



LINK NEWSLETTER

LINK - Working together for CYP Mental Health

March 2022 - Vol 50



LINK

Working together for CYP mental health

Hello from LINK!

Today marks the 50th Newsletter that the Link Team has produced and we hope they have been helpful in supporting your work with children and young people, as well as wider wellbeing support in your setting. This week, we are highlighting some new research, free webinars and ways to talk to young people about the Ukraine Crisis.

We hope you have a good week

The LINK Team



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



The Prince's Trust Natwest Youth Index 2022


The Youth Index is a survey taken across the UK that gauges young people's happiness and confidence across a wide range of areas, including mental and physical health. This year's index highlights the changes that the pandemic has had on young people's happiness. [To read the whole index, click here.](#)

Talking about the Invasion of Ukraine

BBC Bitesize have created a number of resources around how parents and carers can talk about the Ukraine Crisis with their child, however these resources would also be relevant for any professional working with young people. There is a specific resource [linked here](#), which is for talking to teenagers with additional resources [linked here](#). Action for Children also have an article specifically for younger children which you can view by [clicking here](#).

Free Webinars

The Charlie Waller Memorial Trust are hosting two free webinars this month for parents, carers and educators. They are around the teenage brain, eating disorders and supporting young people with low mood and anxiety. [To sign up and find out more, click here.](#)



SPOTLIGHT ON

We would love to hear about the amazing work happening in your settings to support emotional wellbeing. Feel free to share resources, activities, websites, displays or ideas to support mental health. Send your stories to:
linkwork-point1@ormistonfamilies.org.uk

We are excited to feature below a summary from Hannah Booty of all the strategies used to highlight mental health during Childrens Mental Health Week at Wymondham College.

"As a result of the student survey conducted before Christmas 2021, the focus for Children's Mental Health Week was Exam Stress, Anxiety, Low Mood and Sleep.

During the week, the Year 10 Peer Mentors and the Year 12 Mental Health First Aiders were provided with information along the themes above and were asked to identify areas in each of their respective Houses where they could put together a display board and have information leaflets available for students to access. On each day the Wellbeing Team, Peer Mentors and Year 12 MHFA went to a different house to meet students and promote Children's Mental Health week. On Tuesday 8th February Bacchus the therapy dog toured the boarding houses to meet students and staff.

A PowerPoint (including videos from the Well-Being Team) was also put together incorporating all this information to be displayed on the screens in House over the week.

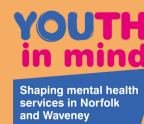
A video by the Wellbeing team was also circulated to tutors to play to students during the week.

The year 10 Peer Mentors attended their last training session on Tuesday 8th February and were presented with their certificates by Julia Fairbrother from South Norfolk Youth Advisory Board for successful completion of the Wellbeing and Life Skills Development Programme.

The second Student Mental Health and Wellbeing newsletter was sent out on Friday 5th February in preparation for the week. This included the College 'recommended' breathing technique along with a timetable for House visits, information on the themes for the week and a poem written by a year 13 student whose book has recently been published.

We provided coverage of the week on our social media platforms. The information was also shared in House Newsletters."

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](#).



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.



Reflecting on the findings in the Youth Index this week, think about the things that you do in your setting to support self-esteem. If you have any useful resources you would like to share, let us know!