

**All the Groups are available to young people and parent/carers who are referred into the MHST for an assessment and then at assessment we will ascertain if a group is suitable for the young person, parent/carer or individual work.**

**Please specify on the Referral form if you feel the young person, parent/carer would be suited to a group where possible.**

**Anxiety Group Primary Key stage 2** - The Mental Health Support Team (MHST) have created an anxiety workshop, designed for primary aged children. The workshop comprises of four, one-hour sessions, which will be delivered remotely via MS Team, over a four-week period.

The workshop supports children to learn more about anxiety, helping them to identify physical symptoms of anxiety, explore what causes them to feel anxious and to learn practical strategies to help manage their anxiety.

**Anxiety Group Secondary** – This anxiety workshop is designed secondary aged children. The workshop comprises of four, one-hour sessions, which will be delivered remotely via MS Team, over a four-week period.

The workshop supports children to learn more about anxiety, helping them to identify physical symptoms of anxiety, explore what causes them to feel anxious and to learn practical strategies to help manage their anxiety.

**Parent/Carer behaviour (Forever Families support group)** – This is a series of 8, weekly 1.5-hour sessions delivered via Microsoft Teams. It is designed to support parents whose children may show challenging behaviours. The aim of the group is to equip parents with strategies for managing behaviour including the use of positive praise, rewards, limit setting and consequences, whilst promoting their child's social and emotional competence. The group is suitable for parents of children up to the age of 10 years.

**Parent/Carer managing Anxiety with your child group** – This is a series of 5 weekly 1.5-hour sessions delivered via Microsoft Teams. Anxiety, fears and worries are normal experiences that we all have from time to time, but in some cases, they persist and start to interfere in our lives. In children, this may bring problems at home, at school and/or with friends. In the group, we will talk about fears, worries and anxiety, including what anxiety problems typically look like, how anxiety problems develop, and the reasons behind the approach we have taken. We will also take you through step-by-step techniques to help your child to overcome their problems with fears, worries and anxiety. The group is suitable for parents of children up to the age of 10 years.

**Workshops, these are one-off sessions that are delivered via Microsoft Teams and can be delivered to a whole class or a team of school staff.**

**Exam Stress workshop (Y11-A-Level)** – The Exam Stress workshop is a one-off workshop that is delivered via Microsoft Teams. The workshop is one-hour and focuses on how young people can manage exam stress effectively. The aim of the workshop is to support young people to understand and identify symptoms of exam

stress, examine the link between thoughts, emotions, physical sensations and behaviours, and for children and young people to develop a coping plan to manage their exam stress.

**Y6 SATS workshop** – The Year 6 SATS workshop is a one-off workshop that is delivered via Microsoft Teams. The workshop is one-hour. The aim of the workshop is to explore what makes young people feel worried, provide young people with practical strategies they can use to manage their worries more effectively and to explore how young people feel about SATS.

**Sleep Secondary** – The sleep workshop for secondary aged pupils is a one-off workshop that lasts one hour. The workshop is delivered via Microsoft Teams. The aim of the workshop is to explore how much sleep is needed for young people, to be able to identify different parts of the sleep cycle and explain the sleep cycle, as well as being able to identify what young people can do if they cannot sleep.

**Sleep Workshop for primary aged pupils** – The sleep workshop for primary aged pupils is a one-off workshop that lasts one hour. The workshop is delivered via Microsoft Teams. The aim of the workshop is to explore how much sleep is needed for young people and to be able to identify why it's important to get enough sleep, why your body and brains need sleep, to explore different times we go to bed, how much sleep is needed for primary school aged pupils, sleep hygiene tips relaxation tips for sleep, discuss worries and sleep and introduce a sleep diary the pupils can use at home. The workshop will give strategies to help the young person to have a healthier sleep routine.

**Sleep Workshop for parents** – The sleep workshop for parents of primary and secondary aged pupils is a one-off workshop that lasts one hour. The workshop is delivered via Microsoft Teams. The aim of the workshop is to explore how much sleep is needed for young people and to be able to identify and explain different parts of the sleep cycle. The workshop also aims to identify what young people can do if they cannot sleep, help explore difficulties and give strategies to help the young person to have a healthier sleep routine.

### **Children's Emotional Health and Wellbeing: A Workshop for Parents**

This session looks at common aspects of mental health with children, explores some of the signs and symptoms and outlines how the Mental Health Support Team in your child's school might be able to support you as parents. We hope this session will equip parents with the knowledge to identify signs of emotional distress and find some helpful ways of managing them.

**Staff well-being workshop** – The staff well-being workshop is a one-off workshop that is delivered via Microsoft Teams. The workshop is one hour. The workshop explores different ideas such as, what is staff well-being, the importance of staff well-being, what good staff well-being looks like, different factors that can have an impact on staff well-being, how stress effects the body, noticing the signs of stress, and how to manage stress more effectively.

**Mental Health Refresher workshop** – The Mental Health Refresher workshop is a one-off workshop that is delivered via Microsoft Teams for all school staff. The

workshop is for one hour. The aim of the workshop is to explain 'Who we are' as a Mental Health Support Team. To understand what Mental Ill Health is and to look at different types of mental health difficulties.

**Transition workshop – (Y6-secondary)** – The Transition workshop is a one-hour workshop that is delivered via Microsoft Teams for all pupils transitioning from Year 6 to secondary school and include

**MAKING THE MOVE:** What will the similarities be between primary school and secondary school?\_What will the differences be between primary and secondary school?

**FIRST DAY:** What could a pupil pack on their first day of secondary school to help them manage the change ahead?

**MAKING THE MOVE: HEAD** What might new Year 7 pupils be thinking\_on their first day of school?

**MAKING THE MOVE: HEAR** How might it feel to start a new school?

**HANDY ADVICE: HANDS** What actions can pupils take to manage the changes in secondary school?

**IMAGINE THAT A FRIEND ASKS FOR YOUR ADVICE:** What 3 things would you tell them to do to make sure they make a fresh start this term?\_What tips might they give you?

**CHANGES** What do you think are the most exciting things are about starting secondary school?\_What do you think some pupils are nervous about when starting secondary school?\_What problems might someone come across when they are trying to make a fresh start at the beginning of term? And what strategies we can learn in dealing with change.

**Transition workshop – (Secondary- Post 16)-** The Transition workshop is a one-hour workshop that is delivered via Microsoft Teams for all pupils transitioning from Year 11 to Post 16 and include:

**MAKING THE MOVE:** What will the similarities be between primary school and secondary school?\_What will the differences be between secondary and Post 16?

**FIRST DAY:** What could a pupil pack on their first day of Post 16 to help them manage the change ahead?

**MAKING THE MOVE: HEAD** What might new Post 16 pupils be thinking\_on their first day of school?

**MAKING THE MOVE: HEAR** How might it feel to start a new college?

**HANDY ADVICE: HANDS** What actions can pupils take to manage the changes in Post 16?

**IMAGINE THAT A FRIEND ASKS FOR YOUR ADVICE:** What 3 things would you tell them to do to make sure they make a fresh start this term?\_What tips might they give you?

**CHANGES** What do you think are the most exciting things are about starting Post 16?\_What do you think some pupils are nervous about when starting Post 16?\_What problems might someone come across when they are trying to make a fresh start at the beginning of term? And what strategies we can learn in dealing with change.

**Resilience workshops (Key stage 2)** Resilience is an important trait for all of us, and an essential one for our children to develop. When we talk about resilience, we mean a person’s ability to cope with the ups and downs of life. For a child and young person, it also encompasses how they deal with the challenges they might face throughout their childhood. This could mean dealing with events like a death in the family, moving to a new school or starting at a new school.

**This workshop has five elements which includes:**

<b><u>BASICS</u></b>	<b><u>BELONGING</u></b>	<b><u>LEARNING</u></b>	<b><u>COPING</u></b>	<b><u>CORE SELF</u></b>
Sleep	Help the young person to understand their place in the world	Help the young person to organise themselves better	Being Brave	Support the young person to understand other people’s feelings
Healthy Diet	Find somewhere for the young person to belong	Highlight Achievements	Solving Problems	Help the young person to know her/himself
Exercise			Calming down & Self-Sooth	

**These elements can be delivered separately and are one-hour sessions and delivered via Microsoft Teams.**