



Issue 16

# MHST Newsletter

## November 2022



### MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen, Year 1 to Year 6 in Burnley & Pendle, and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Hyndburn and Rossendale Colleges).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a 'request for support' form to the MHST.

### Team News

Our Burnley and Pendle Mental Health Support Team's Wellbeing Wizards have worked hard last half term raising awareness of mental health with children attending primary schools across the boroughs. This has included wizard wellbeing walks, assemblies and workshops for children in KS1 and KS2. Alex, Saduf, Paula and Jade have received great feedback from the school staff. If the wizards come to your school be sure to say hello!



### Blackburn with Darwen Participation Group – For young people

The Blackburn with Darwen secondary school team supported by BwD Healthwatch are relaunching the young peoples participation group! If you know of any young people that may be interested please share this information with them. Previous members of the group have been involved in some fantastic projects such as:

- Designing the MHST logo
  - Speaking about young peoples mental health at virtual conferences
  - Attended residential weekends to participate in a well-being champion programme
  - Supporting the team in designing leaflets/social media posts and assemblies
  - Attending away days to design posters
  - Supporting staff in designing assemblies and creating virtual resources
- And most importantly making new friends and working together as a team!**

healthwatch Blackburn with Darwen

NHS East Lancashire Hospitals NHS Trust A University Teaching Trust

Young Persons Participation Group Blackburn with Darwen

**WE NEED YOU!**

Are you aged 11-16 and attend school in BwD? Do you have an interest in mental health and developing services for young people? If you answered YES Then we need you!

Our next meeting is on MONDAY 22nd November 6-7pm. We are meeting via Zoom and will be offering an introduction to the Mental Health Support Team (MHST) and telling you how you can be involved!

Double click the zoom logo to take you straight to the meeting or type in Zoom on your internet page and enter the following details:  
Meeting ID: 821 7381 5580  
Passcode: 26280

Please contact  
lisa-marie.naylor@elht.nhs.uk  
if you have any questions but no need to book a place please join the zoom link above and we will see you there!

zoom

Safe Personal Effective

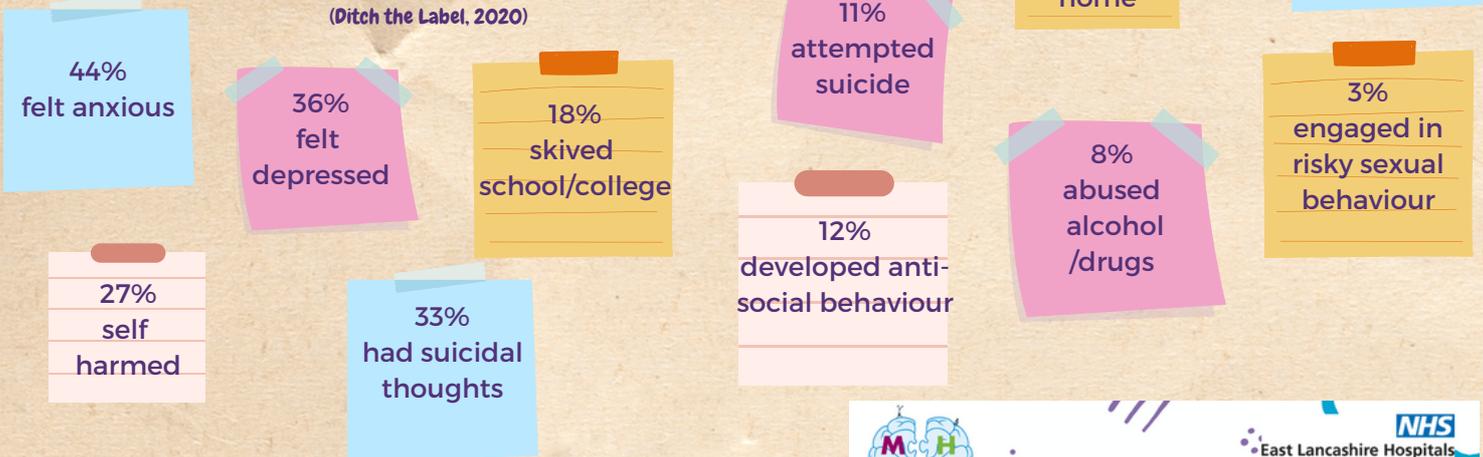


Anti-bullying week is organised by the Anti-Bullying Alliance and aims to raise awareness on the impact of bullying. This year's theme is Reach Out as teachers and children wanted a theme to help empower children and young people to counter the harm bullying causes. The week takes place from 14th - 18th of November 2022. The MHST are holding assemblies and staff training in some schools to support this.

Click on the poster for more information!

## The Impact of Bullying on Young People's Mental Health

(Ditch the Label, 2020)



## Bullying and Schools

Schools have a legal obligation to keep children in their care safe, this can include incidents which have occurred outside of the school setting. For example, cyberbullying. When approaching schools for support, if your child is a victim of bullying, it may be helpful to view their Anti-Bullying Policy. This will usually be found on their website or a member of school staff will provide a copy on request. The policy will outline how the school aims to manage instances of bullying. Two helpful documents are: **Keep Children Safe in Education (2021)** and **Preventing and Tackling Bullying (2007)**. Please click on the images below for links to the documents:



**POSTER COMPETITION**

**DEADLINE EXTENDED TO WEDNESDAY 9TH NOVEMBER 2022**

This Anti-Bullying Week, let's come together and reach out to stop bullying.

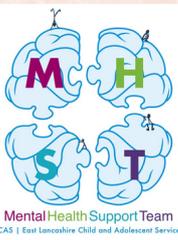
**REACH OUT**

Monday 14<sup>th</sup> to Friday 18<sup>th</sup> November  
#AntiBullyingWeek #ReachOut

To support **Anti Bullying Week** this year we are inviting all young people in primary and secondary schools in Blackburn with Darwen to take part in a poster competition! The theme this year is 'Reach Out' We will be choosing a minimum of 5 entries to be showcased across our social media pages during Anti Bullying Week and to be shared across all schools in Blackburn with Darwen, there will also be a small prize for each winner! Good Luck we cannot wait to see your entries.

Guidance:  
 \*Posters can be created in various ways including paint, colour, pencil and digital methods or a combination!  
 \*Posters to be a maximum of A4 in Size  
 \*Name and school plus school year on the reverse of the poster and please let us know if you consent to us displaying this information on social media should your design be chosen as a winner (you can remain anonymous if you wish)  
 \*We encourage you to be creative and your poster can be a written story, a poem, art work, cartoon sketch, social media post etc

Please give your posters to any member of the Mental Health Support Team - or leave in reception in the poster collection folder (ask staff if you struggle to find it). If your design is digital you can email to [lisa-marie.naylor@elht.nhs.uk](mailto:lisa-marie.naylor@elht.nhs.uk) or [rebecca.pickles2@elht.nhs.uk](mailto:rebecca.pickles2@elht.nhs.uk)



Mental Health Support Team  
ELCAS | East Lancashire Child and Adolescent Services



East Lancashire Hospitals  
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# Signposting

Double Click on any of the images with arrows to go straight to that organisations website

## Parent Support Group – Blackburn with Darwen

The Parent Support Group is an online group which is currently topic based. It is a space where information is shared with discussion between parents. Last group's topic was Obsessive Compulsive Disorder, where we explored what OCD is and how to support your child.

Please come along if you feel it will be helpful. There is no pressure to contribute or have your camera or microphone on, there is a chat function to contribute to the session.

### PARENT SUPPORT GROUP



TOPIC - SOCIAL ANXIETY

WEDNESDAY 23RD NOVEMBER 2022 @ 6-7PM

ONLINE VIA MICROSOFT TEAMS



Please email [emma.jackson@elht.nhs.uk](mailto:emma.jackson@elht.nhs.uk) for a link to the meeting



A guide for Young People – Bullying



The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying



SCAN ME



Open the Camera app on your phone  
Select the rear-facing camera.  
Hold your device so that the QR code appears in the viewfinder in the Camera app.  
Tap the notification to open the link associated with the QR code

FOLLOW US



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Scan here for direct access to the MHST website