

## Bulletin – Edition 3 – May 2018

### Welcome to the third edition of the SHARE news.

*Since the last newsletter the team have been busy preparing for the spring and summer terms visiting our schools across the county running groups, workshops and training as well starting to make links with schools for joining SHARE in the next academic year. In addition we have welcomed a new member to the team – find out more below.*

#### Bridgwater College Academy

The SHARE team have been busy delivering assemblies to the students at Bridgwater College Academy during the second part of April. Project Worker Celia said, “We are really pleased to be working with the wonderful staff, students and parents at BCA. The staff have all been introduced to the project and have been invited to contribute in any areas around mental health and improving emotional wellbeing in the school community”.

Students that wish to be more involved have been invited to form part of a Wellbeing committee in the school in order to drive forward aspects around improving the overall wellbeing of their community and creating a safe, inclusive environment. One of our first focus areas with these students will be around creating displays around the school – we look forward to showing you all the results!

#### Team news: Welcome to our new team member!



#### Who am I?

Hello! My name is Jodie Shields; I have recently joined the SHARE team as a project worker, I have recently moved from Plymouth to Taunton to start my new adventures!

#### In other School news:

- Project Workers Gail and Claire are making good progress in the Bishop Fox’s Academy with anxiety/exam stress groups, assemblies and staff training around Emotion Coaching plus support for transition of year 6s coming up.
- Celia will be running a 6 week ‘Tuning into Teens’ course for parents at The King Alfred School starting this month.
- PSHE Sessions are scheduled for all Year 11s at Kingsmead School focussing on mental health and stress
- Positive mental health and well-being training delivered to all staff at Critchill with a focus on stress management.
- Whole school assemblies on mental health delivered to Selwood Academy.



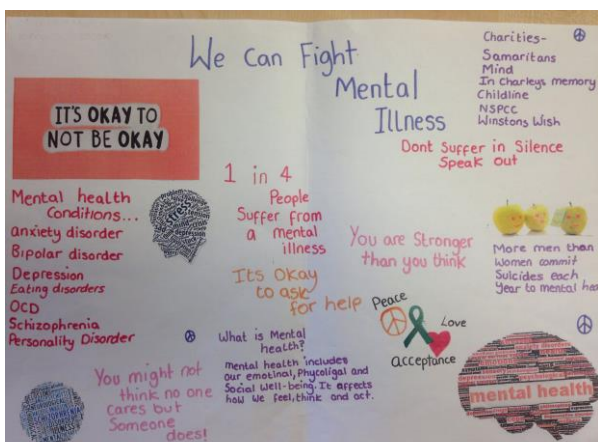
Claire & Gail attended a Bishop Fox’s Parent event on 12.4.18

#### **Why did I want to be a part of SHARE?**

I have completed a BA hons in Children and Young People studies, and most recently an MA degree in Youth & Community Work, qualifying me as a Professional Youth Worker. I have spent the past 4 years in targeted youth work settings, empowering young people and building resilience in many aspects of their lives. One of the prevalent needs was emotional health and well-being. I believe in a holistic, multi-agency approach to achieve positive outcomes for schools, young people, their families and the wider community. Working with SHARE will allow me to be a part of the approach I believe in.

**Schools' Poster Competition update:**

The overall winner of our poster competition was a student from the Kings of Wessex Academy, Cheddar. The young people in the CAMHS Participation group had a hard job deciding on the winner as we had some fantastic entries from across our schools however this one just pipped the others to the post. Well done to the Winner who will receive a £30 Amazon voucher! Thank you to everyone who entered from across all our schools ☺



**Note for the diary - SHARE Review and Plan Event**

Notice of postponement of event.

We have been in contact with everybody that was invited to our event on 3<sup>rd</sup> May 2018 at Frogmary Green Farm, South Petherton to explain that the event will now be taking place on Monday 25<sup>th</sup> June (at the same venue). We will be in touch with you all again over the next few weeks with details of the exciting new event and we hope to see as many schools as possible there!

Coming up:

Did you know that 14<sup>th</sup> – 18<sup>th</sup> May is Mental Health Awareness week?



The awareness week is aimed at all ages but is a fantastic opportunity to focus on the stress that many young people face at this time of year – exam stress. You can find out more about this national awareness week by logging onto [www.mentalhealth.org](http://www.mentalhealth.org)

SHARE Project Workers will be in touch with their schools to find out how they can help during this time.

Here are some of the websites that SHARE recommends as a source of help, tips and advice around exams:



<http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress> (a Radio 1 website for young people offering advice around a whole range of topics)

- [thestudentroom.co.uk/revision/exams/dealing-with-exam-stress](http://thestudentroom.co.uk/revision/exams/dealing-with-exam-stress)
- [riseabove.org.uk](http://riseabove.org.uk) (videos and advice about dealing with exam stress)
- [themix.org.uk](http://themix.org.uk) (Free phone helpline and 1 to 1 chat. Advice pages about exam pressure)
- [childline.org.uk](http://childline.org.uk) (Videos and advice about coping with exams. Free phone helpline)
- [BBC bitesize](http://bbc.com/bitesize) (Subject support to help with revision)
- [www.samaritans.org/education/deal/coping-strategies/exam-stress](http://www.samaritans.org/education/deal/coping-strategies/exam-stress) (Advice on exam stress)

### Somerset CAMHS Eating Disorder Event

Pastoral Care teams at schools and colleges have been invited to a free eating disorders training/ information session run by the CAMHS Eating Disorders Service (CEDS) to share information around eating disorders and find out more about the service.

**Time and date: Friday 22<sup>nd</sup> June 1 - 4.30pm**

**Location: Sheppey Room, 3rd Floor, The Exchange, Express Park, Bridgwater, TA6 4RR**

Each school / college is invited to elect one representative to attend. Topics that will be covered include:

- a brief introduction to “what are eating disorders?”
- information about our service and how to access it
- what schools / colleges should do if they are concerned about a pupil
- the things that schools / colleges can do to support a young person who is in treatment for an eating disorder

Tea and coffee will be available.

If a member of your team would like to attend, please RSVP to the Learning Office ([learning@sompar.nhs.uk](mailto:learning@sompar.nhs.uk)), detailing the name, role and contact details of the staff member attending and the name of the school / college. It is important that you let us know if you plan to attend so we can have an accurate view of how many to expect.

If you have questions or would like to find out more, please contact Jasmin on [CAMHSCEDS@sompar.nhs.uk](mailto:CAMHSCEDS@sompar.nhs.uk) – please send emails  
FAO: Jasmin

### Transition time – Year 6s moving up!

Moving up can be an anxious and stressful time for youngsters and their parents – going from the safety and security of primary school up to ‘big school’, as well as being an exciting time can raise questions and concerns. SHARE Project workers will be liaising with their schools to discuss how they can help provide support around this time. Watch this space!

## Public Health News

# The Somerset Wellbeing Framework

Somerset County Council is launching a new healthy schools award called The Somerset Wellbeing Framework. The new emotional health and wellbeing tool for primaries and secondaries will be launched on 28th June 2018 at Frogmary Green Farm, South Petherton.

Registration is open for schools and priority places have been offered to SHARE schools and schools who have signed up to the LIFEbeat PSHE programme. Schools will start the programme in September 2018.

Register at : <http://www.somersethealthinschools.co.uk/news&id=305>

The Somerset Wellbeing Framework will provide schools with a roadmap for achieving a 'whole school approach' to mental health and an opportunity for settings to gain recognition and celebrate the success of school-based interventions.

The framework will help schools to:

- strengthen the key principles that make up an emotionally healthy school
- promote the pillars of health & wellbeing that underpin resilience and enable pupils to thrive.

Details: Thursday 28th June 2018

At: The Conference Space

Frogmary Green Farm

Representatives from SHARE will also be attending this event so we look forward to seeing some of you there!

### Getting in touch with SHARE:

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