

Bulletin – Edition 2 – March 2018

Since the first edition of the SHARE newsletter we have finalised our team vision statement and would like to share this with you:

SHARE wants to improve the mental health and emotional well-being of our young people in Schools* in Somerset. We want to change our culture by breaking down the stigma of mental health issues, and by helping our young people become more resilient so they are better equipped to understand and manage their emotions and behaviour.

SHARE will do this by involving everyone in schools – teaching professionals, young people and parents, volunteers and support staff - and provide them the tools and resources to help recognise, manage and sustain good mental health and emotional well-being.

**Secondary and other 11-18 education providers*

It's been a busy couple of months here in the SHARE Project. The team have been out and about in the schools doing all sorts of exciting things including:

- A series of morning assemblies at The King Alfred and Haygrove Schools
- A full morning at Haygrove for staff inset day where the team presented on emotional well-being and self-care
- Year 11 Girls group up and running at Robert Blake
- 'Tuning into Kids' training delivery at Critchill School over 6 sessions
- Year 11 Exam Stress sessions at Bridgwater College Academy for the whole year group
- Mental Health & Emotion Coaching training delivered to staff at Robert Blake
- Meeting with Student Councils
- Development of a Well-being team at The King Alfred School and Critchill School
- Emotion Coaching training delivered to LSAs at The King Alfred School
- SHARE Parent information evening held at Kingsmead School
- In-depth Mental Health Audits carried out in Critchill, The Kings Alfred, Kings of Wessex & Bridgwater College Academy



Team member Celia presenting at Haygrove School inset day on 9.2.18

Work has started on some of the display boards in our schools, the one shown here is the current display at The Kings of Wessex School, Cheddar. The Project Workers will gradually be building the boards across the schools as the project develops.



In the first edition of the SHARE newsletter we briefly introduced you to all of our team so in each edition we will get to know each member of the team a little better.

In this edition: Leanne McCollin - Senior Liaison Worker



So who am I?

My name is Leanne McCollin and I am one of two Senior Liaison Workers within SHARE. I work 2 days a week within SHARE and 3 days in the Tier 3 CAMHS community team. I qualified as a mental health nurse nearly 4 years ago and started my nursing career in an inpatient specialist mental health unit for teenagers in Southampton.

Why did I want to be part of SHARE?

When I heard about SHARE and the work that was being proposed I thought that it would be another step closer to supporting others to support children and young people with their mental health and emotional wellbeing. Working within CAMHS has given me great insight into getting to the problem too late. Prevention and early intervention is the key. I feel so passionately about children and young people's mental health that I wanted to spread the word that simple changes to the way we talk to and understand others can have the greatest impact.

Now on to the really important questions and answers...

If you got stuck on a desert island, what would you take?

Luxury item	Baxter the crazed Puggle	Activity	A pack of cards
Book	Original Lord of the Rings tome	CD	Disco classics

What would be a perfect night in?

My absolute perfect night in would be having my open fire on, ordering in some food (probably a Chinese or pizza) and snuggling up to my dog Baxter underneath the sofa blanket watching a horror film. BLISS ☺

Describe yourself in 3 words

Eccentric, fun and fabulous! Hahaha.

What takes up too much of your time?

Playing Candy Crush Soda!!!!

What is something that loads of people are obsessed with but you just don't get the point of?

Facebook

What are you most likely to become famous for?

Baking cakes, my Victoria Sandwich cakes are legendary within CAMHS.

Well that is just a little bit about me. I hope you enjoyed it and if you have any questions for me then don't hesitate to get in contact. I will happily answer any questions that you have.

Team news:

In the Next edition we look forward to introducing you to our newest team member, Jodie.

Jodie will fill the vacancy of SHARE Project Worker and joins us mid-March. This means we will have a full team of ten.



Youth Mental Health First Aid Training, Taunton Library Tuesday 27th February.

The whole team attended a full day training run by The Project (<http://theprojectvp.org.uk/>).

We are all now officially MHFA England Mental Health Champions. You can find out more about this fantastic training from www.mhfaengland.org



Somerset Children and Young People Survey – We Need You!

Public Health has teamed up with the School Health Education Unit (SHEU) to undertake its 3rd 'Somerset Children and Young People Survey' (SCYPS).

Schools can sign up for this at:

<http://www.cypsomersethealth.org/news&id=285>

The survey provides a unique insight in the lives of young people regarding their own health and wellbeing and experiences of school life. It is completed by children and young people in National Curriculum Years 4, 6, 8, 10, 12 (including FE Colleges) and is free to for all educational settings in Somerset. It can be completed online or in paper format and there is training available for any school who wishes to participate.

Schools' Poster Competition update:

We have extended the deadline for poster competition entries to **Wednesday 21st March**.

Winners will be announced after the Easter Holidays.

The posters will be judged by the CAMHS Participation Group with the overall winner receiving a £30 Amazon voucher. Your SHARE Project Workers will liaise with you further regarding this.

Save the date!

SHARE Project Review & Planning Event to be held on 3rd May at Frogmary Farm Green, South Petherton



We will be inviting representatives from all of our current participating schools and those schools who have expressed an interest in joining SHARE next academic year along to an event to discuss how the Project has worked so far, give feedback and share ideas for the months ahead. We will be getting in touch with further information about this in the next few weeks!

A really exciting development since last time is that SHARE is now



on Twitter!

Follow us via @SomparShare for regular updates on what we are up to, photos and mental health news.



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Find us on Twitter @SomparShare

www.sompar.nhs.uk