

MENTAL HEALTH CHAMPIONS NETWORK

Lancaster and Morecambe MHC Spring Term Newsletter



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Looking after you

A big part of our role is helping you too

New year is a great time to reassess what is working for you and how you want to progress into the new year. I enjoy completing the Year Compass each December/January to close the previous year and set some clear intentions for the year ahead. I find it really helps to close and begin the year.

Setting some good health habits can help us get through the winter months too. These include hydrating often, prioritising sleep after a busy festive period and resetting the routine to make sure it's supportive of our health and not adding burden to our days.

Stress is a big factor in all of our jobs and your wellbeing and mental health is a priority for us too. If you are feeling overwhelmed and a friendly chat would help please do reach out to one of us. We are here to support you however we can to keep you all doing the fantastic jobs you do day to day.



Join us at our upcoming
MHC meetings

Virtually -

Tuesday 23rd January

9:30-11:30am

MS teams invite has been shared

Face to face -

Friday 1st March

This date is yet to be confirmed
HIC @ Lancaster University

Anxiety workshops

In the near future we hope to bring a series of workshops focusing on supporting anxiety in children and young people.

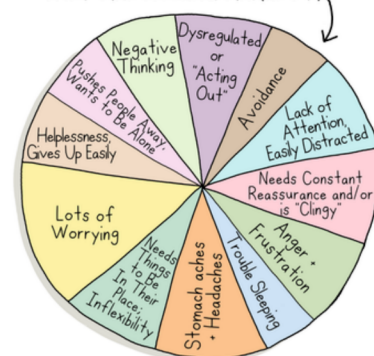
For the past 2 years when we have asked champions what they feel is the biggest issue CYP are facing anxiety has consistently topped the list.

We are hoping to bring together a collective of professionals from across the network to deliver one off online workshops which together will support champions to not only correctly identify and understand what causes anxiety in CYP but how we can all support them to overcome anxieties too. If you would like to be part of this contact Sam.

WHAT WE OFTEN THINK
ANXIETY LOOKS LIKE IN KIDS:



HOW KIDS ACTUALLY SHOW
THEY ARE FEELING ANXIETY:



WholeHearted School Counseling

Pastoral Partnership meetings for school based staff

Primary schools -

Tuesday 6th February 1:30-3pm Bowerham Primary

Thursday 14th March 1:30-3pm Venue TBC

Secondary schools -

Next meeting to TBC - if you would like to be informed contact Sam

Our training offer

These training sessions are offered each term in the locality and are free for professionals to attend



Youth Mental Health First Aid

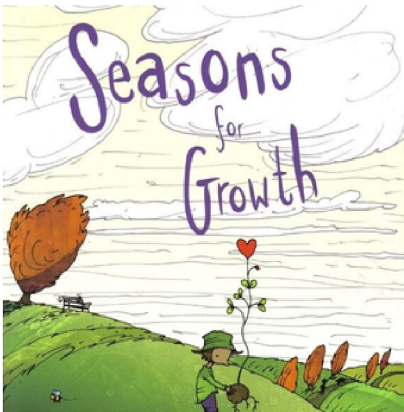
This term we will be offering two ways to access this training -

Online in 4 half day sessions - 5th / 7th / 12th / 14th March

Afternoon sessions 1-4pm - all four sessions must be attended with online learning completed in between the virtual sessions

Face to Face at HIC @ Lancaster University - 18th and 19th March

Both full days must be attended 9am-5pm



Seasons for growth

Wendy can be contacted for more information on Seasons for Growth wendy.hart@lscft.nhs.uk Use the PMHW team inbox to express interest for a free place for the next two and a half day online national training.

Existing trained Companions in person reconstructor session to be confirmed - Wendy will be in touch with trained companions with more details



Supporting C&YP who are experiencing bereavement and significant loss workshop - in person at Cancer Care

Facilitated by Charmaine and Rachel Walker from Cancer Care at Slyndales

Monday 25th March Full day - 9:30am -4:30pm TBC



Other virtual workshops run by us

Supporting better sleep in children and young people (1 ½ hour)

Facilitated by Sam on MS teams

Friday 2nd February 10:30am - 12 noon

Limited to 10 people max per session

MHFA for self-harming behaviour and suicidal thoughts (2 ½ hours)

Facilitated by Sam and Charmaine on MS teams

Thursday 22nd February 2-4:30pm

Limited to 10 people max per session

How to contact us

Sam Harding

Sam.harding@lscft.nhs.uk

07960868083

Tues, Thurs & Fridays this term

Wendy Hart

Wendy.hart@lscft.nhs.uk

07507845966

Working days Monday – Friday

Charmaine Rothwell

Charmaine.rothwell@lscft.nhs.uk

Working days Wednesday –
Friday

We are here to support you to support the children, young people and families you work with.

We offer advice and consultations about young people's mental health and referrals to CAMHS, Child Psychology, ADHD and other services.

We offer workshops, training, Youth Mental Health First Aid and team learning / reflection sessions.

We facilitate the Mental Health Champions Network meetings and Pastoral Partnership meetings.

We are here to promote professionals wellbeing and mental health too.

We are available via phone or email.

We support the co-production of the MH Champions Pathways Guidance Document.

The best way to contact us about a consultation or to attend a training session is via our team inbox which is checked regularly

PMHWLancasterandMorecambe@lscft.nhs.uk

