

Bulletin

Issue 24 - 2018



Leeds

Hello! Welcome to the twenty fourth edition of the MindMate Champions Bulletin.

[Building Suicide-Safer Schools and Colleges: A Guide for Teachers and Staff](#)

Over 200 schoolchildren are lost to suicide every year in the UK. Statistics (in England and Wales) were only released for the 10-14 age group for the first time in 2015. Suicides by children under 10 are not included in official statistics.

PAPYRUS have developed this guide to raise awareness of the issue of suicide in schoolchildren, highlight the role that those in contact with schoolchildren can play in helping prevent young suicide, equip school and college teachers and staff with suicide prevention skills to build suicide-safer schools and raise awareness of the support available through their helpline, HOPELineUK.

[Availability, use of, and satisfaction with green space, and children's mental wellbeing at age 4 years in a multicultural, deprived, urban area: results from the Born in Bradford cohort study](#)

It is unknown whether the quantity or quality of green space is more important for mental wellbeing. This study aimed to explore associations between availability of, satisfaction with, and use of green space and mental wellbeing among children aged 4 years in a multi-ethnic sample.

[What not to say to someone recovering from an eating disorder](#)

If someone you know is recovering from an eating disorder, guest Young Minds blogger Esther shares, from her own experience, the things you should avoid saying.

[Child sexual abuse: trauma-informed care](#)

This report from the Department of Health and Social Care sets out current knowledge on trauma-informed care approaches to child sexual abuse and child sexual exploitation. It includes personal case studies and recommendations for a trusted relationship model.

[Mental ill-health and wellbeing at age 14. Initial findings from the Millennium Cohort Study Age 14 Survey](#)

New research from the Centre for Longitudinal Studies (CLS) has revealed how teenage girls from less well-off families are more likely to experience mental ill-health than their better-off peers. The research team analysed the results of a survey of 14-year-old boys and girls who all take part in the Millennium Cohort Study (MCS) – a study which is run by CLS and which has been following their lives closely since they were born.

[Children living in families facing adversity can struggle to access support](#)

This new report from the NSPCC is intended to help professionals understand and support young people whose parents are affected by domestic abuse, substance misuse and mental health problems.

[Sexual violence and sexual harassment between children in schools and colleges](#)

Advice from the Department of Education to schools and colleges on how to prevent and respond to reports of sexual violence and harassment between children. The DfE guidance covers; what sexual violence and harassment is, schools' and colleges' legal responsibilities, a whole school or college approach to safeguarding and

child protection and how to respond to reports of sexual violence and sexual harassment.

[Investors in Pupils Open Morning](#)

The Investors in Pupils Open Morning will be held at West End Primary School, Regent St, Pontefract, WF9 4QJ on the 9th July 2018 (registration at 9:15am) there is still time to book on by clicking [here](#).

All schools are invited for this great opportunity to find more out about the Investors in Pupils programme which promotes pupil voice and student leadership in school settings, with the event being held at a showcase school who will provide you with hints and tips as well as examples of how to run the programme in your school. If you are already an Investors in Pupils school, please feel free to recommend this event to other schools in your area that you think would be interested in attending. To find out more about the Investors in Pupils programme, please click [here](#).

[My Health My Schools Survey – five weeks to go](#)

If you have registered on the My Health, My School survey website but have not yet completed the survey, you have until the end of the academic year to do so.

The My Health, My School survey is still **free** to all Leeds schools/academies. We now have over **10,500 responses** but are striving for our target of 11,000 responses- please help us to achieve this by completing the survey with your class. Registering is quick and easy, just click [here](#).

If you have already registered but can't remember your log in details, please click [here](#).

[County lines: protecting vulnerable people from exploitation - posters](#)

The Home Office have created infographic posters to help people spot the signs of vulnerable people's involvement in gangs and/or drug crime. The Home Office is working with partners to raise awareness of county lines which is part of the cross-government approach to ending gang violence and exploitation. They have developed a range of

materials to help statutory and non-statutory staff identify victims and report concerns to protect those exploited through this criminal activity.

[Mental Health and Debt 2018: Help, Info, Guidance and Support for Individuals and Carers](#)

Martin Lewis from Moneysavingexpert.com has created a guidance document around mental health and debt. Debt and mental health problems, be they caused by redundancy, bereavement, relationship breakdown, abuse or just naturally occurring, are rarely talked about but very common. What's also rarely discussed is the link between mental health issues and debt. When debt mounts up, so does stress and anxiety.

This guide is not only aimed at people experiencing mental health problems, but for anyone working with parents in debt who want to help them tackle their finances.

[What Makes Us Healthy? An Introduction to the Social Determinants of Health](#)

Most people associate the word 'health' with hospitals and doctors. When considering 'good health' they tend to think simply of an absence of illness. This guide refers to health in its broadest sense: a person's level of good physical and mental health, and the extent to which individuals in a society are enabled to live healthy and flourishing lives.

A healthy person is someone with the opportunity for meaningful work, secure housing, stable relationships, high self-esteem and healthy behaviours. A healthy society, in turn, is not one that waits for people to become ill, but one that sees how health is shaped by social, cultural, political, economic, commercial and environmental factors, and takes action on these for current and future generations.