

MH Champions Network

WINTER NEWSLETTER

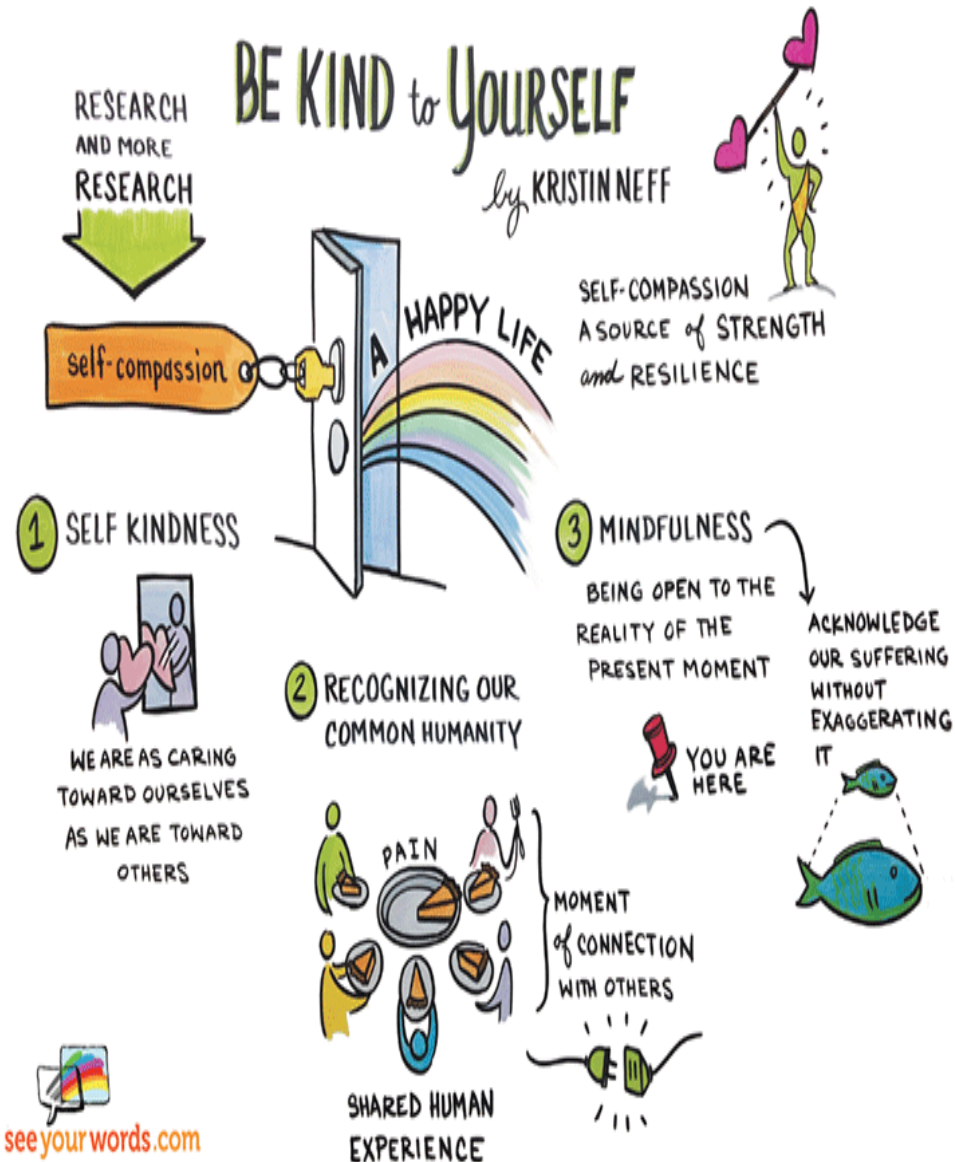
JAN – MAR

2026

Update newsletter from Lancaster and Morecambe PMHW's Wendy Hart, Wendie Rosling and Charmaine Rothwell

COMPASSION

Our theme for this term is Compassion.



COMPASSION-A DEFINITION

“a sensitivity to suffering in self and others with a commitment to try to alleviate and prevent it.” The Compassionate Mind Foundation

[Compassionate Mind Foundation](http://www.compassionate-mind.org)





DATES FOR THE DIARY

Join us at our upcoming MHC meetings

Virtually MS Teams

Wed 21st Jan 2026, 13:30–15:00pm

Wed 13th May 2026, 13:30–15:00pm

Face to face

Wed 4th March 2026, 09:30–11:30 – until 12:00 for networking

Lancashire Association of Boys and Girls Clubs, South Place, 1 Meeting House Ln, Lancaster LA1 1TQ

Wed 1st July 2026, 09:30–11:30 – until 12:00 for networking

Lancaster & Morecambe College, Morecambe Rd, Lancaster LA1 2TY

Primary Pastoral Partnership meetings for school-based staff

Wednesday 17th September - 1:30pm-3pm - Great Wood Primary School, 62 Beaufort Rd Morecambe LA4 6UA

Wednesday 25th March- 9.15-10.45am – Venue TBC

Workshop & Training dates

Youth Mental Health First Aid 2-day training.

Facilitated by Wendy Hart & Wendy Rosling

28th and 29th Jan 2026

11th and 12th March 2026

Times: *Both full days must be attended 9am-5pm*

Venue: Health Innovation Campus, Lancaster University



ADHD Awareness Workshop -online

Facilitated by Louise Gittens (ADHD Team) & Wendy Hart

Date: Tuesday 3rd March Time: 09:30 – 11am



ASD Awareness Workshop-online

Facilitated by Lucy Ellis (LD Complex Needs Team) & Wendy Hart

Date: Thursday 19th March 9.30-12am



Supporting C&YP Who Are Experiencing Bereavement or Significant Loss Workshop. (face to face)

Facilitated by Charmaine in collaboration with CancerCare

Date: TBC

Time: *Full day – 9:30am -4:30pm*

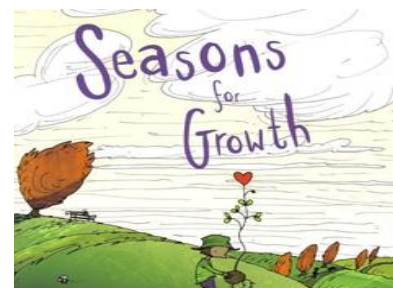


Season For Growth 2-day training (face to face)

Facilitated by Wendy Hart

Next Dates -Summer Term TBC

Wendy can be contacted for more information on Seasons for Growth wendy.hart@lscft.nhs.uk



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

Wendy Hart

07507845966

Working days now Tues, Wed & Thur

Wendie Rosling

07971337317

Working days now Mon, Tues, Wed
& Thur

Charmaine Rothwell

Working days Wednesday – Friday

WE ARE HERE FOR YOU

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, referrals to CAMHS, Child Psychology and ADHD.

We offer workshops, training, Youth Mental Health First Aid and team learning or 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.

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**PRACTICAL WAYS
TO LOOK
AFTER YOUR
MENTAL HEALTH**



TALK
ABOUT YOUR
FEELINGS



EAT
WELL



KEEP IN
TOUCH



TAKE A
BREAK



ACCEPT WHO
YOU ARE



KEEP
ACTIVE



DRINK
SENSIBLY



ASK FOR
HELP



DO THINGS
YOU ARE
GOOD AT



CARE FOR
OTHERS

