



See the launch of a new [mental health lead resource hub](#) on our Mentally Healthy Schools site.

In partnership with and funded by the Department for Education, we have collaborated with a range of education and mental health experts to produce this new hub for mental health leads and other education staff.

This hub is a comprehensive resource that signposts and showcases practical resources from trusted organisations and training providers - all under one roof.

It will enable mental health leads to continue to develop in their role, and embed an effective whole-school or college approach to mental health and wellbeing.

[Take a look](#)



PSHE Network – PRIMARY

Wednesday 10th January 2024 - 3.45 – 3.45 pm - Grimsby Town Hall

Wednesday 12th June 2024 - 3.30 – 4.30 pm - Virtual (on teams)

Please click the following link to book: [PSHE Network - PRIMARY Tickets, Multiple Dates | Eventbrite](#)

PSHE Network – SECONDARY

Wednesday 17th January 2024 - 3.45 – 3.45 pm - Grimsby Town Hall

Wednesday 26th June 2024 - 3.15 – 4.15 pm - Virtual (on teams)

Please click the following link to book: [PSHE Network - SECONDARY Tickets, Multiple Dates | Eventbrite](#)

All New Puberty Training – Facilitated by the School Nursing Service

Wednesday 24th January, 2024 - 3.45 – 3.45 pm - Grimsby Town Hall
(Secondary)

Wednesday 31st January, 2024 - 3.45 - 4.45 pm - Grimsby Town Hall
(Primary)

Please click the following link to book: [All New Puberty Training - Facilitated by the School Nursing Service Tickets, Multiple Dates | Eventbrite](#)

Understanding eating difficulties



What is an eating difficulty?

An eating difficulty is any relationship with food that you find tricky. Anyone can have an eating difficulty, regardless of their age, gender, culture, or weight. It's normal for our eating habits to change from time to time. Sometimes, we might:

- **eat more than we usually would**
- **not have much of an appetite**
- **crave certain foods**

However, if your eating habits are making every day life difficult, this is when you might consider that you have an eating difficulty.

Signs you might have an eating difficulty

- **Rapid weight loss or weight gain due to food habits**
- **A preoccupation with the way your body looks (wanting to be a certain weight for example)**
- **A preoccupation with food or exercise**
- **Being self-conscious about eating in front of others**
- **No longer enjoying social eating**
- **Being sick after eating**

How can I help myself if I think I might have an eating difficulty



"A good starting point is writing down your experiences, thoughts and feelings in a journal. Writing in a journal can help you to acknowledge the problem you are having and help you to start understanding your experience. It can be easy to dismiss things if you're busy and going about your day to day life, but writing it down can show you that something doesn't sound right. It can also help you to feel more prepared with what to say if you do decide to get help with your eating, as your journal will have all that information already there for you to share."

Our clinical psychologist, Dr Kerry Irving

Asking for support

While it might feel scary to tell a family member, friend, teacher, or doctor what you are going through, that conversation could be worth it to gain the encouragement and guidance of someone you trust.

If you are looking for a listening ear, or someone to provide you with more information on how and where to seek support, our mental health team is available to chat. Remember that although eating difficulties can be serious, they are treatable, and it's important that you seek help as soon as possible. No matter your symptoms, age, or background, you deserve help and support.

kooth
kooth.com

There are also lots of great charities and organisations that specialise in eating difficulties that our team can point you towards.



UK Health
Security
Agency



31 October 2023

Dear colleague,

Re: Preparing for measles resurgence in England

The UK Health Security Agency (UKHSA) recently published a [measles risk assessment](#) which concluded that although the risk of a UK-wide measles epidemic is considered low, a measles outbreak of between 40,000 and 160,000 cases could occur in London, due to sub-optimal uptake of the Measles Mumps and Rubella (MMR) vaccine in the capital. Evidence also shows that outside of London, there is a high risk of cases linked to overseas travel leading to outbreaks in specific population groups.

There has been a [steady rise in measles cases this year](#).

Increasing uptake in the MMR immunisation programme to meet the WHO target of 95% coverage with two doses of MMR vaccine by age 5 years is essential to maintain measles elimination status for the UK and prevent measles outbreaks from occurring. This is a NHS [Long-Term Plan](#) (LTP) commitment and high priority within NHS England.

Measles is highly infectious and can lead to serious health complications, particularly in immunosuppressed individuals and young infants. It is also more severe in pregnancy, and increases the risk of miscarriage, stillbirth, or preterm delivery. Measles **exposures in health care settings** pose a significant risk of transmission of infection.

Unvaccinated HCWs also pose a serious infection risk to vulnerable patients in whom measles infection can have life-threatening consequences. In addition to the risk to individuals, outbreak management in health care settings is resource intensive, including implications for service delivery as non-immune HCWs who are exposed to measles infection must be excluded from the workplace to protect patients and colleagues.

Implications for NHS Trusts, Infection Control and Occupational health leads:

- suspected measles cases (a rash and a fever) should be isolated immediately on arrival to protect other patients

- all suspected measles cases should be promptly notified by phone to the [local Health Protection Team](#) (HPT) to facilitate timely public health action
- all healthcare workers (including receptionists, ambulance workers etc.) should have satisfactory evidence of protection against measles to protect both themselves and their patients. Satisfactory evidence of protection includes documentation of having received two or more doses of a measles containing vaccine and/or a positive measles IgG antibody test. Occupational Health service should have ready access to up-to-date records to support outbreak response.

Resources including national guidelines for health professionals and free to order posters and leaflets for patients are listed in **Appendix 1** below.

Can you share the above information with all relevant service leads and seek assurance of preparedness for managing measles cases and preventing outbreaks in your setting.

Yours sincerely,



Dr Steve Powis
National Medical Director
NHS England



Dr Susan Hopkins
Chief Medical Advisor
UK Health Security Agency

Appendix. Measles guidance and resources for health professionals and the public

Guidance and resources for educational settings:

1. Health Protection in children and young people settings including education:
<https://www.gov.uk/government/publications/health-protection-in-schools-andother-childcare-facilities>
2. A [vaccines communications toolkit for universities and other higher education settings](#) is available to download. This toolkit contains information and resources on vaccines including MenACWY and MMR and the diseases they protect against.
3. [Briefing pack for secondary schools – adolescent programmes:](#)
<https://www.gov.uk/government/publications/adolescent-vaccination-programmein-secondary-schools/adolescent-vaccination-programme-briefing-for-secondaryschools>
4. Back to or starting nursery, primary or secondary school reminder postcards and posters for parents
<https://www.gov.uk/government/publications/immunisationsresources-for-schools>



Dear Colleague,

Advice on the UK Data Protection Legislation and vaccinations in secondary schools

In 2018 Public Health England and NHS England & NHS Improvement, as the precursor organisations to UKHSA and NHS England respectively, provided advice for schools on the UK Data Protection Legislation, which included information around the UK General Data Protection Regulation (UK GDPR) and the Data Protection Act 2018 (DPA 2018) and the use and sharing of young people's personal information to support the national vaccination programmes.

The advice reiterates that **no change** is needed to the current ways in which young people's personal information is used and shared by schools for the purpose of vaccination for this to be lawful under the UK GDPR and the DPA 2018.

A more detailed explanation is provided below.

About the Data Protection Legislation

The General Data Protection Regulation (EU) 2016/679 (GDPR) became law on 25 May 2018 along with the DPA 2018. It updated and strengthened the ways in which personal information is protected¹. Following the withdrawal of the UK from the European Union and the subsequent transition period, the GDPR was absorbed into UK law to become the UK GDPR sitting alongside and tailoring the DPA 2018 and can be seen as an evolution in data protection legislation rather than a revolution.

All processing of personal information – meaning all aspects of the collection, use and sharing of personal information about identifiable individuals – must have a lawful basis as defined by the UK GDPR to remain lawful under the DPA 2018.

Data Protection Legislation and vaccinations

The Secretary of State for Health & Social Care is required by the Health & Social Care Act 2012 to take steps to protect the public from disease, including by providing vaccination services, which also forms part of the NHS constitution (individuals have the right to receive vaccines for which they are eligible as advised by the Joint Committee for Vaccination and Immunisation) . This specific responsibility is fulfilled by NHS England, which works with Local Authorities and school aged immunisation service providers to vaccinate children and young people in schools and other settings as appropriate.

This legal duty means that the lawful basis for using and sharing young people's personal information for vaccinations is provided by the UK GDPR Articles covering the exercise of official authority², provision of healthcare³ and public interest in the area of public health⁴.

Consent is not the lawful basis under the UK GDPR for processing children's personal information for the purpose of vaccinations.

¹ For further information on the UK GDPR can be found on the Information Commissioner's Office website: <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-UK-GDPR>

² UK GDPR Article 6(1)(e) - processing is necessary for the performance of a task carried out in the public interest or in the exercise of official authority

³ UK GDPR Article 9(2)(h) - processing is necessary for medical diagnosis, the provision of health or social care or treatment or the management of health or social care systems

⁴ UK GDPR Article 9(2)(i) - processing is necessary for reasons of public interest in the area of public health

Agreement to be vaccinated

The legal duty to provide vaccinations means that schools do not have to obtain the prior consent of children or their parents or guardians to lawfully share personal information from school rolls with school aged immunisation services for this purpose.

However, guidance from the UK Health Security Agency (UKHSA)⁵ on the administration of vaccines states that the agreement either of parents, persons with parental responsibility or a young person considered by a healthcare professional to be competent to give or withhold their agreement (known as 'Gillick-competent') must still be obtained before a vaccine is administered. This agreement can be given verbally or in writing.

No change is required from previous years to the way in which this agreement is obtained. Schools should continue to work with the school aged immunisation service providing vaccinations, and follow the guidance published by UKHSA.⁶ An additional resource pack is currently in development and will be shared in due course.

Vaccination information for young people

A range of promotional materials explaining vaccination to young people have been published by UKHSA^{7,8}.

Summary

No change is needed to the current ways in which young people's personal information is used and shared by schools with school immunisation services for the purpose of providing vaccinations for this to be lawful under the UK Data Protection Legislation.

The lawful basis under the UK GDPR for children's personal information to be used and shared for vaccination is not provided by consent – it is provided by the UK GDPR Articles covering the exercise of official authority, provision of healthcare and public interest in the area of public health.

However, the agreement either of parents, persons with parental responsibility or a Gillick-competent young person must still be obtained before any vaccine is administered.

Further information

Any questions regarding this advice can be directed to the local NHSE Public Health Programmes Team [ENGLAND.NYAHSIT@nhs.net]

Regards,



Sam Connell

Public Health Programmes Manager,
Yorkshire & Humber Public Health Programmes Team
NHS England - North East & Yorkshire



Dr Philip Kirby

Screening & Immunisation Lead and Consultant in
Public Health
Yorkshire & Humber Public Health Programmes Team
NHS England - North East & Yorkshire

⁵ <https://www.gov.uk/government/collections/immunisation>

⁶ [Supporting immunisation programmes - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/supporting-immunisation-programmes)

⁷ <https://www.gov.uk/government/publications/immunisations-for-young-people>

⁸ <https://www.gov.uk/government/publications/immunisations-resources-for-schools>

Protect your child this winter from

Influenza

Nasal Flu vaccination clinics 2023
North & North East Lincolnshire

Available to all
children from
Reception to Year
11

1 To consent your child for a **FREE** vaccine visit:



2 If your child has missed their vaccine at school, we offer **FREE** catch up clinics. Visit our website for clinic details:



We also offer the flu vaccine as an injection, which is **gelatine-free**.

SAFE!

For further information go to: www.schoolvaccination.uk



**in North East
Lincolnshire**

Stakeholder Bulletin - November 2023

New alcohol and non-opiate premises - coming soon

As part of our vision to create a warm, welcoming, trauma-informed environment, WithYou is delighted to announce forthcoming new premises to enhance our alcohol and non-operate service from early 2024.

The new premises on Grimsby Road will open for use in January following extensive refurbishment. Clients and partners will be warmly invited to join a launch event, with more details to follow.

Our vision for the new site

In addition to our current premises on Cleethorpe Road which will remain a dedicated treatment and support space for our opiate clients, it is hoped the new site will enable more clients to feel comfortable to seek the support they need.

The new premise will be a site dedicated to supporting clients with alcohol and non-opiate issues and will provide space for wrap around/holistic interventions alongside our partners.

The offer:

Separate alcohol and non-opiate focussed service	Space for family interventions	Multi-functional meeting room space
Group space for 1:1 psychosocial intervention groups and alternative therapies	Self-referral drop-ins and referrals from partners with an integrated aftercare package with The Comeback	Office space for the Young People Team and IPS
Prescribing for alcohol relapse prevention	Non-medical prescriber time for initiation of prescribing and prescribing reviews	Nurse time – to assist with alcohol detox and supporting clients with complex health needs
Health Care Assistant time to support with taking bloods, harm reduction and less complex health support needs	Completion of health care assessments for all clients accessing the service	

Thank you for your continued support.

Leah Briggs
Head of Service Delivery

[WithYou in North East Lincolnshire](#)

Contact details

WithYou offers free, confidential and non-judgemental support with alcohol or drugs to adults and young people across North East Lincolnshire.

We work with people on their own goals, whether that's getting a bit of advice, cutting down on alcohol or drug use or stopping completely. We give people support in a way that's right for them either face to face or in their local service, community or online.

WithYou in North East Lincolnshire can provide specialist prescribing, alcohol and opiate detox, criminal justice interventions and psychosocial intervention for all substances.

Referrals	withyou.grimsby@nhs.net
General enquiries	northeastlincsadmin@wearewithyou.org.uk
Criminal justice related communication	grimsbypoc@wearewithyou.cjsm.net
Safeguarding related communication	withyou.grimsby@nhs.net
Health related information (care summaries, take home medication etc)	withyou.grimsby@nhs.net

If you would prefer to speak to us or if you are not sure which email to use, please give us a call on **01472 806890**

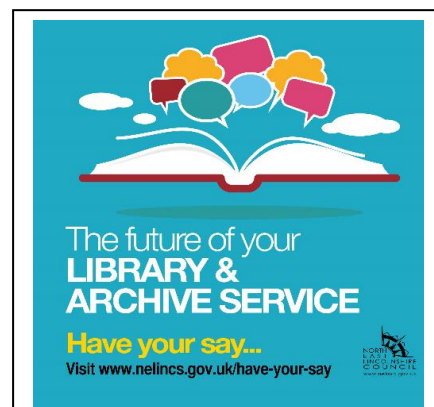
Facebook: [We Are With You | Grimsby | Facebook](#)

Coming soon – Instagram (our Young Persons Service): @withyounelincs
<http://www.wearewithyou.org.uk/>

Do you visit libraries regularly?

North East Lincolnshire Council (NELC) are asking your views on what our local Lincs Inspire libraries and archives facilities are like. This includes the libraries: Grimsby Central Library, Cleethorpes Library, Waltham Library and Immingham Library. We want to find out from you what you think about our libraries and archives, what you use them for and **how we can make them even better for you and your family.**

You can complete this survey by visiting: <https://tell-us.questionpro.eu/LibraryArchives> and going down to **Libraries and Archive Review**



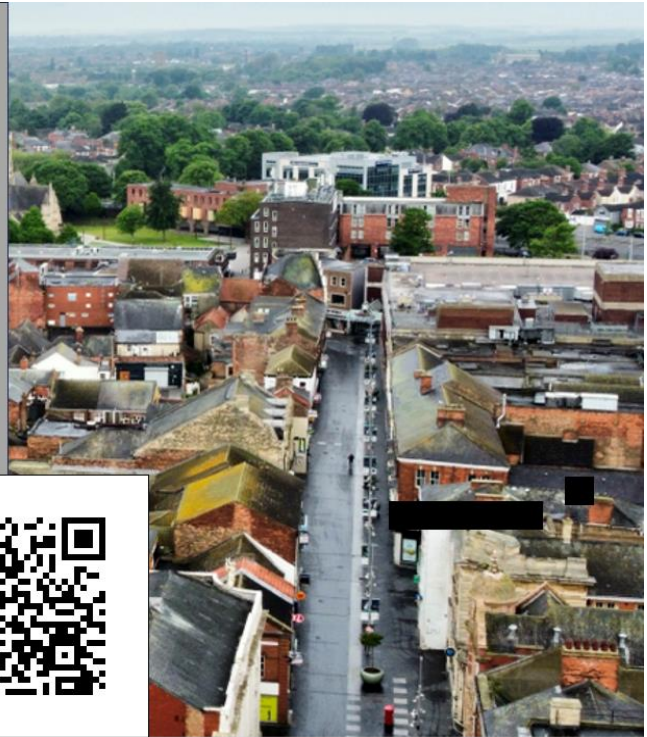
Thank you enormously for completing the survey 📖✍️📄

Young People Serious Violence Survey

Tell us how you feel safe in North East Lincolnshire. We want to understand where young people feel safer, what time of day they feel less safe, and concerns around weapons, particularly knives.

You can have your say by completing the survey before 4th January 2024.

www.nelincs.gov.uk/have-your-say or use the QR code here →



Healthier Together

Improving the health and wellbeing of babies, children and young people in Humber and North Yorkshire

Healthier Together - a Humber and North Yorkshire Initiative

This website provides parents, carers, pregnant women and birthing people, babies, children and young people across North East Lincolnshire, North Lincolnshire, the East Riding, Hull, North Yorkshire, and York with consistent and high-quality advice from local health professionals.

You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required and how long your child's symptoms are likely to last.

Healthier Together is a partnership project which continues to grow by putting children, young people and family's needs at the heart of the website.



[Home \(hnyhealthiertogether.nhs.uk\)](http://hnyhealthiertogether.nhs.uk)

BEREAVEMENT TRAINING

FOR ALL EDUCATION SETTINGS & PROFESSIONALS WORKING WITH CHILDREN & YOUNG PEOPLE IN NORTH EAST LINCOLNSHIRE

**WINSTON'S
WISH WW**

Content of sessions to include:

- How children understand and react to death (primary focus)
- Communicating with a bereaved child
- Traumatic and complicated bereavement
- Pre-bereavement
- Expressing feelings and sharing memories
- How you can help

Face to face

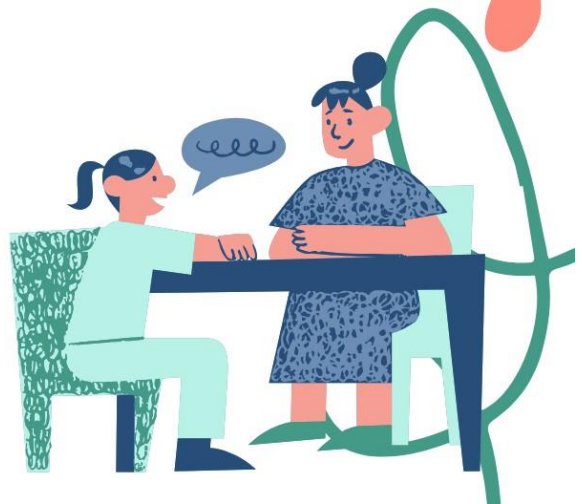
- **Thursday 29th Feb**
9am-12pm
Grimsby Town Hall
- **Thursday 29th Feb**
12:45pm-3:45pm
Grimsby Town Hall

Webinar

- **Thursday 25th Apr**
10am-12pm
- **Thursday 16th May**
3pm-5pm



All sessions are FREE to attend. To register for a place scan the QR code.



TRAUMATIC BEREAVEMENT TRAINING

THIS TRAINING IS AIMED AT SECONDARY
SCHOOLS, SPECIAL SCHOOLS, AND COLLEGES



Anna Freud
building the mental
wellbeing of the
next generation

The aim of the course is to develop understanding about traumatic bereavement, develop skills to recognise it and ways to respond effectively to children and young people.

The course outcomes are to

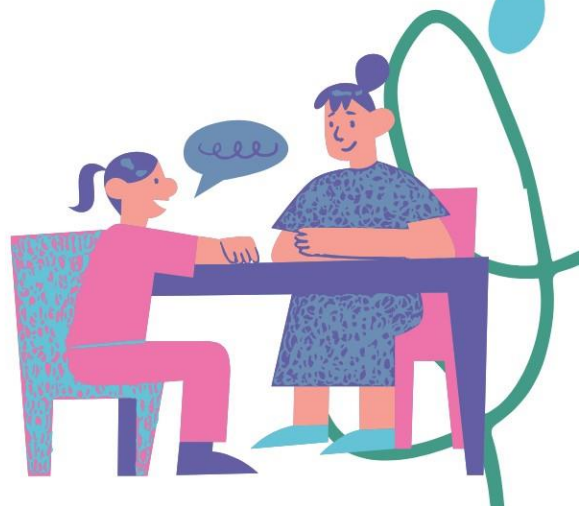
- understand what traumatic bereavement is and how it differs from typical grief.
- Enhance confidence in having sensitive conversations with children and young people following traumatic bereavements.
- Recognise indicators that a child or young person's traumatic bereavement difficulties are more severe or complex and require specialist help and onward referral.

Face to face

- **Tuesday 23rd Feb**
1:30pm-4:30pm
Grimsby Town Hall



All sessions are
FREE to attend.
To register for
a place scan
the QR code.





Mental health & emotional wellbeing conference for schools

This year's mental health and emotional wellbeing conference saw 100 professionals from schools and local mental health services across NEL come together to cover a range of topics including:

- Supporting LGBTQ children & young people
- Self-harm
- Body image
- Bereavement

The conference will take place on an annual basis, so keep an eye out for next year's date, to be announced soon!



Humber and North Yorkshire
Health and Care Partnership





Children and Young People's Trauma Informed Care Programme

Our Pledge

We will work collaboratively to ensure that all professionals working across the system with children and young people who have experienced trauma, can be supported to respond appropriately, consistently, and compassionately, so that the support these children and young people receive helps them to thrive.

The Programme

In 2021, an opportunity arose to bid for funding from NHS England's National Health and Justice Team, to develop a systems approach to enhancing support for vulnerable children and young people who have or may have experienced trauma or adversity and those at risk of encountering the youth justice system.

Partners from across the Humber and North Yorkshire Integrated Care System including Health, Local Authorities and the Voluntary and Community Sector (VCS) worked together to develop this bid and ensure that its aims and implementation aligns with, and compliments, the broader transformation work already underway, this work will be a 10-year programme and started in 2022.

Programme documents:

- [Programme Summary](#)
- [Programme Implementation Plan](#)
- [Programme Implementation Strategy](#)
- [Core Team offer](#)
- [KPIs](#)
- [Annual Report 2022-2023](#)

[Click here to access the Children and Young Peoples Trauma Informed Care Programmes-E-Learning Trauma awareness Training](#)

The model of the programme has two main aspects, the first is delivering system change across the partnership to develop and embed a consistent Trauma Informed approach for all partners working with vulnerable Children and Young People (CYP) at risk of offending. Second, is to test new interventions (known as Test and Learn sites) which divert young people from becoming first time entrants into the Youth Justice System



There is a professional's section on North East Lincolnshire's SEND Local Offer website including resources, events, and training for schools. [NELC SEND Local Offer | Professionals - NELC SEND Local Offer \(nelincs.gov.uk\)](#).



Special Educational Needs Co-ordinator (SENCo)



SEND Training and Events



Education Health and Care Plans (EHCP)



SEND School Support



English as an Additional Language



Dry January®. Are you in?

Thank you so much for supporting our campaign. We are delighted to share with you the concept for the Dry January® campaign.

Dry January® is 31 days alcohol-free, a break and a total reset for the body and mind with Alcohol Change UK. Sleep better and have more energy, improve your mental health and concentration, look fabulous and get brighter skin, save money and feel an amazing sense of achievement.

Dry January® is about taking a break, living better, feeling better. Starting the new year right. Are you in?

[Get your free Dry January® resources here](#)

Help us spread the word!

We want you to help spread the word about Dry January® in your local community. You don't need to do Dry January® alone, let's do it together.

[Download your Dry January® media pack](#)



Humber and North Yorkshire
Health and Care Partnership

ARC Training Offer

Children and Young People's
Trauma Informed Care Programme

Half Day
with Half Day
follow up

Senior
Leadership
Training

Aims:

- Have a scientific understanding of what trauma is and how it lives in the nervous system of people who use our services and the staff we are managing
- To understand the impact of trauma on organisational systems, including the signs and symptoms of trauma in staff and clients and what the system is doing to traumatise the staff
- Be confident in the value Trauma Informed leadership and Trauma Informed care will add to your service
- Know how to move beyond offering trauma treatment services to leading Trauma Informed organisations
- Be able to integrate knowledge about trauma into your policies, procedures, and practices
- Understand how to monitor the effectiveness of a Trauma Informed care system

Target Audience:

Two half day training sessions aimed at Senior Leaders from our Stakeholder and Partnership Organisations across the 6 places of the Humber and North Yorkshire region, who can really effect organisational change. Once Leaders have attended the ARC training, we hope that this will give them a greater understanding of the ARC Framework, to enable them to support their staff in implementing a Trauma Informed approach and some of them becoming ARC Champions



CYP TIC Programme

ARC Training 2024

Date	Session	Area	Location	Eventbrite Booking Link
05/02/2024	Half Day - AM	North East Lincolnshire	St James Hotel, St James Square, Grimsby, DN31 1EP	Children and Young People's Trauma Informed Care Programme Training Tickets, Mon 5 Feb 2024 at 09:00 Eventbrite
05/02/2024	Half Day - PM	North East Lincolnshire	St James Hotel, St James Square, Grimsby, DN31 1EP	Children and Young People's Trauma Informed Care Programme Training Tickets, Mon 5 Feb 2024 at 13:00 Eventbrite
20/02/2024	ARC Full Day	North East Lincolnshire	St James Hotel, St James Square, Grimsby, DN31 1EP	Children and Young Peoples Trauma Informed Care Programme Training Tickets, Tue 20 Feb 2024 at 09:00 Eventbrite
29/02/2024	ARC Full Day	North East Lincolnshire	St James Hotel, St James Square, Grimsby, DN31 1EP	Children and Young Peoples Trauma Informed Care Programme Training Tickets, Thu 29 Feb 2024 at 09:00 Eventbrite
04/03/2024	ARC Full Day	North East Lincolnshire	St James Hotel, St James Square, Grimsby, DN31 1EP	Children and Young Peoples Trauma Informed Care Programme Training Tickets, Mon 4 Mar 2024 at 09:00 Eventbrite
14/03/2024	ARC Full Day	North East Lincolnshire	St James Hotel, St James Square, Grimsby, DN31 1EP	Children and Young People's Trauma Informed Care Programme Training Tickets, Thu 14 Mar 2024 at 09:00 Eventbrite

CEASE.

Creating Empowerment And Self Efficacy

? What can we deliver?

1. Educational

CEASE Educational is a 4-session programme that can be delivered one-to-one or in group settings. Each session encourages active dialogue and participation, guiding young people to recognise abusive behaviour and understand what actions or support can keep them safe.

2. Mentoring

CEASE Mentoring is a flexible, person-centred 12-week support for young people who have experienced domestic abuse or are deemed to be at risk of abuse. A restorative domestic abuse practitioner will mentor and guide them through personal and practical support.

? Why do we need it?

In short, to save lives. To challenge abusive views and behaviour. To question negative social norms in youth relationships. A study of 13 to 17 year olds found that a quarter (25%) of girls and 18% of boys reported having experienced some form of physical violence from an intimate partner.

? What is CEASE?

Based around the creator's personal experience of supporting her best friend through an abusive relationship that ended in tragedy, CEASE is a range of interventions and services provided by Remedi to address issues presented by domestic abuse for young people.



CEASE Referral Form
- Humberside.docx

? What is the cost?

CEASE is free and fully funded.

? What is the outcome?

The desired outcome of the programme is for young people to have an understanding of these key points:

- What could you do if you suspect or personally experience domestic abuse?
- Who could you talk to if you suspect or personally experience domestic abuse?
- Why can a person not "just leave" an abusive relationship?
- What local sources of specialist support are available? And how can they be accessed?
- Domestic abuse is a behavioural choice on the perpetrator's part.

? Who do I contact to find out more?

Contact one of our skilled practitioners directly:

Shannia: shannia.brown@remediuk.org

Laura: laura.adamson@remediuk.org
ceasehumberside@remediuk.org

“ I feel like I've learned a lot more than I originally knew and if someone was in a toxic relationship, I'd know how to deal with it and take proper action. ”

CEASE Educational, Young Person

“ More people need to learn about this in school ”

CEASE Educational, Young Person

“ I think that we don't talk about it in school enough, I now know about red flags, and I have learnt about my own self-worth. It's been helpful, it does make you feel better about yourself ”

CEASE Mentoring, Young Person

“ This programme has helped me understand and recognise signs of domestic abuse and unhealthy relationships. I would 100% recommend this programme to others ”

CEASE Educational, Young Person

CEASE is delivered by

remedi

@cease_remedi

@remedirj

REMEDIUK.ORG



Connected Communities Award

A connected community is stronger together

Become a recognised 'Health & Wellbeing conscious employer!'

NEL Connected Communities Award!

The steppingstone to positive workplace health and wellbeing

- Do you want to be recognised as a Health & Wellbeing conscious Employer/ Team Leader?
- Are you a business owner, organisation or manager that wants to make positive wellbeing a priority, for both your staff and customers?
- Do you want to know more on how to look after your own wellbeing and upskill your staff to look after theirs?

Then this is the award for you and its FREE!!

What do you get?

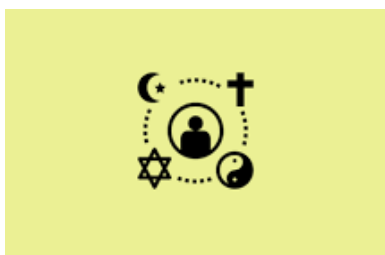
- Access to our wellbeing focused training platform 'The Wellbeing Academy'
- Support & Guidance from our Workplace Health & Wellbeing team
- Promotion & Recognition on obtaining the award.
- Promotional material for display and to promote your team or organisation as a Health & Wellbeing conscious employer.
- Invites to free annual networking events.
- Direct referral pathway to support employees and customers with wellbeing challenges.
- And many more benefits

If you want to make wellbeing a priority in your personal and professional life and be a part of a connected community that values its employees and customers, **then get involved!**

To express interest in this award or to gain more information, please contact lifestyleservices@nelincs.gov.uk or call 01472 325914.

Supporting & brought to you by NEL

Upcoming Dates



[World Religion Day 2024 | Event Info and Resources | Twinkl](#)

World religion day 21st January, 2024

World Religion Day 2024 is a time to celebrate the culture and diversity of all world religions. World Religion Day occurs annually on the third Sunday of January, and was first established by members of the Bahá'í faith. The Bahá'í Faith emerged in 19th century Persia (now Iran), and believes all religions have value and that there are common features and similarities between them. They believe in the oneness of religion and humanity, and that no one should be treated differently because of their race, age, gender, color, sexuality, or whether they believe in religion or not.



Winnie the Pooh Day 18th Jan, 2024

Winnie The Pooh author Alan Alexander Milne was born on January 18th 1882, which is why Winnie The Pooh day is celebrated on this date every year.

A.A. Milne is especially remembered for his children's stories: Winnie the Pooh and The House at Pooh Corner. Milne also wrote Mr Pim Passes By, When We Were Very Young and Now We Are Six.



Holocaust Memorial Day Trust (HMDT) encourages remembrance in a world scarred by genocide. We promote and support Holocaust Memorial Day (HMD) – the international day on **27 January** to remember the 6 million Jews murdered during the Holocaust, alongside the millions of people murdered under Nazi persecution of other groups and during more recent genocides in Cambodia, Rwanda, Bosnia and Darfur.

[Holocaust Memorial Day Trust | What is Holocaust Memorial Day? \(hmd.org.uk\)](#)



stem4
PARENT MENTAL
HEALTH DAY
27th January

Theme for 2024

Creating Positive Relationships

Join us on the 27th of January 2024 as we encourage understanding and awareness of how children and young people build relationships as they grow, and the influential role of parents and carers in building family, friendship and online relationships to help children and young people thrive.

#stem4PMHD

Resources and information coming soon....



Taking part is as easy as 1, 2, 3

1. Register today

Sign up today and we'll send you a great pack with everything that you and your class need to take part in Big Schools' Birdwatch (hurry, as we have a limited quantity).

All our resources support curriculum learning, including providing you with the historical records of Big Schools' Birdwatch, so you can compare what you see. All resources are available bilingually for schools in Wales.

2. Get counting

Get counting in your school grounds any time from 8 January to 19 February 2024. Your free pack includes helpful ID resources and handy survey sheets. Why not make Big Schools' Birdwatch the first step you take to find what nature your school grounds attract? Complete five more challenges and you can gain your Bronze **Wild Challenge** award.

3. Submit your results

Submit your results online. It's easy to do with your class interactively on the whiteboard. We really want to know what you see, even if you see nothing at all. The last day for sending us your results is 19 February.

[RSPB](#)



Starting on **30th January and finishing on 6th February**, National Storytelling Week is a seven-day-long celebration of storytelling in all its forms, from books and blockbuster movies to theatre and comic strips.

The week is championed by the Society for Storytelling, which is an organisation founded to promote storytelling and provide people with information about storytelling events, advice on using storytelling and using your voice as a storyteller.

In this time, as a teacher, parent or carer, you can educate children on what storytelling is whilst encouraging them to tell their own tales.

[National Storytelling Week | Twinkl Event Information](#)



February is LGBT+ History Month 2024 is a month-long, annual celebration and remembrance of lesbian, gay, bisexual and transgender history. The aims of the month are to promote two things: equality and diversity, and remember how changes have been made over the years about people's rights. It can also be a time to reflect on the future, thinking about what more can be done to promote inclusivity.

The theme for LGBT+ History Month 2024 is 'medicine', to highlight the work and lives of historical LGBT+ people who worked in medicine, including healthcare.

[LGBT+ History Month 2024 | Resources and Event Information \(twinkl.co.uk\)](#)



NSPCC Number Day – 2nd February

Join thousands of schools and nurseries this February and take part in a fun-filled day of maths.

Take part in activities, games and Dress up for Digits while raising money to support our services such as Speak out Stay safe and Childline. [Sign up](#)

[Number Day 2024 | NSPCC](#)



Monday 5th February 2024

The first Monday in February has been coined National Sickness Day, because it is the day of the year when the highest proportion of people call in sick.



Arguably THE biggest week in the apprenticeship calendar, National Apprenticeship Week 2024 will run from **Monday 5th – Sunday 11th of February**, and as always, it's set to be bigger and better than ever before.

At Amazing Apprenticeships, we've been working hard to bring you a fantastic range of new resources for 2024, including **posters, activities, presentations and much more**. Whether you're an expert on apprenticeships, or still developing your knowledge and confidence – these free resources will give you everything you need to make your week a huge success.

[NAW2024 - Amazing Apprenticeships](#)



Random Acts of Kindness Day takes place each year in mid-February. It's a day dedicated to kindness and taking that extra, conscious step to brighten somebody's day.

It was created by the [Random Acts of Kindness Foundation](#) with the intention of encouraging more harmony and kindness between people by offering thoughtful gestures of kindness, no matter how big or small.

A random act of kindness could be surprising a colleague with coffee and a bagel, complimenting somebody on a job well done or placing a funny note in your child's lunch box. There are so many ways that you can join in, spread some kindness and positivity, and possibly make someone's day.

[Random Acts of Kindness Day 2024 - Event Info and Resources \(twinkl.co.uk\)](#)



Time to Talk Day

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

The next Time to Talk Day will take place **1 February 2024**.

[Time to Talk Day - Mind - Mind](#)

Children's Mental Health Week 2024

Children's Mental Health Week 2024 will take place from **5–11 February 2024**. This year's theme is '**My Voice Matters**'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

During Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe - “My Voice Matters”.

[Find out more about the theme and how you can take part](#)

About Children's Mental Health Week

Place2Be launched the first-ever Children's Mental Health Week in 2015 to **empower, equip and give a voice to every child in the UK**. It has since become a well recognised event, with hundreds of schools and colleges participating across the UK (and beyond!) as well as hundreds of children, parents and carers.

Every year for the week, Place2Be's expert team develops **free resources** to help people participate in the week devoted to children's mental health. Our highly adaptable Children's Mental Health Week resources include things like:

- assembly guides
- group activities
- show and tell activities
- top tips
- fundraising packs
- posters.

[Visit our official Children's Mental Health Week site](#)

[Schools - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](#)



March 3, 2024 - Dyscalculia Awareness Day is dedicated to shining a spotlight on this condition, promoting understanding and advocating for those affected by it.

Save the Date!

World Book Day is Thursday 7 March.

Get ready to celebrate with our FREE resources - available to download here from 8 December.



[World Book Day - World Book Day | World Book Day is a registered charity. Our mission is to give every child and young person a book of their own.](#)

Download your free 2024 activity packs now, all focused on our special 'Time' theme!

British Science Week 2024 taster packs are now available

The free taster packs for British Science Week 2024, which will take place between **8 to 17 March 2024**, are available to download now! We offer a taster Early Years pack, Primary pack and Secondary pack.

The theme for 2024's packs and poster competition is '**Time**', and the packs provide fun and engaging ways to introduce this theme to the children.

Each pack, created with the support of UK Research and Innovation and 3M, includes a wide range of fun, hands-on activities, and loads of useful information for planning your events for the Week.

[Homepage - British Science Week](#)

[Activity packs - British Science Week](#)

Vaping Education



FOR SECONDARY SCHOOLS

<https://intent.evidencetoimpact.com/>

4 NEW VAPING SESSIONS ADDED

- Aimed at Years 7 and 8 but can be repeated in Years 9 and 10.
- Covering the unknown risks of vaping, MODS, the environmental impact, peer influence and more.
- Can be delivered by teachers OR other suitable school staff.
- Sessions include a personal plan to reinforce the main smoking prevention programme.



NORTH EAST LINCOLNSHIRE COUNCIL is now including vaping education in the INTENT smoking prevention programme which your school can access free of charge.

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