

# LINK NEWSLETTER

LINK - Working together for CYP Mental Health  
June 2021 - Vol 36



**LINK**

Working together for CYP mental health



## POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

Families can get in touch via phone by calling 0800 977 4077 or via email at [point1-support@ormistonfamilies.org.uk](mailto:point1-support@ormistonfamilies.org.uk)

If you wish to make a referral please fill in the referral form, which you can access [here](#) and send to:

[point1](mailto:point1@ormistonfamilies.org.uk)

[@ormistonfamilies.org.uk](mailto:point1@ormistonfamilies.org.uk)



## Hello from LINK!

We hope you are all well and managing despite all the changes to transitions this year. With this in mind we are sharing some resources and toolkits to support transitions to a new school. In addition, we are signposting to some free training for staff and parents, and supporting the needs of LGBT+ young people in your settings.

Take care,  
The LINK Team

## Transition Resources

With the end of the school year around the corner and transitions looking different this year, Young Minds and BBC Teach have teamed up to create 'Find Your Feet' activity toolkits for young people transitioning to secondary school. The toolkits are below:

[Year 6](#)

[Year 7](#)

[Resources for teachers](#)

[Resources for peer to peer advice](#)

Just One Norfolk are hosting a series of webinars for parents of infants, children and young people who have transitions coming up.

[Transition to High School July 1st 4-5pm](#)

[Transition into Childcare and School Settings 30th June 1-2pm](#)

[Activities](#)

[Person-Centred & Pupil voice Activities](#)

[UEA 'My Journey to Secondary School' Activity Book](#)

## Free training and webinars

Below are some training opportunities which might be of interest to members of staff and parents:

- [Terrance Higgins Trust LGBT+ Training](#) (Waveney only) - 29th September 9.30am - 2.30pm.
- [Discover Kooth Parent and Carer Information Session](#) - 30th June 6-7pm
- [Norfolk Positive Behaviour Strategies](#) (Support for families of children with additional needs who are awaiting an assessment) - online course

A graphic of a yellow spotlight beam shining down from the top left corner onto the text 'SPOTLIGHT ON'. The text is in a bold, orange, sans-serif font. The background of the spotlight area is white with orange diagonal lines.

## SPOTLIGHT ON

We would love to hear about the amazing work happening in your settings to support emotional wellbeing. Each newsletter, we will showcase the work of a Mental Health Champion as an opportunity to share good practice across the network.

**We've been asking what you are doing to support your children and young people. We had some amazing replies and this week we are excited to share how MHCs have been coming together to support one another and as a result the CYP in their setting's.**

We recently attended an online meeting hosted by a network of MHCs who come together termly to share best practice, resources, activity ideas, discuss anonymous case studies and have mini-CPD taster sessions within their local school cluster. These are currently facilitated by a MHC and has been a great source of support and networking for MHCs.

This meeting clearly gave the members confidence in the support available and it was evident that being able to problem solve and discuss challenges together was hugely beneficial. The resources and ideas that were shared between setting's were another brilliant example of joint working to support CYP mental health.

A graphic of two speech bubbles, one containing a 'Q' and the other an 'A'.

Q

A

If you have an event, strategy, resource, activity or story that you would like to share with our network of Mental Health Champions, please do send us an email - we would love to hear from you!

## Champion Checklist

We know that it can feel like a never-ending to-do list when it comes to actions you can take to support emotional wellbeing in your setting. We wanted to introduce the Champion Checklist as a way to break it down into bite-size chunks in each newsletter. Every two weeks, we will share a practical step that you can take to support the mental health of children, young people and staff in your settings.



**Could you create a network of MHCs within your school cluster or local area? Get in touch with [LINK](#) if you would like to know if there are MHCs in your area.**