

Welcome and Latest News

Spring has come and hopefully we will be getting some warmer weather soon!



Uttlesford Team - Working together with schools

We have been joining in with some of the Easter Holiday Clubs across Harlow and Epping to run workshops on well-being and mindfulness. The children and the staff have really enjoyed taking part in our activities - look at all the beautiful arts and crafts we have produced so far!

We can offer some workshops in the summer holidays in Uttlesford area. If you are a holiday club provider please get in touch with us on mhstuttlesford@mindinwestessex.org.uk for more information on how we can join in with your provision.



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

Fundraising

Big Give - One donation, Twice the impact

From **Monday 15th May** our Big Give campaign will go live.

What is our Big Give campaign? It is a counselling bursary match fund, where your donation can be doubled.

Who are we supporting? We will be raising money for a counselling bursary to provide support to those in financial difficulty. Giving them the ability to be able to access the services they deserve. Money worries are one of the top stressors for people in their day to day life, which can lead to anxiety and depression. At Mind in West Essex, we need your help so we are able to continue to support others with vital counselling services.

Why should you donate? After Covid we have received more and more clients for talking therapies than ever before and now with the added cost of living affecting many people. Both huge events have affected individuals in many ways. This campaign has been created so Mind in West Essex can support as many people in our local community who need counselling as possible.

Our target? £5,000 which means this will get doubled to £10,000 by the Big Give!

When does this start? From Monday 15th May @ midday and runs throughout Mental Health Awareness Week.

How can you donate? Use the link below to start donating;

<https://donate.biggive.org/campaign/a056900002PowabAAB>

Don't forget to share your donation on social media and tag us

Facebook: @Mindinwestessex

Instagram: @Mind_West_Essex

Twitter: @Mind_West_Essex



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

We have now reached full capacity for Helping your Child Manage their Emotions and Child Anxiety course. If you would like to be put on the waiting list for the next cohort, please email Paula on mhstuttlesford@mindinwestessex.org.uk You will then be contacted nearer the time with information regarding the online groups. We will be running our next groups post summer holidays, time and date to be confirmed.

We still have very limited spaces for Supporting Teenagers Emotional Wellbeing and Challenging Behaviour (at home). If you would like to book onto these courses, please sign up as soon as possible.

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.

Monday 5th June 2023
Monday 12th June 2023
Monday 19th June 2023
Monday 26th June 2023

5-6:30pm via Zoom

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.

Wednesday 7th June 2023
Wednesday 14th June 2023
Wednesday 21st June 2023
Wednesday 28th June 2023
Wednesday 5th July 2023
Wednesday 12th July 2023

1-2:30pm via Zoom

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

If you are interested, please complete the application form by scanning the QR code →



Mental Health Awareness Week – 15 to 21 May 2023

‘Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent **mental health survey we carried out around stress, anxiety and hopelessness over personal finances**, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time. On a positive note, anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.’

Source: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Mental Health Foundation has put together a Wear it Green Day 2023 Anxiety Booklet for Secondary School. Please find it attached in the email.

We have also attached an ‘Understanding Anxiety and Panic Attacks’ booklet created by Mind. ‘This booklet is aimed at anyone who experiences anxiety. It looks into the causes of anxiety, its effects and what to do to reduce it to a manageable level. It also provides some information about severe anxiety, including panic attacks and panic disorder. Friends and relatives of people who experience anxiety may also find it useful.’



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.



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.

Employment opportunities

We are hiring! We have a range of new opportunities, come and join our team. Some of our vacancies include:

- Sanctuary Daylight Worker
- Trainee Educational Mental Health Practitioner (EMHP) – Epping Forest District
- Trainee Educational Mental Health Practitioner (EMHP) – Harlow
- PCN Mental Health Coach – Harlow South
- Qualified Educational Mental Health Practitioners x2 – Epping Forest District
- Sanctuary Outreach Coordinator

If you'd like to find out more information or for an application form, please visit:

<https://www.mindinwestessex.org.uk/vacancies/>

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 Bakehouse court
19 High Street
Saffron Walden

JUST GYM **JUST MOVE** **JUST GYM**

Free!

Yoga and Mindfulness



Tuesdays at 12:30
1&2 Bakehouse court, Saffron Walden

mind
in West Essex



Take a dip into the unknown!
Be a part of the team!
Be a part of the team!

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/yoga-and-meditation-tickets-500122388527>

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.



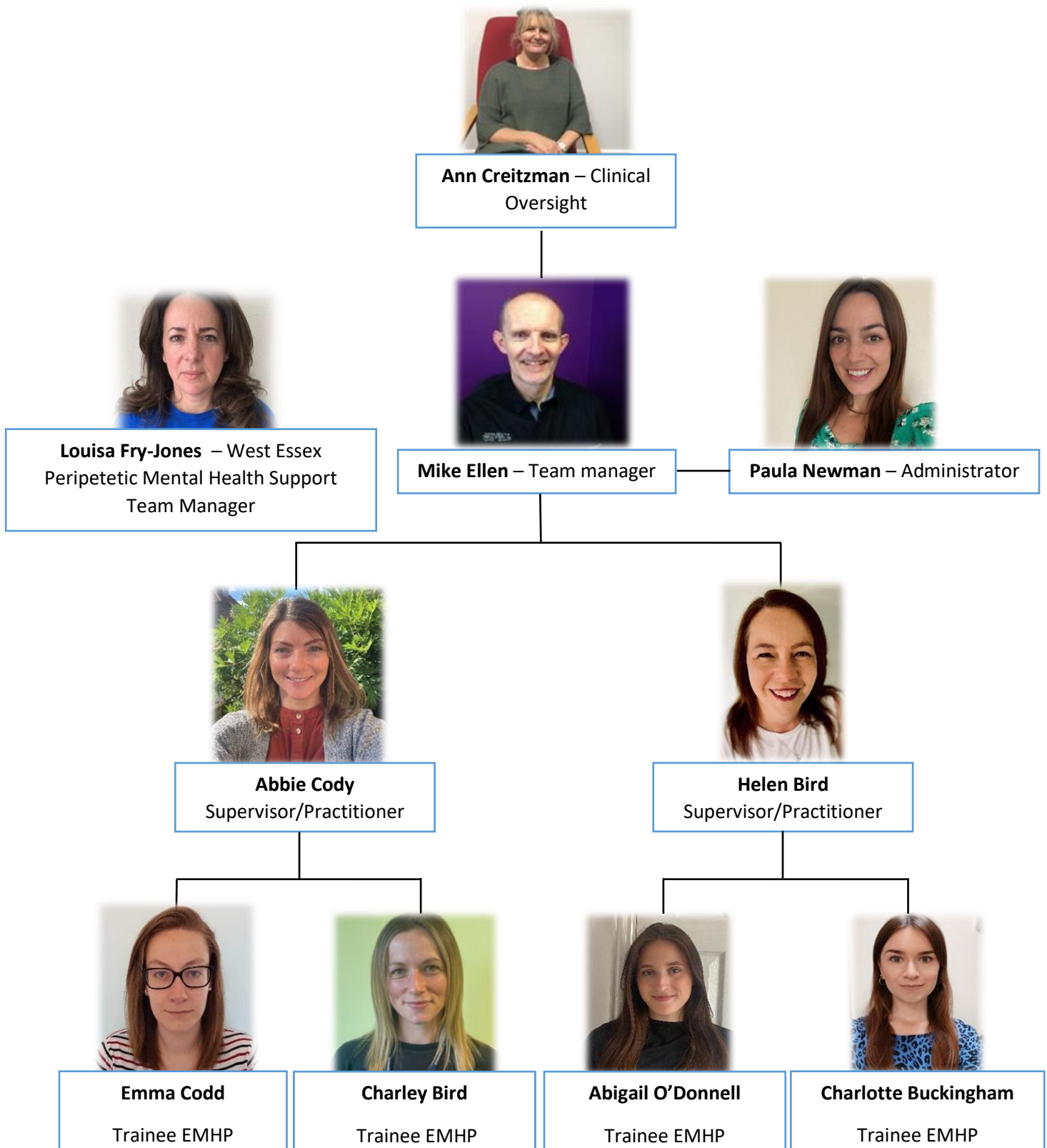
Who will answer the calls?

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.

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