

# MHST Newsletter

## December 2023

### MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen and Burnley, Burnley College, Year 1 to Year 6 in Pendle and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Accrington College).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a referral to the service.

### Meet the Team

Hi! My name is Sahdia



I am an Education Mental Health Practitioner in the BWD MHST.

**About my role:** I work with children and young people across secondary schools in Blackburn. I deliver 1-1 low intensity CBT sessions and groups for young people who are struggling with mild to moderate mental health difficulties such as anxiety and low mood.

**My favourite thing about my role:** To be able to see young people practice and use valuable skills they have learnt in sessions to manage their own mental health is so rewarding!

**What I enjoy:** I love to travel to new cities and countries and learn about different cultures. I enjoy going on walks to get some fresh air or going to the gym to help me de-stress. And last but not least, I love to cook and try new food from different cuisines.

Lovely  
Feedback  
Received for  
our Mental  
Health  
Support  
Team

" Your Education Mental Health Practitioner (EMHP) has seen my child in school which worked well for us. From start to finish I felt like your EMHP understood my child straight away. I have always thought my child was a little different from my other children and your EMHP basically confirmed what I already knew, which was amazing to know that I wasn't going mad. My child really looked forward to these sessions. Afterwards if the EMHP wanted to discuss anything with me, they would always contact me. Anytime I emailed or rang they answered straight away. I really can't fault them, and I really feel they have changed our family for the better. The EMHP has helped us change little things to stop unnecessary melt downs and we are really going to miss your EMHP.

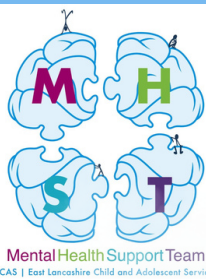
Honestly, your EMHP has really changed our child and us and we will carry on putting everything in place that we have been taught. Please thank your EMHP who we feel is amazing".

THANK  
you



SCAN ME

Open the Camera app on your phone  
Select the rear-facing camera.  
Hold your device so that the QR code appears in the viewfinder in the Camera app.  
Tap the notification to open the link associated with the QR code



Mental Health Support Team  
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# Coping at Christmas

Christmas can be a time of celebration but it can also come with added pressure and expectations. Finding a balance over the festive period can be tricky. The 5 Ways to Well-being is an evidence based approach to help us find a balance to support positive mental health. We have put together some ideas of things you could try with your family to support wellbeing.

## Active

Staying active is a great way to improve your mood and wellbeing! Here are some ideas: dancing to christmas songs, walking around your local area to look at the decorations, winter walk, play games with family – Twister is a great fun active game! See if there are any fun and free local activities, visit local landmarks such as Darwen Tower and Pendle Sculpture Trail.



## Connect

Have some family fun by playing games together! Here are some ideas: marshmallow stacking game each player to take turns to place marshmallow on top of each other. The player that causes a marshmallow avalanche loses! Oven mitt present unwrap a twist on pass-the-parcel. One player has to unwrap a present one layer at a time using oven gloves until the player on their left rolls a double on a dice. Once a double is rolled then this player takes over. The winner is the player who manages to open the present!



## Notice

Notice the decorations around your local area. This can be great fun and a lovely way to spend time together, you can make a game of it to support 'noticing' things for example can you find 5 santas on your way? How many Christmas Trees can you find? Can you find 5 houses with lights outside? etc



## Give

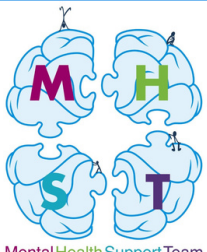
Christmas isn't just about giving to others, give yourself some 'me-time' and treat yourself. For children you can get them involved in 'giving' by helping them to make their own Christmas tree decorations and cards to gift to loved ones you could also make your own Christmas wrapping paper or gift bags by decorating standard paper.



## Learn

Time off school over the christmas break is a great time to visit local museums, attractions and libraries. Townley Hall, Haworth Art Gallery and The Whitaker all offer a variety of learning opportunities.

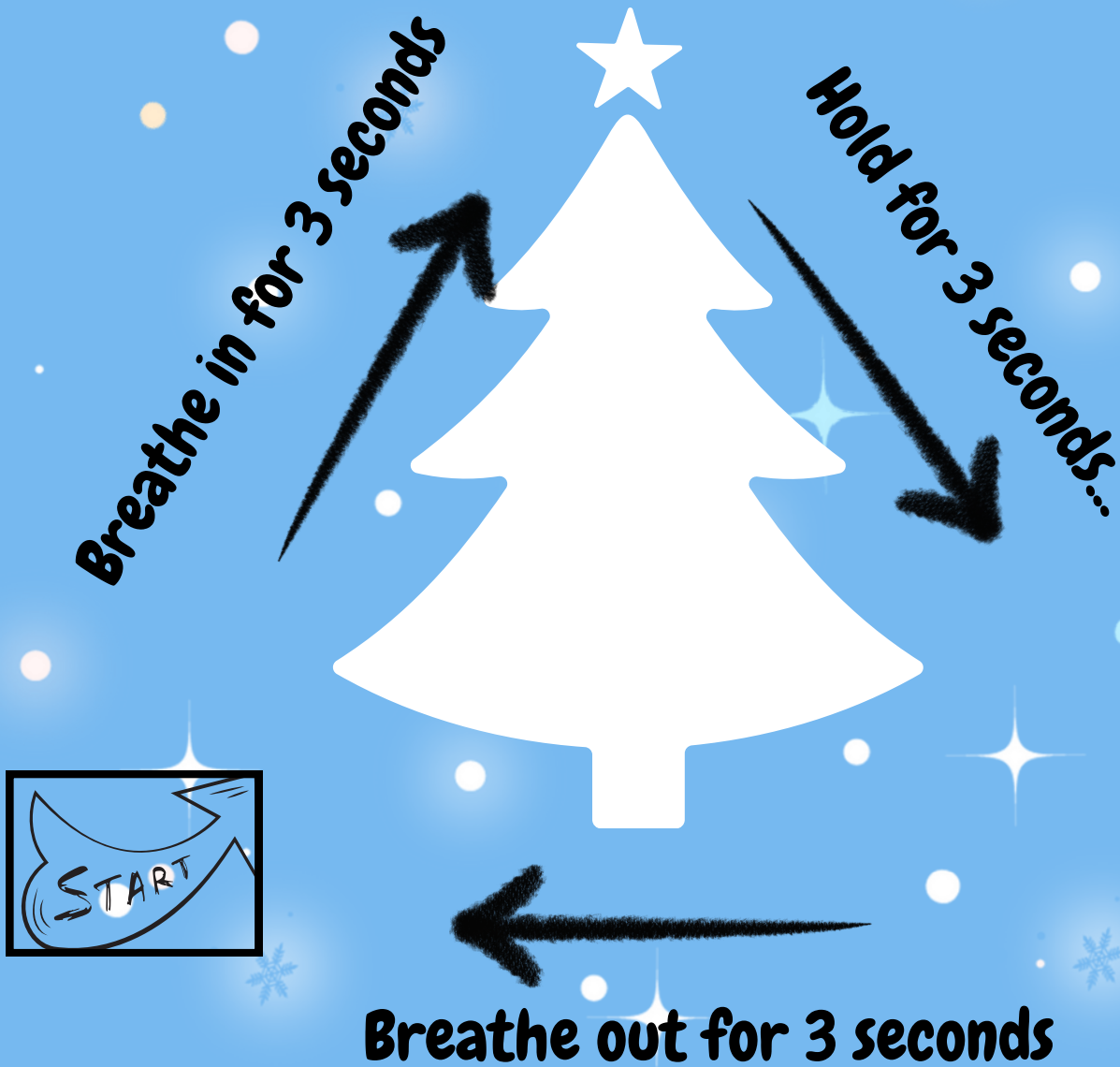




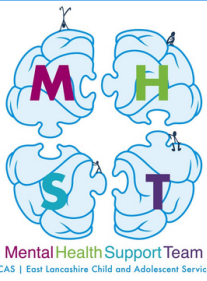
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# Christmas tree Breathing Exercise

Triangle breathing has been used as a method to calm the mind and body for generations it has many benefits including: reducing stress and anxiety, improving focus and concentration and promoting relaxation



Starting at the left bottom of the christmas tree, trace your finger up the side as you take a deep breath in through your nose. Hold your breath for 3 seconds as you trace your finger down the other side - following the arrows. Breathe out of your mouth for 3 seconds along the bottom of the tree. Repeat until you feel calm.



# Signposting

## Parent Support Group – Blackburn with Darwen

The Parent Support Group is an online group which is topic based; it is a space where information is shared and support and advice is encouraged between practitioners and parents, we welcome open discussion within the group.

Please come along if you feel it will be helpful. There is no pressure to contribute or have your camera or microphone on, there is a chat function to contribute to the session if you feel more comfortable.

**Parent Support Group – BwD**  
Last Wednesday of the month  
6pm–7pm via Microsoft Teams  
*–Please email [rebecca.pickles2@elht.nhs.uk](mailto:rebecca.pickles2@elht.nhs.uk) for a link to the meeting*



The HAF programme is in place to ensure all children get the chance to have healthy happy holidays so they can:

- be more active
- learn new skills
- meet up with friends and make new ones
- get a tasty nutritious meal
- work together and stay safe

The activities on offer will help to increase self-esteem and improve wellbeing. There will also be advice and information on healthy eating and nutrition, but the focus is definitely on fun and friends.

[CLICK HERE](#)



[CLICK HERE](#)

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**Blackburn Holiday Activity Fund Offers**

**East Lancashire Hospitals NHS Trust**

**East Lancashire - Young People's Mental Health**

**Concerned about your Mental Health? Are you under 18 or concerned about someone under 18?**

Advice sessions are available on-line via Attend Anywhere, delivered by ELCAS.

Log on using the hyperlink - <https://nhs.vc/HLSC/CAMHS>

Enter the word "ELCAS" as the first name and "drop in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

Wednesday, 6 December – 1pm – 3pm  
Wednesday, 13 December – 3pm – 5pm  
Wednesday, 20 December – 5pm – 7pm

**Safe | Personal | Effective**