



SHARE

SCHOOLS HEALTH AND RESILIENCE EDUCATION

Hello everyone and welcome to the first bi-monthly SHARE newsletter!

The SHARE Project formed in September 2017 and comprises of a Team Leader, 2 Senior Liaison Workers, 5 Project Workers and an amazing Team Administrator. Our backgrounds are diverse and there is a wealth of knowledge in the team that schools will be able to take advantage of.

SHARE has been commissioned by the CCG to:

- 1) Develop skills and confidence of staff in schools to recognise emerging mental health problems and develop skills in signposting.
- 2) Ensure that self care is high on the agenda for all.
- 3) Identify student champions.
- 4) Support student led projects.
- 5) Ensure that an up to date list of resources is available to all – students, parents and staff.
- 6) Help to support schools to build a safe and sustainable peer mentoring service.
- 7) Provide parent support.
- 8) Cascade Emotion Coaching.

Each of the 13 schools that have signed up for this first year has been allocated 2 Project Workers. Each set of Project Workers has been allocated 4 schools and the 2 Senior Liaison Workers have one school whilst overseeing the work of the Project Workers. This means that there is capacity for really intensive work to take place within each school over an academic year, potentially with weekly visits if required. We will be led by the needs of each school and hope to create a lasting legacy of reduced stigma around mental health and emotional wellbeing.

MEET THE TEAM



Em Lang – Team Lead

Hi my name is Emily although I like to be known as Em. I am the Team Lead for The SHARE Project and am delighted to be part of such an exciting new service. I feel privileged to be working with an incredibly motivated, passionate and enthusiastic team as I too believe that young people, their parents/carers and teaching staff will all benefit from the support and information that our team will provide.

I am a Mental Health Nurse and have been working for The Somerset Partnership for eighteen years although I have also worked for St John Ambulance and The Somerset Racial Equality Council. Since qualifying I have worked in a variety of fields including young people, adults, older persons and Carers. I have found my career very rewarding and embrace the challenge of working in mental health. The media regularly highlights that the numbers of those experiencing mental health problems increases year upon year. I enjoy working with individuals and groups to recover from their mental health difficulties although for some this may be a lifelong journey. Sadly I do not carry a magic wand but I have faith in the tools that we do have and have seen for myself that people with a mental health diagnosis can still lead a fulfilling and contented life.

On a personal level I am a single Mum to a 16 year old son who is very special to me. I really appreciate living in Somerset and love to go walking and cycling in the beautiful countryside. I love to have fun with my son and friends... a game of bowling, shopping, a trip to Go Ape or playing on the PS4 with my son always brighten up my day! There is nothing better than to relax after a long day at work... listening to music, meeting a friend for a drink or baking a cake always hit the spot.

I am looking forward to working in the secondary schools in Somerset and to meeting you all.



Kate Gallagher – Senior Liaison Worker

My name is Kate and I am a Mental Health Nurse. I have worked for CAMHS in various roles over the last 17 years, more recently working in supporting schools around improving mental health which I loved. Then the role within SHARE came up and it incorporated all my passions.... young people, mental health and schools so it felt perfect!! I am very excited that we have the opportunity to work with schools helping them to improve how they support their students, staff and parents to improve their Mental Health, awareness and understanding



Leanne McCollin – Senior Liaison Worker

My name is Leanne. I am one of the Senior Liaison Workers within the SHARE team. I work Mondays and Fridays within SHARE and Tuesday, Wednesday, Thursday within CAMHS. When the opportunity came along to be able to do some preventative work within schools I jumped at the chance as I see so many young people in my CAMHS role who struggle in the school environment. I think that the knowledge, experience and enthusiasm within our team is amazing and as such we can help to enact positive change.

I am a mother of a 4 year old Puggle (pug cross beagle) called Baxter and he is the apple of my eye. I love cooking and baking and will usually be heard singing whatever song randomly pops into my head.



Gail Maxwell-Gange – Project Worker

Hi my name is Gail and I am a project worker for SHARE. I am originally from South Africa and have worked in secondary and primary schools for the last 11 years as a Parent and Family Support Advisor. I have a degree in Education and am passionate about working with young people improving their emotional well-being and increasing awareness about mental health. I am also trained and have volunteered as a worker for SARSAS.

Outside of work, I enjoy spending time with my 3 children, walking my dog and meeting friends for a glass of wine



Liz Peacock – Project Worker

Before joining the SHARE Project, I spent 7 years as a Primary School Learning Support Assistant. I qualified as an ELSA 3 years ago, consequently becoming involved with the Somerset Emotion Coaching project as an extension to my interests in the emotional wellbeing of children. I worked one-to-one with children with special needs which involved Somerset Total Communication. The SHARE project presented an opportunity to continue supporting the emotional wellbeing of children and young people. I enjoy reading and working creatively with ceramics, textiles and glass.



Celia Whiteford – Project Worker

Hi I am Celia – I am an outgoing bubbly character originally from Spain and have two children and three dogs so have a very busy life when not working with the lovely team at SHARE.

I am passionate about ensuring mental health and emotional wellbeing in schools and have a background of working with children and families after 9 years of working as a Family Support Worker for 'getset'.

I have a Psychology Degree and experience working in the voluntary sector in different areas in order to support mental health in Youth Offending services, Young Carers, Eating Disorders charity, Social Exclusion Groups and Probation Services. This has provided me with a good grounding and insight on the factors that can create mental health difficulties therefore highlighting how important early intervention and support is in ensuring a healthy society with emotional wellbeing. I am really excited and happy to be working for this project and looking forward to working with students, teachers and parents in order to support a whole school approach in ensuring good mental health and emotional wellbeing.



Claire Hill – Project Worker

My name is Claire and I am a project worker with SHARE, I have been with the team since October and am really excited about the opportunity of working in schools across Somerset. I am mum to three children and a granny to 4 lovely grandsons and live with my partner in a quiet village in Somerset. I have had the privilege of working with young people in a variety of schools for the past 22 years and feel the SHARE project is an exciting opportunity to help break down the stigma surrounding mental health. I am looking forward to working with teachers, parents and young people in order to achieve this by promoting emotion coaching and a whole school approach to developing resilience in a school community.





Lily Hawkins – Project Worker

My name is Lily and I'm a project worker with SHARE. For a long time I've been really passionate about supporting people with their mental health and emotional wellbeing and from my work within secondary schools, I have seen how vital emotional wellbeing is in education. I have previously worked as an ELSA (Emotional Literacy Support Assistant) in a busy secondary school and supported lots of young people to understand more about their emotions and mental health.

Out of work I love spending time with my husband and wider family and friends, and love nothing more than burning off some calories walking on the Quantocks and then gaining them all again with a roast dinner!



Fi Martin – Team Administrator

My name is Fiona (also known as Fi) and I am the Team Administrator for the SHARE Project. I have worked in the NHS for almost 4 years, prior to joining the SHARE team I was an administrator for CAMHS within another health trust. I really enjoyed being part of their CAMHS team and doing my bit to support the clinicians to help children and young people.

Although I have a Tourism degree I have nearly always worked in admin and prior to working in the NHS all the positions I've held previously have involved working alongside schools in one way or another. It was exciting to join the SHARE Project where I could combine my experience of CAMHS and my experience with admin teams to provide excellent admin support to the rest of the team. I like the fact that we are a brand new team, having all started at the same time and are all working towards the same goals. The things I enjoy the most are organising meetings, creating spreadsheets, developing the SHARE webpages, typing and keeping records as well as assisting the Team Lead, Emily, in her day to day tasks.

Schools Competition Time!!!!

It's time to get all your pupils motivated and engaged in something exciting and new. We are running a competition asking your students to create a poster that represents one of the themes below:

Anxiety

Self Esteem

Resilience

Emotions

The closing date for entries is Friday 2nd February 2018 and the CAMHS Participation Group will judge which poster is best within the school naming the winners on 19th February 2018. The winning poster from each school will then be judged so that there is an overall winner within the 13 schools that are engaging with SHARE this year.

Speak to your SHARE Project Worker for further information on the competition.



We have a list of useful resources that you can tap into....please help yourselves.....

Charlie Waller Memorial trust <https://www.cwmt.org.uk>

- Free self-help resources promoting resilience and mental wellbeing
- Support to identify and support someone with depression
- Resources include: GCSE support guides, Parents guide to depression, Wellbeing action plans, Coping with self-harm (guide for parents)

Young Minds <https://www.youngminds.org.uk>

- Parents helpline and survival guide (Free: Mon-Fri from 9:30am – 4pm)
- Understanding feeling and symptoms, how to cope and where to get help
- Toolkits, publications and reports (wellbeing of children, staff and parents)

Somerset Children & YP - Health and wellbeing <http://www.cypsomersethealth.org>

- Mental health toolkit
- Life hacks

Mind <https://www.mind.org.uk>

- A-Z of mental health
- Tips for everyday living

Time to change <https://www.time-to-change.org.uk>

- About mental health
- Personal stories
- Mental health information
- Free resources, assemblies, session plans

Kooth <https://www.kooth.com>

- Free, safe and anonymous online counselling service for young people

Child line <https://www.childline.org.uk>

- Free confidential chat service (phone, email, online)
- Tips, ideas and inspiration for young people to feel more in control.
- Games

Anna Freud National Centre for Children and Families <http://www.annafreud.org>



SHARE Webpages

We are currently working on our own webpages within the Somerset Partnership NHS Foundation Trust website.

The pages are currently under construction and as the project grows we will be adding more content to the pages. We come under Children and Young People's Services and can be found at:

<http://www.sompar.nhs.uk/what-we-do/children-and-young-people>

Things to look forward to in the next edition (due Week commencing 5th March).....Plans for the next few months, looking forward to the next academic year ensuring our next round of schools are signed up, introducing the parent sessions and planning for a celebratory review event to evaluate how SHARE has done over this first year.

We will catch up with you soon.

Until then, roll on 2018!

The image shows the year '2018' in large, 3D, gold-colored numerals. The numbers are slightly offset and have a metallic sheen, giving them a three-dimensional appearance as if they are standing on a surface.

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