

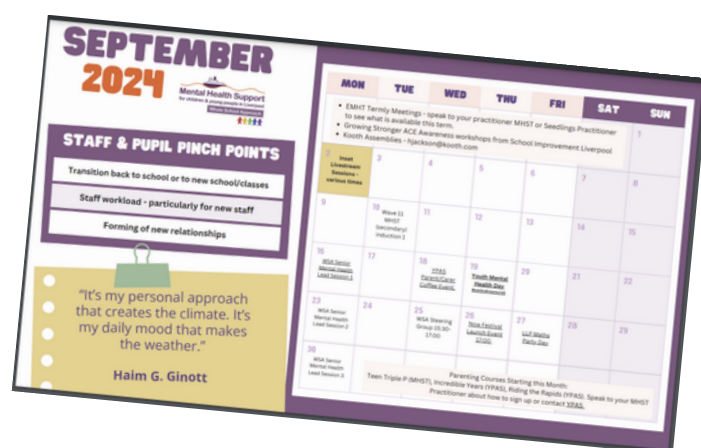
A New Year

Welcome back to all of the existing Mental Health Leads across the city, and hello to those new into role. This termly newsletter is being set up to provide a summary of key activities taking place across the upcoming term. We hope that it will help you in the delivery of your Whole School Approach to mental health and wellbeing.



Termly Event Calendar

The Whole School Approach Partnership have collaborated to produce a termly overview calendar, outlining the key events taking place across the city. Most of the entries have booking links embedded, so you just need to click on them. You can access a copy of the calendar [here](#).



INSET LIVE Recordings

Several sessions were delivered live for the September INSET days. If you didn't manage to see them, they are still available until the end of September to view. This will be particularly helpful for staff new to role, or wanting a quick refresher on the offer. There was a session outlining the schools offer, one on spotting mental health difficulties, one on staff wellbeing and a interview with two school Mental Health Leads around holding meaningful conversations with pupils. You can find the sessions links [here](#).



WSA Termly Networks

Our termly WSA networks will take place on the 16th (Secondary) and 17th (Primary) of October. These offer a valuable opportunity to meet with other Mental Health Leads, share best practice, meet with representatives from our Schools' Teams and receive service updates. The next network will focus on setting up internal school triage systems and termly Schools' Team mental health meetings. We will also be feeding back findings from our 'Day in the Life' project. Our primary networks will be in-person and our secondary online. There will be a lunchtime online catch-up for those who can't attend the primary sessions in person. Please book using the following links:

16th October, 15:30, Secondary schools

17th October, 09:00, Primary South/Central @ Broadgreen Primary School

17th October, 14:30, Primary North/Central @ Smithdown Primary School

17th October, 12:00-13:00, Online Lunchtime Catch-up



*40% of teachers say they don't feel confident helping students with their mental health
(Anna Freud Centre, 2023)*

Training

Members of Liverpool's Mental Health Support for Children and Young People Partnership design and deliver an ongoing programme of training opportunities to equip school staff to support their pupils' mental health and wellbeing. The rolling programme of bitesize training can be found [here](#).

The ROAR training suite contains a range of research and evidence-based training to support school staff. The following trainings are free of charge to Liverpool schools:

ROAR WSA Senior Mental Health Lead Training - 16th September - 9th December

ROAR SEND - 7th October

ROAR Primary - 10th October.

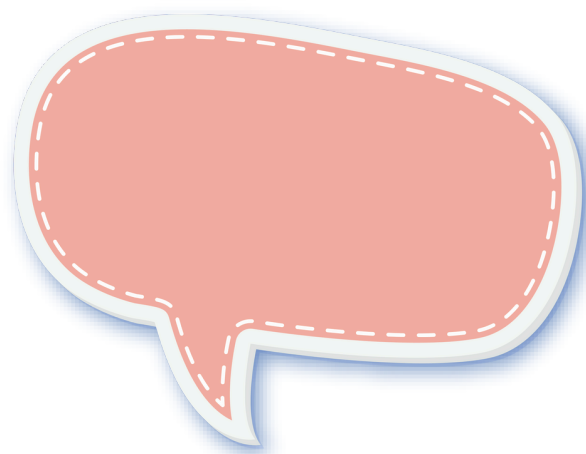
ROAR Secondary - 15th October



ROAR Early Years - 13th November

ROAR Racial Trauma - 2nd December

ROAR Resilience for schools - 4th December



Have Your Say

The WSA Steering Group meets twice annually and is a space for school staff/leaders to influence the work of the WSA partnership and Mental Health Schools' Teams. Our next meeting will take place on the 25th September at 15:30. Please contact Kath Fraser at Liverpool Learning Partnership for details if you would like to attend and don't have the invite.

kath@liverpoollearningpartnership.com

World Mental Health Day, 10th October

Fika

In the fast-paced environment of schools, taking time for breaks might seem counterintuitive. However, research shows that short breaks, especially coffee breaks with colleagues, can significantly improve mental well-being and workplace productivity.

One of the best examples of this is the Swedish tradition of Fika—a cultural practice that involves taking a break, often with coffee and pastries, to socialize with co-workers. Fika is more than just a coffee break; it's a moment to slow down, connect, and refresh, and the benefits extend far beyond a caffeine boost. Fika is considered an essential part of the workday, encouraging staff to step away from their tasks and engage in meaningful conversations. This fosters social connections, reduces stress, and enhances overall team morale - all known to boost mood and improve poor mental health. By creating space for casual interactions, it also helps to reduce the stigma around workplace stress, allowing staff to speak more openly about mental health challenges.

World Mental Health Day (10th October) will be focusing on prioritising mental health in the workplace. Making time for coffee breaks like Fika provide a simple but effective way to address mental well-being at work by encouraging open dialogue, social support, and a balanced approach to the workday. In a world where workplace burnout is increasingly common, small practices like Fika can offer a much-needed mental health reprieve. This social interaction can act as a buffer against stress, giving employees a chance to unwind, share experiences, and support one another. By integrating mental health care into daily routines, workplaces can foster an environment where mental wellness is prioritized.

Ultimately, embracing the spirit of Fika can lead to healthier, happier staff. In celebration of World Mental Health Day, why not look for an opportunity within your busy school week to make time for Fika. This could be during breaktimes, or before/after school. Liverpool Learning Partnership will be setting this up in celebration of World Mental Health Day. Please feel free to adapt our poster for use in your school.

Click on the poster picture to access:



Wear Yellow

10 October 2024

Every year, thousands of schools come together to make World Mental Health Day that little bit brighter by wearing something yellow and donating to YoungMinds. You could get your school community to wear yellow with thousands of others across the UK and raise money to show young people that they're not alone with their mental health. Find more information [here](#).

WMHD Resoures

Further resources to support your school to celebrate World Mental Health Day 2024, can be found [here](#).



Timid to Tiger

The Primary MHST will be offering two virtual parenting groups starting in October. One of these is called 'Timid to Tiger'. The aim of the group programme is to take the therapist and parent(s)/carer(s) through a step by step approach to managing anxiety in young children. The group is aimed at producing confident parent(s)/carer(s) who know how to encourage confidence in their child, and who know what to do when their child is worried or afraid. The programme is aimed at parent(s)/carer(s) of children aged up to nine years, and can be used with children with a range of anxiety difficulties: separation anxiety; social phobia; specific phobia; generalised anxiety; and agoraphobia/panic. The programme will be carried out with parent(s)/carer(s) only. The group programme will consist of eight sessions.

The sessions will last for 2 hours and will be held virtually via Microsoft Teams, on Thursday afternoon 1pm-3pm commencing 3/10/2024. There will be a break during October half term for 1 week with sessions recommencing 7/11/2024. Both parent(s)/carer(s) are encouraged to attend the group wherever possible, but it is essential that one parent/carer agrees to commit to attending all group sessions.

The therapy the MHST use to treat Anxiety is called Cognitive Behaviour Therapy (CBT). CBT looks at how Thoughts, Feelings and Behaviours are linked together and can make some children more anxious. The MHST believe parents are the experts in their child and we can support you to learn strategies to help support your child.

Please speak to your MHST Education Mental Health Practitioner for more details and to refer.

Now Festival 2025

Since 2016, this annual event has brought together children and young people across the city, amplifying their voices through impactful performances tackling critical issues that are important to them. The 2025 event will take place on February 4th, 5th, and 6th during Children's Mental Health Week.

Want to be a part of next year's NOW Festival? Follow the link [here](#) to find out more about the 2025 event and register your place at the official launch at Merseyside Youth Association on September 26th at 5p.m.



Action Needed

Liverpool MHST have requested that SLA's are signed and returned by 1st October 2024. This will enable your school to be allocated an Education Mental Health Practitioner (EMHP) who can accept referrals from your Mental Health Lead for your pupils. If your SLA is not returned, unfortunately you will not be allocated an EMHP and therefore your pupils will not be seen in your school. This will be reviewed in January 2025.

Subtle Changes

Many of you are aware of the partnership approach to mental health support that has been working with children and young people in Liverpool for a long time. Over the summer there has been a minor change to the branding used to promote these services. The new logo replaces 'CAMHS' with 'Mental Health Support for Children and Young People' with the aim of being more encompassing of a multi-agency approach. Within the new branding we have introduced our Schools' Teams Logo (previously referred to the EMHT) and there is also a WSA version. We hope that this will be a small step to improving accessibility for children, young people and their families.

