

Bulletin

March 2022



[Mindmate News](#)

Did you know that, in addition to this bulletin, you can access Mindmate news and archives [here](#)?

[DfE – Additional funding to extend senior mental health lead training](#)

The DfE announced additional funding of £3 million to extend Senior Mental Health Lead Training to more schools and colleges. Grants of £1,200 are now available to eligible state schools and colleges to commence training before 31 May 2022. Schools can now confirm their eligibility and reserve a grant for the 22-23 financial year by [completing this form](#), and proceed to book their place on a senior mental health lead training course.

Did you know that schools in Leeds can now buy a full package SLA for 22/23 academic year that includes the SMHL programme and thereby offset the SLA cost? – contact schoolwellbeing@leeds.gov.uk for further information.

For more information on the Leeds SMHL course see: [Senior Lead Mental Health training programme - DfE assured and grant funded \(12month access\) | Leeds for Learning](#)

[Teen Connect](#)

Teen Connect offer free, confidential emotional support and mental health crisis support for teenagers in Leeds, WF3, WF10, BD4 and BD11 (aged 11 -18, up to their 19th birthday) and parents/carers of teenagers too. Teen Connect offers this support over the phone, by text or online through the website – www.teenconnect.org.uk.

They also have a face-to-face service called Safe Zone, which offers support in-person for 11-

17year olds up until their 18th birthday – www.safezoneleeds.org.uk.

Additionally, they are keen to let young people and their parents/carers know that there is support for them as soon as they turn 11, meaning that for many they can begin accessing support in year 6, over summer, and as soon as they begin high school.

“We’re aware of how difficult and challenging times of change and transition can be, and the potential stress and worry that can come with waiting to be accepted to a preferred high school choice. We don’t have a waiting list, and we have no upper or lower threshold for accessing support. We can be contacted the same day that they want to talk to someone. We support callers around a wide range of feelings, topics and thoughts, including whilst someone is in mental health crisis as well as before they reach crisis point. A call with us

really can be about anything: sadness, anger, fear, friendships, family, loss, abuse, grief, change, loneliness, pain, sleep, eating difficulties, self-harm, suicidal thoughts or feelings, being in crisis, feeling anxious or depressed, feeling unsafe, want to talk, any difficulties, frustrations, worries, and more.“

Physical leaflets, wallet cards and posters can also be sent out to primary schools too.

Leeds DVA Services working with C&YP

Leeds Women's Aid: The service has three children's workers, primarily based within refuge provision and one providing support to children in refuge and the community. As well as working with the children the support workers also work with their mother around parenting and awareness of how domestic abuse may have an impact on their child/children. The service provides in-house groups for children, recreational activities such as play schemes and one to one emotional support for children that have experienced domestic abuse and trauma. The service works with 0-19-year olds and works with local schools delivering awareness and preventative work around domestic violence. They also deliver work in colleges. Between March 2019 and April 2020, the service supported more than 30 children.

Karma Nirvana: This national service supports victims of honour-based abuse and forced marriage. Children and young people are supported through a helpline which provides practical and emotional support and advocacy. The service also provides a local Leeds service in the form of a Specialist Outreach Worker that supports young people directly and within families. Furthermore, Karma Nirvana provide awareness sessions to schools around the issue

of forced marriage and honour-based abuse. 30 children 20 living in Leeds were supported through the helpline between April 2019 and March 2020. From these 28 were new referrals to the helpline and 2 were children who contacted the helpline themselves. These represented children from minority groups under and over the age of 16 years old.

The Market Place: The service offers free and confidential advice and support for 13 to 25-year olds. They offer one to one counselling and support relating to violence and coercive controlling behaviours in their own intimate relationships. Safe Zone provides face-to-face support for 11–17 year olds in Leeds, to give young people a safe space to talk about their feelings and be in a different environment and to help with any sense of crisis they may have.

Women's Health Matters: The service works with women and girls 16 and above who are experiencing domestic abuse. They specialise in group work, peer support and providing one to one support. The service supported more than 30 children who had witnessed or experienced DVA between April 2019 and March 2020.

Parents and Children Together (PACT): The service works with children aged 14-17 who are abusive towards their parent. PACT is a 12-session parallel group work programme that works with mums or female carers who are experiencing a pattern of child to parent violence and abuse and from children.

Zero Suicide Alliance: free online training

Zero Suicide Alliance is a charity hosted by Mersey Care NHS Foundation Trust dedicated to preventing suicide. They work in collaboration with NHS trusts, non-profit

organisations, local authorities, businesses and individuals to raise awareness of suicide and its contributing factors. They aim to break the stigma that surrounds suicide and enable leaders to drive meaningful action to help prevent suicide in the UK and beyond.

They provide [Free Suicide Awareness Training](#) that teaches people how to identify, understand and help someone who may be experiencing suicidal thoughts.

They also develop interactive and evidence-based [Resources](#) to support community and organisational leaders to understand the incidence of suicide in their local area, the factors that contribute to suicide and what others are doing to tackle these issues.

[**NHS Approved Sleep Resources:**](#)

Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us. These flexible and accessible NHS approved [Sleep resources](#) were created for teachers, by teachers, to spark discussion among young people about the physical and mental benefits of sleep. Featuring videos co-created by young people, the resources include engaging, bite-sized activities and advice on how to get a good night's sleep. The lessons support Relationships Education and Health Education. Visit the School Zone to download our [Sleep resources](#) for Year 6, in time for World Sleep Day on the 18th March 2022 [Sleep – Year 6 lesson plan | PHE School Zone](#)

[**Anna Freud Centre for Children and Families: Free resources**](#)

Free resources for Children's Mental Health Week, [new podcast](#) about anti-racism in schools, [Guidance](#) on supporting refugee and asylum-seeking children, [The developing mind: conference for Children's Mental Health Week](#), Joining our paid schools' advisory group, New UK Trauma Council [research roundup](#), [New summer term dates](#) for Senior Mental Health Lead training, Download the latest [Mentally Healthy Schools toolkit, Training](#) for schools on reducing exclusions, [New dates](#) for traumatic bereavement training, [Free seminar](#) about the impact of the pandemic on young people's mental health, [Take our survey](#) for secondary school staff, Watch our [seminar](#) about supporting staff, Spring term [mental health calendar](#), Self-care resource for [primary](#) and [secondary](#) pupils, [LGBTQI+ mental health](#) resource, [Tell us](#) about your use of the 5 Steps framework

Which mental health interventions work?

We have all noticed a substantial increase in the numbers of children exhibiting mental health issues since the start of the pandemic so colleagues may be interested in the following research project.

The Anna Freud Centre is looking for schools to apply to take part in their Education for Wellbeing research programme, to implement and evaluate a range of mental health interventions for pupils in years 7, 8 and 9.

Participating schools will get support from leading experts in child mental health, mental health and wellbeing training for selected school staff, and £1,000 remuneration for their time.

To find out more about the programme, including whether your school is eligible and what is required, please see the [information available on Education for Wellbeing](#) or complete the online [expression of interest form](#).

Anna Freud – Podcasts on racism and mental health in schools

Anna Freud National Centre for Children and Families has released a series of [five podcasts](#) discussing racism and mental health in schools. The podcast explores topics including representation, culture and community.

Association for Citizenship Teaching

We know students want to talk about the invasion of Ukraine. This Teacher's Fact Sheet will help teaching staff to feel more confident in addressing this with them. Suggested activities are included to help explore in more depth. bit.ly/2YAoxDV

DfE Sexual Harassment webinars

The Department for Education (DfE) is running three twilight webinars during March 2022 focussed on aspects of tackling sexual abuse and harassment in schools and the role of statutory Relationships, Sex and Health Education (RSHE). These sessions aim to support teachers to address serious issues raised by the Everyone's Invited website and Ofsted's review of Sexual Abuse in Schools and Colleges. [Department for Education Sexual Harassment webinars \(pshe-association.org.uk\)](http://pshe-association.org.uk)

Anti-Bullying Alliance Free CPD

This free CPD Training is offered as part of the Anti-Bullying Alliance's United Against Bullying (UAB) whole-school anti-bullying programme, but is open to anyone who works with children in England. The training aims to develop understanding of bullying and those most at risk, and to improve confidence in preventing and responding to bullying. The final session of the course is an optional workshop for schools registered on UAB to provide practical support on the programme [United Against Bullying CPD Training \(anti-bullyingalliance.org.uk\)](http://anti-bullyingalliance.org.uk)

OFSTED

Ofsted has updated its school inspection handbook on 9th February 2022 - with changes including updates to clarify Ofsted's approach to harmful sexual behaviour (which is linked to sexual bullying). [School inspection handbook - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

DfE Guidance

The government is working with sector experts to publish clearer, more consistent guidance to support schools to create positive behaviour cultures and ensure suspensions and permanent exclusions are conducted in a lawful, reasonable and procedurally fair way.

House of Commons

The House of Commons Library has published a briefing looking at the government's plans to regulate online content. The briefing covers: the Online harms white paper and consultation

and the Draft Online Safety Bill, and their connection to cyberbullying.

Stonewall links

[LGBT+ History Month Resource Hub](#). Resources to help you celebrate LGBT+ History Month including member-only lesson plans that can be shared with schools/colleges.

[Stonewall e-learning](#). Stonewall just launched a third module, **'Tackling anti-LGBTQ+ language and bullying'** for school/college staff and children and young people's services staff. The content of all of their e-learning modules is specific to your nation, making them highly relevant no matter whether you work in England, Scotland or Wales. Don't forget that CYPs Champion members have **10 free places** for their e-learning modules per year of membership!

Sec Ed Bulletin

This includes addressing toxic gendered behaviours, improving RSE provision, ideas for dual coding in lessons, podcast on student transition to post 16, removing barriers created by poverty.

Achieve more depth with 'slow' teaching, pupil premium, tutoring programmes, day-to-day growth mindset, new podcast: education tech and lifting of Covid restrictions in schools, Ofsted update & more: bit.ly/3Jo1aQ2

Climate Change

Of the 100 most powerful solutions to reversing global warming, "educating girls" ranked higher than both solar panels and electric cars! The above link explains why.

TES

Girls are now much more likely to hide signs of distress from their teachers than they were before the pandemic, new [research](#) on student mental health shows.

Upcoming training opportunities from the Health and Wellbeing Service

Bitesize Sessions

19 May 3:30-4:30pm [Virtual Bitesize: Information session for school staff: gambling and mental health in children and young people](#)

16 June 3:30-4:30pm [Virtual Bitesize: Session for school staff: eating disorders in children and young people](#)

Please contact schoolwellbeing@leeds.gov.uk if there is a mental health related bitesize topic you would like to suggest!

RSE

6 July 9:30am – 3:30pm [Delivering secondary and post 16 relationships and sex education with confidence](#)

Thurs 30 June 9:30-12pm
[School Mindmate Ambassadors Pupil and Teacher Training](#)

Youth Mental Health First Aid Courses

10 May 12:30-4:30pm [½ day Virtual YMHFA Aware](#)

9 June 8:45am – 5pm [1 day Face to Face YMHFA Champion](#)

27 June 9:30am – 1:30pm [½ day Virtual YMHFA Aware](#)

5&6 July 8:45-5pm both days [2 Day Face to Face YMHFA First Aid course](#)

Rory Drug Education

4 May 9 – 12:30pm [Virtual Rory Training: Drug Education for key stage 1&2](#)

On Demand [Virtual Refresher Powerpoint to support use of the Rory Primary Storybook](#)

Oh Lila Risk and Resilience Training

21 June [Face to Face](#) 9 – 12:30pm
[Oh Lila: Risk and resilience and drug education for primary schools](#)

On Demand [E Learning Virtual Refresher training](#)

Virtual PSHE Conference 2

25 May [Virtual: PSHE conference 2 - suitable for all staff in school](#)

This conference includes workshops on:

- County lines
- Refugee and asylum - School of Sanctuary
- Gender identity
- Violence and knife crime
- Cannabis and the impact on children and young people's mental health

All live workshops will be suitable for all phases in all settings. A selection of pre-recorded sessions on hot topics to support PSHE and RSHE delivery will also be available on the day for you to watch at a time to suit you.

Recorded workshops: Breastfeeding (Public Health) and Working with education to protect young people from exploitation Where possible sessions will be recorded and will be available to delegates for 12 months after the event.