



LINK NEWSLETTER

LINK – Working together for CYP Mental Health

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LINK

Working together for CYP mental health



POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

Families can get in touch via phone by calling
0800 977 4077

If you wish to make a referral, please fill in the referral form, which you can access [here](#) and send to:
point1

@ormistonfamilies.org.uk



Hello from LINK!

We hope you have had a lovely start to the year and are starting to settle back into the rhythm of normality. This week, we bring you an update from The Virtual School, a new podcast looking at racism and mental health in schools, as well as a great training opportunity for senior school staff members.

Best wishes, The LINK Team

Anna Freud– New Podcast Series

The Anna Freud Centre have developed a new podcast series discussing racism and mental health in schools. With 5 episodes, they discuss topics such as culture, representation and community. They then help break them down and discuss practical steps that schools can take. To listen to the series, [click here](#).

The Virtual School – Service Offer

The Virtual School delivered a specialist training session for us and as part of the session they updated us that their offer has recently expanded to include any young person with a social worker. Their support can help put a plan in place to support with strategies and engagement in the education setting. To find out more about The Virtual School [please click here](#).

Training in Parent/Carer Engagement

The Anna Freud Centre are offering a free course designed to support school staff to improve parent/carers engagement within an educational setting. Suitable for Senior staff only, it takes place over two separate evenings. [Click here for further information](#).



Children's Mental Health Week 7th–13th February 2022

This year, Children's Mental Health Week's theme is Growing Together. This event is all about how we can grow emotionally by overcoming challenges and setbacks and moving out of our comfort zone to unlock our full potential!

Place2Be, the organisers of the event, are also holding a fundraising "Dress to Express" day where you wear whichever colour you like to express yourself and donate £2 to Place 2 Be or a chosen charity.

Place 2 Be have lots of resources for both the primary and secondary age range so go to their website to find out how you can join in the activities.

We would love to hear about any work you do as Mental Health Champions for Children's Mental Health Week. Please get in touch with examples, resources and stories from your week via email!

linkwork-point1@ormistonfamilies.org.uk



Youth in Mind is a project that brings together children and young people with an interest in mental health and wellbeing. The project gives young people the opportunity to have their voice heard and impact the services available to them. If you wish to find out more, they have a newsletter that is available here.

**YOUTH
in mind**

Shaping mental health
services in Norfolk
and Waveney

Champion Checklist

We know that it can feel like a never-ending to-do list when it comes to actions you can take to support emotional wellbeing in your setting. Every two weeks, we will share a practical step that you can take to support the mental health of children, young people and staff in your settings.



With restrictions lifting once again, start thinking of ways that you can engage with parents of young people around their child's mental health e.g drop in sessions, training sessions or Wellbeing Cafes.