



# MHST Newsletter

## November

### 2023



## MHST? Who are we?

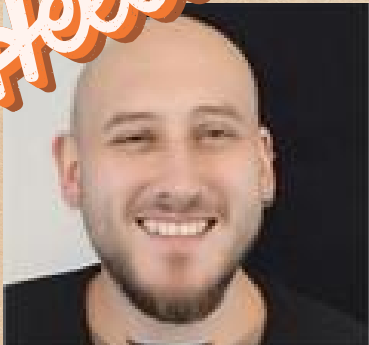
The Mental Health Support Team (MHST) provides an accessible service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

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

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

# Hello



Hello my name is Josh, I am a Trainee EMHP (Educational Mental Health Practitioner) for the MHST in Blackburn with Darwen. I previously worked at alternate provision schools within Blackburn and Burnley supporting children with Social and Emotional Needs.

The favourite part of my role is to have the opportunity to provide support that could change young peoples trajectory and make their life a little bit happier and easier!

In my spare time I enjoy spending time with my family and I love playing and listening to music. The louder the better!

My favourite film is The Warriors

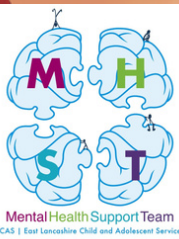


## Team News



We have been very busy across all of our teams. Last month was World Mental Health Day so we were busy delivering assemblies in some of our schools, we have also been delivering various workshops such as how to manage exam stress as well as attending open days and much more! Please don't forget to come along and say hi if you do see us out and about.





# Anti Bullying Week 2023



## What is bullying?

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face to face or online.

## Forms of bullying

### Online

- Sending hurtful texts, emails or posts.
- Images or videos making online threats
- Fake online accounts of others
- Spreading nasty gossip or rumours

### Social bullying

- Lying
- Spreading rumours
- Embarrassing someone in public



### Verbal bullying

- Name calling
- Threats
- Insults
- Inappropriate or sexual comments



### Physical bullying

- Pushing
- Hitting
- Punching
- Kicking
- Stealing or destroying possessions

## Did you know

Some forms of bullying are illegal.

For example, violence, theft, harassment or intimidation, threats and abusive phone calls, emails or text messages.

This should be reported to the police with any evidence you have



## The impact of bullying

Bullying can have a huge impact on our lives and mental health. People who have been bullied are more likely to have low school attendance because they are trying to avoid the bullies, as a result they might notice they are doing worse in their schoolwork. As a result of being bullied people might experience feeling really low and have increased feelings of sadness and loneliness, which may be symptoms of depression. People who are being bullied might experience anxiety where they feel nervous, scared or worried especially about facing the bullies. As a result of being bullied, people might have a low self esteem and low confidence. They might notice changes in their appetite and sleeping patterns too.

## How can you make a NOISE!!



### Speak up

If you see something, say something! Say its not ok, say stop! It can simply be asking questions.

### Be supportive

When you see someone being bullied, let them know they aren't alone. Ask if they're ok, ask if they'd like your help with dealing with it, or simply say hi!

### Tell a trusted adult

It's always important to let an adult know what's going on. Tell them what you've seen or heard. They're here to help!

## Top Tips

**Keep a record and save evidence** – Keep a record of what's happening and save any evidence you may have (screenshots, messages, etc).

**Don't retaliate or blame yourself** – Don't react to bullies and don't blame yourself for the way they are to you – it's not your fault – the problem is with the other person, not you.

**Report and block!** – If bullying is taking place online, report and block the person that is doing this to you.

# 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



“If you are unsure about what to do or if you simply need someone to talk to, we are here to help. You can talk to us in confidence and we will find the best way forward together.

If you would like to, you can meet with one of our friendly staff in person or you could take part in activities with other young people who have had similar experiences to you.” NEST

**CLICK HERE**



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

**FOLLOW US**



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# Signposting



**THE BIG AMBITION**

The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people and parents across the country.

We want to hear from all children, in every part of the country and in every setting.

This is your chance to tell key policymakers what is important to you ahead of the general election. Take part now and ensure your needs are reflected in the decisions that will affect you in years to come.

Scan the QR code to take part

CHILDREN'S COMMISSIONER  
www.childrenscommissioner.gov.uk/thebigambition

Help at Hand is a service for children and young people in care, leaving care, living away from home or working with children's services. If you are a young person and would like any help or assistance, you can call 0800 528 0731 or email help.team@childrenscommissioner.gov.uk

Hyndburn & Ribble Valley  
Targeted Youth Support

## Discovery

Join us every Tuesday from 6:45 pm to 8:45 pm at New Era Accrington for a warm and welcoming space where young people can gather to learn, grow, and thrive. It's a great opportunity to make new friends, explore new interests, and create unforgettable memories.

Lancashire County Council

**HEALTHY RELATIONSHIPS** Children and Family Wellbeing Service

Our healthy Relationships 4 week programme will provide you with the tools you need to be able to communicate your emotions and feelings to your partner in a way that feels safe, that will build trust for you both and create a healthy foundation for your relationship to grow and prosper and also help create a healthy environment for the whole family.

If you feel this programme is something that could benefit your relationship, please call to book yourself a place. There will also be a fun children's group running alongside this programme for children up to 11yrs to attend at the same time as the parents/carers that are attending the course.

Tuesdays: 9:30am - 11:30am  
The Park Child and Family Centre Accrington BB5 4BY

Wednesdays:  
9:30am-11:30am  
The Zone Clitheroe BB7 2TY

To book your place:  
☎ 01200 420460  
✉ Message our page  
@chfwhvgroups@lancashire.gov.uk

Lancashire County Council

Small changes, big differences.

**Group Triple P Teen Takes the guesswork out of parenting.**

New positive parenting course starts soon...

Triple P is a broad-based parenting intervention delivered over eight weeks for parents of teenagers from the age of 12 - 16 years old. The program involves an introductory coffee morning, five (2-hour) group sessions of up to 12 parents. Parents actively participate in a range of exercises to learn about the causes of teenage behavior problems, setting specific goals, and using strategies to promote teenage development, manage misbehavior, and plan for high-risk situations. Then there are three (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practicing the skills at home. The course is being run by the Children and Family Wellbeing Service and is free, you can self-refer or refer on someone's behalf.

DATE: WEDNESDAYS  
TIME: 9:30am-11:30am  
VENUE: GREAT HARWOOD NEIGHBOURHOOD CENTRE, BB6 7JQ

To book your place:  
☎ 01200 420460  
✉ Message our page  
@chfwhvgroups@lancashire.gov.uk

www.triplep-parenting.net

Lancashire County Council

**INSIDE OUT** Children and Family Wellbeing Service

This session is to support children aged 5-11yrs who may be struggling to express and manage their feelings and emotions. By creating a safe space, children will have the opportunity to take part in activities including breathing and stretching exercises, TV and video clips, arts and crafts, fun and games.

To book your place:  
☎ 01200 420460  
✉ Message our page  
@chfwhvgroups@lancashire.gov.uk

Mondays: 3:45pm-5:15pm  
Great Harwood Neighbourhood Centre BB6 7JQ  
AND  
The Zone Clitheroe BB7 2TY

Tuesdays: 3:45pm-5:15pm  
The Park Child and Family Centre BB5 4BY

Thursdays: 3:45pm-5:15pm  
Great Harwood Neighbourhood Centre BB6 7JQ

Lancashire County Council