

School Wellbeing Service Bulletin

November 2020



Welcome to our half termly bulletin to update you on developments within the School Wellbeing Service.

Improving Access to Wellbeing Support – Support Calls

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to access support. Up until the Christmas break we are trialling the offer of consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice, guidance, appropriate signposting and linking with the school's Designated Mental Health Lead to support the wellbeing of the young person.

Please feel free to add the information below to any relevant e-communication with parents/carers and your students to support this, but also continue to use your regular pupil of concern meetings to discuss students and to make referrals as appropriate.

Please note: This has been attached as a separate word document in the event that it can't be copied and pasted from this PDF.

Bromley Y, School Wellbeing Service

Improving Access to Wellbeing Support – Support Calls



Is your child experiencing difficulties with their emotional wellbeing? Are they feeling anxious and/or low and you are uncertain how to support them?

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to receive appropriate wellbeing support. Up until the Christmas break, we are offering consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice and guidance to support the wellbeing of your child.

Email: swwellbeingsupport@bromleyy.org

Please provide your name, phone number, child's school, best times to call (morning or afternoon), a brief description of what you wish to discuss.

We will do our best to call within 5 working days to help you think about how to get the help you need. This may lead to a referral into our service or sign posting to a more appropriate service with your consent.

Visit www.bromley-y.org for support options and guidance

Face to face work in schools

Remote sessions have been a big success over the last 6 months with our whole service being fully operational offering phone and video sessions. Feedback has been really positive including many who have preferred this way of working. However, we understand that this approach has not been the best fit for all young people and/or their parents/carers. Therefore, we are currently looking at as many ways as possible that we can support young people in schools whilst being mindful of not contributing to the spread of Covid.

We would like to gauge whether face to face work is even possible in your school in order to aid with our planning, both individual and group work. Changing guidelines will obviously affect our plans, but we would like to try to do all we can to be as helpful as possible.

Please let your school lead know your current situation and if you feel there is a need for face to face work.

The return to face to face work will be at a gradual and at a reduced capacity so we will be assessing each request/referral on a needs basis and will be happy to talk through any decision making.

Support to Parents/Carers – Webinar: Helping Children with Fears and Worries

We will be hosting webinars for parents/carers of children in yrs 4- 7 on a monthly basis. They will focus on supporting parents with managing their child's anxiety and emotional wellbeing. Dates are as follows and all webinars will be open to parents in all schools and they will be able to sign up for free via Event Brite. Please circulate the attached flyer to parents to sign up.

Wednesday 25th Nov @ 10.30am – 12noon

Saturday 12th December @ 10.30am – 12noon

Tuesday 12th Jan @ 1:00pm - 2.30pm

Saturday 13th February @ 10.30am – 12noon

Thursday 18th March @ 10.30am – 12noon

<https://www.eventbrite.co.uk/e/helping-children-with-fears-and-worries-tickets-128113455795>

Universal Offer - Workshops

With regards to our universal offer we hope you have utilised the content that we sent you at the beginning of term but if you are having any trouble accessing these workshops for staff and students please speak to your SWS lead.

Some schools have fed back to us that they have struggled with 'Drop box' so we have put all presentations we created for you onto our YouTube channel via the following link:

https://www.youtube.com/channel/UCjbl_PfL8oAo_W6baJDs_Q/

Here you will find the following workshops. The supporting resources have previously been sent out but if you need them again please do not hesitate to be in contact with your SWS lead.

- Introduction to SWS (Primary Assembly)
- Introduction to SWS (Secondary Assembly)
- Positive Emotional Wellbeing (Primary) - *Please note, you will need the following videos as part of the presentation:*
 - **Slide 3** – Show the following video if presenting to Year 4 as an introduction to emotions: <https://www.youtube.com/watch?v=UmrUV8v-KQg>
 - **Slide 4** – Show the following video if presenting to Years 5 & 6: <https://www.youtube.com/watch?v=cKQIOVjxmfs>
- Positive Emotional Wellbeing (Secondary)
- Managing Transition in Year 7 – *Please note, you will need the following video as part of the presentation*
 - **Slide 4** – Show video: <https://www.youtube.com/watch?v=sl7-4cSgLZo&feature=youtu.be>
- Managing Emotions in Your Students
- Wellbeing At Work

We would really encourage you to show these presentations to as many of your students as possible. It is really helpful to have this in advance of any targeted referral we receive as the psycho education in the presentations can be build on in the one to one sessions.

Mental Health Survey

As an organisation Bromley Y wants to understand the views of young people, parents/carers and other professionals about Mental Health and what support is available to them in the borough.

We have therefore created a survey and will be shortly sending you an email asking if you could please send to different parts of your school community.

This will help us as we look to shape our service in the best way possible and we thank you in advance for taking the time to support this.

We hope you were able to have a well-deserved rest over half term and we look forward to working with you over this half term.

Kind regards, The SWS Team