

Senior Mental Health Lead Training – Network Meeting 7th December

□ Purpose of the network meetings

- Opportunity to share good practice
- Identify challenges and explore solutions

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* ***A Give and A Get activity***
- **Exploring Emotionally-based school avoidance (EBSA)** Guest Speaker Dr Josie Bainton
- **Provide local and national updates:** both from you and BSW
- **Identifying future needs:** training / network
- **Q&A and one to one time**

Whole School Approach to Mental Health and Wellbeing Audit



Bath & North East
Somerset Council
Improving People's Lives

Bath & North East Somerset
Public Health Programme in Schools

Mental Health and Wellbeing Audit

Vs. 4 October 2021

School name:

Completed by:

Date completed:

Review date:

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



Welcome

Dr Josie Bainton
Emotionally-
based school
avoidance (EBSA)

Local links for EBSA support

B&NES: [Educational Psychology Service | The HUB \(bathnes.gov.uk\)](#)

Contact: Dr Josie Bainton psychology_service@bathnes.gov.uk

Swindon: [Educational Psychology Service \(EPS\) | Swindon hub for Education](#)

Contact: Dr Suzanne Horgan (Deputy Principal Educational Psychologist)

horgans@swindon.gov.uk

Wiltshire: [Emotionally Based School Avoidance \(EBSA\) | Right Choice \(wiltshire.gov.uk\)](#)

Contact: Your Link EP or Service Lead: james.wood@wiltshire.gov.uk

B&NES updates but for everyone

Healing Classroom: International Rescue Committee



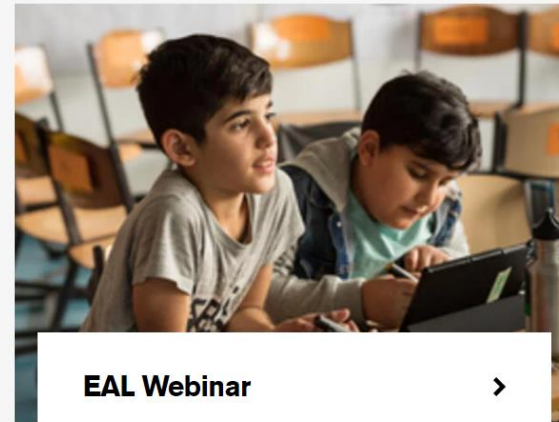
Online training >

Our online Healing Classrooms training consists of three 90-minute sessions. Each session starts at 4 pm and runs during term time. The next available session will start on January 18. Click [here](#) to sign up now.



In person workshops >

We offer in person or online sessions to individual schools or MATs. These sessions will be tailored to the specific needs of your school and resources will be provided. Fill out the form on this [link](#), and a member of our education team will be in touch.



EAL Webinar >

This session is an introduction to welcoming refugees into your school and will help you develop effective English language interventions to ensure refugee students are able to thrive academically and socially. The webinar will take place on 1

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)



Swindon updates

- **Raising Aspirations Programme** – Good participation from Primary and Secondary. If not signed up please contact: angela@chameleonpde.com - Schools already engaged please ensure you complete the How Are You? Survey – for a personalised report for your PSHE curriculum and access to PSHE resource.
- **Driving a Smoke free generation** workshops for Y7 will commence in January. 3 dates will be offered to all Secondary Schools. Delivery of workshops will be online. Resources and training will be provided to school staff to deliver the sessions as and when they require going forward. Programme for Primary schools is also being developed.
- **Healing Classroom** training is on offer to all schools – this is support for refugee students. Please contact: Josh.Corlett@rescue.org
- **Operation Sceptre** -Wiltshire Police - The Youth and Early Intervention team has developed a Weapons Awareness Package that is designed for schools to deliver to their students to educate and inform them of the risks. If there is a need for a targeted input, then this is something that they will facilitate. Any further questions and if you would like a copy of this package, please email Lucy.wileman@wiltshire.police.uk, youth@wiltshire.police.uk or youthswindon@wiltshire.police.uk
- **A final note**, as I leave SBC after nearly 8 years, I would like to wish you all the very best in your roles as SMHL.

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

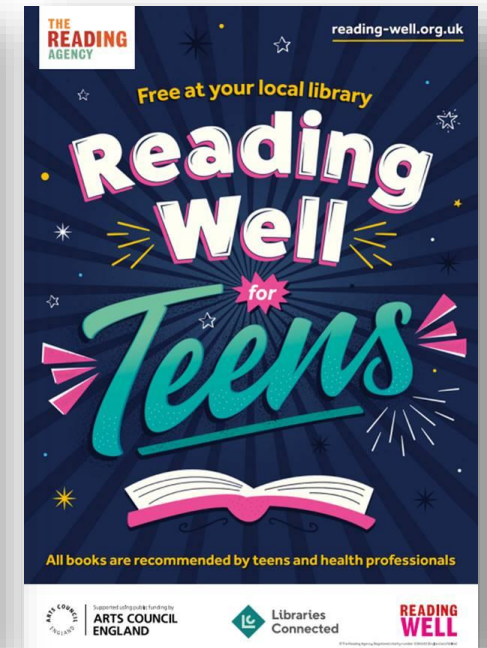
[Reading Well : Wiltshire Healthy Schools](#) (pri & secondary)

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>



National Updates 1

Children's Mental Health Week : Theme Let's Connect. Free resources and lesson material for primary and secondary schools
<https://www.childrensmentalhealthweek.org.uk>



Schools Wellbeing Partnership National Children's Bureau. Sign up for their newsletter for national updates, news of events and latest research [Schools Wellbeing Partnership](#)



National Updates 2

Eating Disorders Toolkit: Intended for use by Registered Nurses/ Midwives and Specialist Community Public Health Nurses.

However, it is recognised that some of the information in this toolkit may also be of use to schools, parents / carers and other professionals.

[Eating Disorder Toolkit | SAPHNA – School And Public Health Nurses Association](#)



Further network sharing

- **Join future network sessions** (booking and joining link from your LA)
- Will be open to the first 3 cohorts
 - **26th April 2023 3:30-5pm**
 - **20th September 2023 3:30-5pm**