

# WIRRAL FUTURE IN MIND NEWSLETTER

MENTAL HEALTH IS EVERYONE'S BUSINESS

## Table of Contents:

P1 – Welcome to the Sixth Edition

P2 – Youth Offer Review

P3 – Youth Parliament

P4 – Training Available

P5 – Early Help & Community Matters

P6 – Mental Health Support Teams in Schools

P7 – New MyMind website

P8 – Bereavement services

P9 – Contact details



## Welcome

By Julie Graham, Senior Public Health Manager at Wirral Health and Care Commissioning

“Welcome to the winter edition of our Future in Mind newsletter, supporting the emotional health and wellbeing of children and young people in Wirral.

In the autumn we ran our annual School Survey on emotional health and wellbeing. We are currently analysing the results and will feed back in the spring 2020. A big “thank you” to all the schools who took part.

This newsletter provides an update on the Youth Offer Review and Youth Parliament. It also includes articles on training available for professionals and parents, Early Help and Community Matters, Mental Health Support Teams in schools, bereavement services and the refreshed MyMind website.

We have refreshed our Joint Strategic Needs Assessment:

<https://www.wirralintelligence.org/jsna/children-and-young-people-mental-health/>

Best wishes for 2020!

## Youth Offer Review

The Review of the Youth Offer aims to understand what young people in Wirral need and want to support their development and help them to achieve the best possible outcomes.

The review is focused on listening to what young people are telling us rather than making assumptions about what we think they want - they are the experts. The review is not just about youth clubs or leisure activities, it considers all aspects of young people's lives, including:

- Health and wellbeing;
- Education, employment and learning;
- Hobbies, activities and free time;
- Youth voice and democracy;
- Young people in their communities;
- Advice, information and access.

The Review is being undertaken in collaboration with the young people of Wirral. From 19th June to 20th September 2019, we supported young people to develop and complete a survey with their peers. This included an online survey, group sessions, workshops, surveys in public spaces such as shopping centres and cafes, and promotion through schools and other organisations. The young people leading the consultation worked hard to make sure the survey reached as many different groups and individuals as possible. Nearly 3,000 surveys were completed, and the findings can be seen in the Care More About Us Report:

<https://democracy.wirral.gov.uk/documents/s50062962/Enc.%201%20for%20Review%20of%20the%20Youth%20Offer.pdf>.



## Youth Parliament

The annual Youth Parliament is a full council meeting where young people debate issues important to them alongside elected members. The Wirral Youth Voice Group decide on the theme for the Parliament which this year focused on Culture and Youth Culture. 54 young people attended the Parliament and the 7 motions debated were:

1. We need to raise the awareness of the culture of being a young person in care.
2. Wirral Council and other relevant organisations need to invest in young people towards increasing their employment opportunities within the creative industries.
3. Technology has created modern culture.
4. We need to change the culture of intervention with young men and raise awareness of their hidden needs and disabilities.
5. We need to change the culture of restricting employment opportunities for young people with disabilities.
6. As part of the New Brighton re-development plan, a cultural hub for young people should be set up, comprising of academic, creative and sporting activities, with additional courses focussing on diversity and culture.
7. The voice of young people should be central to local and national political decision making on the environmental crisis.

All motions were carried except for motion 6.



# Training available

## Primary Mental Health Team

The CAMHS Primary Mental Health Team offers monthly training courses on a rolling programme covering a wide variety of topics including Mental Health Awareness, Self-Harm and Suicide, Managing Anxiety and Worry, Eating Disorders and Supporting Bereaved Children. This training is available to any professional working with children and young people in Wirral. To access this training please register and sign in through the Wirral Safeguarding Board website. To register see: <https://www.wirral safeguarding.co.uk/training-registration/>

Schools can also request that the Primary Mental Health Team run a "Helping Your Child Thrive" event for parents of pupils at their school. 1,350 parents have attended since November 2018.

## ACEs Awareness Training

Adverse Childhood Experiences (ACE) Awareness sessions are available to all professionals working with children, young people and families on Wirral. Currently sessions are offered quarterly with the potential of more sessions being added in the near future. To access this training register and sign in through the Wirral Safeguarding Board website. To register see: <https://www.wirral safeguarding.co.uk/training-registration/>

## ROAR for Primary Schools

Merseyside Youth Association has been funded to deliver a one-day mental health training program for one staff member from every primary school: <https://www.roarresponse.com/>. This aims to equip the staff member to pick up signs and symptoms of a child experiencing mental distress and give more insight into ways staff can respond and build resilience for the school. Delegates will get access to a range of useful tools which can support the monitoring of mental health and also self-care strategies. ROAR also acknowledges the impact of ACEs on Children's lives and provides tools which can support building resilience.

## Youth Connect 5

Youth Connect 5 is a course that gives parents and carers the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques.

Parents are experts on their own children. This course is designed to be supportive and build on the knowledge, skills and expertise that some parents and carers already possess.

The evaluation of Youth Connect 5 Programme has been carried out by Liverpool John Moores University and this can be accessed [here](#) and a summary report of the evaluation can be accessed [here](#). Further information on Youth Connect 5 is attached here:



YC5 Trainer flyer Jan  
20.pdf

To train to be a Youth Connect 5 trainer see: <https://youthconnect5.org.uk/trainers/book/>

# Early Help & Community Matters

Community Matters has been commissioned by Children’s Early Help and Prevention Service to support stronger partnerships between local authority, schools, partner organisations and voluntary, community and faith organisations, and provide easy to access support to children and families.

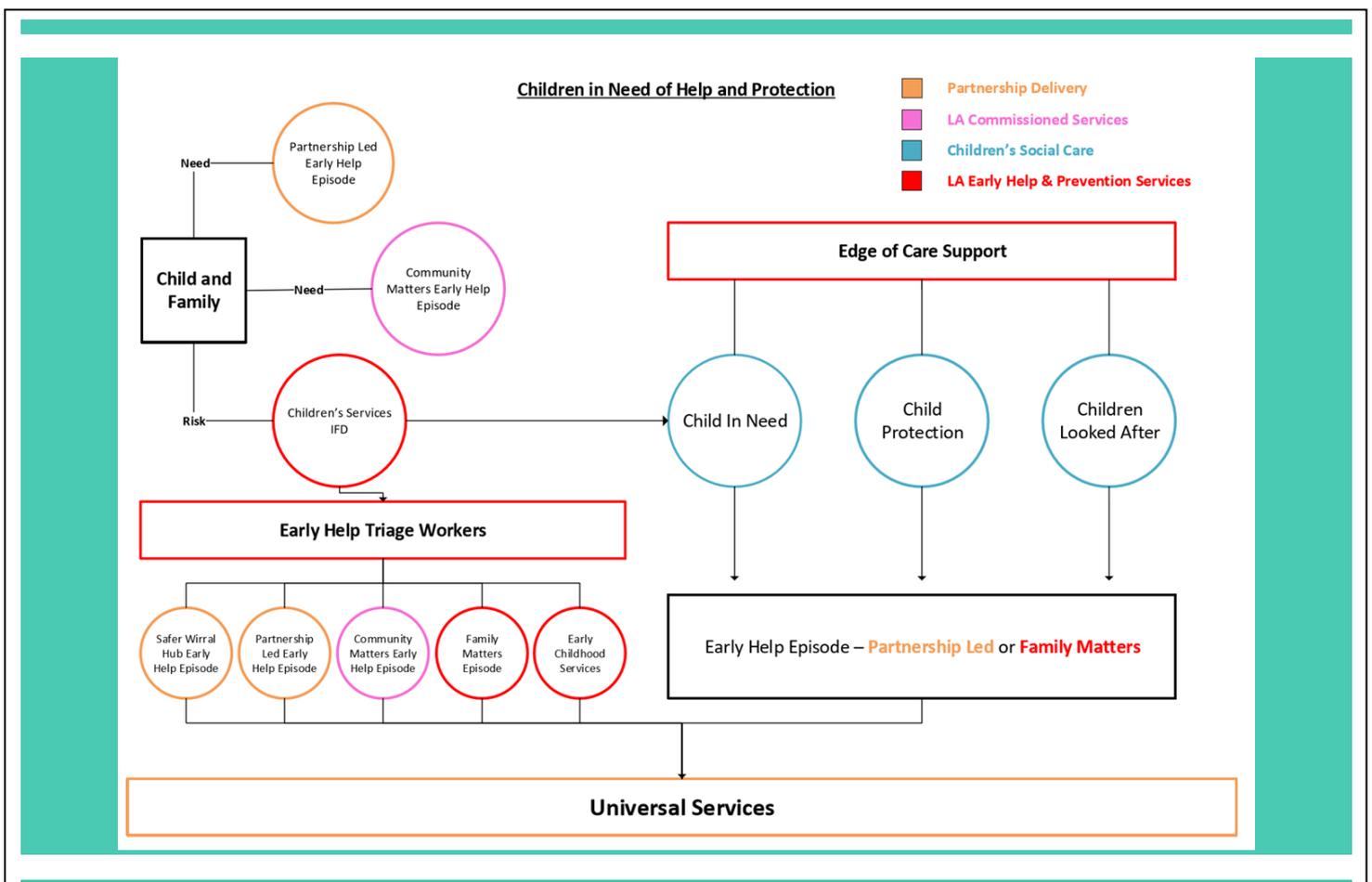
When a child or family need a bit more help than can be provided by the agency involved, an Early Help Request for Service Form can be submitted to Community Matters Early Help team (CMEH) at [earlyhelpteam@wirral.gov.uk](mailto:earlyhelpteam@wirral.gov.uk).

The CMEH team at Home-Start Wirral, can advise on relevant self-help and services for families. If the child/family would benefit from a co-ordinated family plan, the CMEH team can work with you to enable an effective plan to meet the family’s and child’s needs. In the event that there are no professionals able to undertake this task, the CMEH team are able to provide a Key Worker from one of the Community Matters commissioned providers: Caritas, Fender Primary, Open Door Centre, WEB and WIRED.

Key workers will work directly with the child and family to complete an Early Help Assessment (EHAT) and develop a Family Plan to help the family achieve the outcomes they have identified.

Information on Community Matters and the Early Help Request for Services Form:

<https://www.wirral safeguarding.co.uk/professionals/what-is-early-help/>



## Mental Health Support Teams in Schools

Young people in Wirral will soon receive enhanced mental health and wellbeing support in schools.

In summer 2019 Wirral successfully bid to have three Mental Health Support Teams. These are part of a national programme funded by NHS England the Department of Education to improve the emotional health and wellbeing of children and young people. Our bid focussed on overcoming health inequalities caused by deprivation and the teams will work with the 53 schools with primary age pupils in the 40% most deprived areas in Wirral.

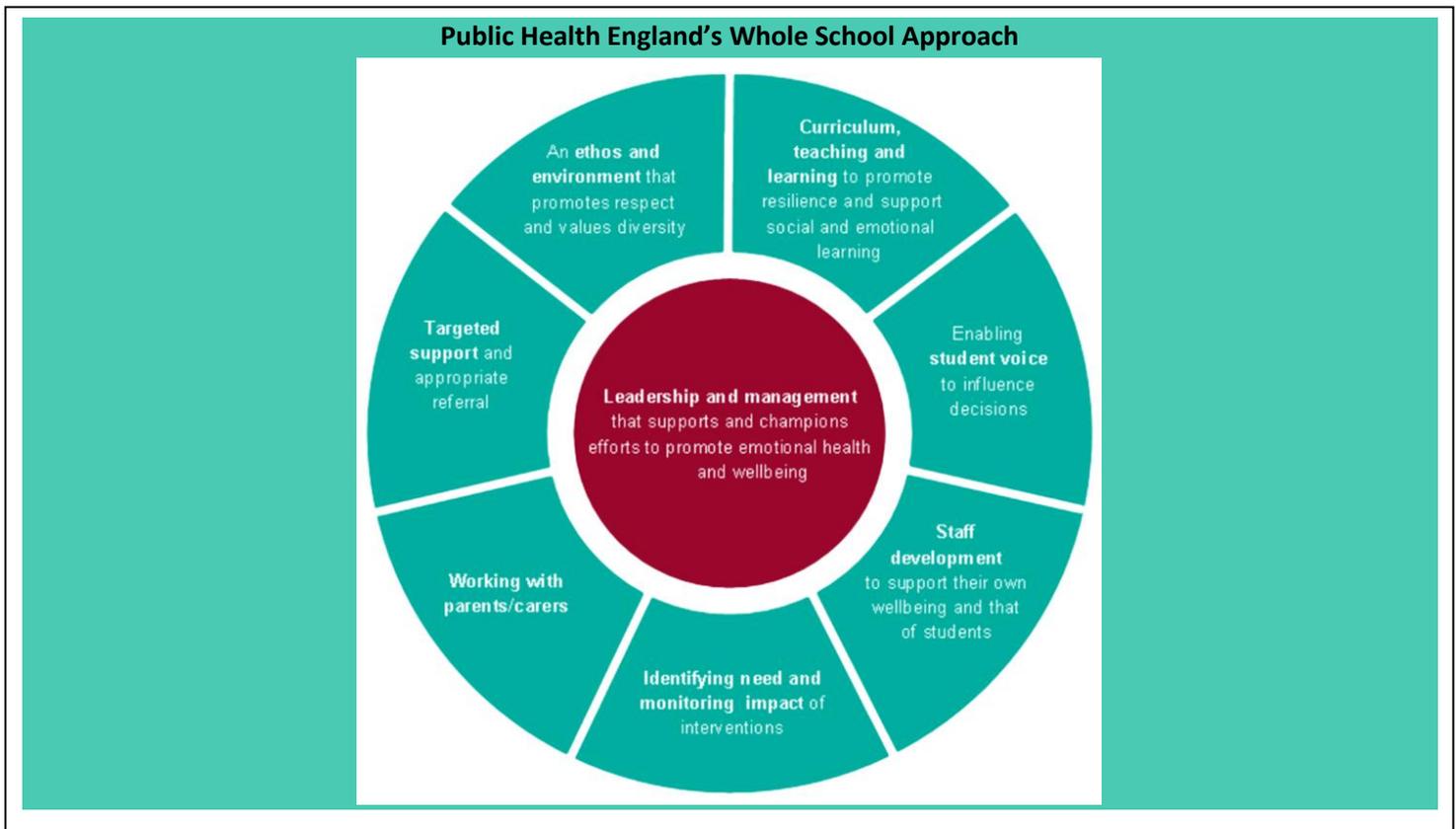
Mental Health Support Teams will deliver immediate advice and early intervention on mild to moderate mental health and emotional wellbeing issues, such as anxiety, behavioural difficulties or friendship issues, as well as providing help to staff within a school setting. The teams will act as a link with local children and young people's mental health services and be supervised by NHS staff.

During the academic year 2019-20 the practitioners will undergo training and start to provide services. The team will be fully operational from summer 2020.

For more information on Mental Health Support Teams see:

<https://www.england.nhs.uk/mental-health/cyp/trailblazers/>

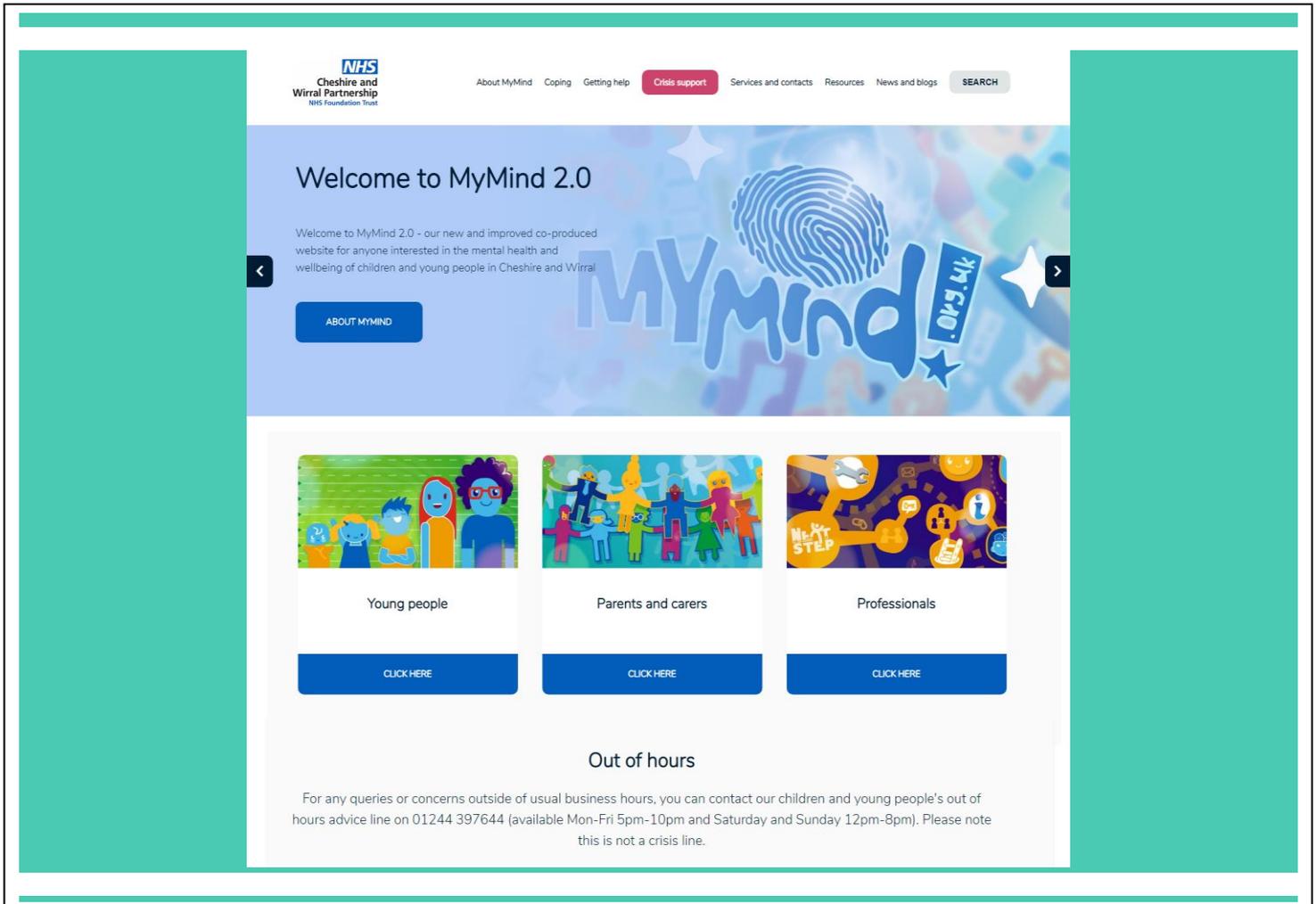
A key element of Mental Health Support Teams is the development of a Whole School Approach, as summarised in the diagram below:



## MyMind 2.0 is here!

We are delighted to announce that Cheshire & Wirral Partnerships' nationally recognised Child and Adolescent Mental Health website - created for young people by young people - has been refreshed and re-launched.

MyMind - officially launched on World Mental Health Day - features a new and improved platform with a fresh new design and gives specific focus to the key topics identified as most important to young people and their families. There are also resources for health and other professionals.



The website is the go-to place for children and young people's mental health and their wider emotional health and wellbeing in Wirral. It includes details of CAMHS services including the Primary Mental Health Team and specialist teams for Eating Disorders and Learning Disabilities. It also includes details of the Advice Line and out-of-hours service.

The website has pages on "coping", "getting help", "crisis support" and "resources".

<http://www.mymind.org.uk/>

## Bereavement Services

Bereavement affects us all. It is widely recognised that children and young people need an accessible bereavement service that they can 'dip in and dip out of' as they move through different ages and stages of development. This will impact on the quality of their understanding of death and dying and the wider impact of their loss on their lives. The figures for children and young people on Wirral who have experienced a significant death are estimated at 1450, with many more experiencing the death of significant person. It is estimated that 140 parents die on Wirral each year leaving approximately 240 dependent children and young people aged 5-16. In January 2017 a group of like-minded professionals formed Wirral's Bereavement Advisory Group. By pooling expertise, contacts, services and resources we have been able to provide families, children and young people with a range of different support services. *Timely, effective help when families need it the most.* Schools have also benefitted from staff training sessions. Pleasingly, the group membership continues to grow, which enables us to offer more support to more Wirral families. From online learning packages to face to face counselling, informative websites to bereaved families and professionals. We work hard to provide what is needed for our Wirral families, working together to ensure services are available.

The organisations involved are:

CBUK [www.childbereavement.co.uk](http://www.childbereavement.co.uk)

CBUK free online training <https://www.childbereavementuk.org/online-learning-for-schools>

Dove Service <https://www.thedoveservice.org.uk/>

Healthwatch <https://healthwatchwirral.co.uk/>

Wirral's SEND Local Offer <https://localofferwirral.org/>

Love Jasmine [www.lovejasmine.org.uk](http://www.lovejasmine.org.uk)

St John's hospice <http://www.wirralhospice.org/>

School nurses and health visiting service

Specialist neo-natal unit at Arrowe Park Hospital

WAY (Widowed & Young) [www.widowedandyoung.org.uk](http://www.widowedandyoung.org.uk)

WIRED <http://www.wired.me.uk/>.

Wirral CAMHS Primary Mental Health Team <https://www.mymind.org.uk/services-and-contacts/wirral/wirral-primary-mental-health-team-camhs/>

Macmillan Cancer Information centre [wih-tr.macmillansupport@nhs.net](mailto:wih-tr.macmillansupport@nhs.net)

Oakleaf Bereavement service <https://liverpoolbereavement.com/child-bereavement-support-liverpool/>

Health Service in Schools <https://localofferwirral.org/listing/health-services-in-schools-hsis/>

For any more information please contact Debra O'Brien [debra.obrien@childbereavementuk.org](mailto:debra.obrien@childbereavementuk.org).



For further information on any part of the newsletter or to share any good practice please contact

[john.meddings@nhs.net](mailto:john.meddings@nhs.net)

The next version of the newsletter will be published in:

Spring 2019.

Previous editions can be found by clicking these links:

[Spring 2018](#)

[Summer 2018](#)

[Autumn 2018](#)

[Spring 2019](#)

[Summer 2019](#)

