

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

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

April – July 2021

As part of the CAMHS offer for early intervention we are pleased to offer the summer resources and webinars programme for education settings and wider partners in East Berkshire

In response to education staff and professionals requesting further mental health and wellbeing webinars, we are launching a series three set of webinars. The themes are: **Self Harm, Managing Parental Anxiety, Eating Disorders, Bereavement and the KOOTH Digital Youth Counselling Service.**

What follows is a menu of opportunities which offer education settings and other professionals the opportunity to enhance their knowledge around early intervention children and young people's mental health issues. We have worked together with some of our key partners to help us to support you to support the children, young people and families you work with.

This offer contains the following information:

1. **SHaRON Digital Platform (hosted by Berkshire Healthcare CAMHS)**
2. **Webinar Programme**
3. **Emotional Health & Wellbeing information from Bracknell Forest, Slough and RBWM**
4. **Kooth Resources and Webinars**
5. **No 22 - Youth Counselling Service (RBWM and Slough)**
6. **Youthline – Young People's Counselling Service**
7. **Local Resources**
8. **Key National Resources**

We hope you find the webinars and resources provide a good learning experience on children and young people's mental health and emotional wellbeing.

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.

As we are building our community of practice the SHaRON platform will be the heartbeat of the network and will be the 'go to' place for information on CYP mental health.

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.

To sign up for access to SHaRON for Professionals please email a request to: CAMHSGettingHelpEast@berkshire.nhs.uk

2. Webinar 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 Getting Help Team (GHT).

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Tuesday 25/05/2021	3.00pm – 4.45pm	Managing Parental Anxiety Workshop	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 settings and professionals working with children, young people and families.	Presenter: Dr Natasha Patel, Slough Team Lead, CAMHS MHST/GHT, CAMHS, Berkshire Healthcare Facilitator: Bonnie Brittle, Children and Adolescent's Psychological Wellbeing Practitioner, RBWM Getting Help Team, CAMHS, Berkshire Healthcare	To sign up please click here
Tuesday 08/06/2021	3.30pm – 4.00pm	Supporting Children and Young People though Bereavement	Daisy's Dream supports children and young people experiencing bereavement to cope with the changing dynamics in their life and ultimately move forward in a positive way. This bitesize webinar will give an overview of what we do and how we work, together with specifics of how to make a referral and how we link to and work alongside education professionals.	All education settings and professionals working with children, young people and families.	Presenter: Gill Stevens, Director, Daisy's Dream (Berkshire based charity) Facilitator: Allison Bradshaw, Project Manager, MHST/GHT CAMHS, Berkshire Healthcare	To sign up please click here
Thursday 09/06/2021	3.00pm - 4.00pm	KOOTH – Introduction to mini wellbeing activities for young people	An opportunity to find out more about KOOTH the digital youth counselling service and to learn about some excellent mini activities that you can do with young people or even colleagues in your team.	All education settings and professionals working with young people and families.	Presenter: Jenny Fennessy, Senior KOOTH Engagement Lead, KOOTH Facilitator: Eleanor Idowu, Children and Adolescent's Psychological Wellbeing Practitioner, Bracknell Getting Help Team, CAMHS, Berkshire Healthcare	To sign up please click here

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment Details
Wednesday 16/06/2021	3.00pm – 4.00pm	Understanding and Responding when Young People Self Harm	This webinar will help you better understand why young people self-harm, give tips on how best to respond and support them. If need be how you can access the right support.	All education settings and professionals working with children, young people (12 years and above) and families.	Presenters: Marie Duffield, Team Lead and Andrew Royle, Advanced Mental Health Practitioner, Rapid Response Team, CAMHS, Berkshire Healthcare Facilitator: Megan Heraty, Education Mental Health Practitioner, Slough MHST, CAMHS, Berkshire Healthcare	To sign up please click here
Wednesday 23/06/2021	3.00pm – 4.00pm	How to Recognise a Potential Eating Disorder	This webinar explains how to recognise a potential eating disorder and how to respond when talking to children and young people (aged 8 years and above) and their parents/carers. We aim to enable education staff and other professionals to recognise early signs, to feel more confident about responding to concerns and when a referral to specialist services might be indicated.	All education settings and professionals working with children, young people (8 years and above) and families.	Presenters: Clare Moran, Consultant Clinical Psychologist Head of Service and Emma Regan, Clinical Team Lead, Berkshire Eating Disorders Service (BEDS) Facilitator: Allison Bradshaw, Project Manager, MHST/GHT – CAMHS, Berkshire Healthcare	To sign up please click here
Tuesday 29/06/2021	3.00pm – 4.00pm	Understanding and Responding when Young People Self Harm	This webinar will help you better understand why young people self-harm, give tips on how best to respond and support them. If need be how you can access the right support.	All education settings and professionals working with children, young people (12 years and above) and families.	Presenters: Marie Duffield, Team Lead and Andrew Royle, Advanced Mental Health Practitioner, Rapid Response Team CAMHS, Berkshire Healthcare Facilitator: Sadie Bansal, Education Mental Health Practitioner, Slough MHST, CAMHS, Berkshire Healthcare	To sign up please click here
Tuesday 06/07/2021	3.30pm - 4.30pm	KOOTH – Introduction to mini wellbeing activities for young people	An opportunity to find out more about KOOTH the digital youth counselling service and to learn about some excellent mini activities that you can do with young people or even colleagues in your team.	All education settings and professionals working with young people and families.	Presenter: Jenny Fennessy, Senior Kooth Engagement Lead, KOOTH Facilitator: Eleanor Idowu, Children and Adolescent's Psychological Wellbeing Practitioner, Getting Help Team, CAMHS, Berkshire Healthcare	To sign up please click here

Date	Time	Theme	Description	Audience	Presenter / Facilitator	Enrolment
Thursday 08/07/2021	3.00pm – 4.00pm	How to Recognise a Potential Eating Disorder	This webinar explains how to recognise a potential eating disorder and how to respond when talking to children and young people (aged 8 years and above) and their parents/carers. We aim to enable education staff and other professionals to recognise early signs, to feel more confident about responding to concerns and when a referral to specialist services might be indicated.	All education settings and professionals working with children, young people (8 years and above) and families.	Presenters: Clare Moran, Consultant Clinical Psychologist Head of Service and Emma Regan, Clinical Team Lead, Berkshire Eating Disorders Service (BEDS) Facilitator: Hannah Forde, Education Mental Health Practitioner, Slough MHST, CAMHS, Berkshire Healthcare	To sign up please click here
Tuesday 13/07/2021	3.30pm – 4.00pm	Supporting Children and Young People though Bereavement	Daisy's Dream supports children and young people experiencing bereavement to cope with the changing dynamics in their life and ultimately move forward in a positive way. This bitesize webinar will give an overview of what we do and how we work, together with specifics of how to make a referral and how we link to and work alongside education professionals.	All education settings and professionals working with children, young people and families.	Presenter: Gill Stevens, Director, Daisy's Dream (Berkshire based charity) Facilitator: Bella Ewing, Trainee Education Mental Health Practitioner, Bracknell MHST, CAMHS, Berkshire Healthcare	To sign up please click here

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 Mob: 07773 093300

3. Emotional Health & Wellbeing information - Bracknell Forest, Slough and RBWM local authorities

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

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

Bracknell Forest Council Educational Psychology Service would like to offer an extension to the Solution Circles training that we provided to school staff as part of the Wellbeing for Education Return initiative.

We will hold Solution Circle sessions for BFC school staff to discuss children with SEN who have been significantly affected by lockdown. We will be modelling the Solution Circles, reflecting on the process and how it could be embedded within schools for Staff Support. There are 16 spaces per session so please book asap.

Dates are:

Tuesday 25th May 3.30 – 5.00pm <https://can-do.bracknell-forest.gov.uk/T139519>

Thursday 24th June 3.30 – 5.00pm <https://can-do.bracknell-forest.gov.uk/T139561>

3.3 For Slough staff only – Education

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

4. KOOOTH Resources and Webinars

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 \(1 min\)](#)

4.1 Kooth- Upcoming webinars and campaigns in East Berkshire

a) Berkshire Discover Kooth – Brief drop in Sessions (Live Demo of the Kooth site)

The drop in sessions will provide professionals an insight of the Kooth service offer with a Demo of the site. The session will demo 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 session will showcase each of the features on the site and 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.

These are shorter webinars 20 mins and include :

- * Live tour of the site (15 mins)
- * Questions & Answers (5 mins)

Webinar Dates:

Dates for drop in sessions are ongoing, use booking form below to check dates or alternatively email Jenny.

Email: jfennessy@kooth.com with any questions or comments

Please register below to book onto one of the webinars or to request free Kooth promotional materials for your setting

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

[Register for Professionals Webinar](#)

b) Kooth Sessions for Parents/ Caregivers

Kooth are also offering webinars aimed at parents/carers - These are an opportunity to understand Kooth as a support for their child and can be used while waiting on additional services and supports. It will demonstrate the Kooth features and allow for questions.

If you are working with parents/carers you can email jfennessy@kooth.com for a link, sessions take place monthly. Alternatively, if you have a group of parents/carers, you can request your own dates /time.



Kooth offers online mental health and wellbeing support to children and young people aged 11, up to their 19th birthday. Kooth can support schools to create awareness among students.

Kooth resources for schools

- **Assemblies:** Presentations for young people to create awareness and engagement with Kooth.
- **Workshops:** Targeted PSHE style sessions on a variety of topics, focused on: *Young Men, Anger management, Anti-bullying, Self esteem, Resilience, Anxiety and stress, wellbeing.*
- **Staff awareness training:** The benefits of Kooth online platform and how to support young people to sign up.
- **Virtual offer:** Staff training and presentations for students can be facilitated Online.

- ✓ Promotional materials e.g. posters, leaflets and cards.
- ✓ Online promotional materials for websites and social media.
- ✓ Information leaflets for parents.
- ✓ Parents letter.

For more information and bookings contact
East Berkshire Integration and Participation Worker.
Jenny Fennessy email : jfennessy@xenzone.com

c) Kooth offer to Education Settings:

Kooth can also provide FREE:

- Virtual Assemblies - tailored to the time available,
- Wellbeing workshops on topics including **Transition from Primary to Secondary School**, Bullying, Anger Management, Young Men, Resilience, Exam Stress (adaptable to curriculum),
- Awareness sessions for staff,
- Free promotional materials such as posters, kooth cards or digital resources that can be used to share with students and on your social media.

All sessions can be delivered flexibly to suit your needs and the time available, email Jenny Fennessy jfennessy@kooth.com to discuss your needs and to book.

Top tips for promotion: Education settings play a really important role in creating awareness of this service to young people. There are a number of ways to support engagement listed below, text and promotional materials can be provided.

1. Sharing Kooth information on your website such as adding banners, e-posters, video or hyperlink to Kooth.com,
2. Emailing students/parents. Kooth information can be sent as attachments or banners within the emails,
3. Adding Kooth information to school newsletters,
4. Signposting as part of your emotional wellbeing and mental health support work,
5. Integrating Kooth wellbeing sessions into PSHE,
6. Setting up Kooth champions (staff/students) in school to promote Kooth
7. Adding e-posters to digital screens within the school.

5. No 22 Counselling Services (RBWM and Slough)

Number 22 is a well-known local charity, staffed by volunteers. We provide free, confidential counselling to young people (11 years +) and adults in Windsor, Maidenhead and Slough. We support people in distress by providing a space where our clients can feel valued and heard. We're here to support you if you don't know where to turn; we listen and won't judge you. Together we may find a way for you to make changes to your life which may help to relieve feelings of anxiety and depression.

You can find out more about the service we offer by visiting our website www.number22.org where you will find our online form to leave your details.

People seek counselling for many different reasons. No problem or worry is too small. Please do get in touch if you would like some support.

6. Youthline – Bracknell Forest's Young People's Counselling Service (Bracknell)

Youthline provides a FREE, confidential counselling service for young people attending secondary school and adults who care for and support young people. We work across a number of locations within Bracknell Forest including our main base at Portman Close, Bracknell, and 10 secondary schools.

You can find out more about the service we offer by visiting our website: <https://www.youthlineuk.com/>

OxWell Student Survey

Young People's Health and Wellbeing

7. Oxwell Student Survey 2021

In partnership with the University of Oxford – Department of Psychiatry we are offering schools/colleges (excluding Special schools) in East Berkshire to take part, at no cost, in an Online Student Survey on Health and Wellbeing.

- Measures the wellbeing (Health and Happiness) of Children and Young People.
- Is for pupils in years 5 -13/FE, there are 3 age-matched versions (years 4-7, years 8-11, years 12-13).
- The Primary, Secondary, and the Year 12/FE surveys differ slightly and are age appropriate, approved by the University of Oxford Research Ethics Committee.
- The survey is anonymous and designed to be engaging and easy for pupils to use, takes most pupils about 30 minutes and can fit into a lesson period. **The survey opens on 5th May.**
- The aim of the survey is to provide a comprehensive picture of how attitudes and behaviour change over time. This will inform education settings and local services across health/LAs about the needs and experiences of young people and help to ensure that the resources available can be targeted at areas of most need. Survey data can also be used to support the evaluation of the curriculum and to monitor the impact of in-school interventions such as anti-bullying, physical activity, or mental and emotional wellbeing.

What the survey covers



Schools/colleges – For more information email: cypmhtraining.eastberks@nhs.net

To register to take part in the survey click [here](#)

8. Local Resources



**The Little Blue
Book of Sunshine**

a) The Little Blue Book of Sunshine (Ebook)

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.



b) #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

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

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.

[Click here](#) to download

9. Key National Resources

Raising awareness



fighting depression



YOUNGMINDS



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.

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

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

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](#)