

Bulletin – Edition 4 – July 2018

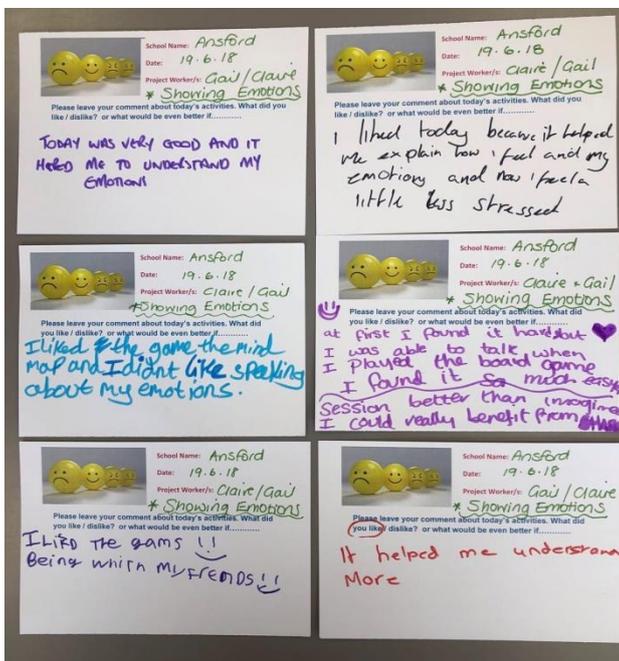
Welcome to the fourth edition of the SHARE news.

As this academic year draws to a close we are thinking about how the schools who have taken part in the first year of SHARE can begin to take the lead in their approach to mental health and we are excited to be welcoming on board a brand new cohort of middle and secondary schools – more details further on.

Ansford Academy

Some really good work has been going on in Ansford Academy over the last term with Project Workers Claire and Gail running groups every Tuesday to years 7,8,9 and 10. Topics included Emotion Coaching, Mental Health & Emotional Well-being Awareness and Self-Care. Claire and Gail used the sessions to get the young people to start thinking about well-being, begin to understand how mental and physical health are linked in order to break down the stigma surrounding mental health.

The feedback from students has been really encouraging and the way they have participated in the sessions has been extremely valuable.



In other School news:

- Morning Exam Stress and pre-exam Mindfulness sessions run by Lily have been popular at Haygrove School during the exam period and the team also delivered 4 assemblies across year groups to introduce the Kooth website and counselling service (www.kooth.com), along with Jayne Archer from the organisation and also received input from the well-being committees, in particular a year 10 student from the committee who contributed to the assembly.
- Tuning into Teens workshops have been running at Kingsmead and The King Alfred School for the last few weeks, some great engagement from parents who have been attending.
- The team have been developing a Well-being Champion programme and are beginning to roll this out in some year 1 schools.
- At Bishop Fox's School 32 students have applied to be Well-being Champions and have completed of the newly developed training sessions. They are now preparing to deliver their own assembly to the school with a view to promote the Well-being Champion scheme next academic year.
- Well-being Champion work has been started at Selwood Academy Frome.
- The team supported 2 carousel days at Haygrove for year 9 in which they talked about the topics of Eating Disorders & Body Image and Understanding your Mental Health.
- Parent information drop-ins at Ansford have taken place.
- New Year 10 Anxiety Group is underway at Robert Blake following on from the first successful group.

The students at Bishop Fox's engaging in some Team Building activities



helping you 2b yourself...



SHARE are proud to have made links with **2BU Somerset**, a support group based in the county and started back in 2003 as a youth group for gay lads in Wells. 15 years on and 2BU supports LGBTQ+ groups in a range of settings in Somerset and has weekly support meetings in Taunton for young people aged 13-18 and monthly groups for 18-24. Founded by Andrew Wilson and now supported by Lisa who is a qualified and experienced youth worker they can offer support and advice to young people, parents/carers and teachers – by phone, email and in person. The website also has some fantastic resources for anyone concerned about an LGBTQ+ young person in school or just looking for more information on how to support a young person who may identify as lesbian, gay, bisexual, transgender or questioning their sexual orientation or gender identity.

The SHARE team are looking forward to meeting with Lisa for a workshop in September and also taking part in a training day in July around sexual health and understanding the issues affecting LGBTQ+ young people which can impact upon their mental health. We look forward to sharing news of this training with you in the in the next newsletter.

2BU can be contacted via the website <https://www.2bu-somerset.co.uk/> or by mobile 07799 136552

It's ok 2BU!!

New Schools joining SHARE in the 2018-1019 Academic Year.

We are delighted to confirm that the following schools will be taking part in the SHARE Project from September.

- Heathfield Community School, Monkton Heathfield, Taunton
 - Wadham School, Crewkerne
- Whitstone School, Shepton Mallet
 - The Blue School, Wells
- The Taunton Academy, Taunton
- Chilton Trinity School, Bridgwater
 - Stanchester Academy,
- Westfield Academy, Near Yeovil
 - Buckler's Mead Academy
- Minehead Middle School, Minehead
 - Danesfield Middle School
 - The Castle School, Taunton
 - Courtfields School, Wellington
 - Huish Episcopi Academy
 - The King's Academy, Cheddar

For other schools who are keen to join SHARE, it is not too early to get your name down for year 3 so please don't hesitate to contact us.

Transition Offer

HOW SHARE CAN SUPPORT YOUR SCHOOL'S YEAR 6 TRANSITION WORK

We are well aware that this term will be very busy and included in this will be preparation for the new Year 7 students transition up to your school.

This can be a very tough time for some young people and their parents as well as for school staff in trying to make this process as smooth as possible; SHARE would like to offer to support you with this where and when possible.

What we can offer:

Supporting your transition days and evenings in school:

- Support the programs that you have planned many hands make lighter work!!
- Offer a session within the day around managing worries and emotions either by giving you the content or coming in and running this.
- Support the transition evenings for parents by just being around and offering some resources or offering a short session on managing their worries and concerns.
- Support your additional transition days for the vulnerable learners.

Support any school summer transition events:

- SHARE staff would love to offer support to any additional transition events or fun days that school may have planned over the summer holidays.

Offering a parents 'drop in' in September:

- SHARE would like to offer the opportunity for parents to come and have coffee, cake and chat following the first morning school drop off in September to help manage their worries and concerns.

Please get in touch with your SHARE project worker if you would like to take the up the opportunity of additional support during this transition period.

Anna Freud National Centre for Children and Families

(<https://www.annafreud.org/>)



The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young minds. Their vision is a world in which children and their families are effectively supported to build on their own strengths to achieve their goals in life.

One year on from Grenfell and the Manchester Arena bombing, the Anna Freud organization want to find out how you deal with children and young people who experience trauma – whether that is from a major disaster, a local incident or something more individual like cyber-bullying or abuse. That's why they've set up this short survey and would really appreciate it if you took a few minutes to fill it in. Your answers will help them decide whether a more national and collaborative response to trauma among children and young people should be developed – and what that might look like.



National Trauma Centre survey

<https://annafreud.us13.list-manage.com/track/click?u=aa2c9f8b722440e7e05bedb82&id=4a70e6156e&e=934d66c054>

SHARE Celebration & Networking Event

On Monday 25th June the SHARE Team hosted an event at Frogmary Green Farm Conference Centre near South Petherton to showcase the work they have done during the first year of the project and look at how the project can develop into the second year.

The event was attended by secondary and middle schools from across the county along with professionals from organisations that SHARE has linked with such as Kooth, The Phoenix Project, Somerset Rural Youth Project, Public Health and the Somerset CCG.

Year 1 schools in attendance included Bishop Fox's, Robert Blake Science College, Selwood Academy, Kingsmead and the King Alfred School. They gave feedback to the room on how the schools have engaged with the project since September last year. For the year 2 and 3 schools it was a chance to find out more about what the service can offer, what level of commitment is required and of course ask questions of the year 1 schools about what working with SHARE has been like.

The morning consisted of presentations and activities led by the SHARE team with some great networking and discussions on the tables amongst the school representatives and professionals. The idea was to get school staff thinking about mental health provision in their school and what they can do to break down the stigma of mental health. For the year 1 schools it was a chance to reflect and think about how they can now carry on the work that SHARE has embedded once the team step back from working with them at the end of this academic year.

At the end of the morning, the Year 1 participating schools were presented with a certificate for taking part in the project by Cllr. Leigh Redman on behalf of the SHARE Team. In the afternoon there were a series of guest speakers including Dave Smith from the CAMHS SPA team to explain about making referrals into CAMHS and Fiona Moir from Public Health who talked about the Schools Wellbeing Award which is being launched on 28th June.

Thank you to everyone who attended 😊



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