

# LINK Project NEWSLETTER

*Working together to improve children and young people's mental health*

Term: Autumn | Issue: 3 | Date: September 2018 |

## A WARM WELCOME!

A warm welcome back! We hope you have all had a relaxing and restorative break over the summer months, and feel ready for an eventful autumn ahead.

Let us begin by thanking all our existing Mental Health Champions for your input over the last few months. Your reflections and feedback have been invaluable to us as we look towards the future and think about how we improve the service. Adjustments have been made to the two day Foundation Training, and we have listened to your requests and have put on some really interesting specialist training sessions for our current champions (more info further down!). Make sure you book on early as spaces are sure to run out quickly.

If you are a professional still thinking about joining the LINK Project, our contact details can be found at the bottom of this newsletter. We look forward to seeing you soon!

## LOCAL NEWS

### Suffolk Children and Young People's



**Phone: 0345 600 2090**

(Mon to Fri 8am-7.30pm)

**Find out  
more**

**Information, advice and support for  
children, young people, families and  
professionals.**



### **Want to become a Domestic Abuse Champion?**

The Domestic Abuse Change Coordinators provide a free service across Norfolk. They train professionals in domestic abuse awareness and tailor bespoke packages dependent on organisations' needs. The coordinators also deliver a 2 day "champions training course" which is a more in depth training for professionals. Champions then become the key DA professional within their team, and have access to network events, conferences, professional consultations and support. If interested in the DACC's services, please contact: [da.change@norfolk.gov.uk](mailto:da.change@norfolk.gov.uk)

## DATES FOR YOUR CALENDAR

26<sup>th</sup> & 27<sup>th</sup> Sep –Youth Mental Health First Aid (Anglian training) | 9<sup>th</sup> Oct - Understanding the importance of attachment in assessment (NSCB) | 11<sup>th</sup> Oct –Understanding Young People's Mental Health (Community Action Suffolk) | 11<sup>th</sup> Oct –Brain Development in Adolescents (Break) | Understanding attachment and resilience (Break) | 13<sup>th</sup> Nov –Emotional Harm (NSCB) | 16<sup>th</sup> + 30<sup>th</sup> Nov –Solihill training (Break) | 16<sup>th</sup> Nov -Awareness of challenges when working with parents (NSCB) | 27<sup>th</sup> Nov –Anti/Cyber Bullying (Break) | Please see websites for more info!

