

Welcome back to a new school year and hello September!

Did everyone's summer holidays flew by, or was it just ours?!

BACK TO SCHOOL

We hope you've had a lovely summer break and we are very excited to begin the new school year working with you and supporting you all! We will be delivering various workshops and interventions at your school, if you would like to find out more about our service please speak to a member of school staff or email mhstuttlesford@mindinwestessex.org.uk

For those who are new to the school, please see below a little bit about our service:

Mental Health Support Teams in Schools, part of Mind in West Essex, is a service for children, young persons and their parents/carers. We support mental health and emotional wellbeing, focusing on early intervention.

In primary schools we work with parents/carers as research shows us this is more effective because you know your child best. In secondary schools we work directly with the pupils. We also run workshops for both primary and secondary children. These are delivered in small groups and/or whole class.

We also work with the school, providing staff training and workshops focused on mental health and wellbeing.

Some things we can support you with are challenging behaviour, low mood or mild to moderate anxiety such as worries, fears etc.

You may also see us at some coffee mornings and school events – feel free to come up to us and ask us any questions you may have!

We have three teams who work across some Primary and Secondary schools in Uttlesford, Harlow and Epping.

Team update September 2023

Last September 2022, Charlotte Buckingham, Abigail O'Donnell, Emma Codd and Charley Bird began their studies at Reading University and their journey to become an Educational Mental Health Practitioner. Over the past year, they have worked incredibly hard providing support to parents/carers, children & young people and school staff as well as attending lectures and working on their portfolio. We wanted to let you know that they have all submitted their portfolio and are eagerly (nervously) awaiting the results early October. We are immensely proud of them and all that they have achieved over the past year and would like to thank all of our schools for their support.



MHST Team in Schools Uttlesford

EMHP Charlotte Buckingham – Clavering Primary School, Joyce Frankland Academy Newport, Magna Carta Primary Academy, Newport Primary School and Stansted St Mary's CofE Foundation Primary School

EMHP Abigail O'Donnell – Great Chesterford Primary, Saffron Walden County High, Katherine Semar Infant and Junior Schools, St Thomas More Catholic Primary School (SW) and St Mary's CofE Voluntary Aided Primary School Saffron Walden

EMHP Emma Codd – Debden CofE Primary Academy, Elsenham Primary School, Forest Hall School, Henham & Ugley Primary and Nursery School and Roseacres Primary School

EMHP Charley Bird – Hatfield Heath Primary, , Helena Romanes School & Sixth Form Centre, School, R A Butler Junior School, St Mary's Dunmow and Thaxted Primary

ACE holiday club

Over the course of summer holidays, our team attended a few of the ACE holiday club sessions and delivered 5 workshops about '5 ways to wellbeing'. We've crafted, played lots of games and even did some cool science experiments, most of all we learned that looking after our mental health is just as important as looking after our physical health. We have received lovely feedback from children and the staff and we look forward to spreading more positivity and awareness around mental health over the next few months.



mind in West Essex
Mental Health Support Teams in Schools
Uttlesford



Looking after your mental health is just as important as your physical health.



Connect - Talk, share & laugh with your family & friends



Be Active - Dance to your favourite music, go for a walk, play, go for a bike ride



Learn - Don't be afraid to try out new things, learn a new skill, read a book, try a new recipe



Take notice - Be kind to yourself, notice sights and sounds outside, rest & reflect together



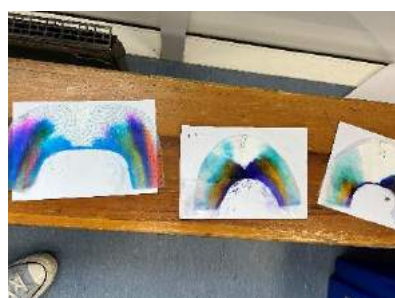
Give - Do something for a family member or your friend



To find out what support MHST in Schools Uttlesford can offer, please speak to a member of school staff or email mhstuttlesford@mindinwestessex.org.uk



If you are a holiday club provider, please contact us on mhstuttlesford@mindinwestessex.org.uk to see what we can offer.



Online Parent Groups

We will be running the next set of our **FREE Online Parent Groups in November**. We are just in the process of finalising the dates for. Your schools will notify you when the registration opens as well as share our poster with the details on how to sign up.

Online Parent Groups

Helping your Child Manage their Emotions

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks.

This will help equip parents with tools and strategies to help their child regulate their emotions.

Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks.

This will look at ways to help your teenager manage their emotional wellbeing.

Child Anxiety

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks.

This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Challenging Behaviour (at home)

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks.

This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.



To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

When any of the above courses become available we will share the information and flyer with our schools and on the Mind in West Essex social media.

If you have any queries, please contact your area admin:
 Harlow - mhstharlow@mindinwestessex.org.uk
 Epping Forest - mhsteppingforest@mindinwestessex.org.uk
 Uttlesford - mhstuttlesford@mindinwestessex.org.uk

Mind in West Essex – Training & Academy

At Mind in West Essex we have various support available and offer many online courses, some of them which are free. Please click on the link below to see what courses are available:

<https://mentalhealthtraining.org.uk/individual-elearning/>

We also offer individual e-learning course and we are happy to share that we have made some of those courses available for FREE for our school communities.

- Early Years Parenting
- Supporting Teenagers' Emotional Wellbeing
- Eating Disorder and Mental Health

If you would like to sign up for any of the courses below, please email mhstuttlesford@mindinwestessex.org.uk to receive a voucher code.

Early Years Parenting

Over the past few decades there has been significant research into child development from birth to adolescence. The key finding is how important the early years are in the contributing to what makes us who we are as adults.

This course is designed to give parents an idea of the various factors affecting child development, the role parents can play both positive and negative and possibly to get parents talking about their ideals of raising a child.



At various points you'll find questions to consider. They are there for you to reflect and think about your childhood and how you view being a parent.

Supporting Teenagers' Emotional Wellbeing

This course is designed to give parents and carers an understanding of the pressures that teenagers are under and how that may affect their mental health. Young people will go through a variety of changes, most of which are out of their control.



The aims of the course are as follows:

- To recognise & understand the changes that go on through adolescence
- To notice signs and symptoms of common mental health problems
- To learn effective way to manage emotions and behaviours
- To have a good knowledge of helpful/unhelpful lifestyle behaviours

Eating Disorders and Mental Health

Eating disorders can be serious leading to a risk of dying. If your relationship with eating is having a significantly negative impact on your daily life then it is important that you seek professional help via your GP.

In this course, we look at eating disorders, and their relation to mental health:

- Definition of eating disorders
- Types and symptoms of eating disorders
- Causes of eating disorders
- Getting a diagnosis and treatment
- How to support someone with an eating disorder
- Practical self-care tips

There is also a number of resources included which you may find useful.

This course is not a replacement for professional help for someone in crisis, nor is it a therapy course.

You can also follow us on:

Facebook <https://www.facebook.com/MindinWestEssex/>

Instagram https://www.instagram.com/mind_west_essex/



Mental Elf 2023

Festive Fun Run

Join us for our 5km festive fun run
Sunday 26th November
Harlow Town park
11.00am-2.00pm

We are excited to host our second Mental Elf event and would love for you to join us. You can get your tickets now.

Sign up to take part and experience a festive fun filled day

Scan me to get your tickets



 mind
in West Essex

The Parent Place

At Fairycroft House

Thursdays 8.45 - 10.45am

Support for;

Empty nest

New parents

Grandparents

Single parents

Young parents

Blended families

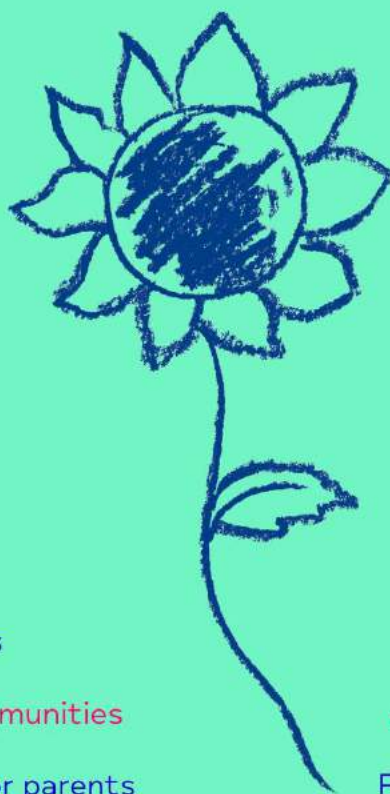
Adoptive parents

Parents of toddlers

Parents of teenagers

Home schooling communities

LGBTQI+ support for parents



Whats on;

Advice

Safe space

Workshops

Information

Peer support

Coffee & connect

Creative activities

Wellbeing sessions

Healthy relationships

A supportive community

Fun activities for children

**FAIRCROFT
HOUSE**

 **mind**
in West Essex
Charity no. 1091154

MHST Wellbeing Book Club

The Mental Health Support Team (MHST) is excited to introduce its newest project. A wellbeing book club!

Reading is a great way to relax and has positive benefits for our mental health too! Research has found that reading helps to reduce stress, increase concentration and combat insomnia. Reading with your child not only strengthens the parent-child bond but also helps children to develop empathy and emotional awareness, teaching children that it is okay to feel emotions and how to cope with their feelings in healthy ways.

What's not to love?

At the start of each month we will be releasing a MHST Book Club Newsletter which will have 5 book recommendations (don't worry you don't have to read them all!) that deal with the topic of mental health and wellbeing for all ages, along with some conversational prompts and questions to get you thinking!

If you want to get involved and sign up to the newsletter, please click on the following link – [Sign Up Here – MHST Book Club Newsletter](#)

We are hiring! We have a range of new opportunities, come and join our team

Trainee Educational Mental Health Practitioner —

We are looking for a Trainee Educational Mental Health Practitioner

Base – Epping

Hours – 37.5 hrs per week

Salary Range – £25,147 p.a which equates to current

Agenda for change NHS Band 4 (+£1,258 fringe allowance HCAS).

Closing date of advertisement is Wednesday 27th September 2023, Interview date – Early October TBC

To apply for this position please click on the application form button at the top of this page and submit your completed application by the closing date advertised.

For any questions please contact HR – email HR@mindinwestessex.org.uk

**Mind in
West Essex**

Supporting people in Uttlesford, Harlow,
Epping Forest and beyond.

Who can use this service?

Anyone in West Essex (Uttlesford, Epping Forest and Harlow) over 18, who needs emotional support, including people with complex emotional needs, struggling with loneliness, depression and anxiety.

This is not a crisis support service, please contact 111, option 2 if you are in crisis.

How do I access the service?

You can register online or scan the QR code ----->

Once you have registered one of our Night Owls team will call you within 24 hours to find out how we can support you, and give you the Night Owls phone number. You are then free to call the Night Owls for support during times of distress.

Who will answer the calls?

Our Sanctuary Team are all kind, caring people who will answer the calls, and listen and support you non-judgementally. If you need more urgent care they can ensure you get the help from the Crisis team.

Other Support

Once registered with Night Owls you can phone and ask to come into our Sanctuary Spaces from 4-11pm in the evenings for face to face support and company.

West Essex Night Owls!

A telephone emotional support service



Open between 5-11pm, 7 days a week

mind in West Essex



Children and young people's local help:

Call **SET CAMHS**: 0800 953 0222
For out of hours contact Mental Health
Direct: 0800 995 1000

Kids Inspire - provide mental health and trauma recovery support for children, young people and their families. Age: from 4 to 21

Through a range of therapeutic and community activities we promote resilience, self-awareness, and relationship building to empower more positive life choices.

Open Door - is a free and confidential service based in Saffron Walden for young people living in Uttlesford and the greater surrounding area for young people. Age: 13 - 26.

Pact for Autism - small charity who connect a Neurodiverse community of Parents, Carers, Autistic Individuals and families along with the wider community, organisations and services
We are based in West Essex but you can contact us from anywhere.

Jades Pathway - assessment pathway is specifically designed for children aged 2 to 18.

Making a referral - if you feel your child would benefit from having a JADES assessment, please speak to your child's GP (located in West Essex only), therapist, school staff, health visitor or school nurse who can make a referral using the form in the link below.

NELFT NHS

NHS Foundation Trust

<https://www.nelft.nhs.uk/set->


Therapy, opportunity, love & care

<https://www.kidsinspire.org.uk/>


opendoor

<http://www.open-door.info/>


Believing...
Parents Adults and Children Together

<https://www.pactforautism.org.uk/>


Care Group

**Essex Child and Family
Wellbeing Service**

<https://essexfamilywellbeing.co.uk/>

Uttlesford Foodbank – Provides three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are a part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.



<https://uttlesford.foodbank.org.uk/>

YCT – YCT is a counselling and therapeutic support charity. We specialise in supporting children and young people, their families and the professionals who work with them. Age: 5 – 25



<https://yctsupport.com/>

Other support services:

Emergencies:		
NHS 111 Mental Health Crisis Line Dial 111 – option 2 (Age 18+)	999 or attend A&E	Samaritans Telephone support 24/7 on 116 123 Email support jo@samaritans.org (24 hr response time)
Non-emergencies:		
Vita Health (16+) Telephone 0300 0152 966 This is NOT an emergency service. Self-referrals are accepted.	Family Lives Helpline 0808 800 2222 Email askus@familylives.org.uk	Childline 1-1 telephone counselling 9am-midnight everyday 0800 11 11
Young Minds Text crisis messenger 24/7: text YM to 85258 (free from most mobile networks) Parents helpline Mon-Fri 9.30am+4pm 0808 802 5544 (free of charge)	The Mix Telephone support 3pm-12am everyday 0800 808 4994 Webchat support https://www.themix.org.uk/get-support/speak-to-our-team Text crisis messenger 24/7: text THEMIX to 85258	Kooth.com Free, safe, and anonymous on-line mental health support and counselling https://www.kooth.com Age 10-25, 7 days a week until 10pm
Big White Wall – NOW KNOWN AS Togetherall https://togetherall.com/en-gb/ This is FREE for Harlow College students	Essex County Council Children & Families Hub Telephone 0345 603 7627 Mon-Fri 9am-5pm Telephone 0345 606 1212 (out of hours)	

Keeping Myself Safe

Non-Emergency Support

SHOUT

- Text SHOUT to 85258 (free, anonymous text crisis messenger, 24/7)

shout
85258

Kooth.com

- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)

kooth
The Mix

Telephone support 3pm-12pm everyday
0800 808 4994

Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

THE MIX
Essential support for under 25s

ChildLine
0800 1111 

Childline

1:1 telephone counselling 9am-midnight
everyday 0800 11 11


Switchboard
LGBT+ helpline

Switchboard

Confidential service available 10am – 10pm,
every day 365
days a year. Service provides a safe space
listening service via
telephone, email or online chat.

Free Apps


CALMHARM

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.

Helps reduce urges to self-harm and manage emotions in more positive way.


CLEAR FEAR

In an emergency

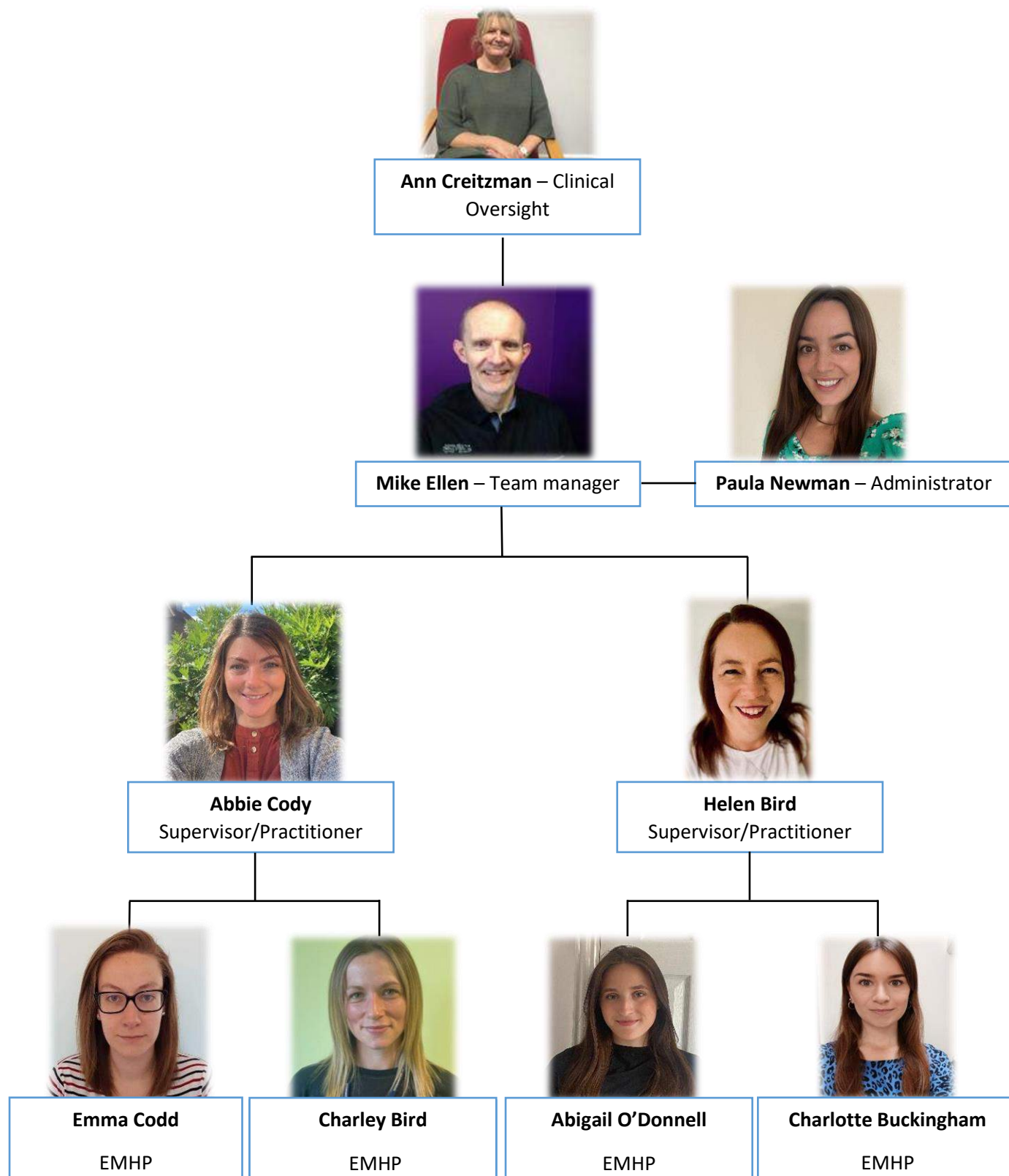
Call 999 or attend A&E

 In a mental health crisis?
 CALL 111
OPTION 2

Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)

Uttlesford Team Structure



If you would like to contact us with any queries, please do not hesitate to either call us on 01799 400049 or:

If you have questions regarding anything to do with admin (including sending referrals) please contact:

Paula email: mhstuttlesford@mindinwestessex.org.uk or call 07816247744,

Anything regarding clinical/whole school approach/EMHPs please contact either:

Helen email: hbird@mindinwestessex.org.uk or call 07816247746

Abbie email: acody@mindinwestessex.org.uk or call 07816247738

For all emails, please cc **Mike** too mellen@mindinwestessex.org.uk



**Herts & West Essex
Mental Health Support Teams**