

Senior Mental Health Lead Training – Network Meeting 26th April 2023

□ Purpose of the network meetings

- Opportunity to share good practice
- Identify challenges and explore solutions
- Pick up area of interest and development identified by the group

□ Today's agenda

- **Share experiences in your role as a Senior Mental Health Lead:** Review progress/ challenges and next steps in completing your *Whole School Approach to Mental Health and Wellbeing Audit*
- **Provide local and national updates:** both from you and BSW
- **Identifying future needs:** training / network
- **Q&A and one to one time**

Sharing progress: SWOT analysis

Successes:-

What have you achieved so far?
What are you pleased about ?
What feedback / support have you received?

Opportunities:-

What do you hope to do?
What resources do you have that that will help with this?
When do you hope to take the next steps ?

Weaknesses:-

Were there any things you planned to do but were unable to achieve?
How did you feel about this?

Threats:-

What were the challenges you faced?
What other challenges might you expect?
How might you resolve these ?

Sharing progress: A give and get activity

The give

One thing you would like to share that might help others

The get

One thing you would like to hear others views on or be helped with

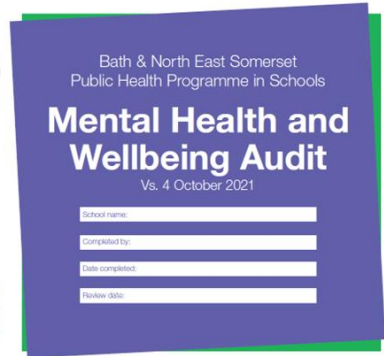


Break out room discussions

Schools reported that they were now starting to implement actions, after having worked through their audits.



Bath & North East Somerset Council
Improving People's Lives



Swindon Healthy Schools Mental Health & Emotional Wellbeing Award



B&NES updates but for everyone

Poverty Proofing Our School Pilot

<https://thehub.bathnes.gov.uk/Page/21430>



“the one place where it can be particularly miserable to be poor is in school”. (Lee - Potter, E. 2019)



2 Vaping Webinars



VAPING WEBINAR

HAZEL CHEESMAN
Deputy Chief Executive
Action on Smoking and
Health

CLARE LAKER
Public Health B&NES
Development &
Commissioning Manger

RUTH SAMPSON
Health Improvement Officer -
Tobacco Control, Public
Health B&NES

**THIS WEBINAR IS AIMED
AT STAFF WORKING WITH
YOUNG PEOPLE**

**WEDNESDAY
17TH MAY
ON TEAMS
3:45 - 4:45PM**

To book a free space on this
webinar click on the link:
<https://www.eventbrite.co.uk/e/591271036587>

[Vaping Webinar - for staff working with young people
Tickets, Wed 17 May 2023 at 15:45 | Eventbrite](https://www.eventbrite.co.uk/e/591271036587)



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**THIS WEBINAR IS
AIMED AT PARENTS
& CARERS**

**WEDNESDAY
24TH MAY
ON ZOOM
19:00 - 20:00PM**

To book a free space on this
webinar click on the link:
<https://www.eventbrite.co.uk/e/vaping-webinar-for-parents-and-carers-tickets-597745632277>

[Vaping Webinar for Parents and Carers Tickets,
Wed 24 May 2023 at 19:00 | Eventbrite](https://www.eventbrite.co.uk/e/vaping-webinar-for-parents-and-carers-tickets-597745632277)

Wiltshire updates of interest to all areas

Youth Mental Health First Aid training in 2023 – ½ day and 2 day (face to face and online)

[Youth Mental Health First Aid : Wiltshire Healthy Schools](#)

Reading Well – updated book list for teens and resources

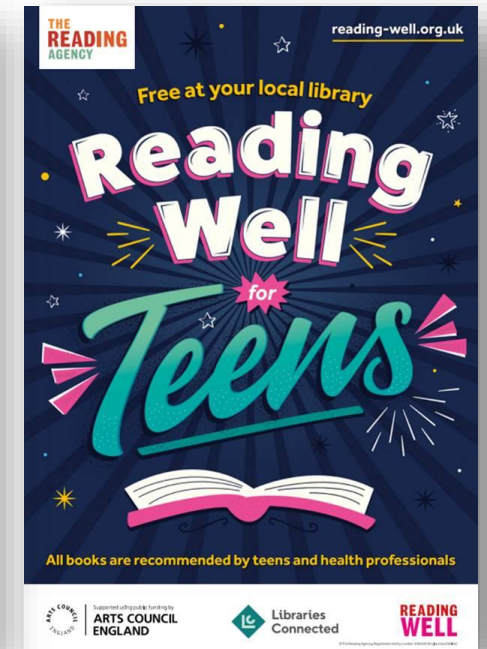
[Reading Well : Wiltshire Healthy Schools](#) (pri & secondary)

New College Swindon – are developing a degree programme in Mental Health.

Also conducting a survey to assess the need for the programme.

Link for anybody who may be interested:
<https://forms.office.com/r/cJXhErutP4>

Or contact switch@newcollege.ac.uk for more info.



Place2Be Mental Health Champions Foundation



This aims to enhance professionals' understanding of children's mental health and introduce approaches that foster positive wellbeing in schools.

The 5-week teacher programme is free to UK-qualified teachers and school-based staff; it is suitable for staff working with pupils of any age. Benefits include: -

- Access to a dedicated Place2Be professional to aid online learning
- Broken down into 15-minute sections to fit around your day (1–1.5 hours per week total).
- Access the programme via any device and the ability to work through it at a time to suit you

The next teacher and school-based staff cohort begins on 17 May. On completion of the course participants will also gain access to the Place2Be staffroom, a dedicated space to access additional resources, tips and learning. For more information and to sign up, visit

www.place2be.org.uk/foundation

Suicide Prevention



PAPYRUS
PREVENTION OF YOUNG SUICIDE



<https://www.ripplesuicideprevention.com/install>

<https://www.youtube.com/watch?v=dKU1OLrvOn4>

<https://www.papyrus-uk.org>

Free webinar: Help young people cope with stress, challenge and change

Join expert authors [Katherine Muncaster](#) and [Steve Oakes](#) for a free webinar on **Thursday 4th May at 15:45 GMT**, and find out how you can develop resilient mindsets in your pupils and a powerful learning culture in your classroom.

Discover the research behind our brand-new Wellbeing Handbook, [Mental Toughness](#), plus, best classroom practice and top tips for instilling mental toughness in your learners.

All webinar attendees will be entered into a prize draw to win one hour of free CPD with Katherine Muncaster.

Zoom Booking link: [Meeting Registration - Zoom](#)

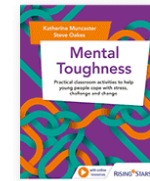
Free webinar

Thursday 4th May 15:45 – 16:30 GMT

▶ Join us on Zoom

Helping young people cope with stress, challenge and change

Top tips and best classroom practice from the expert authors behind *Mental Toughness*



▶ Speakers

Katherine Muncaster (🐦@everychilda)
and **Steve Oakes** (🐦@VESPAmindset)

RISING STARS
FROM HODDER EDUCATION

Useful sources of updates

Newsletter sign ups

Anna Freud (Schools in Mind Newsletter) [Anna Freud National Centre for Children and Families \(list-manage.com\)](https://www.annafreud.org.uk/annafreud-national-centre-for-children-and-families/list-manage.com)

Charlie Waller [Stay up to date with all the latest news | Charlie Waller Trust](#)

Anti-Bullying Alliance [Anti-Bullying Email Newsletter \(anti-bullyingalliance.org.uk\)](https://www.anti-bullyingalliance.org.uk)



Through our work with education staff, we regularly hear that anxiety amongst young people is a key concern in education settings.

Our next Schools in Mind seminar will explore the topic of anxiety with expert speakers from clinical and education backgrounds. We will discuss what anxiety is, how young people may experience it and when to seek specialist help.

Experts will share practical advice on supporting pupils who are experiencing anxiety at school or college.

[Book your free place now](#)

Free webinar. 22nd May 2023 live on Zoom. 16:30-6pm
Book here: [Talking about anxiety in schools and colleges](#)

Access to SMHL info

- PDFs of [network meetings will be added here](#) alongside other useful links.
- Past course materials will be added to a linked public page during the next month.
- These public pages will make access to materials easier and mean that you won't need to access the "secret" course pages for your cohort.

Further network sharing

- **Join future network sessions – 3:30-5pm**
 - 20th September 2023 [Book here](#)
 - 6th February 2024 [Book here](#)
 - 3rd July 2024 [Book here](#)
- What would you like to cover in future network meetings?
- Q&A and further support if required
- **SMHL group on Knowledge Hub**
[Request to join here](#)
Ask questions, share information and keep in touch.