

# lightbulb moments

the SHINE MHST newsletter |

Issue number 11 | September 2023

Welcome to the 11th SHINE MHST Newsletter which aims to keep you updated on significant developments in the SHINE Fylde Coast MHST.

We hope you had a lovely a summer and are ready for the new academic year. The Newsletter provides updates about ongoing work in education settings, as well as facilitating regular communication between young people, parents, carers and teaching staff

We are pleased to announce that within our all our mainstream settings across the fylde coast , we are now offering self-referrals.

We continue to offer a co-ordinated and evidence-informed approach to mental health and well-being in educational settings. We hope this will continue to lead to improved pupil and student emotional health and well-being which can help readiness to learn.



## BE Ready to support your Child through Transition

September is a month for young people, parents carers and teaching staff there is a noted process of 'Transition' - this means a process of change. This change may involve a change in classes, change in subjects, change of school or college .

This process of change, can be an exciting time, but it can, also, be an uncertain time.

We want you all to **BE** Ready to support your Child.

**Be:** Your child's role model and demonstrate calm behaviour - If you can try to be calm and reassuring, it is likely your child will mirror the behaviour.

**Be:** prepared Encourage them to be organised, and have their bag and uniform ready the night before.

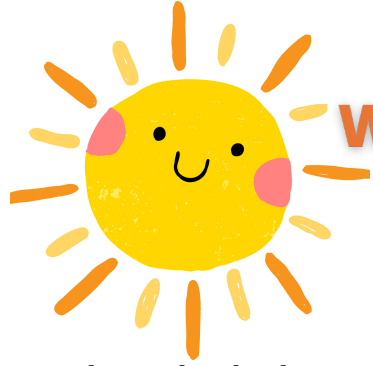
**Be:** ready to remind your child of all the transitions/changes they have already managed throughout their life so far. Such as the change to online learning during lockdown or a house move.

**Be** Ready to Listen - to their worries, validate them and offer reassurance. .



For more information regarding transitioning to a new setting, scan the QR Code and download our Transition Booklet





# Whole School Approach Summer Update

We have had a busy summer engaging with children and young people across the Fylde coast.

The team continued to offer group sessions and 1:1 sessions in the summer holidays. We have supported the summer schools for several of our educational settings. By attending these sessions, we hope students to feel more confident as they transition into their new school. The sessions were well attended and we hope new students have a greater understanding of our service, also.



We supported the Lancashire Children and Family Well-being Service Summer Fest Events across Fylde & Wyre, throughout, the summer holidays. The events aim was to provide fun, exciting, opportunities over the summer period for Young People 12+, to engage in positive activities and receive a free meal. The aim was definitely met and we had a great time interacting with CYP across Fylde and Wyre .

Our aim as a service, when offering whole school approach input to settings, is to empower young people, teaching staff, parents and carers - enabling them to make informed decisions about their health and well-being.



We also aim to reduce the barriers to young people who don't feel confident to seek advice

This in turn, could improve pupil attainment and school attendance through early interventions which address young people's concerns and needs as regards their mental health and well-being.



**A mentally healthy school is one that adopts a whole-school approach to mental health and wellbeing. Please get in touch, if you would like us to support a future school event, assembly workshop or group.**



# World Mental Health Day



Every year we celebrate World Mental Health Day on 10th October. The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

We invite you to a  
**World Mental Health Day Celebration**

Following the great success of the OPTIONS4CYP World Mental Health Day back in October 2022, the **OPTIONS4CYP** services are following this up by hosting another, even bigger and better, marketplace event.

This year the event will be held at the Winter Gardens and will take place on **Tuesday 10th October 2023**, 9:30pm - 5:30pm with the theme being 'Mental health is a universal human right' as set by the Mental Health Foundation.

Similar to our previous event, the purpose of this one, is to spread awareness of services that can support children and young people's mental health and help them to connect with their community across Blackpool, Fylde and Wyre.

The day will be split into morning and afternoon sessions, with the morning session, being open to schools only and the afternoon available for general public and professionals.

We hope you can join us on this day of celebration and please do share details of the event far and wide with your colleagues, schools, children, young people and families that you work with.

**Options 4 CYP Services**

**INVITE YOU TO A WORLD MENTAL HEALTH DAY CELEBRATION**

**TUESDAY 10TH OCTOBER 2023**  
**9.30AM - 17.00PM**  
**BLACKPOOL WINTER GARDENS**

Join us to raise awareness and understanding of services available to young people across the Fylde coast .

Scan the QR Code, to confirm your free place at our celebration event .

**Caring • Safe • Respectful**



**DON'T FORGET!**

# We now accept Self Referrals from Young people, Parents and Carers

**NHS**  
Blackpool Teaching Hospitals  
NHS Foundation Trust



## We now accept Self Referrals from Young people, Parents and Carers



SHINE MHST supports children and young people, currently attending education settings, noted below. From ages 11 to 18 years, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

SHINE MHST is not an urgent response service

### If you attend the following schools we now accept Self Referrals

- Armfield Academy
- Athena
- Blackpool Aspire Academy
- Baines School
- Blackpool & Fylde College
- Brookfield
- Cardinal Allen Catholic High School
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Hodgson Academy
- Lotus School
- Millfield Science and Performing Arts College
- Montgomery
- Park School
- Pegasus
- Redmarsh
- South Shore Academy
- St. Aidens Church of England High School
- St. Mary's Catholic Academy
- Unity Academy
- Woodlands

### How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

**0800 121 7762 (Option 4)**

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Did you know you can follow us on social media?  
@shine\_mhst

As of Monday 12th of June, SHINE MHST now accepts self-referrals from parents/carers and students who attend our **Blackpool Fylde & Wyre** settings.

However, consultations between mental health leads in school and SHINE MHST remain the service's first point of contact for referrals, as this continues to maintain and build the relationships between education settings and EMHPs.

By offering the self-referral option, to students, parents and carers, we are giving students a further way to access support from SHINE MHST, and increasing access to early intervention and support in order to improve mental health and well-being.

It must be remembered that SHINE MHST only supports students, with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

Should presenting needs be unsuitable for low intense therapy, SHINE MHST can offer signposting to other specialist child and adolescent mental health services.

**SHINE MHST is not an urgent response service.**

## We now accept Self Referral's from our Blackpool & Wyre Settings

- Armfield Academy
- Athena
- Blackpool Aspire
- Baines School
- B&F College
- Brookfield
- Cardinal Allen
- Educational Diversity
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Academy
- Highfurlong SEN School
- Hodgson Academy
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**WELCOME  
TO THE TEAM!**

**Name:** Emma

**Role:** Service Lead of SHINE MHST

**Background before you started the role:** I'm a registered mental health nurse and have over the last 18 years' experience of working in a variety of roles within Mental Health Services. My last role was as the deputy manager for a community based mental health service.

**Pronouns:** She/her

**Fun fact about you:** At 5ft 5inch I'm rather small compared to my 6ft 7inch husband.

**What do you enjoy doing in your spare time:** I've recently become a football mum, so spend most of my spare time at football practice or matches, which I actually really enjoy. If I'm not at football, I enjoy baking, cooking and spending time with my family.

**What are you most look forward to within your role at SHINE MHST:** I'm really passionate about early intervention for mental health and psychoeducation which is what SHINE MHST part of the ethos of SHINE MHST. I'm looking forward to working with such a fabulous team, meeting lots of young people and supporting the service to develop and grow.



## App of the Month

These days we use apps in our everyday life. Have you ever considered using them to look after your mental health and wellbeing?

### Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It's also on Netflix too.



**Disclaimer:**  
The app developer is solely responsible for their apps, advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

## Get in touch

Your school's Senior Mental Health Lead will have details of your Trainee EMHP and Mental Health Practitioner.

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.



0800 121 7762 (Option 4)



[bfwh.shine-MHST@nhs.net](mailto:bfwh.shine-MHST@nhs.net)

Did you know you can follow us on social media?



@shine\_mhst



Support and Help IN Education  
Fylde Coast Mental Health Support Team

