



The Network News

Special First Edition



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!



A TEAM APPROACH.....

"Dear colleagues

We are both, pleased and extremely proud, to be able to offer our support to the launch of the new Mental Health and Wellbeing Network for schools in Tameside and Glossop

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 uncertainty 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



So how will the Network work?

The Network will look and feel familiar because it will draw upon existing successful school networks as its model of delivery.

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: relms@thomasashton.tameside.sch.uk



Similar to the Safeguarding and Headteacher briefings, there could also be occasional Tameside-wide events and conferences to help share information and support schools in their whole school approaches to delivering a mentally and emotionally healthy school curriculum 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



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR HOOD

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 our 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

Vivup provides a range of information and practical support, which is available 24/7 for problems at work and home including anxiety, bereavement, stress, depression, workplace issues, trauma, relationships, finances and family difficulties.

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

In response to the current COVID crisis, the Education team has established a Scenario Planning Group made up of representative headteachers from primary, special and secondary sectors. The group has identified **six key themes**, one of which is '*Guidance on **transitions between schools and back into school***'. The purpose of these discussions is to ensure that we have a thoughtful and school-led plan for transition. We know that although much of the planning must be led at school level, we will need consistency in our approach across the borough

The guidance will be issued to all schools and covers Early Years transition to Reception, Year 6 to Year 7, and Year 11 to Y12. We are asking schools to provide considered and creative transition opportunities and to pay particular attention to the wellbeing needs of children and young people as they make these important transitions at a very challenging time.

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 you to support bereaved children and families in your community:
<https://www.emotionallyfriendly.co.uk/resources/posts/2020/april/supporting-bereaved-children-families-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.





Tameside
Metropolitan Borough

NHS
Tameside and Glossop
Clinical Commissioning Group



Some useful resources we would recommend:

Online support groups

www.sane.org.uk/what_we_do/support/supportforum

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-mental-illness/learn-more-aboutsymptoms/suicidal-thoughts-how-to-cope/>

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

getting
helpgetting
risk
supportgetting
more
help

in association with

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