

Newsletter – JUNE 2024



The Summer term is upon us and schools have been busy with SATS, GCSEs and A levels. Now that they are over, the fun can start with sports days, Yr. 6 residentials, leaving parties and end of school productions, as well as school fetes. The sun has finally decided to shine so the big wind down can be enjoyed.

MHST have continued with lots of parent and young people interventions, helping with anxiety, challenging behaviour and low mood worries. Group work is busy in our primary schools. We have been busy running Brain Buddies and Emotional Explorers with the younger children, while Friendships Groups and Stepping up to Yr 7 groups have been running for the older children.

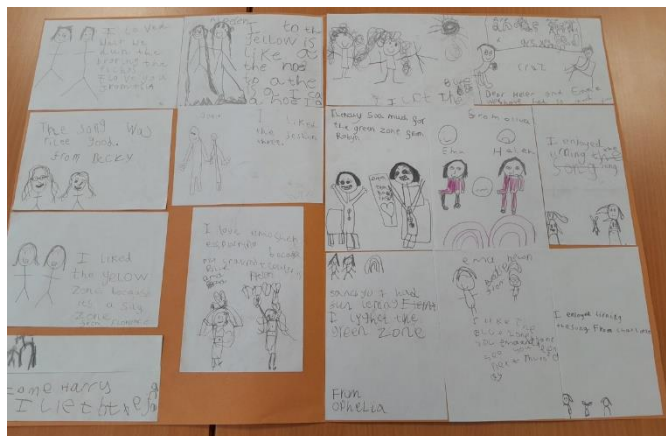
As ever, we have loved working with the school community. The high number of referrals is a positive message that MHST are valued and are doing amazing work.



In This Edition

Summer Holiday Activity & Food Programme – Be quick to sign up!

Emma has been busy with the early years in Roaseacres running an Emotional Explorers Programme. The children loved it and created some lovely work, which Emma displayed on the MHST board in the school.



The children learnt about emotions and how these fit into the zones of regulation. They explored all emotions in the zones, and looked at why they felt this way and how it affected their bodies. They were taught coping strategies to help their emotions.



Katherine Semar held a garage sale in May and Mike and Abbie were asked to pop along with the MHST table and have a chat with. It was well attended, and they were happy that the sun shone.



Helen and Charlotte have created a colourful display board at St Mary's school in Stansted. The display highlights the Zones of Regulation, a topic that is covered by our practitioners when they work with the children



- Is your child showing signs of anxiety, or is their behaviour at home particularly challenging?
- Is your teenager suffering with low mood, anxiety, or worrying more than usual?

Did you know that many Uttlesford schools have an assigned Mental Health Support Team who can help both you and your child?

- Mental Health Support Teams in schools is a service for children, young persons and their parents/carers. We support mental health and emotional wellbeing, focusing on early intervention.
- In primary schools we work with parents/carers, as research shows us this is more effective because you know your child best. Our support gives you and your child coping strategies to manage emotions.
- In secondary schools we work directly with the pupils.
- We offer online group sessions for parents:
 - ✓ *Helping your Child Manage their Fears & Worries,*
 - ✓ *Managing Challenging Behaviour - (dates are sent to the school).*

Our Practitioners work in the following schools:

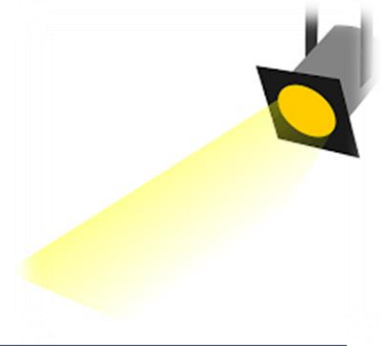
**St Thomas More, Saffron Walden St Mary's, Katherine Semar, R A Butler,
Newport, Clavering, Elsenham, Henham & Ugley,
Magna Carta, Stansted St Mary's, Dunmow St Mary's, Hatfield Heath
Joyce Frankland Academy, Saffron Walden County High, Forest Hall & Helena
Romanes**

**If you think we can help you and your child,
please speak to your child's class teacher who can refer you to us.**

mhstuttlesford@mindinwestessex.org.uk

Meet one of the Team

Abbie Cody – MHST Supervisor/Practitioner



FAVOURITE Film:
THE HOLIDAY

GO TO TAKEAWAY.....
Chinese every time !



If I HAD A
SUPERPOWER

I'd choose Invisibility

I'm Happy When:
I am walking my dog Rodney

Last thing I bought.....
SKIN CARE PRODUCTS

MOVING UP TO SECONDARY SCHOOL



**We will be running mini Zoom workshops during
AUGUST helping you and your child to prepare
for the move to secondary school.**

**We will offer support and advice to help you
cope with the transition to secondary school &
encourage self-confidence.**



Watch this space - more details to follow

Keeping Myself Safe

Non-Emergency Support

SHOUT

- Text SHOUT to 85258 (free, anonymous text crisis messenger, 24/7)

Kooth.com

- www.kooth.com for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)



Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.



shout
85258

kooth
The Mix

Telephone support 3pm-12pm everyday
0800 808 4994

Text crisis messenger 24/7 to 85258
Webchat support www.themix.org.uk/get-support/speak-to-our-team

Childline

1:1 telephone counselling 9am-midnight
everyday 0800 11 11

Switchboard

Confidential service available 10am – 10pm,
every day 365
days a year. Service provides a safe space
listening service via
telephone, email or online chat.

Free Apps

Helps reduce urges to self-harm and manage emotions in more positive way.

In an emergency

Call 999 or attend A&E



Samaritans

- Telephone support 24/7 on 116 123
- Email support jo@samaritans (24hr response time)

STANSTED YOUTH CLUB

FOR AGES 11+

LOTS OF FUN
ACTIVITIES

FREE ENTRY

SUPPORTED BY
STANSTED PARISH
COUNCIL, UDC,
AND ECC

FAIRYCROFT HOUSE

FOR MORE DETAILS CONTACT:
[INFO@FAIRCROFTHOUSECIC.ORG](mailto:info@fairycrofthousecic.org)

MONDAY, TUESDAY, AND WEDNESDAY
STARTING 12TH FEBRUARY 2024
PETER KIRK CENTRE, ST JOHNS ROAD,
STANSTED MOUNTFITCHET, CM24 8JP

Night Owls Info

West Essex Night Owls!

A telephone emotional support service



Open between 5-11pm, 7 days a week

 mind in West Essex

Night Owls is an emotional wellbeing service which anyone can access (aged 18+) by self-referring via our website or scanning the QR code below.

www.mindinwestessex.org.uk/services/west-essex-night-owls-support-line





Once registered our staff will call the service user within 24 hours and then give them a direct line to call between 5pm and 11pm. These are roughly 30-minute calls where we can discuss anything of interest, offer reassurance, support, and listen.

They can also use this number to check if one of our sites has space for them to pop in one evening to visit us.

Our sites are: Harlow, Saffron Walden, Stansted Touch Point or Loughton Seabed Centre.

If you need any further information, please feel free to contact our Sanctuary Manager on 07935059477

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MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY, SATURDAY, SUNDAY 5PM-11PM

Wellbeing Centre
10-11 Corner House
Bushfair
Harlow
CM18 6NZ

Telephone: 01279 421308

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THURSDAY 5PM-11PM

1 & 2 Bakehouse Court
19 High Street
Saffron Walden
Essex
CB10 1AT

Telephone: 01799 400049

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TUESDAY, WEDNESDAY, SATURDAY 5PM-11PM

The Loughton Seedbed Centre
Langston Road
Loughton
Essex
IG10 3TQ

Telephone: 020 3906 2851

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FRIDAY 5PM-11PM

Touch Point Stansted
Crafton Green House
72 Chapel Hill
Mountfitchet
Stansted Mountfitchet
CM24 8AQ

DOES YOUR CHILD RECEIVE FREE SCHOOL MEALS?

Plan now for the Summer Holidays

Speak with your Child and Family Support Service or school
if you think your child could benefit



Essex ActivAte is the name for the Holiday Activity and Food (#HAF2023) programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education. The programme aims to support the physical and mental wellbeing of primary and secondary school children, through engagement in a wide variety of enrichment and physical activities, and provision of a nutritious, school standard meal.

Working with a network of trusted local delivery partners, Active Essex run these **FREE** face to face clubs during the school holidays for children and young people who are eligible for **benefits based free school meals**, as well as those **from low income working** families who would benefit from this extra support. We are also able to extend this support to **children and young people who may be vulnerable to inactivity or social isolation**, on a case by case basis.

Each **Essex ActivAte** club will deliver a variety of fun physical and enrichment activities, fun food education and a nutritious meal. See here out offer within **West Essex:**

Harlow: Providers 10 | clubs 13 | 334 spaces per day | 6460 spaces overall

Epping: Providers 9 | clubs 12 | 200 spaces per day | 3915 spaces overall

Uttlesford: Providers 8 | clubs 8 | 138 spaces per day | 2350 spaces overall

20 days, 5 weeks, 4 days from 24th July – 30 August



For all bookings children will require to book via their unique Holiday activities code from schools accessed by being Income related FSM. We also have 15% of spaces on offer for those who are low income, vulnerable or at risk.

Of which we now have a referral form process for this, please see [here](#).

Please help us to refer and promote these clubs to eligible families by using this the timeless flyer attached.

You are also welcome to use these pre made letter (attached), graphics and more here on our stakeholder toolkit [here](#).

Do keep an eye on our socials (Facebook, Instagram and X) so you can reshare information and stay connected, this is: @Essex Activate

- Step by step guide how to book video as above <https://www.facebook.com/share/v/unxxuYiNCXjZgy2X/?mibextid=KsPBc6&startTimeMs=1000>

- Holiday Activities flyer as above <https://www.facebook.com/share/hkF4LAcBuyfE3nqB/?mibextid=WC7FNe>

- Who is eligible <https://www.facebook.com/share/MwcDVMvU3EdZWdsP/?mibextid=WC7FNe>

See here for an overview on what clubs are on offer: <https://www.activeessex.org/children-young-people/essex-activate/> (Live Monday 24 June)

Should you have any questions, wish to join me on a visit a club please let me know. Finally, please do share this far and wide

Other things to do during the Summer Holidays

ParkPlay

ParkPlay is a free community event that occurs every Saturday (rain or shine) for x2 hours in specific parks across the country to build community and get people moving.

[Harlow – Long Ley](#)

[Waltham Abbey – Cedars Park in Broxbourne](#)

[Find other locations](#)

Everyone is invited to play and can show up to the venues. However, prior registration is encouraged. You can find out more information (when/where etc) on the links above

Junior parkrun

Parkrun is a free and fun 3k event for CYP aged 4-14 years old. Again, this is held in various locations across the county!

[Roding Valley](#)

[Harlow Junior parkrun](#)

[Find other locations](#)

Parkrun

There's also heaps of locations for parkrun (I believe this is 16+ but double check on the website!).

[Find locations](#)

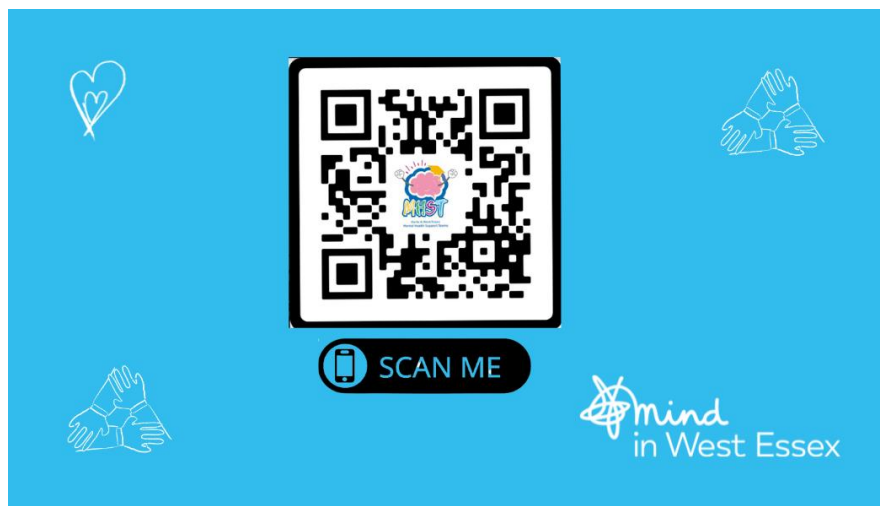
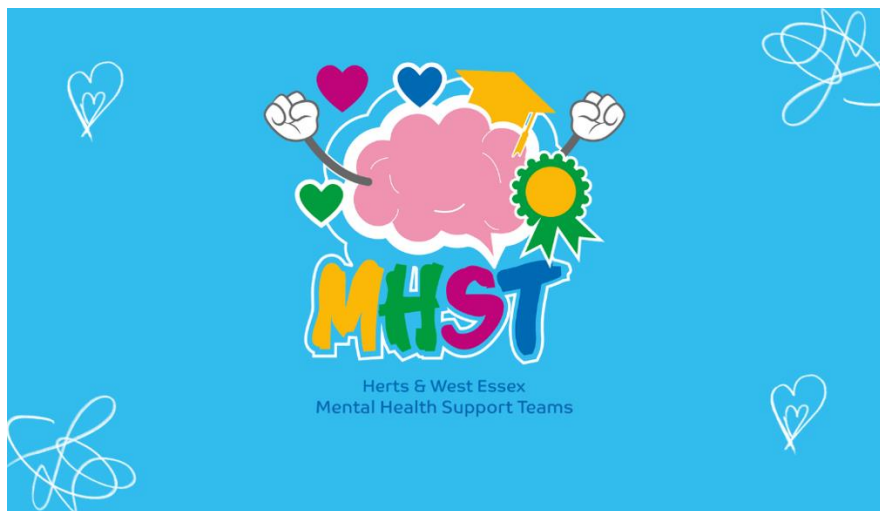
For both junior parkrun and parkrun, you must register on the website beforehand





Don't forget we are always here to help you.

Scan our QR code below which will direct you to some self help resources



If you would like to contact us with any queries, please call Sally Cowan on 07935 064728 or email on mhsuttlesford@mindinwestessex.org.uk or scowan@mindinwestessex.org.uk



Herts & West Essex
Mental Health Support Teams