

mind in West Essex

Children & Young People's Mental Health Support Team Spring Newsletter

May 2022

Issue 3

Welcome to your third MHST Epping Forest Newsletter!!

What has been happening in your MHST?

We have been super busy the last 8 weeks working with our current schools, the EMHP's have been amazing as always working hard studying and completing their assignments. We are looking forward to working with you after the half term and cannot believe we have nearly completed our first school year!

We are now in partnership with our phase three schools, which means we will be working with **15** different education settings across the Epping Forest District next term;

Davenant Foundation School, King Harold Academy, Leverton Primary School, Limes Farm Junior School, New City College, Ongar Primary School, Thomas Willingale Primary School and Nursery, The Ongar Academy, Coopersale and Theydon Garnon C.E. Primary School, Upshire Primary Foundation School, Debden Park High School, Roding Valley High School, Epping St John's Church of England School, West Hatch High School and The Alderton Junior School.



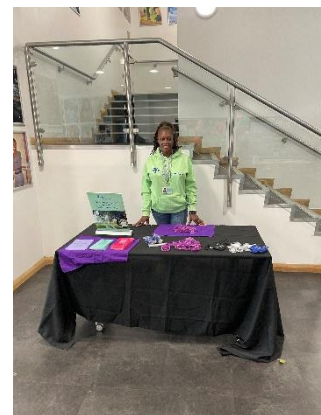
Mental Health Awareness Week

Did you spot one of our bench banners or stalls around the West Essex area?!

Mind in West Essex staff were scattered around to raise awareness for Mental Health week.

Our very own EMHP Debs, was asked by New City College to attend their awareness event!

Thank you for having us!!



Department
for Education



mind in West Essex

Our team have now finished delivering **Brain Buddies** to THREE groups of primary school children. The aim of the programme is to give children the skills they need to recognize, understand and regulate their emotions. They had lots of fun and interesting questions.

We have also completed our first delivery of **Mind and Mood** in FOUR senior schools. The EMHP's worked hard to deliver fun sessions and it paid off, we have received more amazing feedback!

Plans in your MHST...

Friendship and Positive Relationship group work will be starting in 3 primary schools after the half term break, we are also going to be hosting **Drop in** sessions in some of our senior schools.

We are currently planning and working on more workshops and group work to deliver in the new school year!



Transition workshops for year 6 are starting after the half term break. This is a 2-session workshop. The aim of the group is to help the children understand and share any feelings and emotions they may have about starting secondary school. To teach some strategies to help with Stepping Up to Secondary School, and to help the child feel ready to start their new school come September.

Other Mind in West Essex News

Mind in West Essex offer a FREE 2-part online group focussing on self-harm and suicide awareness. These sessions can be booked via this link [Book a course | West Essex Suicide Awareness Hub](#)



Department
for Education

NHS
England

mind in West Essex



For further information please
contact:
Sophie Wilson or Jenny Cox
Parent to Parent Facilitator
parents@mindinwestessex.org.uk



Parent to Parent

Parent to Parent is a scheme that supports parents to share their experiences of parenting. We are there to offer, emotional support, friendship, advice and a safe space to chat about the challenges of parenting and the loneliness and the anxiety that can, at times come with parenting.

Could you be a Parenting Volunteer?

Parent volunteers are people like you that have a little bit of time that they are willing to spend supporting another parent. We will undertake a DBS, provide training and ongoing support.

How & where parents meet can be mutually agreed & can take place face to face, out in the community, in one of our centres, over Google Meet or Zoom, via WhatsApp or over the phone depending on preference.

"I couldn't stop smiling after my first call, it was so nice to have a call from someone who really got me, and understands what I am going through."

Parent to Parent volunteer



Scan the QR code to become a Parent volunteer or email us at: parenting@mindinwestessex.org.uk

To see what your local MHST are up to follow us on:



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



<https://www.facebook.com/mhsteppingforest/>



<https://twitter.com/EppingMhst>



https://www.instagram.com/mhst_epping_forest/



<https://www.youtube.com/channel/UCuiP2uVAZcSV4cCMnOyAGQ>

We wish you a wonderful half term break!



Department
for Education





Children & Young People's Mental Health Support Team

LGBTQ+ Social Group



Every *LAST* Monday of the month

4:00pm – 6:30pm

Mind in West Essex, Wellbeing Centre, Bush Fair, Harlow, CM18 6NZ

mhstharlow@mindinwestessex.org.uk

If you are aged 11-18 years and would like to meet other young people in the LGBTQ+ community from Harlow/Epping Forest District, please come along!

Trained staff to offer advice on a range of mental health & wellbeing topics

A safe space to talk & share anything you would like!

Make new friends!

A range of crafting activities!

Please register your interest via this link [LGBTQ Social Group](#)

The next group is on Monday 30th May 2022



Department
for Education





MIND IN WEST ESSEX MENTAL HEALTH SUPPORT TEAM – EPPING FOREST

THE TEAM:



Ann Creitzman

Children & Young People's Mental Health Support Team

Senior Clinical Supervisor



Genna Roberts

Children & Young People's Mental Health Support Team

Administrator - Epping Forest Schools Team



Marrisa Dear

Children & Young People's Mental Health Support Team

Supervisor - Epping Forest Schools Team



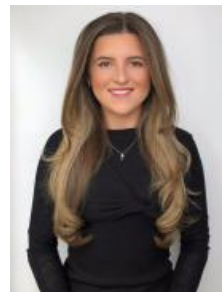
Deborah Adegbite

Trainee Educational
Mental Health Practitioner
- Epping Forest Schools
Team



Angela Hulbert

Trainee Educational Mental
Health Practitioner - Epping
Forest Schools Team



Grace Hill

Trainee Educational
Mental Health Practitioner
- Epping Forest Schools
Team



Rachael Canavan

Trainee Educational
Mental Health Practitioner
- Epping Forest Schools
Team