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News, information, ideas and resources to help grow emotionally healthy school and education communities across Tameside and Glossop

Welcome to the very first edition of Network News. In 2015 Robin Elms, Headteacher at Thomas Ashton School, helped set up and run a successful small pilot network for schools, linking school representatives with a range of partners from Health, the Local Authority and third sector organisations who all specialised in the field of children's mental health and emotional wellbeing.

The network was a place for sharing: ideas, resources, training opportunities, best practice. It helped schools make sense of, and deal with, the increasing wave of offers and opportunities for schools around Mental Health, some good and some not so good. The network aimed at bringing that information together and sharing it with schools in a way that was helpful to schools and drawing upon the growing local provision available in Tameside and Glossop.

In 2019, at the Primary and Secondary Headteacher residentials, Robin announced the intention for the network to grow so that all schools could benefit from it.

The Autumn Term was a period of planning and negotiating, with a small working party finally coming up with a sustainable plan to establish and embed a Mental Health and Wellbeing Network for all schools across Tameside and Glossop (more on the model later in this newsletter).

Covid-19 has been both a hindrance and a help... whilst we had to delay a planned launch event for the network in the summer term (even before it was fully organised), it has helped sharpen our collective focus on the mental health and wellbeing needs of our school communities, both children and adults alike.

Children and young people's mental health is one of the great challenges facing all education communities in this current time, and the Network is here to help!

#### In this issue:

- Richard Hancock and Tim Bowman talk emotional well-being in schools
- How the network will work!
- School staff well-being
- Planning for return to school
- Mental Health Services Business as Usual
- Bereavement and Loss in the School Community
- What's next
- Tell us what you want!

























































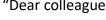


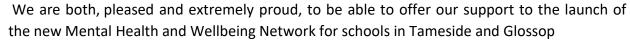






#### "Dear colleagues





This Network will enable us to provide improved help, support and guidance as it develops and also support best practice, signpost resources and to help and encourage school-to-school support in partnership with, amongst others, the Local Authority, the CCG, Healthy Young Minds, the Education Psychology Service and local third sector organisations.

As this Newsletter details, the Autumn Term was a period of planning and development by a small working party, who ultimately were successful in establishing a sustainable plan to establish and embed a Mental Health and Wellbeing Network for all schools across Tameside and Glossop. This is no small task and our thanks go out to all those involved in getting this important and extremely timely project off the ground.

Children and young people's mental health is one of the great challenges facing all of us who work with children and young people. This Network will improve our ability to provide the support which is needed at a time of increased, and for many, unprecedented uncertainly and anxiety for both children and adults.

It is therefore, as we say, an extremely timely launch.

We hope that you will be as enthusiastic as we are in supporting this initiative and that you will get behind what we are sure will prove to be a hugely positive development for children, families and colleagues alike

Best regards

#### Richard Hancock Director of Children's Services





Tim Bowman Assistant Director of **Education** 











































































































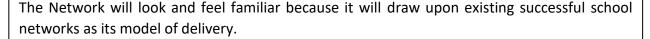












To ensure all schools can join in a network meeting, they will be based in the four neighbourhoods of Tameside, and one in Glossop. Similar to the SENDCo and PSHE networks, schools will nominate their designated person to attend. In this case, schools should enable the person they have identified as their Mental Health Lead, to attend.

The local authority, the CCG and Public Health have combined to fund a 'facilitator' role. This person will have experience of working with children and young people in the field of mental health and wellbeing; they will be knowledgeable on current developments and able to advise schools on training opportunities and resources. They will have a passion for seeing Tameside children and young people have access to the best support that Tameside and Glossop can offer both in, and through, schools.

However, one person alone cannot drive this agenda forward at the speed that it needs doing. They will need help, and that help needs to come from the schools.....

Success in schools is in equal measure to the effectiveness of the leadership of those schools. We are looking for a senior leader from each neighbourhood to help work alongside and support the facilitator. The facilitator will plan an agenda for each term in liaison with the volunteer headteacher Mental Health and Wellbeing champions.

In return, the headteacher champions will source a venue for the meeting in their neighbourhood area (hopefully rotated around schools willing to help out) and will ensure that the meetings are minuted and those minutes shared with all the schools in the neighbourhood.

By having the same core agenda delivered in all the neighbourhoods, the facilitator can ensure every school in Tameside and Glossop receives the same information. However, through the volunteer headteacher champion, any neighbourhood could also have items on the agenda particular to their area. The networks will link closely to the neighbourhood learning circles and early help approaches in each community.

We would also ask the Headteacher champion to offer peer-to-peer support and challenge to ensure all children and young people in Tameside and Glossop are getting the best support and advice possible.

Do you have a passion and a desire to see mental health and wellbeing a strength in all schools? Would you be willing to give over some time once a term to work with a facilitator to achieve this ambition for your local area?

If you feel you would like to help make a difference, we would love to hear from you. As always, the role could be rotated annually. If you would like to discuss this more, please contact Robin Elms by email: <a href="mailto:relms@thomasashton.tameside.sch.uk">relms@thomasashton.tameside.sch.uk</a>























































































and environment.































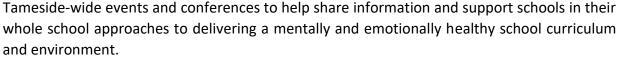












# Look after yourself

### Put your own oxygen mask on first before helping others.

Our routines are very different at the moment and it can be easy to forget to look after yourself. It is now more important than ever to look after yourself. The 5 ways to wellbeing can be a really good way to simply look after your mental health. This is relevant for staff, parents, children and young people alike.

# FIVE WAYS TO WELLBEING



FEEL CONNECTED



your words, your presence











MOVE YOUR MOOD

- 1) Connect Evidence shows the importance of talking and linking with others for good mental health, especially at times of stress. If you have access to the internet then try video face timing loved ones. If not, make sure you message or call people on a regular basis.
- 2) Be active To help with social distancing if possible try to pick somewhere with a lot of space and build a daily walk into a self-care routine. Alternatively, there's plenty of exercise you can do indoors. From walking up and down the stairs to basic aerobic exercises, YouTube offers a variety of free fitness and yoga videos.
- 3) **Give** In moments of stress we may not always feel, or be able, to help others. However, many people have reported that acts of kindness have helped them feel more positive. Can you help out a neighbour or call an elderly relative?
- 4) Notice Mindfulness can offer a really wide range of different techniques to help manage difficult times. Mindfulness involves focusing our attention on sensations in the present moment and using those as anchors to get distance from troubling thoughts.
- \* **Headspace** are currently offering a free one year subscription to Educators, for more information, follow the link below:

https://www.headspace.com/educators





































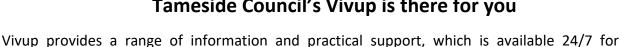


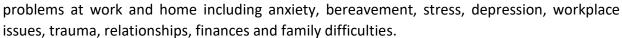
5) Learn - Evidence shows that continuing to grow and develop ours skills and knowledge is great for our wellbeing. Learning new recipes, how to grow your own veg, new children's craft activities will be particularly useful at the moment!





# Tameside Council's Vivup is there for you









The service is confidential and provides impartial assistance; managers will not receive any feedback about employees that access the service. Employees can contact the service direct as and when they feel the need, without prior discussions with anyone within our organisation.



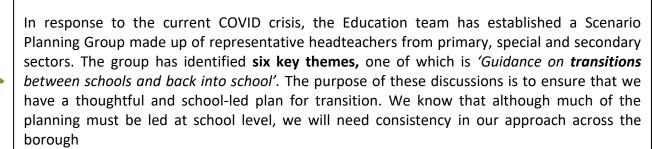


To access the service, employees can call 03303 800658 (calls charged at local rate) or to find the full range of services available, visit www.vivup.co.uk where they will be asked to register by selecting Tameside Metropolitan Borough Council from the dropdown list and entering a few details. Once logged into the portal, employees will find the contact details for the EAP as well as self-help Cognitive Behavioural Therapy (CBT) workbooks.





# **Back to School Planning**















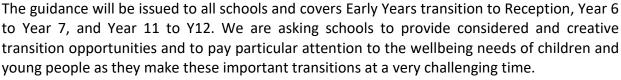












# **Business (Almost) as Usual!**



Mental Health services are still open for business. Covid 19 does mean that most appointments are being done via telephone or video but most services in Tameside and Glossop are accepting referrals as usual.









































There has been a drop in referrals to lots of services please ensure your communities get the message that service are open and not to delay seeking help. The mental health impacts of Covid 19 are unknown but predicted to be far reaching, supporting families early will be





For up to up to date guide of what is available locally visit: https://www.tameside.gov.uk/mentalhealth/children



Some of the local organisations ready to help and support schools:















# Bereavement and Loss within the School Community



In this unprecedented time, schools are playing a key role in supporting children and their families with many of the challenges they face. One of the big challenges currently impacting families is coping with bereavement that may be unexpected, amidst restrictions that make normal grieving difficult.



The Educational Psychology has recently provided a guidance document to settings, to support children you support bereaved and families vour community: https://www.emotionallyfriendly.co.uk/resources/posts/2020/april/supporting-bereaved-childrenfamilies-and-employees-during-covid-19/



There is a new NHS bereavement helpline available and initially being piloted in the North West.



Bereavement Helpline: 0800 2600 400



Please note this is for immediate bereavement support and is available to anyone who may need it.































































































We have secured an exciting opportunity for all schools to engage in a 'mental health link programme'. The programme will play a key part in how schools can implement the recommendations from the Green Paper: 'Transforming Children and Young People's Mental Health Provision'. More about this in future issues.

The Link Programme is led by the Anna Freud Centre, funded by the Department for Education and supported by NHS England. Over the next four years it will be rolled out to all schools and colleges in England. Coordinated by local Clinical Commissioning Groups (CCG) it will bring together education and mental health services so that children and young people can get the help they need, when they need it.

The good news is the Network has made sure it is coming to all schools in Tameside and Glossop in Spring 2021!

All you will need to do is make sure you have booked a place for your school to participate.

Take 3 minutes to watch this video that explains the programme in more detail.

https://youtu.be/5IkoRmzkB Q



### Tell Us What You Want...

This newsletter is here to keep you updated on what is being done to support all schools and Colleges in Tameside. We would welcome your ideas and feedback about what you need to provide the best emotional wellbeing support for your staff, parents, wider community and the children and young people in your care.

Please feel free to share your good practice, news stories, videos or make suggestions for what we can do to support you to continue your amazing work. There is some incredible work being done across Tameside and Glossop, we want to capture and share this.

#### And finally...

We offer HUGE thanks to you all and those in your school network, for your dedication, commitment and the passion you each give to securing the best future for the young people of Tameside and Glossop.































































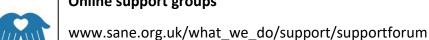




#### Some useful resources we would recommend:



### **Online support groups**



www.elefriends.org.uk/



#### Online resources including guided self-help courses

**Every Mind Matters** 

www.mentalhealth.org.uk/coronavirus



### Wellbeing/Therapeutic Vlogs or webinars etc

www.facebook.com/groups/infinitemindfulness https://soundcloud.com/infinitemindfulness/sets/infinite-mindfulness-free/s-klmKiiW4CBM



#### **APPS for mobile devices**

https://www.nhs.uk/apps-library/category/mental-health/

https://www.headspace.com/educators



#### Further sources of help - Emotional support

https://www.samaritans.org/how-we-can-help/contact-samaritan/

http://www.sane.org.uk/what we do/support/helpline



To be referred for more support contact your GP or local mental health charity/IAPT service (although be aware that some services have closed or may not be offering face to face sessions but should be able to provide you with access to an online support programme).



If you feel your mental health is so severely affected by the situation and you are at risk of harming or ending your life call 999 or see the following for information about managing suicidal thoughts. https://www.rethink.org/advice-and-information/about-mentalillness/learn-more-aboutsymptoms/suicidal-thoughts-how-to-cope/



Local support for Coronavirus outbreak: Tameside and Glossop: 0161 342 8355











































