

Welcome to our 10th newsletter!

How quick has the Autumn term gone?!



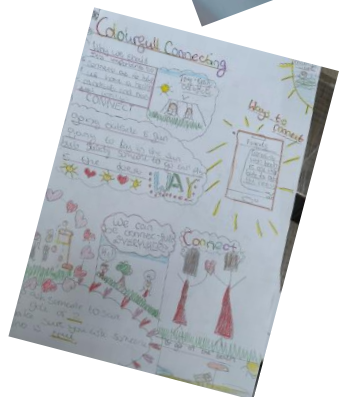
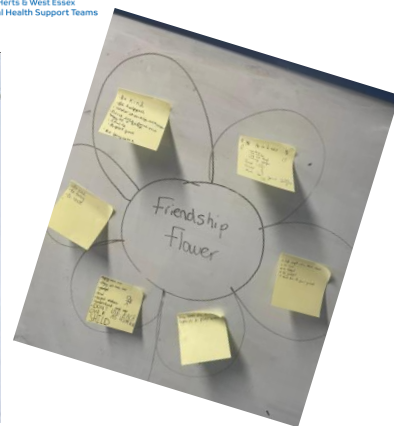
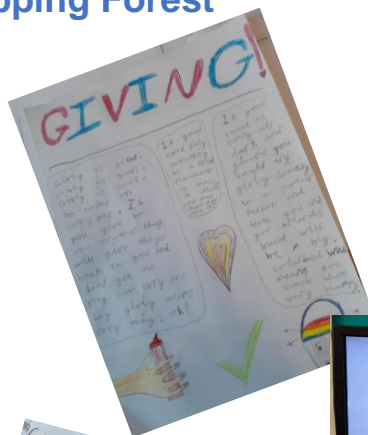
What has been happening in your MHST?

What a term we have had... Whilst we are in schools delivering various interventions, our management and admin team have been attending 16 termly meetings, 4 relaunch meetings and 2 more initial meetings with new partnered schools! We have had the most AMAZING feedback from all of our active schools. We would like to thank each school for supporting us in everything we offer and ensuring we have everything we need to complete our work – **Thank you!**

So... we are now in partnership with **26** education settings across the district... Coopersale and Theydon Garnon C.E. Primary School, Davenant Foundation School, Debden Park High School, Epping Primary School, Epping St John's Church of England School, Hereward Primary School, High Beech Church of England Primary School, High Ongar Primary School, Hillhouse Church of England Primary School, Ivy Chimneys Primary School, King Harold Business & Enterprise Academy, Leverton Primary School, Limes Farm Infant School and Nursery, Limes Farm Junior School, New City College, Ongar Primary School, Roding Valley High School, Roydon Primary School, Stapleford Abbots Primary School, Staples Road Primary School, The Alderton Junior School, The Ongar Academy, Thomas Willingale Primary School and Nursery, Upshire Primary Foundation School, Waltham Holy Cross Primary School and West Hatch High School.

We are still in the process of meeting with more schools so this list will be expanding! Expression of Interest (EOI) emails have been emailed to **all** education settings in the Epping Forest District, if you have not yet been in touch then please contact Genna (team administrator) as soon as possible –

mhsteppingforest@mindinwestessex.org.uk



Some photos of work we have been doing this term...



Charlotte & Lyndsey were invited to participate at **Ivy Chimneys Primary school** Christmas bizarre, where they had the opportunity to meet lots of parents, carers & young people to discuss our work.

If your school has an event or parents evening that you would like us to attend, please get in touch - mhsteppingforest@mindinwestessex.org.uk

Online Parent Groups

We have just completed the current round of Online Parent Groups. We will be running a new cohort which will start the week following the February Half Term. Flyers will be sent out to schools in due course.

<p>Helping your Child Manage their Fears and Worries</p> <p>Suitable for parents of children ages 4-11 years. This course is run over 4 weeks.</p> <p>This will help parents work on a focused issue they are experiencing with their child and work out strategies to help.</p>	<p>Challenging Behaviour (at home)</p> <p>Suitable for parents of children ages 4-11 years. This course is run over 6 weeks.</p> <p>This will focus on an issue you are experiencing with your child and work out strategies and ways to help deal with the issue/behaviour.</p>	<p>Supporting Teenagers Emotional Wellbeing</p> <p>Suitable for parents of children ages 12-19 years. This course is run over 3 weeks, with an optional fourth session.</p> <p>This will look at ways to help your teenager manage their emotional wellbeing.</p>
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MHST Book Club

We are still receiving great feedback regarding our MHST Wellbeing Book Club! 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](#)

Online School Staff Consultations

Do you have any concerns for the Mental Health of a child, young person or family? If so, you can book a staff consultation to discuss your concerns and we will support you with exploring the case. Following this discussion, we will be able to advise and support you with any signposting or future referrals.

If any member of your school staff would like to book a consultation, then please contact your team's administrator – mhsteppingforest@mindinwestessex.org.uk

Staff Training

- ❖ Staff Self-Care
- ❖ Understanding Self Harm
- ❖ The Whole School Approach to Mental Health and Wellbeing
- ❖ Adolescent development and educational relationships

All of our training can be delivered during an inset day or at a staff meeting, this can be in person or online depending on availability. For further information please contact your team's administrator – mhsteppingforest@mindinwestessex.org.uk

Christmas can be a difficult time for some young people and we would encourage you to share the Keeping Yourself Safe document (which is attached) to the students in your school.



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

Childline

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


Switchboard
LGBT+ helpline

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.

THE MIX
Essential support for under 25s

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 everyday 0800 808 4994
Text crisis messenger 24/7 to 85258

Webchat support
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



CALMHARM

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



CLEARFEAR

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

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

We hope you all have a well-deserved wonderful break over the festive period.

We look forward to coming back into schools in January!



Mind in West Essex News

Mind in West Essex – Online Academy

Mind in West Essex has an online learning academy, please take a look on the following link - [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. Many of which are free of charge.

We have 3 courses that could be of particular interest:

- Eating Disorders and Mental Health
- Early Years Parenting
- Supporting Teenagers' Emotional Wellbeing



Supporting Teenagers Emotional Wellbeing Course

This course is designed to give parent/carers an understanding of the pressures that teenagers are under and how that may affect their mental health. Content includes common mental health problems, self-harm and suicide and some straightforward and effective ways to help them, and you, make changes that can make tricky times easier.

Early Years Parenting Course

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.

Explore infant/toddler/child emotional development and how parents can positively influence toddler/child behaviour and relationships.



If you are a school that we are partnered with, you can access these 3 courses for free.

If you are interested, please contact your school's mental health lead who can support you in obtaining a voucher.

To see what your local Mind and the 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>

Other Mind in West Essex News: Fundraising

At Mind in West Essex, we believe that nobody should face a mental health problem alone.

Although affiliated to the charity Mind, we are a local, independent charity.

Nationally, Mind campaigns to improve services and raises awareness of mental health. We are one of 111 Local Minds, that work across England and Wales to provide services to their respective communities.

If you would like to raise much appreciated funds for the charity Mind in West Essex, please let Kerry know and she will put you in touch with the appropriate team.

We held a very successful fundraiser on 26th November – our annual Mental Elf Festive Fun Run. It was a successful, busy, and fun-filled day!

And we raised **£2,480.75**

Thank you to everybody involved!



Virtual bucket collection

We've set up this virtual bucket collection as part of our winter campaign. We want to be able to support more people during the colder months to access the correct emotional support through the format for counselling sessions.

This is our version of a Christmas appeal and we would appreciate you getting behind this and sharing as much as you can to really get the message out. The campaign will go live on the 1st December. Please feel free to share with your partners, friends and family.

<https://www.justgiving.com/campaign/mindinwestessexvirtualbucketcollection>



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.