

Children & Young People's Health and Wellbeing Bulletin #2

7th October 2020



Families Mental Health and Disabilities

- World Mental Health Day – [Support Young people](#), This NHS approved resource aims to help young people who may be feeling worried to understand how to manage these feelings. Since it's **World Mental Health Day on 10th October**, now is the perfect time to discuss these topics with your class.
- [Beat Eating Disorders](#) – Beat has recently increased its service provision and also extended the helpline opening hours. The helpline covers phone calls, one-to-one webchat, email and online peer support groups which will be open 9:00am – 8:00pm on weekdays and 4:00pm – 8:00pm on weekends/bank holidays. There is also a dedicated Youthline and lots of useful resources available on the website.
- [Place2be](#) - Join their online Mental Health Champions – Foundation programme to gain a deeper understanding of Mental Health. This online course can be an introduction or a refresher.
- **Young Minds Matter Online Training**

Young Minds Matter are extremely pleased to announce the availability of our online training for both professionals, parents and carers.

The aim of the professional training is as always to support professionals to broaden their understanding of young people's mental health and emotional wellbeing. As well as aiming to increase professional's confidence in maintaining positive mental health for our children and young people in North East Lincolnshire.

Young Minds Matter believe in the importance of early identification and intervention in children's mental health and emotional wellbeing. Therefore they want to support professionals who are working with children and young people experiencing these difficulties, in preventing children and young people's mental health from deteriorating.

The online professionals training offers the opportunity to learn about common mental health topics such as:

- Anxiety
- Low Mood
- Self –Harm
- Physical Activity and Mental Health
- Suicidal Ideations
- Autism
- ADHD

Young Minds Matter will be adding lots more topics in the coming months and will share regular updates as these training sessions become available. As part of our efforts to continue to improve this service there will be the opportunity to provide feedback as part of the training sessions offered. This will help us understand and support ways we can develop and improve this service and this feedback will be greatly received.

How to access the professional online training

To access this training please go to the Young Mind Matter website and click on the professional section. <https://www.lpft.nhs.uk/young-people/north-east-lincolnshire/home>.

Under the professional section, click on Professional Training Overview and complete the online training request, shown on the right hand side of the page. Once this information has been received by Young Minds Matter they will then send you an email giving you access to the requested training.

Your feedback will be important!

As part of our efforts to continue to improve this service there will be the opportunity to provide feedback as part of the training sessions offered. Please complete the pre training questions before each session and the post training questions and evaluation after each session, this information will be shown on their training pages. This will help Young Minds Matter understand and support ways they can develop and improve this service. Your feedback will be very helpful and greatly received!

Online training for parents/carers

We are also offering training for parents and carers, which is as always aiming to help increase understanding of mental health issues and build confidence in supporting their own children in the family home. As a service they feel their online training platform offers the potential to reach a wider audience and offer a more flexible and accessible avenue to engage in training. The sessions currently online are:

- ❖ What is mental health?
- ❖ Anxiety
- ❖ Low mood/Depression
- ❖ Self-harm

Parents and carers can request access to online training by calling 01472 252570.

Sexual Health and teenage pregnancy

A sexual health hub which can help when signposting young people to help with support around sexual health. Follow link below

<https://www.thesexualhealthhub.co.uk/>

We have the school nurse text service TEXT number is 07507331620 this is for advice and support around sexual health etc.

SN offer c-card & condoms, emergency contraception and pregnancy tests but the drop ins have stopped at the present time

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Publication of training materials to support Relationships Education, Relationships and Sex Education (RSE) and Health Education

A key aim of the Department for Education (DfE) is to support all young people to be happy, healthy and safe. We want to equip them for adult life and enable them to make a positive contribution to society. To support that aim, you will be aware that Relationships Education is compulsory for all primary school-aged pupils, Relationships and Sex Education (RSE) is compulsory for all secondary school-aged pupils and Health Education is compulsory for all pupils in primary and secondary state-funded schools.

The DfE had published a statement on [GOV.UK](https://www.gov.uk) to reassure schools that, whilst the above subjects became compulsory from 1 September 2020, schools have flexibility over how they discharge their duty within the first year of compulsory teaching. Schools who assess that they are prepared to deliver teaching and have met the requirements set out in the statutory guidance are encouraged to begin delivering teaching whenever is practicable to do so. However, schools that assess that they are unable to meet adequately the requirements because of the lost time, and competing priorities, should aim to start preparations to deliver the new curriculum and to commence teaching the new content by at least the start of the summer term 2021. To ensure teaching begins as soon as possible, schools are encouraged to take a phased approach (if needed) when introducing these subjects.

We know that many local authorities are offering strong support to schools already teaching or preparing to teach the new content, as part of their wider work around public health priorities and school improvement. The DfE is committed to supporting schools to implement the new RSHE content. We are therefore delighted to inform you of the publication of the DfE's package of support for all schools, comprising implementation guidance and training materials, developed with subject matter experts and teachers. Additional content will be added in the coming months. This email contains links to the training materials and support on GOV.UK.

Plan your Relationships, Sex and Health Education Curriculum (RSHE implementation guidance)

Non-statutory implementation guidance entitled [Plan your Relationships, Sex and Health Education Curriculum](#) is aimed at: headteachers and principals; senior leadership teams; teachers; curriculum co-ordinators and governing bodies and proprietors. It gives some basic principles to help school leaders plan and prepare for the new statutory curriculum.

Training modules

We have published nine training modules [training modules](#) in addition to the RSHE [Mental Wellbeing teacher training module](#)

RSHE training available

The DfE has commissioned **Train the Trainer programmes**, delivered by selected lead teaching schools, to provide high quality RSHE training and support free of charge to state-funded schools. Participating schools will be expected to cascade the training within their own schools or wider teaching school alliances. Schools are encouraged to contact their regional lead [Teaching School\(s\)](#) to find out details of training available in their region.

