

Future in Mind

Mental Health Support Team

Termly Newsletter

Welcome to your Autumn Term 2023 newsletter.

We hope you enjoy learning more about our spotlight schools which feature in this newsletter, **Outwood Lofthouse Gate Primary Academy** and **Crofton Academy**.



Contact us on...

Email: wakefieldcamhs.mhst@swyt.nhs.uk Tel: 01977 735901

We would love to hear from you and are keen to hear feedback from schools on how they are finding their FIM MHST input

Welcome to the Autumn Term!

The Summer holidays seem like a distant memory now but here's an update on what the FIM MHST were busy doing through the summer.

We have delivered many sessions on mental health and wellbeing in

local communities in the Wakefield district, working in partnership with the family and youth hubs and with the Happy Healthy Holidays programme.

This has been alongside our ongoing targeted one to one work. We hope to become even more familiar faces in the community helping to break down barriers about getting support around

mental health and encourage parent / carer / family engagement with schools on the topic of mental health and wellbeing.

We also ran virtual sessions for parent and carers on common topics on children's mental health throughout the Summer.

The team delivered summer training sessions as part of our work force development programme for Youth and Family Hub staff too.



School Staff Wellbeing

Over the summer we ran a school staff wellbeing session in collaboration with the Yorkshire Sculpture Park. This was an opportunity for staff to learn about the benefits of being out in nature for their sleep and wellbeing and a



chance to focus on self care.

"It was so informative. I enjoyed the whole session. It has helped me to understand the value of self-care."



"The activities were really enjoyable and gave me the chance to slow down, relax, appreciate my senses and declutter my mind."

We have further sessions planned through the Winter. For further information :



[School Staff CPD: Light, Sleep and Wellbeing Connection | Yorkshire Sculpture Park \(yosp.org.uk\)](https://www.yosp.org.uk)

Senior Mental Health Lead Forum



We held our third Senior Mental Health Lead forum on 4th October. The theme was school staff wellbeing and we had guest speakers talking about the menopause and the local Wakefield workplace wellbeing offer. We spent time in groups talking about the challenges to staff wellbeing and the good practice and successes on this theme too.

“Take what you need” baskets were well received by attendees at the forum. These were made up from generous donations from **Lush and Morrisons**.



“Lovely to have wellbeing items!”

Our next SMHL forum will be on **21st February 2024 at 1.30pm-4pm at Fieldhead – Large Conference room**. For more information about

the forum please contact Sara Kendrick Practice Development Lead, FIM MHST sara.kendrick@swyt.nhs.uk, or Nic White, Project Manager, FIM MHST fim.mhstresources@swyt.nhs.uk

“It was lovely & thank you for our freebies”

“Lots of tips to improve wellbeing that are easily accessible”



“Being able to stop, sit and have a drink & snack” Thank you for the free pamper items!



Children and Young People’s Mental Health Workforce Development Training

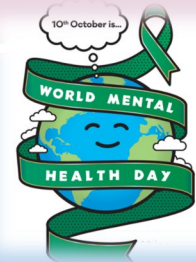
Our new schedule of **free** training for Spring 2024 and Summer 2024 is available to access on Traded Services or through the Wakefield children’s safeguarding board website or you can contact us direct wakefield-camhs.training@swyt.nhs.uk for more information.

We will be offering 8 modules, each of 2-2.5 hours, some of which are virtual and some face to face.

We have modules on anxiety, low mood and depression, attachment and trauma, loss and bereavement, sleep, suicide awareness and self-harm. We also deliver a general session on child and adolescent mental health. All these modules are at an introductory level and resources and certificates are issued following attending a session.

World Mental Health Day

10th October 2023



Raising awareness about mental health is important every day of the year but awareness days such as World Mental Health day are a great opportunity to highlight this.

This year the theme has been “Mental health is a universal human right” [World Mental Health Day 2023 | Mental Health Foundation](https://www.mentalhealth.org.uk/world-mental-health-day-2023).

We would love to hear what you did in your school for WMHD, get in touch and we will feature this in our next newsletter!



Here’s some photos of the FIM MHST getting involved with WMHD.



Sharing Good Practice

We would love to be able to share examples and give your school a shout out, so if you would like to feature in a future newsletter, please get in touch.

Spotlight School — Parent / Carer Engagement

Outwood Primary Academy Lofthouse Gate

Lofthouse gate have been running a range of well attended, tailored parent/carers events, based on requests and feedback from parents / carers.

These have included tea and talk mornings, coffee afternoons and after school events in which adults and children all take part. These events involved organisations such as Andy's Man's Club, Child and Adolescent Mental Health Service (CAMHS), Future in Mind Mental Health Support Team, Papyrus and a local masseuse.



Leanne Cleasby SMHL and deputy head at Lofthouse gate told us:

"We are offering further support to our families by linking with our local HUB at Outwood Primary Academy, Park hill. Baby massage classes, exercise classes, cooking, and family arts and craft groups are just a few of the sessions on offer!"

Further commendations for Lofthouse gate on the topic of parent / carer engagement include:

"The parent who spoke to me really appreciated the advice and support offered. She described the positive impact of knowing other parents and hearing about other services and schools."

(IQM Assessor)

"The children and staff have an open and positive vocabulary around mental health and wellbeing and parents feel well supported and know who to go to with any concerns or questions." Gold Carnegie School Mental Health Award

Leanne shared with us that moving forward, they are very excited to work towards the IQM Flagship Status and to further utilise the school garden to support mental wellbeing for the children, staff and families.

Leanne went on to say *"Our children are very passionate in having an active role in promoting mental health and wellbeing and have lots of plans for outside such as a music area, reading area, planting area and regular forest school sessions. Watch this space!"*



Charlotte Kirk Senior Practitioner FIM MHST, link for Lofthouse gate says *"It's been wonderful watching Outwood Primary Lofthouse Gate go from strength to strength in their provision of emotional wellbeing support and the promotion of positive mental health"*.

The school is warm and welcoming, and staff show genuine care and compassion for their pupils and their families. Leanne has made it her mission to meet the needs of the families of Lofthouse Gate by gathering feedback and actively listening to what they want. This has led to positive parental engagement and the development of a new forum for parents to support one another, whilst also accessing support from local services such Future in Mind, the family hubs, COMPASS & WISENDSS."



Spotlight School - A Warm Welcome!

Crofton Academy

Crofton Academy is our spotlight school for this edition, for providing such a warm welcome to students and their families.

Staff at Crofton work hard to ensure that students and parents/carers feel a sense of belonging to the school and are always greeted in a positive way.

The welcoming receptionists know all the students by their names and go out of their way to be helpful and supportive.

Crofton Academy staff greet the students at the start of the day with big smiles, at the end of the day they are seen onto the school buses and staff are available at breaks and lunch times.



Kath Thomas, Senior Practitioner, FIM MHST and link for the school tells us that the relationships between staff and students are excellent, and that students at Crofton Academy can name at least one adult in school that they could speak to, and Year Leaders are often identified as significant trusted adults by students.



The school was rated as "Good" by Ofsted and in July 2023 commented *"Pupils have adults in school they would feel comfortable speaking to if they were worried about their safety and are confident that it would be dealt with effectively."*

There are drop down days throughout the year to support health and wellbeing. There are also BEAM groups, girls resilience groups for years 7-11, a school counsellor on site one day per week, and an LGBTQ+ group due to start this month. Pastoral Mentors check in with students on a daily basis and run groups such as "Managing exam stress." This all supports the community, inclusive

ethos at Crofton, helping to make students feel welcome and safe. School have developed their own wellbeing leaflets and self-help material can be clearly found in school.



Kath Thomas, Senior Mental Health Lead and link for Crofton Academy says:

"It is so nice to hear young people being able to identify staff members that they can go to if they feel worried or upset about something."

"The staff always offer a warm welcome to the students, their families and to visitors to the school."

The school have developed some fantastic well-being resources that are easy to access. For young people who are in need of support, there are staff who are trained in mental health support within the school, a school counsellor, school nurse and the mental health support team."

Sarah Rowe, Deputy Principle, Crofton Academy says *"Mental Health and wellbeing plays a vital role in the work we do at Crofton Academy with all members of our community. We aim to create an environment in which everyone is welcome and everyone is cared for. As well as providing support and direction, we also encourage pupils to care for themselves as well as know where to turn for help and advice."*



**HAVE A WONDERFUL HALF TERM BREAK, REST,
RESTORE, RECHARGE AND WE WILL SEE YOU
IN NOVEMBER!**

