

# 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!

## NEW RESOURCES + PROJECTS

### New eLearning course on FutureLearn

The University of Reading is offering a module on Understanding Depression and Low Mood in Young People through FutureLearn. Understand how to recognise depression and low mood in teenagers and learn how to help.

<https://www.futurelearn.com/courses/depression-young-people>

### Want to know more about ADHD?

ADHD Norfolk runs monthly drop-ins for anyone interested in knowing more about ADHD. They also run awareness courses for parents and offer bespoke packages for schools. Come along to our specialist session in December for more information, or visit their website for contact details or to book onto more events.

<https://www.adhdnorfolk.org.uk/>

### The MindWise Project

A joint project between The Charlie Waller Memorial Trust and the University of Reading, The MindWise Project has three aims: a) to be a resource hub of trusted mental health information; b) to provide low-intensity training on how to support students with mental health problems; c) to offer lesson plans that can be taught by any teacher.

<http://www.cypmentalhealth.org/dev/home>

## EVIDENCE UPDATE



The LINK team has been busy all summer attending training days, updates and conferences around children and young people’s mental health. We’ve travelled up and down the country and made connections from Bristol to Manchester! We want to share the latest evidence and updates with you, and will dedicate an entire specialist training session bringing you the latest news about the CYP mental health Green Paper, Co-production, social media, wellbeing promotion, resilience and local services. Stay tuned for more information!



**DON'T FORGET!**  
**WORLD MENTAL HEALTH DAY**  
10<sup>th</sup> OCTOBER 2018

What are you doing to highlight World Mental Health Day on October 10<sup>th</sup>? The #HelloYellow campaign from Young Minds has been started to show children and young people that they are not alone with their mental health. Get your schools kit which includes an assembly plan and handy resources to help children think about positive mental health messages they give and receive. For more info, please visit: <https://youngminds.org.uk/get-involved/how-to-fundraise/helloyellow/>

## TRAINING DATES

Have you submitted your application to represent your universal setting as a Mental Health Champion? The next round of Foundation Training is now available to book on EventBrite. Dates and venues are as follows:

**3+9 October-Norwich | 31 Oct+ 6 November - Lowestoft | 1+9 November –Norwich | 12+20 November –Kings Lynn | 15+23 November – Thetford | 26 Nov+ 3 December –Acle | 28 Nov+ 4 December – North Walsham |**

Have you completed your foundation training? If so, you are welcome to book onto our free specialist training sessions. The topics can be found below, please send us an email for further details:

**| Evidence Update | Self harm | Bereavement | Anxiety | ADHD | Attachment | Young Carers |**

*The Link Service is part of Point 1 and is a consortium which comprises:*

*Ormiston Families, MAP, Norfolk & Suffolk Foundation Trust (NSFT)*

**To get in touch or to unsubscribe, please email:**

Email: [linkwork-point1@ormistonfamilies.org.uk](mailto:linkwork-point1@ormistonfamilies.org.uk)

