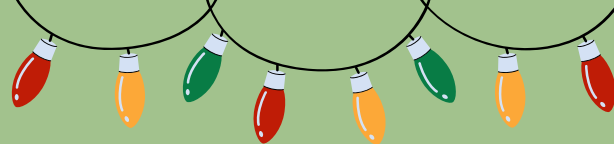


Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services



Issue 17

MHST Newsletter

December 2022



MHST? Who are we?

The Mental Health Support Team (MHST) provides an accessible service for pupils from primary to year 13 who may be experiencing a range of mild to moderate difficulties with their mental health.

The teams are based within education settings and cover Year 1 to Year 11 in Blackburn with Darwen, Year 1 to Year 6 in Burnley & Pendle, and Year 7-13 in Hyndburn, Rossendale and Ribble Valley (including Nelson and Colne and Hyndburn and Rossendale Colleges).

If you have noticed your child is feeling frequently sad, worried or anxious and feel they may need support from our team, please speak to a member of staff at your child's school, who can support a 'request for support' form to the MHST.

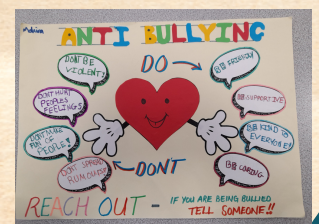
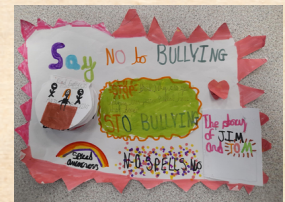
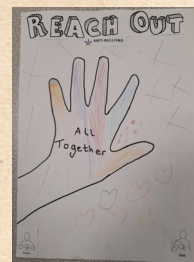
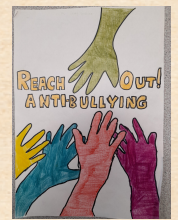
Team News

Congratulations to members of our BWD Mental Health Support Teams and staff from 8 schools across the borough who have completed their Incredible Years Training and are now qualified to deliver the Incredible Years Course to parents across Blackburn with Darwen. If you live in Blackburn with Darwen and would like to know more about the programme and how it can benefit you and your child please speak to your school or member of MHST staff who can provide you with some more information.



Thankyou

Following on from our Anti Bullying Week poster competition in Bwd we received 100s of amazing entries and it was really difficult to judge. So much so we decided to award three winners every day during anti bullying week! All of the winning posters can be found on our social media pages (Links on the last page)



Coping at Christmas

Christmas can be a time of celebration but it can also come with added pressure and expectations. Finding a balance over the festive period can be tricky. The 5 Ways to Well-being is an evidence based approach to help us find a balance to support positive mental health. We have put together some ideas of things you could try with your family to support wellbeing.



Pendle Sculpture Trail

Walk up from the lovely village of Barley to the wood and you'll find bats, stone witches, mythical creatures, and a host of marvellous sculptures on the Pendle Sculpture Trail.



Staying active is a great way to improve your mood and wellbeing!

Have some family fun by playing games together!

Marshmallow stacking game
Each player to take turns to place marshmallow on top of each other. The player that causes a marshmallow avalanche loses!



Oven mitt present unwrap

A twist on pass-the-parcel, one player has to unwrap a present one layer at a time using oven gloves until the player on their left rolls a double on a dice. Once a double is rolled then this player takes over. The winner is the player who manages to open the present!



Take a walk to Darwen Tower!

The Tower can be seen on the horizon from miles away and the views from the top of the Tower are breath taking.

Connect

Active

Notice

Learn

Give



Notice the decorations around your local area.



Go Christmas light spotting!



Christmas is a great time to indulge but be mindful of your nutrition. Morrisons and ASDA cafe have great offers for healthy meals under 16's!



Christmas isn't just about giving to others, give yourself some 'me-time' and treat yourself.

Help children to make their own Christmas tree decorations and cards to gift to loved ones

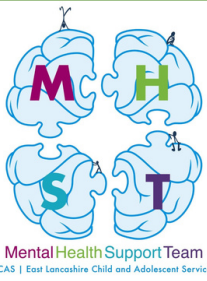


Make your own Christmas wrapping paper or gift bags by decorating standard paper

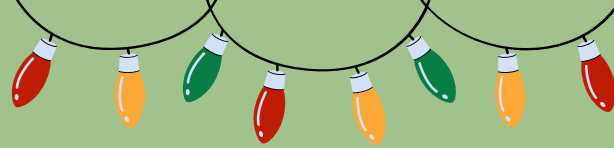
Townley Hall, Haworth Art Gallery and The Whitaker all offer a variety of learning opportunities



Visit a Library: Accrington and Oswaldtwistle library offer free Lego clubs, story times, creative writing groups and family history groups.



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Signposting



SCAN ME



Scan here for direct access to the
MHST website

Open the Camera app
on your phone
Select the rear-facing
camera.
Hold your device so
that the QR code
appears in the
viewfinder in the
Camera app.
Tap the notification to
open the link associated
with the QR code



PARENT SUPPORT GROUP



TOPIC - BUILDING CONFIDENCE
WEDNESDAY 25TH JANUARY 2023 @ 6-7PM
ONLINE VIA MICROSOFT TEAMS

Please email emma.jackson@elht.nhs.uk for a link to the meeting

Lancashire
County Council



We are looking forward to an exciting
programme of fun activities for the
Christmas holidays.

Lancashire
County Council



elht_elcas



@elht_ELCAS



Colne Open Door Centre
Colne Open Door is welcoming people to its
snack bar at 1 Great George Street, BB8 0SY
between 10am and 2pm for soup and a roll
and a warm drink.

in-situ

in-situ
Come along to In-Situ for a warm and welcome
space, a brew and library space in the project area:

every Wednesday from 10pm until 1pm between 9
November and 14 December
In-Situ, The Garage, (across from the leisure box)
Northlight, GlenWay, Brierfield, BB9 5NH.

Lancashire County Council libraries
Libraries across Lancashire will become warm
and welcome spaces over the winter months.
You will be able to

Lancashire
County Council

- get a warm drink
- use the computers and Wi-Fi
- plug in your phone or laptop
- find out about events and activities
- get information and advice from trained staff

