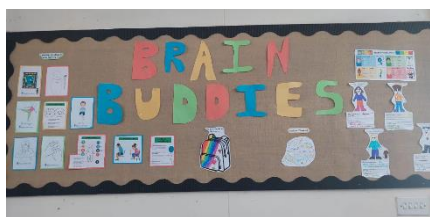


Welcome to our Summer newsletter!



We are still trying to believe that this will be our second summer holidays with the MHST! How quickly has this year gone?!



What has been happening in your MHST?

What a term and year it has been! We hope that you will agree, our little team have excelled ourselves this academic year and delivered an outstanding range of work in our partnered education settings.



In addition to delivering interventions in our schools, we have also been focused on developing brand new interventions, attended parents' evenings, delivered bespoke workshops for education staff CPD days, held a workshop at Loughton Library and also attended Crucial Crew for three days presenting mindfulness activities to 200 year 6 students! Our amazing team have even joined the wider Mind in West Essex team at community awareness stalls in Epping Forest & Harlow.

Display boards are now in most of our schools, so please keep a look out for them...



Summer Holidays

During the school holidays we have partnered up with The Box, Loughton Library, Active Essex and their associated holiday clubs to deliver various workshops.

Here are some activities that the MHST Epping Forest will be running;



 mind in West Essex
Mental Health Support Teams in Schools
West Essex

LGBTQ+ Social Group
For Children and Young People in the West Essex



2023 Summer Holiday Events!

Day	Date	Time	Location
Tuesday	25th July	11am-1pm	in Epping
Friday	4th August	11am-1pm	in Harlow
Wednesday	23rd August	11am-1pm	in Epping
Monday	4th September	4-6pm	in Harlow

 Full address details will be provided after registration.

If you are aged 11-18 years and would like to meet other young people in the LGBTQ+ community from the West Essex area, please come along!

- We have 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 wide range of activities!

If you have any questions, please email
mhsteppingforest@mindinwestessex.org.uk

To come along you must register your interest please complete our registration form via the QR code →



MHST Library Wellbeing Day

Friday 28th July 10am-2pm
Loughton Library

The Epping Forest Mental Health Support Team (MHST) will be at Loughton Library hosting wellbeing activities for children, young people and families.



Here is a further list of clubs we will be attending;

Date	Club	Contact Details
24 th July 2023	Epping Forest District Council SEND L2	Contact them here . Call them on: 07548 162269
27 th July 2023	Making It Mindful	Contact them here . Call them on: 07548 162269
3 rd August 2023	Making It Mindful	Contact them here . Call them on: 07548 162269
7 th August 2023	Westham Foundation	Visit their website here . Contact them here . Call them on: 020 747 37720
8 th August 2023	Epping Forest District Council SEND L2	Contact them here . Call them on: 07548 162269
9 th August 2023	Restore Community	To book go to www.restorecommunity.org.uk or email hester.botha@restorecommunity.org.uk
14 th August 2023	Westham Foundation	Visit their website here . Contact them here . Call them on: 020 747 37720
15 th August 2023	Red Balloon Foundation	Visit their website here . Contact them here . Call them on: 020 3086 8186
16 th August 2023	Restore Community	To book go to www.restorecommunity.org.uk or email hester.botha@restorecommunity.org.uk
22 nd August 2023	Red Balloon Foundation	Visit their website here . Contact them here . Call them on: 020 3086 8186

The above clubs are not organised by the MHST or Mind in West Essex, you will need to contact the clubs directly to book.

MHST Events

MHST LGBTQ+ Social Groups

The MHST LGBTQ+ Social Group, both Harlow and Epping groups are growing each month and we are always looking to welcome new members! Everyone in the West Essex area is welcome, all you need to do is complete an online registration to let us know you will be attending. Please click on the following link - [MHST LGBTQ+ Social Group Registration Form](#)



Epping Forest

Next meeting: Tuesday 25th July
Time: 11am-1pm

Harlow

Next meeting: Friday 4th August
Time: 11am-1pm



Please have a look at our flyers and share them with your community!

We are super excited that we will have a presence at Harlow's **FIRST EVER** Pride event on 5th August 2023! If you are interested in joining our committee for this event, please register your interest via the following form - [MHST LGBTQ+ Social Group Pride Committee](#)

Online Parent Groups

A new intake of groups will be starting in October; please ensure you register your interest to be able to access our online groups. Registration will open after the Summer holidays – keep a look out!

If you have any queries, please contact mhsteppingforest@mindinwestessex.org.uk

MHST Book Club

The MHST Wellbeing Book Club has been going since March and we are receiving amazing feedback!



If you want to get involved, scan the QR code on the poster attached and sign up for our newsletter! If you are unable to scan the QR code please click on the following link - [Sign Up Here](#)
- [MHST Book Club Newsletter](#)

For further information please have a look at our website - [MHST Book Club - further information](#)



MHST News

We have some VERY exciting news...

We have THREE new Trainee Educational Mental Health Practitioners (EMHP) joining our team in September!! I am sure you will join us in welcoming them into our community.

We are really looking forward to working with our partnered schools once again, thank you for bearing with us! We will also be taking on some new schools in the Epping Forest District which we are really looking forward to!



School update...

We have now completed all of our termly meetings and are finalising plans for September.

We would like to take this opportunity to thank ALL of our schools, the last academic year would not have been a success without all of your help and support – THANK YOU!

We cannot wait to see you all again in September!



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



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



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



https://twitter.com/Mind_West_Essex



https://www.instagram.com/mind_west_essex/



<https://www.youtube.com/channel/UCuiP2uVAtZcSV4cCMnOyAGQ>

If you would like to contact us with any queries, please do not hesitate to either call 01279 421308 or 07549 032528 or email mhsteppingforest@mindinwestessex.org.uk

Mind in West Essex News

Mind in West Essex offer a FREE 2-part online group focussing on **Suicide Awareness**. These sessions can be booked via this link –

[Book a course | West Essex Suicide Awareness Hub](#)

Please make aware any staff (or families) that may find this useful.

Mind in West Essex – Online Academy

[Mind in West Essex Academy – Online Training](#)

We offer various courses that can be accessed at home or the workplace and carried out at your own pace. Please take a look on the above link.

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.

[Scan here to become a Parent volunteer!](#)



“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

Or email us at:

parenting@mindinwestessex.org.uk

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.



Mental Health Support Teams in Schools
West Essex



mind
in West Essex

Keeping Myself Safe

Non-Emergency Support

shout
85258

SHOUT

Text SHOUT to 85258 (free,
anonymous text crisis
messenger, 24/7)



Childline

0800 1111

1:1 telephone counselling 9am-
midnight everyday 0800 11 11



Switchboard

Confidential service available
10am – 10pm, every day 365
days a year. Service provides a
safe space listening service via
telephone, email or online chat.



kooth

Kooth.com

www.kooth.com for free, safe,
anonymous online mental health
support and counselling (age 10-
25, 7 days a week until 10pm)

The Mix

Telephone support 3pm-12pm
everday 0800 808 4994
Text crisis messenger 24/7 to
85258

Webchat support
[www.themix.org.uk/get-
support/speak-to-our-team](http://www.themix.org.uk/get-support/speak-to-our-team)

In an emergency

Call 999 or attend A&E



Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)

Free Apps



Helps reduce urges
to self-harm and
manage emotions in
more positive way.



Guided exercises using CBT
principles to help manage physical,
thought-based and emotional or
behaviour changing elements of
anxiety.