

Dear Colleagues,

I have worked with others to compile a list of what I think might be the most useful mental health and wellbeing resources at this time. In particular I would like to draw your attention to Barry Carpenter and Matthew Carpenter's Recovery Curriculum which sums up many of the key considerations you will need to provide for in September. If you are able to signpost us to other resources you think schools would benefit from knowing about do let me know and we will update it.

I have also added some resources and support for members of staff which you may want to remind them about.

Do get in touch if I can be of any further help and support.

Best wishes,

Tatty

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MENTAL HEALTH AND WELLBEING TRAINING RESOURCES & SUPPORT AVAILABLE FOR SCHOOL STAFF

| OFFER | DESCRIPTION | ELIGIBILITY | COST | CONTACT |
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| Recovery Curriculum | <p>Created by Barry Carpenter, CBE, Professor of Mental Health in Education, Oxford Brookes University and Matthew Carpenter, Principal, Baxter College, Kidderminster, Worcestershire.</p> <p>They have developed an approach to help children cope with the significant losses they have experienced through the pandemic.</p> <p>These 5 losses, of routine, structure, friendship, opportunity and freedom, can trigger the emergence emotionally of anxiety, trauma and bereavement in any child. The overall impact cannot be underestimated. It will cause a rapid erosion of the mental health state in our children.</p> <p>They identify 5 levers for recovery</p> <p>Lever 1: Relationships – we can't expect our students to return joyfully, and many of the relationships that were thriving, may need</p> | Senior Leaders Teaching staff Governors | Free | <p>https://www.evidenceforlearning.net/recoverycurriculum/#mentalhealth</p> <p>Podcasts that explain this can be found here https://www.evidenceforlearning.net/page/2/?s=recovery+curriculum</p> |

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| | <p>to be invested in and restored. We need to plan for this to happen, not assume that it will. Reach out to greet them, use the relationships we build to cushion the discomfort of returning.</p> <p>Lever 2: Community – we must recognise that curriculum will have been based in the community for a long period of time. We need to listen to what has happened in this time, understand the needs of our community and engage them in the transitioning of learning back into school.</p> <p>Lever 3: Transparent Curriculum – all of our students will feel like they have lost time in learning and we must show them how we are addressing these gaps, consulting and co-constructing with our students to heal this sense of loss.</p> <p>Lever 4: Metacognition – in different environments, students will have been learning in different ways. It is vital that we make the skills for learning in a school environment explicit to our students to reskill and rebuild their confidence as learners.</p> <p>Lever 5: Space – to be, to rediscover self, and to find their voice on learning in this issue. It is only natural that we all work at an incredible pace to make sure this group of learners are not disadvantaged against their peers, providing opportunity and exploration alongside the intensity of our expectations.</p> | | | |
| <p>Mental Health First Aid Training for Churches</p> | <p>Half Day Youth Online Course – 3 hours – July-December 2020</p> <p>This course has specific examples about interactions with young people; most principles also apply for adults. It is open to all denominations, both clergy and lay people.</p> <p>Topics include: What is mental health?; protective and risk factors; stigma and discrimination; mental health continuum; case studies; self-harm and suicide; signs & symptoms of mental ill health; the stress container model; recovery; self-awareness and self-care.</p> | <p>Participants need to be members of a church (any denomination) within the Diocese of Exeter.</p> | <p>£20</p> | <p>https://exeter.anglican.org/resources/pastoral-care-counselling/mental-health-first-aid-training/</p> |

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| FRIENDS RESILIENCE | <p>Friends Resilience is an evidence based programme that has been shown to increase resilience and well-being for children. It is endorsed by WHO and has been extensively researched. It is both an online learning programme, and portal of extensive resources. All online the training can be completed from anywhere and returned to at times that work for staff.</p> <p>For more information about the programme please see, https://www.friendsresilience.org/ and explore Fun Friends, aimed at children aged 4-7 and Friends for Life' for 8 – 11 year olds.</p> | Schools in Exeter ONLY | Training for staff is fully funded by Action for Children and First Group, therefore all costs to Exeter primary schools are covered. | For details about the training please contact georgina.marks@actionforchildren.org.uk |
| BALLOON CHARITY | Balloons a local childhood bereavement charity have created a video on supporting children impacted with direct or indirect Covid-19 bereavement. | ALL | FREE | https://www.balloonscharity.co.uk/ You can also contact them via their website. |
| ANNA FREUD | The Anna Freud centre have created resources for young people, parents and carers and schools particularly linked to Covid-19 they are also a useful source of information for further training and resources. | ALL | FREE | https://www.annafreud.org/coronavirus-support/coronavirus/ |
| YOUNG MINDS | Young minds has a dedicated webpage offering practical support for young people experiencing common Covid-19 related mental health and wellbeing issues. | YOUNG PEOPLE | FREE | https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/ |
| YOUTH ACCESS | Helpful Covid-19 resources for young people and practitioners including on offering remote support. | YOUNG PEOPLE | FREE | https://www.youthaccess.org.uk/covid-19-resource-hub/covid-19-resource-hub |
| SLEEP | Staff at the Devon Hospitals Short Stay Schools have recommended the following advice sheets | ALL | FREE | <p>Resources including 10 age appropriate advice for children https://worldsleepday.org/us toolkit/resources</p> <p>Advice for supporting better sleep during exams and holidays https://www.nicolamorgan.com/wellbeing-and-stress-management/sleep-exams-and-holidays/</p> <p>Practical ideas for teens</p> |

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| | | | | <p>https://www.nicolamorgan.com/wellbeing-and-stress-management/27-52-ways-to-well-being-get-more-sleep/</p> <p>https://www.choc.org/wp/wp-content/uploads/2016/04/Sleep-Hygiene-Teen-Handout.pdf</p> <p>https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/</p> |
| Useful Videos Videos | The School of Life has produced two helpful videos for adults. | Open to all | FREE | <p>Trauma https://m.youtube.com/watch?v=CHm2gTkNQxc&feature=youtu.be</p> <p>Overcoming bad inner voices https://www.youtube.com/watch?v=gGuZVuUBeiQ</p> |
| General Support Services for Adults | iTalk; a free and confidential psychological therapy service that accepts self-referral. | Open to all | FREE | https://www.italk.org.uk/ or call 023 8038 3920 or email; info@italk.org.uk |
| General Support Services for Adults | NHS Mental Health Triage Service; | Open to all | FREE | call 111 (24 hours a day, 7 days a week) or visit www.111.nhs.uk and speak to the NHS Mental Health Triage Service. |
| General Support Services for Adults | Samaritans; | Open to all | FREE | Freephone 24 hours a day, 7 days a week; 116 123 Mental Health At Work; https://www.mentalhealthatwork.org.uk/ |
| Support for Education Professionals | Education Support Partnership UK; a UK charity dedicated to improving the health and wellbeing of teachers, teaching assistants, head teachers, lecturers and support staff in schools; | Education staff across England, Wales and | FREE | https://www.educationsupport.org.uk/ Education Support Partnership Helpline Number; a free, confidential helpline is available 24hours |

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| | | Scotland (Primary, Secondary, Further or Higher Education); | | a day 7days a week UK-wide: 08000 562 561 or Txt: 07909 341229 |
| Suicide Awareness | The 5 steps to suicide awareness aims to provide a general overview of suicidality and the impact of suicide. It demonstrates the simple steps which can be taken to help someone who may be experiencing suicidal thoughts. The second half of the session lends itself to a detailed Q&A session where participants are encouraged to explore the implementation of the steps with qualified trainer's boosting confidence and understanding. This combination of information and implementation leads to participants ending the session with an extra tool in their life skills toolbox. | Open to all | £20 | Run by Pete's Dragons for Exeter Diocese Education Department http://www.petesdragons.org.uk/Suicide_Prevention_Training_15345.aspx Wed 7th Oct, 16:00 – 18:00 via Zoom Contact: Fran Bradley educationevents@exeter.anglican.org To book a place |