



## Changing Lives Trailblazer Schools Newsletter

Welcome to the First Edition - July 2020

### What is the Changing Lives Service?

We are a new Mental Health Support Team (MHST). The team is split across four bases which are: The Kingsmead School, Lady Manners School, Ormiston Ilkeston Enterprise Academy and The Bolsover School. The bases are called 'Centres of Excellence.'

The teams will be working with the schools they are based in and other identified schools - each supporting a population of approximately 8,000 children and young people.

The teams will build on support already in place from: School Pastoral Support, School Counsellors, CAMHS Specialist Community Advisors, Behaviour Support, School Nurses, Educational Psychologists and the Voluntary Sector. The team will work specifically with children and young people with mild to moderate mental health conditions. The project is part of the Government's ambitious plans to transform children and young people's mental health as cited in the NHS Long-Term Plan.

### The main aims of the service are:

- To support the senior mental health lead in each education setting to introduce or develop their whole school approach.
- To deliver evidence-based interventions for children and young people with mild to moderate mental health conditions.
- To give timely advice to school staff, liaising with external services, to help children and young people to get the right help and stay in education.
- To provide information, training and support for parents/carers as part of a whole school approach.

### Who can we work with?

We will work with children and young people who:

1. Are 0-25 years (Over 18 only where the young person has SEND / is a care leaver).
2. Would benefit from early intervention support for their mental health and wellbeing.
3. Are not deemed to have a high level of risk of harm to themselves or others.

### Additional Support

We offer a dedicated support line for school staff on Mondays and Tuesdays.

### Contact us for more information:

Email: [drcs.adminchanginglivesbolsover@nhs.net](mailto:drcs.adminchanginglivesbolsover@nhs.net)  
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Call: 0300 303 4663



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## What can we help with?

- Low mood
- Anxiety
- Simple phobias
- Sleep problems
- Panic attacks
- Worries
- Managing stress
- Change / transition



## Logo Competition Winners

Thank you to all the pupils who took part in the Changing Lives Service logo design competition in February. We had over 150 entries.

The standard of the entries was really high and this made choosing the winners extremely difficult.

Congratulations to the four runners up who will each receive a £15 Voucher. The runners up were from Lady Manners School, The Bolsover School, The Kingsmead School and Ormiston Ilkeston Enterprise Academy. The overall winner was Esther Hill from Lady Manners School.

Esther's design is now the official logo for the Changing Lives Service. Esther will also receive a £25 gift voucher. Well done Esther!

## Bereavement Resource

This paper has been created to provide information to help professionals / families feel more informed about how best to support children, young people with bereavement.

[Resource](#)



## Website of the Month

Beacon House is passionate about developing freely available resources so that knowledge about the repair of trauma and adversity is in the hands of those who need it.

<https://beaconhouse.org.uk/resources/>



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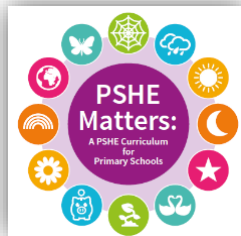
## Parents and Carers Consultation

As part of the whole school approach, the team are keen to consult with all parents/ carers to ensure that the support and training they will be offering is fit for purpose. They have developed a survey monkey for parents/ carers to complete.

<https://www.surveymonkey.co.uk/r/LK2MFW>

Please could you share this link with all of your parents/ carers and request that they complete the survey by Friday 31<sup>st</sup> July 2020. This will enable the time needed for the team to analyse the data and plan how they will be able to effectively support your families in the future.

## PSHE Matters for Families Developing Skills for Life Together



The PSHE Matters for Families leaflets provide fun and interesting activities for families to learn more about topics such as mental health, dealing with change and forming positive relationships.

The leaflets were developed to enhance the PSHE Curriculum that some primary schools currently deliver. The theme of the leaflets supports the 12 different modules that feature in the resource: 'PSHE Matters a Curriculum for Primary Schools.' Please follow the link:

<https://emotionallyhealthyschools.org/latest-news/pshe-matters-free-resources-for-families-of-primary-age-children/>

## What is Self-Care?



Self-care is about the things we can do to look after our own mental health. Check out this great website.

[www.annafreud.org/on-my-mind/self-care/](http://www.annafreud.org/on-my-mind/self-care/)

Thankyou to Grace Pollard, our Anti-Stigma Art Ambassador, for this great reminder.

Have a great summer! 😊



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