

## CAMHS Mental Health Support Team (MHST) / Getting Help Team

### Emotional Health & Wellbeing Webinar and Resources Programme Offer for Education Settings and Wider Partners

January – March 2021

Following the delivery of our webinars last year Berkshire Healthcare and partners are continuing to develop and integrate the new MHST/Getting Help services in each locality across East Berkshire to provide a more comprehensive CAMHS offer for early intervention.

In response to education staff requesting further mental health and wellbeing webinars, we are launching a series two set of webinars with the popular choice to repeat the **Five Ways to Wellbeing (delivered by Public Health/CAMHS)** and the **Looking after our Wellbeing (delivered by Talking Therapies/CAMHS)**. Also we are introducing two **new webinars** called Managing Parents Anxiety and bitesize training sessions for SHaRON for Professionals (see section below).

As a new early intervention team in CAMHS, we are thinking about how to help you now and what will help you in the future to manage the ongoing ramifications for the mental health of our children, young people and their families as a result of the Covid-19 pandemic. With this in mind our **webinar series focusses on staff wellbeing and how to support parents through this difficult time.**

We have put together a menu of opportunities which offer education settings and other professionals the opportunity to enhance their knowledge. We have worked together with some of our key partners to help us to support you to support CYP.

This offer contains the following information:

1. Information about the SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)
2. Webinars Programme
3. Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM
4. Kooth Resources and Webinars
5. Local Resources
6. Children and Young People's Mental Health Training Offer – For Professionals and Volunteers
7. Key National Resources
8. Children and Young People's Mental Health Week
9. Our Frontline

## 1. SHaRON Digital Platform

SHaRON for Professionals is an online network for education professionals providing peer support and access to resources 24/7 on mental health and wellbeing to enable you to support children and young people. SHaRON stands for Support Hope and Resources On-Line Network. The newly launched SHaRON for Professionals platform provides support specifically for Education Professionals.

The new SHaRON for Professionals platform consists of education professionals like you as well as peer and clinical moderators (from Berkshire Healthcare CAMHS and staff from Local authorities).

The platform can support

- Knowledge sharing: platform members can share resources, learning and information from across education to support CYP mental health
- Connecting with others: members can build their personal and professional networks by connecting with other education staff from across East Berkshire
- Remote collaboration: a central location for documents, files and other team resources allows teams working across dispersed geographies or different office locations to collaborate and participate more easily.

We are inviting staff who have a lead for CYP mental health to join the platform. This could be a SENCO, Pastoral Lead, PHSE lead, Designated Safeguarding Lead or SLT member. We would encourage you to check with your education setting to see if anyone has already requested access. Whilst we welcome a number of leads from each education setting we also want to initially focus membership to staff with a lead for CYP mental health.

To access SHaRON for Professionals please sign up to one of the SHaRON bitesize training sessions (30 minutes) below. Once training is complete you will receive a link enabling you to sign up and access the platform.

## 2. Webinars Programme

Our webinar series is being delivered in collaboration with a range of partners. We aim to make these as interactive as possible so professionals can strengthen their knowledge and skills at all levels. All webinars will be hosted via the Microsoft Teams platform and presented by staff from the CAMHS Mental Health Support Team (MHST) and the CAMHS Getting Help Team.

Date	Time	Theme	Description	Audience	Presenter Facilitator	Enrolment Details
Tuesday 02/02/2021	9.00 – 9.30	<b>SHaRON for Professionals Bitesize Training</b>	A bitesize webinar to offer an overview and live 'how-to' tour of the SHaRON platform for education professionals; the new online network to share resources and ideas around CYP mental health & wellbeing. There will also an opportunity to offer your thoughts on how you would like to shape the platform going forward.	Mental Health 'Leads' from education settings –e.g SENCO, DSLs, PHSE, SLT	<b>Presenters:</b> Mel Urwin, Education Mental Health Practitioner, CAMHS Slough MHST  Hannah Forde, Education Mental Health Practitioner, CAMHS Slough MHST	To book <a href="#">click here</a>
Wednesday 03/02/2021	9.00 – 10.00	<b>5 Ways to Wellbeing</b>	A fun and engaging overview of the 5 ways to wellbeing, with local examples, structured ideas and the NHS ways of coping during lockdown and the pandemic.	All education setting and professionals working with children, young people and families.	<b>Presenter:</b> Tim Howells, Public Health Programme Officer, Public Health, Slough Borough Council (SBC)  <b>Facilitator:</b> Hannah Forde, Education Mental Health Practitioner, CAMHS MHST/GHT	To book <a href="#">click here</a>
Thursday 04/02/2021	3.30 – 4.00	<b>SHaRON for Professionals Bitesize Training</b>	A bitesize webinar to offer an overview and live 'how-to' tour of the SHaRON platform for education professionals; the new online network to share resources and ideas around CYP mental health & wellbeing. There will also an opportunity to offer your thoughts on how you would like to shape the platform going forward.	Mental Health 'Leads' from education settings –e.g SENCO, DSLs, PHSE, SLT	<b>Presenters:</b> Mel Urwin, Education Mental Health Practitioner, CAMHS Slough MHST  Megan Heraty, Education Mental Health Practitioner, CAMHS Slough MHST	To book <a href="#">click here</a>
Tuesday 09/02/2021	9.00 – 9.30	<b>SHaRON for Professionals Bitesize Training</b>	A bitesize webinar to offer an overview and live 'how-to' tour of the SHaRON platform for education professionals; the new online network to share resources and ideas around CYP mental health & wellbeing. There will also an opportunity to offer your thoughts on how you would like to shape the platform going forward.	Mental Health 'Leads' from education settings –e.g SENCO, DSLs, PHSE, SLT	<b>Presenters:</b> Mel Urwin, Education Mental Health Practitioner, CAMHS Slough MHST  Sadie Bansal, Education Mental Health Practitioner, CAMHS Slough MHST	To book <a href="#">click here</a>

Date	Time	Theme	Description	Audience	Presenter Facilitator	Enrolment
Thursday 11/02/2021	3.30 – 4.00	<b>SHaRON for Professionals Bitesize Training</b>	A bitesize webinar to offer an overview and live 'how-to' tour of the SHaRON platform for education professionals; the new online network to share resources and ideas around CYP mental health & wellbeing. There will also an opportunity to offer your thoughts on how you would like to shape the platform going forward.	Mental Health 'Leads' from education settings –e.g SENCO, DSLs, PHSE, SLT	<b>Presenters:</b> Mel Urwin, Education Mental Health Practitioner, CAMHS Slough MHST  Ellie Cammegh, Children & Young People Wellbeing Practitioner, CAMHS MHST/GHT (Bracknell/RBWM)	To book <a href="#">click here</a>
Wednesday 24/02/2021	4.00 – 5.00	<b>Managing Parental Anxiety Workshop</b>	A workshop for school staff in supporting parents/carers. Practical coping strategies to support parents and carers to help look after their own mental wellbeing, as well as tools that parents/carers can use with their children during these challenging times.	All education setting and professionals working with children, young people and families.	<b>Presenter:</b> Dr Natasha Patel, Slough Team Lead, CAMHS MHST/GHT, CAMHS MHST/GHT  <b>Facilitator:</b> Nikki Brough, Children & Young People Wellbeing Practitioner, CAMHS Bracknell Getting Help Team	To book <a href="#">click here</a>
Thursday 25/02/2021	3.00 – 4.00	<b>Looking after our Wellbeing</b>	During these uncertain and anxiety provoking times it is important to look after ourselves and our wellbeing. Learn some practical tools to keep well during these unprecedented times.	All education setting and professionals working with children, young people and families.	<b>Presenter:</b> Rebecca Sluman, Assistant Psychologist, Talking Therapies  <b>Facilitator:</b> Megan Heraty, Education Mental Health Practitioner, CAMHS Slough MHST	To book <a href="#">click here</a>
Friday 26/02/2021	9.00 – 9.30	<b>SHaRON for Professionals Bitesize Training</b>	A bitesize webinar to offer an overview and live 'how-to' tour of the SHaRON platform for education professionals; the new online network to share resources and ideas around CYP mental health & wellbeing. There will also an opportunity to offer your thoughts on how you would like to shape the platform going forward.	Mental Health 'Leads' from education settings –e.g SENCO, DSLs, PHSE, SLT	<b>Presenters:</b> Mel Urwin, Education Mental Health Practitioner, CAMHS Slough MHST  Sadie Bansal, Education Mental Health Practitioner, CAMHS Slough MHST	To book <a href="#">click here</a>
Thursday 11/03/2021	3.30 – 4.30	<b>5 Ways to Wellbeing</b>	A fun and engaging overview of the 5 ways to wellbeing, with local examples, structured ideas and the NHS ways of coping during lockdown and the pandemic	All education setting and professionals working with children, young people and families.	<b>Presenter:</b> Tim Howells, Public Health Programme Officer, Public Health, Slough Borough Council (SBC)  <b>Facilitator:</b> Ellie Cammegh, Children & Young People Wellbeing Practitioner, CAMHS MHST/GHT (Bracknell/RBWM)	To book <a href="#">click here</a>

Tuesday 23/03/2021	4.00 – 5.00	<b>Managing Parental Anxiety Workshop</b>	A workshop for school staff in supporting parents/carers. Practical coping strategies to support parents and carers to help look after their own mental wellbeing, as well as tools that parents/carers can use with their children during these challenging times.	All education setting and professionals working with children, young people and families.	<b>Presenter:</b> Dr Natasha Patel, Slough Team Lead, CAMHS MHST/GHT  <b>Facilitator:</b> Lizzie Hughes, Child Wellbeing Practitioner Supervisor, CAMHS Bracknell Getting Help Team	To book <a href="#">click here</a>
Thursday 25/03/2021	10.00 – 11.00	<b>Looking after our Wellbeing</b>	During these uncertain and anxiety provoking times it is important to look after ourselves and our wellbeing. Learn some practical tools to keep well during these unprecedented times.	All education setting and professionals working with children, young people and families.	<b>Presenter:</b> Rebecca Sluman, Assistant Psychologist, Talking Therapies  <b>Facilitator:</b> Ally Bradshaw, Project Manager, CAMHS MHST/GHT	To book <a href="#">click here</a>

**Should you have any queries regarding signing up for these webinars please contact: Allison Bradshaw CAMHS MHST/GHT Project Manager [allison.bradshaw@berkshire.nhs.uk](mailto:allison.bradshaw@berkshire.nhs.uk) Mob: 07773 093300**

### 3. Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM

#### 3.1 For RBWM staff only - a 5 week course for parents/carers:

##### **RBWM Wellbeing Team: Managing My Child's Anxiety Course for Parents/Carers**

This online course has been created by the Wellbeing Team in The Royal Borough of Windsor and Maidenhead for parents of children who are experiencing anxiety. The course was developed using key concepts from the book; *Helping Your Child with Fears and Worries*; by Lucy Willetts and Cathy Creswell. The aim of the programme is to help parents build a range of CBT informed (Cognitive Behavioural Therapy) strategies to help them and their child manage their anxiety to increase their sense of wellbeing.

**The course is intended for parents who have been referred specifically for support from the Wellbeing Team through the Early Help Hub. Referral to the service and intervention can be actioned via the school and the Wellbeing Team link practitioner or via a self-referral through the Early Help Hub.**

Direct link <https://rbwm.afcinfo.org.uk/pages/community-information/information-and-advice/training-and-support/online-parent-course-2020>

Alternatively you can go

to: [https://rbwm.afcinfo.org.uk/community\\_information](https://rbwm.afcinfo.org.uk/community_information)

### 3.2 For Bracknell- Forest staff only – webinars for education professionals:

Bracknell Forest Educational Psychology Service are delivering webinars on ‘**Supportive Conversations with parents – a solution focused approach**’ and ‘**Developing a group approach to support staff wellbeing**’. Please see imbedded flyer for more details.



Bracknell%20Forest  
%20Webinars%20Sp

### 3.3 For Slough staff only – Education Staff Wellbeing support offer:

#### **Slough School Health & Wellbeing Project: Education Staff Wellbeing webpage**

Information about local and national initiatives aimed at promoting education staff wellbeing plus workshops, advice and guidance for developing a whole school approach to staff wellbeing; all in one easily accessible place: [School Health & Wellbeing Project | Education Staff Wellbeing web page](#)

#### **Slough School Health & Wellbeing Project: Education Staff Wellbeing Self Care Guide**

This guide contains information, advice and guidance for staff to enable them to look after their own wellbeing. The guide follows a graduated approach with sources of additional support towards the end. There is also a section specifically for head teachers and school leaders. A copy of the guide can be found on the [School Health & Wellbeing Project | Education Staff Wellbeing web page](#)

#### **Reflective Supervision for Designated Safeguarding Leads**

Slough Borough Council are offering an opportunity to receive fully funded, Reflective Supervision for DSLs until the end of June 2021, on a pilot basis. The group sessions will be facilitated by Number 22 Counselling Service and will provide a confidential, non-judgemental environment for participant to reflect on decision making, cases and outcomes and receive emotional support for associated worries and feelings. Sessions will take place every half term until the end of June 2021. In addition, towards the end of the pilot period, DSLs will be offered training on reflective practice skills. These skills, tools and approaches can be used by participants to cascade reflective practice within their settings and embed it within the culture and ethos for longer term sustainability and contribute to the ‘Whole Setting Approach’ to health and wellbeing. (Please note this is only available to DSLs from schools who have bought into the Partnership Offer.) For further information, please contact Susan Dyer, School Health & Wellbeing Project Officer, [susan.dyer@slough.gov.uk](mailto:susan.dyer@slough.gov.uk)

## 4. KOOTH Resources and Webinars

### 4.1 Kooth Overview

Kooth is a free online counselling and emotional well-being support service for young people. It is a safe, secure and anonymous way of young people accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors and emotional wellbeing practitioners. In addition to professional support there are a range of other supports such as discussion boards and magazines with peer to peer and community elements. All of which are safe and secure and pre moderated. Kooth is commissioned in East Berkshire to provide free safe online counselling service to young people. Having a Kooth account ensures that users have access to a range of mental health and wellbeing services. Kooth operates out of hours service weekdays from 12 -10 pm and the weekend from 6pm to 10 pm 365 days a year. To find out more drop into one of the 'Discover Kooth Sessions'

Watch an intro video here : [Kooth overview video \(1 min\)](#)

### Kooth- Upcoming webinars and campaigns in East Berkshire

### 4.2 Berkshire Discover Kooth Webinar Series

The upcoming webinar series will provide professionals with an overview of the Kooth service offer. The session will provide insight into how Kooth is supporting young people with their mental health and wellbeing and how this can offer organisations increased capacity to support young people as part of a WRAP around initiative. The webinar will demonstrate the ways in which it is useful to a young person and why you might sign- post young people to Kooth. The webinars are aimed at professionals working with Students, Young people, Family support services, Police. GP practices, Primary schools with year 6 students aged 11 + Sports Clubs.

The webinars are 45 mins and include :

- \* Presentation
- \* Live tour of the site
- \* Questions & Answers



## Webinar Dates

**Monday 25th January - 09:15am**

**Friday 29th January - 14:15pm**

**Monday 1st February - 15:00pm**

**Wednesday 3rd February - 12:15pm**

**Friday 5th February - 14:30pm**

**Tuesday 9th February - 11:00am**

**Friday 12th February - 10:00am**

**Email: [jfennessy@kooth.com](mailto:jfennessy@kooth.com) with any questions or comments**

**Please register below to book onto one of the webinars or to request resources to be handed out promoting Kooth**

[Kooth Request Form : Bookings & Resources](#)

[Register for Professionals Webinar](#)

### 4.3 Kooth Sessions for Parents

Kooth are offering webinars aimed at parents - They will be 30 mins duration and an opportunity to understand Kooth as a support for their child. It will demonstrate the Kooth features and allow for questions.

If you are working with Parents you can email [jfennessy@kooth.com](mailto:jfennessy@kooth.com) for a link to the session. Alternatively if you have a group of Parents you can request your own dates /time if the following do not suit.

**Kooth Parents Session 1 Wednesday 3rd February - 09:30am**

**Kooth Parents Session 2 Thursday 4th February - 18:00pm**

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## 5. Local Resources



### The Little Blue Book of Sunshine

NHS Berkshire West and East Berkshire Clinical Commissioning Groups (CCGs) have relaunched the mental health booklet – the Little Blue Book of Sunshine.

The book **offers lots of practical and useful advice** and aims to help children and young people by sharing lots of tips on how to deal with many problems, such as anxiety, stress, body image, relationships and anger. It also includes information about where to get help when they need it.

This year more than ever, anyone can sometimes feel down, worried or anxious because of a variety of situations like lockdown, school, family or friends. The #littlebluebookofsunshine explains some of the things teenagers can do right now to feel better, and who to turn to if things feel too much.

The booklet is also now available for free in Apple Books and Google.



Further information and download links are also available on our website here: [Mental wellbeing children and young people - East Berkshire Clinical Commissioning Group \(eastberkshireccg.nhs.uk\)](https://www.eastberkshireccg.nhs.uk/mental-wellbeing-children-and-young-people)

## #Coping – Guides for Children, Young People and Families

During the first lockdown, we worked with NHS East Berkshire Clinical Commissioning Group to launch #Coping guides to help support children, young people and families. These are still useful resources during these uncertain times and can be downloaded below.

### #Coping Family life during the lockdown

[click here](#) to download

Contains information on high-quality resources to support family life and parenting, with advice on keeping children entertained, looking after everyone's mental health and where to turn for extra help, including confidential helplines.

### #Coping Young people's guide

[click here](#) to download

Lists lots of useful self-help apps and websites, a range of resources, and national and local sources to support young people with their mental health.

## 6. Children and Young People's Mental Health Training Offer – For Professionals and Volunteers

**NHS**  
East Berkshire  
Clinical Commissioning Group

Children and Young People's  
Mental Health Training Offer  
For Professionals and Volunteers

Addendum – November 2020

Slough Borough Council  
Royal Borough of Windsor & Maidenhead  
Bracknell Forest Council  
achieving for children  
Slough Children's Services Trust  
Berkshire Healthcare  
NHS Foundation Trust

This addendum is intended as a temporary supplement to the Children and Young People's Mental Health Training Offer – for Professionals and Volunteers published in February 2020.

To access this offer [click here](#). The addendum lists some of the most reliable and free training opportunities for professional and volunteers, that have become available 'on demand' during the COVID19 crisis. These include webinars/podcasts from a range of organisations including Anna Freud Centre and the Emerging minds Network.

In line with the current COVID-19 restrictions, all of the training included in this update is virtual. To promote and support the wellbeing of staff and volunteers, this update also includes training and resources for staff wellbeing. The next children and young people's (CYP) workforce training offer will be published in Feb 2021.

## 7. Key National Resources

Raising awareness



fighting depression



**YOUNG**MINDS



[Newsletter](#) the latest news from the Trust and features on mental health, out twice a year

[Resources](#) View, download or order hard copies of free booklets and posters for children, young people and professionals there are resources for schools and families, colleges

[Schools in Mind Network](#) - A free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.

[Resources for schools](#) - Child mental health experts have developed a booklet series aimed at supporting all staff working in school settings.

[Resources](#) - The Young Minds resources library is full of useful toolkits, publications, reports and policy information about children and young people's mental health.

[360° Schools' Community](#) - By joining the 360° Schools' Community you will receive e-newsletters packed with free teach resources, videos tips and examples of good practice in mental health and wellbeing from other professionals.

[Teaching resources](#) – contains a number of lesson plans, assembly plans, programmes and PSHE resources to support and assist in teaching and learning about mental health and wellbeing.

Whole-school approach to mental health and wellbeing. Information and resource to support a whole school approach to mental health and wellbeing

[Resource library](#) and a section on section on [mental health needs](#) includes information on the different conditions that might affect children, the behaviours that school staff might see that could indicate a child is struggling, and the strategies that school staff

## 8. Children and Young People's Mental Health Week

Children's Mental Health Week is taking place on 1-7 February 2021.

This year's theme is **Express Yourself**. [Click here](#).



There are a range of free **resources** can be **adapted for use in school, for home-schooling, online lessons or independent learning**. Click on the boxes for more info.



## 9. Our Front Line



**Mental Health and Bereavement Support  
for all Key Workers**

 For mental health support 24/7,  
text 'KEY WORKER' to 85258.

 Mental health and emotional support  
call 116 123, day or night, 365 days a year.

 Access mental health and bereavement  
resources tailored to key workers  
at [ourfrontline.org](http://ourfrontline.org)

Our  
Frontline.

Our Frontline is a partnership between **Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge**

Our Frontline offers **round-the-clock one-to-one support, by call or text**, from trained volunteers, plus **resources, tips and ideas to look after your mental health.**

[Click here](#)