

# Newsletter

March 2026

## In this newsletter:

- Training sessions for the this half term
- An update on our contract
- Launching our new website and social media accounts

### Essential Information about LEHSS

1. We are fully funded by LCC and all of our services are **free of charge** to schools and colleges in the LCC area
2. All our staff are experienced clinical psychologists with years of experience supporting children's and adults' mental health
3. Over the last 10 years we have engaged with over 500 settings in the county, with over 10,000 attendees at events
4. Our mission is to improve the mental health and wellbeing of all children and education staff in the county

Book onto an event  
via our Eventbrite  
pages:



Find out more  
information at our  
website:  
([www.lehss.co.uk](http://www.lehss.co.uk))



Access resources, case studies and your own school account at the Compassionate Schools Hub:





## UPCOMING TRAINING SESSIONS



We design our training delivery to be as accessible, relevant and practical as possible. All sessions are open to ALL STAFF directly employed by a Lancashire school or college. Places are fully funded with no charge to school staff, and all sessions are delivered via MS Teams unless specified.

You can use the Training page of our website to view and filter the full list of all our training, and check our Eventbrite pages for training running for the rest of the school year. We aim to deliver every session at least twice each school year.

**Click on the session title for more information and to book a place.**

|                                   |   |
|-----------------------------------|---|
| Friday 6th March 10.00am-12.00pm  | <a href="#"><u>Supporting Children with Low Mood and Depression</u></a>                     |
| Wednesday 11th March 1.00-3.00pm  | <a href="#"><u>Communicating with Children in Distress</u></a>                              |
| Thursday 12th March 1.00-3.00pm   | <a href="#"><u>Supporting Students with Exam Stress</u></a>                                 |
| Wednesday 18th March 12.00-3.00pm | <a href="#"><u>Maximising Resilience and Wellbeing Skills Using PERMA</u></a>               |
| Thursday 19th March 1.00-3.00pm   | <a href="#"><u>Trauma-informed Working in Schools and Colleges</u></a>                      |
| Friday 20th March 10.00am-12.00pm | <a href="#"><u>Understanding Mental Health and Adverse Childhood Experiences (ACEs)</u></a> |
| Thursday 16th April 1.00-3.00pm   | <a href="#"><u>Understanding Self-Harm and Suicidal Thoughts</u></a>                        |
| Friday 17th April 10.00am-12.00pm | <a href="#"><u>Using Attachment Theory to Build Better Relationships</u></a>                |
| Tuesday 28th April 1.00-3.00pm    | <a href="#"><u>Understanding Anxiety and Practical Anxiety Management Strategies</u></a>    |



## CONSULTATION SESSIONS



In addition to our training sessions, our consultation sessions offer a friendly, safe, confidential and containing space to talk about current issues and challenges. Sessions last 30 mins each (or 45 mins for a wellbeing conversation) and are available each week to meet with a clinical psychologist from the LEHSS staff via Microsoft Teams.

**[Click here to book a consultation slot with us](#)**

You may choose to use consultation sessions to talk about individual students, issues or themes affecting your settings, or your own wellbeing and how this is affected by work. We aim to listen, help to understand the issues, and offer advice, recommendations and resources to support you. From the Autumn term onwards we are also offering targeted coaching consultations for staff in leadership positions to support you in these senior roles.



## NEW CONTRACT WITH LCC



We are delighted to announce that after taking part in a tendering process with Lancashire County Council to deliver the emotional wellbeing support to schools and colleges, we have been awarded a new contract to continue to deliver our service for a minimum of three years from August 2026.

For school and college staff this means we can continue to support you through training, consultation and reflective practice as we have done over the last 12 years or so, and there will be no major change in how we deliver our work or how you access our support.

As part of our new contract we will be developing enhancements to how we offer our support, so look out for more announcements in our newsletters, social media and other communications from us.



We are aware that although our training sessions are well attended many staff, especially those in busy student-facing roles, can struggle to find time in the school day to attend live training. Following feedback and consultation with school staff, we are pleased to share that we can now offer a way to access short training videos and resources at a time convenient to you.

These will be accessed as modules on the Lancaster University Open Learning site. Right now we have two live modules: ***Understanding Anxiety in Children and Young People***, and ***Understanding Trauma***. More modules are in development based on our live training sessions.

Access to Open Learning is done via setting up a learning account, and receiving a password from us. If you would like to take a look and access the modules, please share your details in the form **HERE** and we will be in touch with access information.

## NEW LEHSS WEBSITE AND SOCIAL MEDIA ACCOUNTS

We want to share information on what we offer, upcoming events, and feedback from our work in as many ways as possible, so that we try to reach as many school staff as possible. We have therefore launched a brand new website ([www.lehss.co.uk](http://www.lehss.co.uk)) which will help you find our training sessions more easily, search for topics, and filter them according to our pathways of support. We have also begun writing and sharing blog posts on topics relating to our training, and case studies from schools and colleges who have used and benefitted from our work. We also have a number of interactive tools and resources in development which we aim to host on the website - look out for announcements about these in future newsletters.

We have also begun using a range of social media accounts in a more active way to promote our work and share activities we have been doing. If you would like to follow us on one or more of these platforms, please follow the links below, or search for us: @lancsehschools



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