

Welcome and Latest News

Where has this term gone?! We hope you have a restful Easter break!



Uttlesford Team - Working together with schools

We have some very exciting news... Over the past few months we have been increasing the number of schools in the Uttlesford area that we are able to work in partnership with. We are extremely excited to let you all know that... drum roll... we have now reached that number and provide our service across 20 schools, 4 secondary and 16 primary! We would like to thank all of the school staff, parents and students for making us feel welcome and we are looking forward to continue building strong relationship with you all. We'd also like to thank you for the positive feedback we have received, we really are proud of the work that we do!

Our Trainee Educational Mental Health Practitioners are now over half way through their course, spending one day a week at University and the rest of the week working within the schools. They are building up their portfolio, strengthening their relationships within your school community and they really enjoy working with you all!



A little bit about what we do...

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 any questions you may have!

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

MHST Team in Schools

Helen and Charlotte – Newport Primary School, Joyce Frankland Academy Newport, Saffron Walden County High, Stansted St Mary's CofE Foundation Primary School, Magna Carta Primary Academy and Clavering

Helen and Abigail – 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

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

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

Online Parent Groups run by Mental Health Support Teams in Schools

Our online parent groups have been very successful and we are in the last stages of finalising the dates for the new courses to run. They are delivered by one of the MHST's Educational Mental Health Practitioners (EMHP). All work is evidence-based following Cognitive Behaviour Therapy. The online groups we offer are:

- Helping your Child Manage their Emotions
- Supporting Teenagers Emotional Wellbeing
- Challenging Behaviour (at home)
- Child Anxiety

Once we have new dates available, we will share a poster and QR code with the schools. The spaces are limited and fill extremely quickly, so please share as quickly as possible when you receive the information.

Mind in West Essex – Training & Academy

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

At Mind in West Essex we have various support available. 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. 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

Current Status

NOT ENROLLED

Price

£15

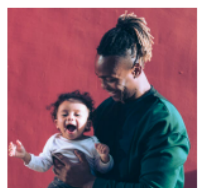
Get Started

Take this Course or Login

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 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

Current Status

NOT ENROLLED

Price

£ 20

Get Started

Take this Course or Login

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 throughout adolescence
- > To notice signs and symptoms of common mental health problems
- > To learn effective ways to manage emotions and behaviours
- > To have a good knowledge of helpful/unhelpful lifestyle behaviours



Eating Disorders and Mental Health

Current Status

NOT ENROLLED

Price

£ 20

Get Started

Take this Course or Login

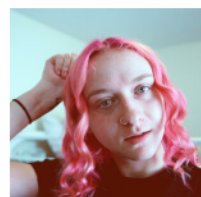
Eating disorders can be serious leading to a risk of dying. If your relationship with eating is having a significantly negative impact on your daily life then it is important that you seek professional help via your GP.

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

We've also included a number of resources which you may find useful.

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



What's on at our Saffron Walden Community Space

(1 & 2 Bakehouse Court, Saffron Walden)

We also provide support for adults in our community. Please see what's on below

**Drop in
and
Signposting Morning!**

Monday 10-11:30



 **mind**
in West Essex
1&2 Bakehouse Court
Saffron Walden

**Parenting Teenagers
Support Group**

**Thursday
9:30-10:30**



 **mind** in West Essex
Saffron Walden

Community space
1&2 Bake house court
19 High Street
Saffron Walden



JUST MOVE 

Free Seminar

**Signs, Symptoms &
Eating Disorders**

Expert led talk by Steph Roberts covering the different types of eating disorders, the signs and symptoms to look out for and the road to recovery

Limited spaces!

Tuesday 4th April 12:30-13:30
1&2 Bakehouse court, Saffron Walden

 **mind**
in West Essex



Community Cuppa!

Thursday 1-2:30



 **mind**
in West Essex

1&2 Bakehouse Court
Saffron Walden

You must book a space in advance if you'd like to attend. If you are interested and would like to book please follow the link: <https://www.eventbrite.com/e/just-move-free-seminar-signs-symptoms-eating-disorders-tickets-602243224697>

Additional Mind in West Essex News

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.

West Essex Night Owls!

A telephone emotional support service



Open between 5-11pm, 7 days a week

 mind in West Essex

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.

Employment opportunities

We are looking for a Peer Support Worker.

Base – Saffron Walden

Hours – 18.75 hrs per week. Fixed Term
Contract for 6 months

Salary – £10.67 per hour

Closing date of advertisement – Sunday 9th
April 2023, Interview date 12th April 2023.

To apply for this position please click on the application form button on the vacancies page and submit your completed application by the closing date advertised. For any questions please contact HR – email HR@mindinwestessex.org.uk

We have a range of opportunities listed on our website, come and join our team!



The Great Dunmow Soapbox Race

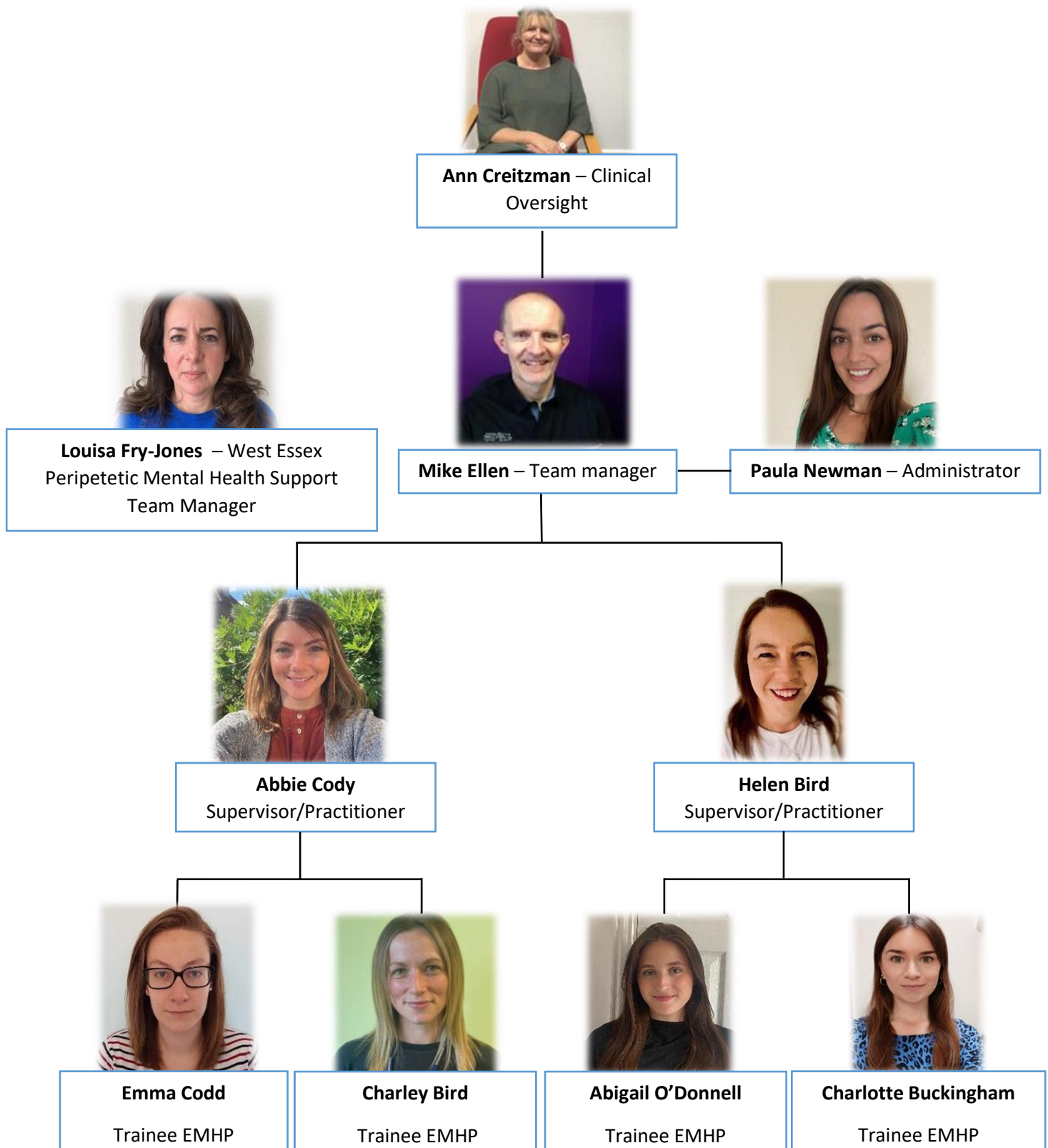


You can come and find some of our Mind in West Essex team at this family friendly event and we even have a Soapbox team!

Fundraising

Mind in West Essex are always very grateful for any fundraising and donations. If you think your school could help with this, by holding a non-uniform day, or any other exciting ideas, please contact Paula at mhstuttlesford@mindinwestessex.org.uk who will put you in touch with the right person.

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/trainees 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

For children and young people's help:

Call SET CAMHS: 0800 953 0222

For out of hours contact Mental Health Direct: 0800 995 1000

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)	Apps: Calm Harm Clear Fear