

Issue 13:
September
2022

'Kind Minds' Newsletter



Children and young people's mental health and emotional wellbeing
Staffordshire

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.

We produce a newsletter every half-term and **we would welcome your thoughts on the types of information that would be most useful to you.** Please get in touch with ideas, contributions or to be added to the distribution list:



louise.andrews-gee@staffordshire.gov.uk

UPDATE: Network Meetings for Senior Mental Health Leads in Schools



The Senior Mental Health Leads (SMHL) in Education network has now been in place for one full academic year and its membership is growing. Originally aimed solely at Senior Mental Health Leads in Schools, the Network has been expanded to include representatives from post-16 education providers.

The Network was established by the Integrated Care System (ICS) Children & Young People's Mental Health System Improvement Board. This is a group made up of a range of partners including Staffordshire County Council, Stoke-on-Trent City Council, the Integrated Care Board (previously Clinical Commissioning Groups), the Midlands Partnership NHS Foundation Trust, North Staffordshire Combined Healthcare NHS Trust and Action for Children.

These partners are working together to improve the mental health system for children and young people. The SMHL in Education Network is a way of engaging with schools and education providers and recognises the vital role they play in supporting children and young people to achieve positive mental health and wellbeing outcomes.



SMHL in Education Network meetings are held on a termly basis and are a way of sharing information, resources and best practice as well as offering an opportunity for SMHL's to come together to ask questions, seek support and share ideas.

SMHL in Education Network meeting dates have now been set for the 2022/2023 academic year:

Date	Time	Districts
Autumn Term 2022		
Tues 15 th Nov 2022	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Weds 16 th Nov 2022	16:00 – 17:00	



Tues 29 th Nov 2022	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Weds 30 th Nov 2022	16:00 – 17:00	
Spring Term 2023		
Tues 14 th Feb 2023	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thurs 16 th Feb 2023	16:00 – 17:00	
Tue 7 th Feb 2023	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thurs 9 th Feb 2023	16:00 – 17:00	
Summer Term 2023		
Tue 13 th Jun 2023	07:45 – 08:45	North Staffordshire (Newcastle-under-Lyme, Staffordshire Moorlands) & Stoke-on-Trent
Thurs 15 th Jun 2023	16:00 – 17:00	
Tues 20 th Jun 2023	07:45 – 08:45	South Staffordshire (Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire, Tamworth)
Thurs 22 nd Jun 2023	16:00 – 17:00	

All meetings will take place via Microsoft Teams. If you are already on the distribution list for these meetings, you will be sent a Teams link to allow you to join the meeting and an agenda nearer the time.

If you are a SMHL in a school or within an education setting, and would like to be added to the SMHL Network distribution list, please email:



Staffordshire schools / settings: becky.murphy@staffordshire.gov.uk



Stoke-on-Trent schools / settings: heather.griffiths@stoke.gov.uk



North Staffordshire
Combined Healthcare
NHS Trust

UPDATE: Combined Healthcare's All-Age Wellbeing Portal

Mental health is essential to our overall wellbeing and is as important as physical health.

The All-Age Wellbeing Portal from Combined Healthcare provides a one stop shop for information, guidance and support from the trust and other partner organisations. The Portal can be used by anyone to support their own mental health and for families, schools, professionals and organisations looking for information, tips, resources and links to the right help at the right time, all in one place.



Young People can find advice and support on many topics, including mental wellbeing, sleep health, school life, body image, feeling anxious and so many more.





Parents and carers will find advice, information and support that helps you to answer common questions about your child's mental wellbeing, and helpful tips to help your child, as well as links to helpful resources and websites.

If you work with young people and families, you'll know they experience a wide range of feelings, emotions and challenges. The Portal has resources, links and information that you may find helpful.



An electronic referral option for Children and Young People is available on the Portal. To access the Young People section of the Combined Wellbeing Portal, please visit:

 <https://combinedwellbeing.org.uk/da-young-people/>



UPDATE: Action for Children Staffordshire emotional health and wellbeing service

Referrals and waiting times update

We have been busy working through **referrals** into service and getting support to children and young people as quickly as possible. While the wait time varies depending on the type of support you need, our current wait times are:



Referral to assessment: 17 days



Assessment to intervention: 27 days

Annual Report

At Action for Children we are pleased to have released our **Annual Report for 2021/22**. This report sets out our key achievements and challenges as both a celebration of our work to date and setting our priorities for the year ahead. We hope you find it an informative read:

 [AFC Staffordshire+EHWB+Annual+Report+2021_A4_36pp_AW_Web+\(003\).pdf](https://a4c-staffordshire-ehwb-annual-report-2021-a4-36pp-aw-web-(003).pdf)
(squarespace.com)

Community events over the summer

In July we held the first of our **community events** with a 'mindful walk' at Brampton. This free event was attended by over 100 children, young people and families who enjoyed learning about mindfulness and how to maintain positive mental wellbeing taking home their little bag of wellness, filled with tips and activities. Keep an eye on our website for future events:

 <https://www.staffordshire-ehwb.actionforchildren.org.uk/>



What's new?



We have been busy launching our **Timid to Tiger programme**. Timid to Tiger is an evidence based manualised programme for the parents of children with anxiety. We deliver this in eight sessions of 90 minutes with the parents of primary school-aged children. It is effective for children presenting with separation anxiety, social anxiety, panic and specific phobia.

Working with parents is an effective strategy as parents are a vehicle for change. Parents are in the prime position to engage their children in the day-to-day application of skills and are often present in the real-life anxiety-producing situations. We know that children of younger ages can often struggle to transfer the knowledge they learn in one-to-one sessions into real-life situations. Therefore, by working with parents and helping parents to feel skilled and confident in managing their children's difficulties, parents are able to learn real-life applications of their skills and continue to use the skills on an ongoing basis which helps achieve longer term gains.

Parents and carers attending the Timid to Tiger sessions are finding the programme helpful and are benefitting from the support of connecting with other parents and carers facing similar challenges.

'I wasn't very pleased initially when they (Action for Children) wanted me to do the course, not work with my child. I didn't think it would work and really doubted it. The sessions from the start were so good and now I get it. You have all these skills to use for every situation now and in eight weeks we changed things so much, not just for my child, but for myself and our family too'

Feedback from parent, Timid to Tiger Programme.

'I am really surprised that we all have children showing similar behaviours, that it isn't just my child. I have realised that this isn't just something about me, something I have done wrong or my parenting – I feel like a weight has been lifted'

Feedback from parent, Timid to Tiger Programme.

The Action for Children Staffordshire emotional health and wellbeing service always welcomes feedback and it's good to hear the difference our work makes. We'd like to share a recent piece of feedback from a parent of a young person who we have been supporting:

'I really wanted you to know just how amazing a member of your team is. My child was referred to yourselves through their school. We came to see you and straight away my child was made to feel at ease. After their first session I came away feeling like someone actually understands my child, and I didn't feel like I was a terrible mother anymore! I have to say that I was at the end of my tether with trying to get the right help for them. I have struggled along quietly for so long with my child and I will be forever grateful to you for going above and beyond. The staff member was always nothing but professional, but she also showed a great deal of empathy and understanding and genuinely wants to do the absolute best for the children that walk through your doors! She has helped us more than I think she even realises herself. She has given my child lots of tools to help with their anxiety which is so helpful. Most of all for me it was that she listened, and I felt like it was the first time in a long time that someone had done that for us! If it was not for the staff member having the knowledge and experience that she does my child would not be getting the opportunity to get the right assessments done. I feel I have a greater understanding of my child and why they behave the way that they do. I cannot thank her enough for that.'

You all do an amazing job!


Feedback from parent of child engaged with the emotional health and wellbeing service



How to get in touch



Remember, to check the progress of a referral or to update us on any changes please contact the Action for Children Staffordshire emotional health and wellbeing service at:

 01782 977 877

 Staffordshire.EWB@actionforchildren.org.uk

To make a new referral, please visit our website:


 <https://www.staffordshire-ewb.actionforchildren.org.uk/>


In July, we also launched several **new workshops for parents / carers and professionals**. You will find a copy of the flyers for these at the end of the newsletter. Please contact us if you would like any further information or to reserve a place on any of these workshops.

The Digital Dynamic Support Register (DSR) for Staffordshire and Stoke-on-Trent has launched!



The digital DSR for Stoke and Staffordshire has been in the planning for 18 months, has now launched! It is managed and coordinated by a small project team in Midlands Partnership NHS Foundation Trust:

Aaron Parke – Project Lead North Staffordshire:  aaron.parke@mpft.nhs.uk

Liz Zijlstra – Project Lead South Staffordshire:  liz.zijlstra2@mpft.nhs.uk

Jenny Harris – DSR Administrator and Coordinator:  jenny.harris@mpft.nhs.uk

The DSR project aims to ensure everyone with learning disabilities and/or autism of all ages receives the right support, at the right time, in the right place, to ensure that they can remain in their own home. It aims to prevent further deterioration in health and well-being and improve people's experience of services, to prevent unnecessary mental health hospital admissions.



It is a multi-agency project in collaboration with Staffordshire and Stoke Local Authorities, Midlands Partnership NHS Foundation Trust and North Staffordshire Combined Healthcare NHS Trust, reaching across mental health, learning disabilities, autism, children, adults, education, health and social work services.



The DSR team welcome referrals directly from all parts of education services relating to young people who are struggling to maintain their place in education and the community. Training on how to make a referral and use the online DSR platform please get in touch with the DSR team on:



Dynamicsupportregisiter@mpft.nhs.uk

For information and additional resources please use the link below to the DSR webpage:



<https://staffsstokeics.org.uk/your-health-and-care/dynamic-support-register>

UPDATE: Cerebral Sandbox



What is The Sandbox?

The Sandbox is an online platform designed to support children and young people across South Staffordshire and help them to Thrive. We offer three stages of support:

Low Intensity: Our website is packed full of useful resources and signposting information for when a child or young person is not feeling 100% but doesn't need any direct intervention.

Medium Intensity: We created a library of digital iCBT modules that young people can be guided through. All modules have been designed with children and young people in mind with lots of interactive elements.



High Intensity: For those children and young people struggling the most, we offer online 1:1 therapy on a weekly basis for up to 12 weeks with one of our qualified therapists.

The Sandbox in South Staffordshire

We have increasing numbers of self-referrals via the Sandbox website:



<http://sandbox.getcerebral.co.uk>

We have spent time engaging with schools across South Staffordshire and plan to send out lesson plans regarding emotional health and wellbeing in September. Cerebral have also used the school holidays to build the [Resource Zone](#) on the Sandbox – making the Sandbox a place to go for high quality, up-to-date resources. Everything on the Sandbox is copyright-free, downloadable, printable, mobile-friendly and as always, we welcome your feedback!

Can anyone use The Sandbox?

The Sandbox is a service for children and young people aged between 5 and 18. The website content, including livestreams and Resource Zone, are open to all but in order to be eligible for our iCBT or 1:1 therapy, they must be living in South Staffordshire. Anyone can self-refer in using the sign-up buttons and referrals will be triaged within 24 hours.



How can schools' benefit from The Sandbox?

At The Sandbox, our mission is to help reduce the stigma around and increase the engagement with mental health for all children and young people. Our website contains loads of school-based resources for helping start (or continue) the conversation about mental health for all age groups.

We would love it if you could share this information with your staff, parents, and pupils. We have slots available in both our online modules and with our therapists and so would welcome any supported referrals that you may wish to make with or on behalf of one of your pupils.

We also want to hear from you! We are a user-led service and we constantly adapt based on feedback from young people and their families. If there is anything you would like but can't see on the website or if you'd like to get involved in some other way, then let us know. You can always contact us on:



nhs-operations@getcerebral.co.uk



<http://sandbox.getcerebral.co.uk>



Neurodevelopmental Pathway Workshop

Save the date – Tuesday 27 September 2022 – 9.30am to 12.30pm – venue TBC

Midlands Partnership NHS Foundation Trust (MPFT) are seeking the views from a range of professionals and people who use their services to reimagine our future pathways for children with neurodevelopmental needs (ADHD and Autism). They have ambitious plans to develop a more integrated offer and are seeing experts by experience, to help them to design the future pathways.

Please register your interest on Eventbrite so numbers can be gauged:



[Re-imagining Neurodevelopmental Pathways Tickets, Tue 27 Sep 2022 at 09:30 | Eventbrite](#)



Office for Health
Improvement
& Disparities

Senior mental health lead training grant

Start the new academic year learning how to embed a culture and practice in your school that promotes and supports mental wellbeing, helping children and young people to engage in learning.

Now is a great time to apply for a [senior mental health lead training](#) grant and book training for the new academic year.

- Senior lead training helps develop the [knowledge and practical skills of school or college leaders](#) to implement an effective approach to promoting and supporting mental wellbeing in your setting.
- [Apply](#) for a senior mental health training grant now.
- Find out about other resources and help you can get to promote and support mental health and wellbeing at:



<https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges>





Ruby's Story:

What happens when a referral is made to Child and Adolescent Mental Health Services (CAMHS), via the Single Point of Access (SPA), and getting the right support at the right time

This is a real-life story of a Staffordshire young person. All names have been changed

Ruby had been experiencing some difficulties with her mental health, so visited her local GP along with her parents, to see what support might be available. After visiting the GP, a referral was sent to the Child and Adolescent Mental Health Service (CAMHS) Single Point of Access (SPA).

A Single Point of Access (SPA) is a single point of referral providing access to help for children and young people up to the age of 18 years, who may have mental health needs.

The referral was screened, and it was agreed that a low-level intervention would be appropriate. Ruby and her parents were signposted to [Action for Children's emotional health and wellbeing service](#) for initial support. Shortly afterwards, Ruby's dad called the out-of-hours Access Team as Ruby had shared that she had thoughts of not wanting to be alive.

Ruby's teachers had also identified that Ruby might need some support with her mental health, and after speaking with the [Mental Health Support Team](#) (MHST), made a referral to them. The MHST agreed to offer an assessment of Ruby's needs. The assessment was where Ruby's needs were looked at in more detail to find out what she was struggling with and to get a better idea of what support she needed.

The MHST found out that Ruby and her family had been signposted to Action for Children's emotional health and wellbeing service, so contacted Action for Children (with Ruby's parents' consent) to inform them that the MHST would be conducting an assessment and that Action for Children could close the referral that had been made to them. This helped everyone make sure that Ruby was getting the right help, at the right time, without lots of people being involved.

Ruby's assessment revealed that her issues were slightly more complex than the referral suggested and needed to take into account that Ruby had shared thoughts of not wanting to be alive. Although the MHST agreed to work with Ruby, working with an Educational Mental Health Practitioner (EMHP) wouldn't have been appropriate, as it might not have met her needs. Ruby was assigned to a Primary Mental Health Worker (PMHW).

The PMHW worked with Ruby on managing her worries, including psychoeducation around using a worry diary, worry jar and implementing worry time with Ruby and her family. Although this appeared to help, after an incident with another pupil in school, Ruby started to struggle with anxiety symptoms.

The PMHW started to look at Ruby's anxiety in more detail. The PMHW spoke with Ruby and her parents to understand their response to anxiety. It was clear that Ruby's parents would benefit from support to help Ruby with her anxiety. After discussing this with the team, it was agreed that the MHST and PMHW would offer Ruby's parents support in the form of Cathy Creswell's 'managing your child's fears and worries' support sessions.



The PMHW continued to offer Ruby support, alongside the support her parents were receiving. This had maximum benefits and reduced levels of anxiety drastically. Ruby became much more aware of her anxiety triggers, her feelings and how she could begin to manage those using grounding and relaxation techniques. Ruby also learnt to challenge some of her negative automatic thoughts.

Ruby's parents adapted their approach, and started giving Ruby space to begin problem solving independently, but making Ruby aware that they were there for support if needed. This had a great impact on their relationship and Ruby's ability to speak to her parents about their worries.

Ruby was discharged after reporting a reduction in anxiety symptoms, and she started to make changes in her life such as socialising more with friends, attending days out and attempting new things such as rollercoasters – something she really struggled with prior to working with the MHST.

Ruby no longer wishes she was not here and disclosed that she never wanted to die – she just wished the feelings she was experiencing to stop or know how to manage them. Ruby now has greater management of her worries and anxiety, leading to a more fulfilled life.

For more information about Mental Health Services provided by MPFT in South Staffordshire please visit the website:

 <https://camhs.mpft.nhs.uk/south-staffordshire>



World Mental Health Day is Monday 10 October 2022



The Covid-19 pandemic has, and continues, to take its toll on our mental health. The ability to reconnect through World Mental Health Day 2022 will provide is with an opportunity to re-kindle our efforts to protect and improve mental health.

This year's theme for World Mental Health Day 2022 is **Making Mental Health & Wellbeing for All a Global Priority.**

This World Mental Health Day, schools could hold a wellbeing celebration day or deliver activities and lessons focussed on improving pupils' social and emotional skills. [Sign up to the Mentally Healthy Schools newsletter](#) to receive a World Mental health Day toolkit directly in your inbox.


The Anna Freud National Centre for Children and Families' [Mentally Healthy Schools](#) has developed resources to support students and staff schools World Mental Health Day.



There are resources for primary aged pupils, including '20 wellbeing tips'; resources for secondary aged and post-16 pupils and resources for school staff including '5 steps to mental health and wellbeing'.




Find these resources here:

 <https://mentallyhealthyschools.org.uk/media/2829/mental-health-and-wellbeing-school-timetable-autumn-2022.pdf>



52 Lives School of Kindness has a range of [teaching resources](#) to support World Mental Health Day 2022. Find out how kindness improves our own physical and mental health, and whether giving or receiving kindness or even just seeing kindness can have a wonderful effect on us all!


Take on a Kindness Challenge, decorate your classroom using printable colour posters and find games and activities to help celebrate World Mental Health Day here:

 <https://schoolofkindness.org/world-mental-health-day-2022>

Health for Teens website delivers interactive messages and advice covering a broad range of topical subjects and online gaming that promotes health and wellbeing and help young people to make the right choices.



This site, aimed at 11-19 year olds signposts to a number of children and families services provided by Midlands Partnership NHS Foundation Trust (MPST). Please visit:

 <https://www.healthforteens.co.uk/?location=Staffordshire%20%26%20Stoke>



Health for Kids: Grownups is a specifically for parents and carers of primary school aged children, and has information to support you during a child's primary school years.

Health for Kids: Kids is a fun and interactive resource for primary school aged children to learn about their health. Children can find information in an easy-to-understand format on the world of health, feelings, illness, getting help and games.

Visit Health for Kids here:

 <https://www.healthforkids.co.uk/>

SARAC (Sexual Abuse Rape Advice Centre)



SARAC offers confidential support for people in Burton, Lichfield, Tamworth, Uttoxeter, Swadlincote and South Derbyshire who are at risk of or have experienced sexual violence and/ or rape at any time in their lives.

Find a poster at the end of the newsletter



Harvey Girls Family Support

We support the whole family, with wellbeing, emotional needs and much more! If you have children aged 19 or under, we could offer you support.

Find poster at the end of the newsletter






Improving mental health support for LGBTQ+ children and young people – webinar



You are invited to attend a webinar on **Tuesday 8 November 2022, 12.00pm-13.00pm** to explore early intervention mental health support for LGBTQ+ children and young people.

This webinar will share learning from the Queer Futures 2 project, including how to effectively use the tools created by the research team. Attendees will also hear from Place2Be chief executive, Catherine Roche on modelling effective early intervention, as well as learning from Place2Be's Shout service.

If you would like to attend this free webinar, please register via this link:

 <https://www.nhsconfed.org/events/improving-mental-health-support-young-lgbtq-people-findings-queer-futures-2-research>



Training and Learning Opportunities



Maintaining a Mindful Life

This FREE three-hour course (spread over 4 weeks) helps you develop a range of mindfulness techniques; evaluate the impact of a variety of mindfulness techniques; model a more mindful approach to communication, relationships and emotional health; and engage with informal and formal mindfulness practice.



Visit: <https://www.futurelearn.com/courses/mindfulness-life>



Managing Mental Health and Stress

Our mental health is as important as our physical health and can fluctuate on a spectrum from good to poor. Work-related stress and mental health problems often go together.

This FREE two-week course will help you identify the signs of stress and poor mental health at work; evaluate current models of stress; and explore interventions to combat mental health and workplace stress.

Visit: <https://www.futurelearn.com/courses/managing-mental-health-and-stress>

FREE Accredited Mental Health Courses

Funded by the UK Government, Mental Health Courses offers a number of courses in Counselling Skills; Self-harm & Suicide Awareness Prevention; Awareness of Mental Health Problems; Children & Young People's Mental Health; and Behaviour that Challenges in Children. Courses are free and accredited.



Visit: <https://mentalhealthcourses.org.uk/free-online-courses/>





Resource and Evidence Library



[The Children & Young People's Mental Health Coalition's](#) new report **Time for Action: investing in comprehensive mental health support for children and young people** highlights the historic underinvestment in children and young people's mental health, and the postcode lottery of support which has resulted.

Read the full report here:

https://cypmhc.org.uk/wp-content/uploads/2021/12/CentreforMH_TimeForAction.pdf

Dates for your diary – mental health celebration days



September	Saturday 10 September 2022	World Suicide Prevention Day
	14 – 19 September 2022	Sexual Health Week
	Monday 19 September 2022	Youth Mental Health Day
	20-25 September 2022	International Week of Happiness at Work
October	All October	Black History Month
	Wednesday 5 October 2022	World Teacher Day
	Monday 10 October 2022	World Mental Health Day
	Tuesday 11 October 2022	National Coming Out Day
November	Wednesday 2 November 2022	National Stress Awareness Day
	7-11 November 2022	International Stress Awareness Week
	Sunday 13 November 2022	World Kindness Day
	14 – 18 November 2022	Anti-Bullying Week
	25 November to 10 December 2022	16 days of activism against gender-based violence

Feeling Confused? Below is a summary of who can access which service (of those featured above):

Emotional Health & Wellbeing Service (Action for Children)	C&YP with mild to moderate emotional / behavioural difficulties around emotional wellbeing C&YP aged 5-18 (up to 25 for those with EHCPs / 'looked after' within Staffordshire, excl. Stoke-on-Trent)
South Staffordshire CAMHS (MPFT)	Supports children and young people living up to age 18 in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth).



	Self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
North Staffordshire CAMHS (NSCHT)	Supports children and young people living up to age 18 in North Staffordshire (North Staffordshire includes Staffordshire Moorlands and Newcastle-under-Lyme) Online referrals and self-referrals are welcome (the consent of a parent or carer will be required for children under 12, or those 12 and over with a special education need or learning disability).
Dynamic Support Register	For people with a learning disability and/ or autism, people at risk of going to hospital due to behaviour that others find challenging and/ or complex mental health difficulties. For children, young people and adults with learning disabilities and/ or autism. Online referral (with consent) via a key worker.
The Cerebral Sandbox	Online service for children and young people aged between 5 and 18. Website content, livestreams and Resource Zone open to all. 1:1 therapy and iCBT available for children and young people living in South Staffordshire (South Staffordshire includes Cannock, East Staffordshire, Lichfield, Stafford, South Staffordshire and Tamworth). Anyone can self-refer using sign-up buttons.
SARAC (Sexual Abuse Rape Advice Centre)	Offers confidential support for people in Burton, Lichfield, Tamworth, Uttoxeter, Swadlincote and South Derbyshire who are at risk of or have experienced sexual violence and/ or rape at anytime in their lives. Specialist support is for any individual over 11 years old. Service provided by experienced and qualified sexual-violence trauma supporters.
Harvey Girls (East Staffordshire Family Support Service)	Free, confidential and non-judgemental support for families with children aged 19 and under across East Staffordshire, Burton and Uttoxeter.

Thank you to our partners:





In the know

Anxiety, Autism & Neurodiversity

Action For Children is commissioned to provide emotional wellbeing support for children and young people across Staffordshire.

We have developed a work shop to help teachers, support staff and other professionals gain an understanding of how anxiety can affect neurodiverse children and young people.

It is appropriate for those who support autistic children, children with autistic traits or other neurodiverse conditions; for example ADHD or Dyscalculia.

As part of our commitment to work collaboratively throughout Staffordshire the workshop is delivered without cost online or face to face for larger teams.

For more information contact:
01889 977 877
tina.orme@actionforchildren.org.uk



Warm welcome

Parent & Carer Peer Support Group

A new support group for parents and carers of children and young people who are neurodiverse; for example Autism, autistic traits, ADHD and Dyscalculia.

The group will run every 3rd Friday of the month from 10.00am - 12.00pm starting 16th September 2022 in our base at Hawkersyard Hall, Armitage.

The aim of the group is to share support and advice with other parents and carers. Join us for a coffee and chat.

For more information contact:
01782 977 877
Staffordshirewb@actionforchildren.org.uk



Understanding Teenagers

Workshop

Action For Children is commissioned to provide emotional wellbeing support for children and young people across Staffordshire.

As part of our commitment to work collaboratively across Staffordshire the workshop is delivered without cost online or face to face for larger teams.

We have developed a workshop to help parents, carers and professionals gain an understanding of adolescent development.

For more information contact
01782 977 877
staffordshireewb@actionforchildren.org.uk



Emotionally Based School Avoidance

Workshop

Action For Children is commissioned to provide emotional wellbeing support for children across Staffordshire.

We have developed a workshop to help teachers, support staff and other professionals gain an understanding of Emotionally Based School Avoidance.

The workshop is designed to develop knowledge around the causes of EBSA whilst providing practical tips to support young people back into education.

As part of our commitment to work collaboratively across Staffordshire the workshop is delivered without cost online or face to face for larger teams.

For more information contact
01782 977 877
staffordshireewb@actionforchildren.org.uk

SARAC (Sexual Abuse Rape Advice Centre) is a charity based in Burton upon Trent offering free, independent and one-to-one emotional support, information and advice.



Emotional Support

We're here to listen to any individual over the age of 11 years old who has experienced sexual violence and/or rape at any time in their lives.

SARAC offers free, one-to-one, confidential support for people in Burton, Lichfield, Tamworth, Uttoxeter, Swadlincote and South Derbyshire who have experienced sexual abuse and/or rape.



Young Person's Education

One of SARAC's core values is to:

Connect with our local community to raise awareness and educate

As a part of the charity's mission, the young person's team works in educational settings such as schools and colleges in Burton and the surrounding areas. The aim is to educate young people about sexual abuse, to change behaviours and perceptions regarding sexual assault, as well as making young people aware that support is available.



Parent Programme

A dedicated package of support for parent/carers whose children have experienced sexual violence or rape.

The programme will cover the impact on the family and the young person, it will help to answer questions like 'how did this happen?'. The programme will also provide you with tools and strategies to help support each other after sexual violence.

Call our confidential helpline on 01283 535110



Connect Telephone Line

07841 485866

FREE information & guidance through a supportive, empathetic, solution-focused telephone line, for EVERYONE!

Open 09:30 - 17:30 (Mon-Fri), voice messages can be left 24/7.

Social Prescriber for Children and Young People

Our Social Prescriber takes a holistic approach to families' health & wellbeing.

The service aims to help connect children, young people and families with their wider community networks. Social Prescribing aims to provide earliest help, enhance emotional wellbeing and achieve health & social objectives. These objectives include helping families improve awareness of community networks. Supporting engagement of young people with GPs, signposting to universal, specialist services & information and guidance, including the promotion of home safety to prevent accidents in the family home therefore reducing A&E attendance.

To make a referral, call our Connect Line on 07841 485866.

Let's Talk!

Our aim is to tackle loneliness & isolation for the whole family, enabling people of all ages to feel safe, well & connected to their community.

Our family link worker supports families to have a voice, be heard and explore community services.

This FREE service makes a sustainable & significant difference in creating a more resilient community, reducing loneliness and isolation for all ages.

To make a referral, call our Connect Line on 07841 485866.

'Be Well, Be Energy Fit'



Cadent
Your Gas Network

FREE information & guidance around family wellbeing, home energy, money and home safety, including Carbon Monoxide (CO) awareness. Where appropriate, referrals are made to National Energy Action for additional support.

FREE CO monitors are provided, helping to keep the home safe.

For homeowners, we can arrange a home safety check and FREE servicing of gas appliances by Cadent.

Where appropriate, FREE Slow Cooker & cooking sessions are offered to help reduce energy costs for cooking on a budget.



Scan to make a referral



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Sessions: Harvey Girls & Dads4Dads

Inspirational, innovative and interactive sessions aimed at local mums, local dads and their children from a wide range of backgrounds and circumstances. An energetic, welcoming, safe & engaging group setting with activities and ideas to encourage and support positive parenting. Harvey Girls and Dads4Dads run as two separate sessions.

Mixed Martial Arts Sessions

Mixed Martial Arts sessions aim to teach children about boundaries and discipline, listening skills & self-control. Supporting positive behaviour, mutual respect and emotional regulation in a safe & welcoming gym environment.

