As I write the last newsletter of this school year, I recall the anticipation a month ago prior to the MHEW schools' conference – it seems so long ago already! As we approach the summer holidays, our routines (and those of the young people and families we work with) will be different. While this can be liberating and allow other parts of our lives to come to the fore, it can also be destabilising and leave some feeling lost.

Routines can be so helpful in keeping us motivated and engaged, so do help your students to consider their summer plans, and signpost to activities where appropriate.

For details of summer activities to share with your families, please see: https://www.facebook.com/InformationForFamilies/ and https://www.facebook.com/igoEastSussex/

Also free play dates for children in the Wealden area from www.communitystuff.org.uk.

Wave Leisure offers funded and low-cost summer holiday programmes for children and families in Lewes and Wealden districts, while Freedom Leisure offers activities in Uckfield area.

Let’s get working is a funded project at SCDA supporting people from 16 and up to access volunteering, work and training, including advice on a range of social issues.

Sussex Prisoners’ Families, with support from the People’s Health Trust, are offering free family activities for family and friends with a loved one in prison.

Monday, 5 August 2019 from 10.30am to 1.30pm https://www.facebook.com/events/457992288340206/)

A fun day out for the family, we will be heading over to Drusillas to enjoy the park. It’s a great park for kids and adults. Everyone will have a chance to meet others.

Places are limited so please get in touch as soon as possible. For more information please email Danielle - danielle@sussexprisonersfamilies.org.uk

Saturday, 17 August 2019 from 11am to 2pm https://www.facebook.com/events/2451513605175404/

Come along for a day of family fun at Treasure Adventure Park! It will be a great way to get together in the community and try out your mini-golf skills!

Please E-mail Danielle, danielle@sussexprisonersfamilies.org.uk for more information. Spaces are limited so get in touch as soon as possible!
Also 12th August: Monthly Support Group
https://www.facebook.com/events/638623933238263/

We hold a monthly support group for families going through the criminal justice system. It's a chance to meet other people going through similar things and to talk openly about your difficulties and worries, while sharing how you have managed.

We have been told how difficult it is to come to a 1st meeting, so please email danielle@sussexprisonersfamilies.org.uk if you would like to meet us beforehand - Refreshments provided and travel costs reimbursed. Get in contact if you would like more information and to come along!!

Feedback from MHEW Conference: ‘Showcasing Ordinary Magic’

The first conference on Mental Health for East Sussex Education professionals took place on Wednesday 26th June at the University of Brighton, Falmer. It was attended by a total of 204 delegates, including stand holders representing MH support services for young people. Bookings flooded in right up to the last minute – stressful for Deb Cornford (ISEND events), Sian Evans (UoB) and me – but the team pulled together with help from other ISEND and Public Health colleagues, plus a fantastic group of UoB student ambassadors to direct people to the right places on the day.

Workshop sessions enabled delegates (teachers, teaching assistants, Head Teachers, SENCOS, trainee teachers, pastoral leads, etc.) to hear about current good practice on a range of MHEW themes, and explore challenges and opportunities for low-cost/no-cost innovations in their individual settings. Further details and presentations can be found here. Planning for next year’s conference has begun!

Delegates commented:

‘I have been signposted to lots of useful resources through Boingboing and other professionals throughout the day.’

‘I had a great time, the guest speakers were fantastic, with engaging and informative workshops’

‘Thank you again for yesterday's amazing event. It really was inspiring!’

‘Fantastic Wellbeing Conference today - inspiring and inspirational speakers, and well organised workshops’

All agreed that the keynote speakers were inspirational. Prof. Angie Hart is a lecturer at UoB, and one of the driving forces behind Boingboing. Her presentation was peppered with personal references, and she supplied lots of humour alongside the wisdom.
Jonny Benjamin’s moving story is well documented (I’m just about to read ‘Stranger on the Bridge’) but still incredibly humbling after my third hearing. Darrell Gale from ESCC Public Health also spoke openly about his personal experience, and his commitment to children and young people’s mental health in East Sussex. These speakers reminded us all of the essential need to relate to each other as ‘humans’, with humility and compassion. It was a real privilege to hear such powerful accounts, and the importance of staying ‘human’ in our interactions with others.

Whole school approach – update

65 staff and MH link governors attended action planning workshops in terms 5 and 6 to specify priority actions building on their MHEW audits. Key themes for all settings are engaging successfully with parents and carers around MHEW and staff wellbeing. Please let me know how your plans are developing – I’d love to visit and see how your thinking has translated into practice!

Post-16 update

Colleagues from colleges countywide attended workshops in June to look at the MHEW audit and highlight strengths and areas for development. Transition: both to – and between - post-16 settings - stood out as an area to improve. Discussions are underway for a post-16 transition working group to focus on strengthening relationships with secondary schools and college/sixth form partners in agreeing key protocols and processes. For more information, pls. contact me, and I’ll ensure that you are updated in due course.
Updates from schools

To support the ‘Learning’ strand on Boingboing’s Resilience Framework, the whole of Harbour Primary school participated in a life skills day on 12th July. All adults offered a life skill during three sessions over the day. The skills ranged from sewing on buttons, hanging washing on the line, making your bed, a range of cooking, bike and car maintenance, telling the time, setting the table, conversational skills, putting up a tent, etc. The children in each session ranged from Year 1 to Year 6, bringing the whole school together. Harbour’s EYFS enjoyed their own day with the Foundation Stage Village. See photos here.

Wellbeing top up between meetings - enjoying the landscape from the train near Bexhill, and walking to Hastings from St. Leonards:

I attended the Hastings Opportunity Area’s Attendance Charter launch in June to hear about successful initiatives in the town, including use of minibuses to collect persistently absent cyp. Marie Burgess, Head Teacher at St. Leonards Primary Academy described her school’s journey in creating an inclusive community of school and parents/carers, which has contributed to a reduction in their persistent absenteeism from 18% to 11% last year, and which will possibly reach 8% this year.

How they did it:

- Got to know individual families
- Parent questionnaires: use of social media, apps
- Gateway app: texting service
- Introduced ‘Marvellous Me’ for this September
- Used Twitter for messages rather than Facebook - very positive response in increased parental engagement
- Newsletter promoting positives, mentioning attendance, spotlight on best attenders with graphics
- Celebrated siblings’ attendance rather than telling off
- Used lots of pictures in correspondence to cater for poor literacy levels in parents
- Sent personal invitations to parents: postcards, phone calls, used knowledge of families
- ‘Spirit Day’ - 3 times per year: off curriculum. School and community improvement projects. Optional. Projects have included: flower bed creation, painting murals, pond lining, building a treehouse, working the allotment
- They get parents in to help out
- Of 245 families at the school, 170 were involved
- SLT make breakfast, provide fish and chips for lunch and all eat with cyp
- Letters and invitations are more open/collaborative, fostering a partnership approach
- Head Teacher not running all meetings, now delegating to key colleagues

The school has also invested in a part-time wellbeing practitioner and sports coach, and facilitates parent workshops to explore specific issues. Families are put in touch with each other (with permission) to share transport, and there are expectations around cyp participation based on attendance levels. Persistent investment over a 5-year period has made a huge impact and developed a strong community working together for the cyp.

**Causeway School, Eastbourne**

I was impressed by the emphasis on building relationships with families as well as cyp at this school. Vulnerable students are allocated ‘advocates’ to support their development through school, who liaise closely with parents and other school colleagues. Students attending the in-house Alternative Provision maintain links with mainstream staff and the curriculum, so that they can re-engage with the wider school environment, and do physical exercise in the afternoons to aid concentration and engagement. A range of personalised programmes supports learners to leave school with alternative qualifications to boost their prospects and confidence.

**Mental Health First Aid Training**

Thanks to EIP funding, Fenella Tallon and associates have now trained over 50 school staff on 1 or 2 day programmes to enhance their understanding and knowledge of ‘common’ MH issues. Further courses will be available as follows, on a paid-for basis:

Term 2 (date to be agreed): 1-day MHFA Champion training. **Free** for state-funded schools to attend. Priority will be given to those schools and colleges who have not accessed MHFA training, especially Mental Health leads in those schools and colleges.

**Free** training for state-funded schools in the Hastings Opportunity Area (HOA):

- 2-day MHFA First Aider Training on Weds 13 and Thurs 14 November 2019 from 9.00am to 5.00pm FULL – if you would like to go on the waiting list please get in touch
- 2-day MHFA First Aider Training on Mon 18 & Tues 19 November 2019 from 9.00am to 5.00pm – places available
- 2-day MHFA First Aider Training over 4 twilight sessions on 4, 5, 11 & 12 November 2019 from 3.00-7.00pm each day – places available

Please contact fenellatallon@yahoo.co.uk / 07946 777419 if you are interested in any of these sessions. Further training will be advertised in the autumn.
MHEW plans – academic year 2019-20

Training

I’m currently collating all the MHEW training scheduled by various ESCC and partner providers and will confirm dates and themes by early September. A key task for the summer is to simplify the diverse training offers to schools and work towards a clearly defined product range that is easier for schools and colleges to choose from.

School/college staff competencies framework

The Schools & Colleges MH working group is developing a competencies framework for school and college staff relating to MHEW, based on the skills/knowledge expected/required in different roles. We’ll be checking that local training opportunities align with these competencies and ensuring that gaps are covered – look out for news in due course.

MHEW training from September 2019

I have been advised that ESCC Standards & Learning Effectiveness (SLES) are offering a free programme for PRIMARY SCHOOLS from Place 2 Be over terms 1-3. **PROVISIONAL DATES and venues** as follows:

<table>
<thead>
<tr>
<th>Topics</th>
<th>Wellshurst Golf Club, Hellingly – TBC</th>
<th>Sussex Exchange, Hastings - TBC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supporting children’s emotional wellbeing</td>
<td>Mon 30th September</td>
<td>Wednesday 9th October</td>
</tr>
<tr>
<td>Attachment Theory and Neuroscience</td>
<td>Wednesday 6th November</td>
<td>Thursday 14th November</td>
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<tr>
<td>Place 2 Think – 1 hour</td>
<td>Thursday 28th November</td>
<td>Friday 29th November</td>
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<tr>
<td>Cognitive Behavioural &amp; Solution-focused techniques</td>
<td>Wednesday 11th December</td>
<td>Thursday 12th December</td>
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<tr>
<td>Supporting the Whole School Community</td>
<td>Wednesday 8th January</td>
<td>Thursday 30th January</td>
</tr>
<tr>
<td>Place 2 Think – 1 hour</td>
<td>Wednesday 29th January</td>
<td>Thursday 13th February</td>
</tr>
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</table>

All sessions are 9.30-12.30 for TAs, 1.30-4.30 for teachers, and staff are expected to attend all sessions. Timings and the venues for Place 2 Think reflective practice sessions are still to be confirmed.

Remember that the Virtual School offers **FREE** Attachment training for staff inset days. Pls. contact Suzie.ive@eastsussex.gov.uk.

I will be offering a training programme based on feedback from recent surveys (thank you to everyone who completed these – they are hugely useful in knowing what support to offer and where). The top themes for MHEW concerns across all phases countywide are:

1. Anxiety and emotional distress
2. Low self-esteem
3. Parents’ issues
4. Self-harm
5. Depression

Group Supervision for MH Leads

I will be facilitating small group supervision (6-8 people) for MH Leads, and will circulate dates in early September. I plan to organise these in secondary schools and invite feeder primaries, to consolidate relationships and good practice, and discuss options to help with MH-related issues. If you are interested in hosting a group in your setting, please contact me: judy.perraton@eastsussex.gov.uk.

DfE funded training for MH Leads

The government is providing up to £95m between 2019/20 and 2023/24 to support the delivery of the Green Paper proposals – including training for senior MH leads and national roll-out of the CYPMHS Schools Link programme through the Anna Freud Centre. A tendering process is underway to appoint a national training organisation, with a view to rolling out this training nationwide from June 2020. In the meantime, please take up the support available locally and let’s share learning widely to ensure consistency of approaches countywide as far as possible.

Mental Health Support Teams

East Sussex Clinical Commissioning Groups (CCGs) submitted a bid to NHS England for 3 x trailblazer sites to host the new Mental Health Support Teams, outlined in the Green Paper ‘Transforming Children and Young People’s Mental Health Provision’. Data was collected from various services across the county: attendance and exclusion rates, attainment at KS2 and KS4, no. of referrals to the Single Point of Advice (SPOA), no. of referrals to ISEND’s Teaching and Learning Provision for anxiety and depression, SEN numbers (with/without Education Health Care Plans), Free School Meals, and pupil voice from health and wellbeing surveys conducted by School Health Service. The bid was successful, and 3 areas have been selected (one from each of the 3 CCGs in East Sussex), with schools involved currently returning their expressions of interest.

The project will provide for low-level Cognitive Behaviour Therapy-based interventions in designated schools, for cyp with anxiety and depression, through new Education Mental Health Practitioners (EMHPs). EMHPs are currently being recruited for a year’s post graduate training at Sussex University from October 2019, and there will be 4 of them to each of the 3 MHSTs, covering approximately 20 schools. An equally important part of their role will be to support MH Leads in schools and to build on work to date in embedding whole school approaches to MHEW. This has all happened very fast and further details will be confirmed in September.
**FREE MH Awareness training** from Anna Freud Centre, Sept ’19 – Mar ‘20

This one-day training will be freely available to those schools who:

- **Have not yet received Mental Health First Aid (MHFA) Training in 2017 – 2018**
- **Are identified as secondary, middle deemed secondary, all through and sixth form colleges**

The training will be available for up to two members of staff from each eligible secondary school. I have looked for East Sussex schools and the following are listed as eligible:

- Ark Helenswood
- Ark William Parker
- Bexhill College
- Bexhill Academy
- Chailey School
- Gildredge House
- Heathfield CC
- Priory School
- Ratton School
- Seaforde Head
- St. Catherine’s College
- St. Richard’s Catholic College
- The Cavendish School
- The Hastings Academy

Please check the list yourselves and email for training dates/further information.

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**Sussex-wide independent review of emotional health and wellbeing support for children and young people**

NHS services have commissioned a review to hear the views and experiences of young people (0-18 years), their families and carers across East and West Sussex, Brighton and Hove. The review will give an up-to-date, independent perspective on the services and support available to cyp. The Review Panel has been formed to gather evidence, insights and feedback from a wide variety of stakeholders – including cyp and their families, and to produce a report with recommendations for how services and support can be improved. At a national level, the NHS Long Term Plan, which was published by health leaders in January 2019, made mental health and children services priority areas and this review supports these national ambitions.

Surveys are going out to GPs, professionals and the public this year, and a series of open space listening events will be arranged to facilitate local participation. I will circulate dates and venues once confirmed so that you, your colleagues and the children and families you work with, can share your thoughts.
Book review

‘Conversations that Matter’ by Margot Sunderland

I would recommend this book for anyone working direct with cyp. It offers helpful forms of words and highlights the difference between supportive, empathic conversations, and those that are more likely to give a dismissive, ‘nevermind’ message, however well-intentioned.

Case examples and cyp’s expressive drawings are used sensitively to illustrate practice that will facilitate understanding and positive change in feelings, behaviours, and relationships: a practical aid for honing skills and deepening practice.

My everyday wellbeing top ups

Noticing beauty from a meeting room, and pausing for breath to take it in ....

Taking my shoes off and enjoying coffee in the park on the way home from the supermarket....

Occasional weekend wellbeing top ups

Enjoying sporting events and a spot of culture....

Getting absorbed in cooking sessions....

Shelling peas with a friend....
As always, the end of term fatigue brings an urge for sugar (and wine!), but speaking personally, a small pause, change of activity, or movement to another place (if only another room) often helps me to manage this. Keeping in mind those few strategies to help avoid giving in to cravings or unhelpful habits mostly works but sometimes it’s harder than others! And when I don’t manage it, tomorrow is a new day….

I wish you all a well-earned holiday over the summer, and will confirm training and supervision dates in September.

Please feel free to contact me with any MHEW questions or news, and I look forward to seeing you soon.

Thank you for your continued enthusiasm and commitment to the MHEW agenda.

Judy
Tel: 01273 335089 / 07850 882219
Email: judy.perraton@eastsussex.gov.uk

NB: Whilst every effort has been made to ensure that information provided about other services available in East Sussex is correct, we cannot guarantee their quality, nor take any responsibility for any services they may provide.

*cyp = children and young people