional and physical wellbeing.



Getting active and healthy eating

- Early years programme from November 2020. 4 week programme for parents and carers of 2-4 year olds, supporting healthy eating and active play for families.
- Primary school programme in partnership with Saints community coaches. 4 week healthy eating workshops in class bubbles.
- Tasty Tuck – encourages healthy snacks and drinks during the school day to promote a healthy weight and good oral health.

Stop smoking

- Lessons delivered for a variety of year groups/PowerPoint lessons provided for staff delivery.
- Stop smoking support
- Staff smokefree champions training
- Smokefree site award

Mental health and wellbeing

- Stress and anxiety lessons
- 5 Ways to Wellbeing
- Staff basic mental health and basic suicide awareness

Oral health

- Supervised toothbrushing programme

All training is delivered via Microsoft Teams
(a link will be provided on request)

Call: 01744 371111

Email: chcp.sthelens@nhs.net requesting the 0-19yrs service that you require

Website: www.sthelenswellbeing.org.uk/contacts/new

Workshops for Autistic People



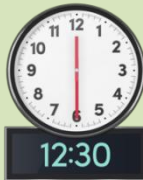
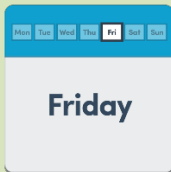
A hand holding several £20 banknotes, with the NHS logo below it.	<p>The North West Self-Advocates Training Partnership supported by Pathways Associates have been successful in gaining funding from The St Helens Transforming Care Partnership.</p>
Two people, one in a blue uniform and one in a grey suit, standing next to a whiteboard.	<p>The funding is to deliver training and support to autistic people who live in the St Helens area.</p> <p>The training will include:</p>
A brochure titled "eSAY reach" with images of people and a wheelchair.	<p>Information about services</p>
A spiral notebook titled "Care Plan" with an image of two people, one in a wheelchair.	<p>Information about care and support planning</p>
A person in a red jacket and grey vest with their arms raised in a celebratory gesture.	<p>Confidence building.</p>



Before we start the workshops, we want to meet with local people to develop the training.



We want to do this by organising a zoom meeting.



The meeting will take place on Friday the 20th of November 10am – 12.30pm



To book a place contact Kim Doolan

Kim.doolan@pathwaysassociates.co.uk

07939127811

SCHOOL SPOTLIGHT

World Mental Health Day at Cowley

Cowley International College took part in a range of activities for World Mental Health Day. This started during Team Time, when students learnt about what mental health is and the different ways young people can access support if needed. During the day, each student then took part in the Hello Yellow Challenge, the aim being to brighten up another person's day. The Hello Yellow Challenge encouraged students to complete the following acts of kindness:

- Say something kind to a teacher
- Smile at a friend
- Remind someone of a nice thing they did for you once
- Ask someone if they need any help
- Make someone laugh!



The day was concluded with a prize draw for students who completed the Hello Yellow Challenge.