

Newsletter

Mental Health Support Team (MHST)
Darlington



Tees, Esk and Wear Valleys
NHS Foundation Trust

July 2024

MHST – What do we do?

Our team provides early mental health interventions for years 4 to 8 within schools. We also work with school staff to build a whole school approach to mental health and act as a link between schools and local mental health services offering advice, support, and signposting information.

Please contact your school's mental health lead for more details or call us on 07500 799524 or email tewv.mhstdarlington@nhs.net



CAMHS Training Sessions for Parents/Carers

The TEWV child and adolescent mental health services (CAMHS) service in County Durham and Darlington offers free online training for parents/carers of children and young people aged 0 to 25 years of age.

The training sessions delivered enhance awareness of the chosen topic and help explore and identify mental health concerns that may present within children and young people. For more info and to book please see <https://www.tewv.nhs.uk/get-involved/training/camhs-county-durham/>

Please note these sessions are for parents/carers only. If you work with children and families and wish to access training please book on the sessions in the portfolio on the website above, thank you.



Distribution

If you know other organisations that you think would benefit from receiving our newsletter, or you no longer wish to be on our distribution list, please contact us via email tewv.mhstdarlington@nhs.net

Team News

We have had another busy term delivering lots of whole class and group workshops alongside our one-to-one interventions. We have attended coffee mornings, parent evenings, multi-agency drop-ins to name just a few. We have also been delivering transition workshops for pupils in Year Six.

Some recent feedback from the workshops:

'I really feel that the children get vital information, understand the situations and explore their own feelings during these sessions. This information is meaningless without being delivered to a high standard – Karen has done this. The children have clearly felt respected and responded in a positive way. This will give them the tools as they move forward – thank you.'

'Nina delivered transition workshops. These were great and the children gained valuable knowledge and strategies to use around moving up to Secondary school.'

'All children were engaged throughout the session. Angie provided children with helpful coping strategies for tricky, difficult situations.'

Last summer, we provided workshops for secondary schools in the summer holidays as part of their transition offer for the new Year 7 pupils. We are offering the same this summer. If you have not booked in your workshop, please get in touch.

Meet the Team

Each newsletter a member of the team will introduce themselves. It is the turn of Kirsty to tell you a little about herself.



Role and background: Trainee Education Mental Health Practitioner - previous experience as a primary school teacher in an SEN provision.

Favourite part of my role: One of the aspects of my role is delivering whole school approach workshops to whole classes or groups in schools upon things such as anxiety and self-esteem.

Hobbies: When I get time to, I love to read, and I love spending time with my children watching them do activities they love to do.

What I do to stay well: To stay well I love to go for a walk or listen to music.

Summer Events

The team are running some drop-in wellbeing sessions at Darlington and Cockerton Library and also in the Darlington Market Place on the following dates:

Children and Young People’s Wellbeing Sessions

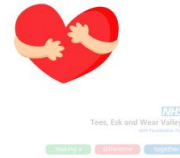
Join the Darlington Mental Health Support Team's FREE drop-in sessions

Where:

Cockerton Library

When:

- Monday 5th August 10am-12pm
- Wednesday 14th August 10am-12pm
- Monday 19th August 12pm-2pm
- Tuesday 27th August 2pm-4pm



Children and Young People’s Wellbeing Sessions

Join the Darlington Mental Health Support Team's FREE drop-in sessions

Where:

Darlington Library

When:

- Monday 29th July 10am-12pm
- Tuesday 13th August 12pm-2pm
- Tuesday 20th August 2pm-4pm
- Wednesday 28th August 10am-12pm



Children and Young People’s Wellbeing Sessions

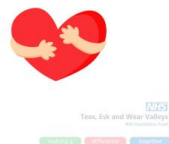
Join the Darlington Mental Health Support Team's FREE drop-in sessions

Where:

Darlington Market Place

When:

- Wednesday 7th August 1pm-3pm (Library Takeover Day)
- Thursday 22nd August 1pm-3pm (Legends and Fairytales Day)



Y6-Y7 Transition Workshops for Parent/Carers

The team are offering transition workshops for parents/carers via teams. Please see the poster below for more information and contact tewv.mhstdarlington@nhs.net to book a space.



DARLINGTON
MENTAL HEALTH SUPPORT TEAM

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

Parent Transition Workshop



Is your child moving up to secondary school?

The Darlington Mental Health Support Team (MHST) invites you to attend a parent only session to help you support your child with the transition to secondary school.

Why?

The transition from primary to secondary is a time of change for both children and parents/carers, it can be an exciting time however some children may struggle with the big changes they are faced with. Children can worry about getting lost, bullying, workload, friendships and more.

Aims

- To gain an understanding on how change can impact on thoughts, feelings, and behaviours.
- To explore ways to support your child from how you respond to problem solving.
- Discuss how to get further support.

Monday 5th August 2024 1-2.30pm

or

Monday 19th August 10-11.30am

Both via Microsoft Teams

To book a place, please send your preferred date to tewv.mhstdarlington@nhs.net and a link will be sent to you.

Parent Carer Forum

The parent carer forum is a useful resource for families in Darlington. Please see below to find out more about them.



What is Darlington Parent Carer Forum?

Darlington Parent Carer Forum is a group of parents/carers of children aged 0-25 with additional needs and/or disabilities who work with local authorities, education settings, health providers and other providers to make sure the services they plan and deliver meet the needs of children and families living in our area. We are the Department for Education's recognised forum for Darlington.

By working together, we can bring real and meaningful change for children, young people and their families living in Darlington. We do this by:

- Reaching out to parent carers to hear views (consultations, case study requests, focus groups)
- Hosting regular drop-in sessions with local health, education, social care colleagues and commissioners
- Representing parents experience to local decision makers at strategic boards and in planning services
- Making recommendations for service improvements
- Hosting conferences and informative events and training sessions

We always want more parents and carers to get involved to make a real difference by sharing their ideas and thoughts. It is always up to you how you want to participate in your forum - it may be just be by being a member and receiving information, attending meetings, or you may want to get more actively involved and ensure key decision makers understand what parent carers think.

Find out more by contacting us using the details below.



www.darlingtonpcf.co.uk



07956 531 351



info@darlingtonpcf.co.uk



DarlingtonPCF



What is Darlington Parent Carer Forum?

Darlington Parent Carer Forum (DPCF) is a group of parents/carers of children aged 0-25 with additional needs and/or disabilities.

DPCF are currently working in partnership with the Darlington Mental Health Support Team to offer peer support to parents and carers of children with mental health needs and/or special educational needs.

What is peer support?

Peer support is when people use their own experiences to help each other. There are different types of peer support, but they all aim to:

- Bring together people with shared experiences to support each other
- Provide a space where you feel accepted and understood
- Treat everyone's experiences as being equally important
- Involve both giving and receiving support

We are running sessions with parents in primary and secondary schools in Darlington where we focus on looking after ourselves as parent carers, so we are better able to meet the needs of our children. These sessions will involve:

- Prioritising listening, giving a safe space to share experiences
- Training opportunities on needs and themes to be decided by the group - but has included transitions, sleep, sensory, etc.
- Offering workshops to build confidence and self esteem and improve parental wellbeing
- Advice and signposting as systems can be overwhelming, so a peer supporter can offer practical and factual advice and signposting

The sessions in each setting are different and decided upon by the parents who attend. Please speak to your child's school to see if they access our services.



www.darlingtonpcf.co.uk



07956 531 351



info@darlingtonpcf.co.uk



DarlingtonPCF

Useful websites and contacts



- What to do in a mental health crisis**
www.tewv.nhs.uk/services/crisis-advice
 If you experience a mental health crisis, call NHS 111 and select the mental health option. Available 24/7, you will speak to a mental health professional who can listen to you and help you find the right support.
- Cruse Bereavement Care**
www.cruse.org.uk
 Helping people through one of the most painful times in life – with bereavement support, information and campaigning.
- Darlington Children's Front Door**
www.darlington.gov.uk/education-and-learning/childrens-social-care
 If there is a concern about a child or young person, Children's Front Door can be contacted via telephone: 01325 406222 or email: childrensfrontdoor@darlington.gov.uk.
- Darlington Assistance for Refugees**
www.darlingtonrefugees.org
 Support and advice for asylum seekers and refugees.
- Darlington Association on Disability (DAD)**
www.darlingtondisability.org
 Support for people with disabilities and autism through the provision of services, support and information.
- Daisy Chain**
www.daisychainproject.co.uk
 Supporting and empowering autistic and neurodivergent individuals through the provision of holistic person-centred services.
- Darlington Mind**
www.darlingtonmind.com/support-for-children-young-people
 A range of services for children and young people aged between 11 and 18, whenever a bit of extra support is needed.
- Darlington Parent Carer Forum**
www.facebook.com/TogetherforBetterDarlington
 The Darlington Parent Carer Forum is a parent led forum for parent and carers of Special Educational Needs (SEN) and disabled children and young people.
- Darlington Young Carers (Humankind)**
www.humankindcharity.org.uk/darlington-young-carers-service
 Support for young carers aged 5 to 25.
- Durham and Darlington Talking Therapies**
www.durhamanddarlingtontalkingtherapies.org.uk
 A self-help, counselling and talking therapies service for ages over 16 designed to help with common mental health problems.
- First Stop Darlington**
www.facebook.com/FirstStopDarlington
 Information, advice, guidance and support to people who are experiencing difficulties in their lives that may make them vulnerable to a range of outcomes.
- Growing Healthy Darlington**
www.hdft.nhs.uk/services/childrens-services/growing-healthy-darlington
 Promoting and protecting the health and wellbeing of all children and young people aged 5 to 19.

- **Harbour Support Services**
www.myharbour.org.uk
Harbour works with families and individuals who are affected by abuse from a partner, former partner or other family member.
- **Healthwatch Darlington**
www.healthwatchdarlington.co.uk/young-people
Information for residents who use local health and social care services.
- **Kooth**
www.kooth.com
Kooth is a digital free, safe, confidential and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support online.
- **Little Treasures**
www.littletreasures.website
Supporting autistic adults and children by providing support and practical advice to parents/carers.
- **Listening Post**
www.dacym.co.uk/listening-post
A listening and mentoring project seeking to help young people with low level mental health and wellbeing issues.
- **MindEd**
www.minded.org.uk
A free educational resource on children, young people, adults and older people's mental health.
- **Recovery College**
www.recoverycollegeonline.co.uk/young-people
Providing a range of online educational courses and resources for people struggling with mental health.
- **Relate North-East**
www.relate.org.uk/get-help
Relate has blogs, resources, books and self-help tools for just about every relationship problem out there.
- **Special Educational Needs and Disabilities Service (SENDIASS)**
www.darlington.gov.uk/education-and-learning/darlington-special-educational-needs-service/information-advice-and-support-service
Supporting parents and carers of children who have or may have special educational needs.
- **Shout 85258**
www.giveusashout.org
A free, confidential, anonymous text support service that can be texted from wherever you are in the UK. If struggling to cope and need to talk trained Shout Volunteers are there, day or night.
- **Tees Valley Sleep Service**
www.teesvalleysleepservice.co.uk
Telephone support and resources, sleep workshops and 1 to 1 sleep assessments for ages 2 ½ and 18 years with an additional health or development need.
- **Young Minds**
www.youngminds.org.uk
Providing young people with tools to look after their mental health with a website full of advice.

