

School Wellbeing Service Bulletin

January 2021



Happy New Year to you all! We are aware it is not the usual start to a new year and that the challenges and uncertainty continue, however, we hope to be able to help you in supporting the wellbeing of your students as well as your own wellbeing.

Support Calls – Extended until Easter

In November's bulletin we made you aware of an email that we have set up to support parents and young people struggling with emotional wellbeing. We have received a good response from parents and young people and the calls have led to some referrals into service, linking up with support in school and some advice giving and signposting. This was initially set up as a trial up until Christmas but we are pleased to say that we will be continuing this up until the end of term 4 in order to continue to support the wellbeing of young people in Bromley schools.

As before, please feel free to add the information below to any relevant e-communication with parents/carers and your students to support this, but also continue to use your regular pupil of concern meetings to discuss students and to make referrals as appropriate.

Please note: This has been attached as a separate word document in the event that it can't be copied and pasted from this PDF.

Bromley Y, School Wellbeing Service

Improving Access to Wellbeing Support – Support Calls



Is your child experiencing difficulties with their emotional wellbeing? Are they feeling anxious and/or low and you are uncertain how to support them?

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to receive appropriate wellbeing support. Up until the Easter break, we are offering consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice and guidance to support the wellbeing of your child.

Email: swswellbeingsupport@bromleyy.org

Please provide your name, phone number, child's school, best times to call (morning or afternoon), a brief description of what you wish to discuss.

We will do our best to call within 5 working days to help you think about how to get the help you need. This may lead to a referral into our service or sign posting to a more appropriate service with your consent.

Visit www.bromley-y.org for support options and guidance

Support Calls for School Staff

We understand the pressure that staff in schools are under during these challenging times and would like to extend our support to anyone who might be struggling with their wellbeing at this time. School staff will be welcome to use the above email address to contact us and a practitioner will arrange a time to speak with them to offer guidance, advice and support, with suggestions of possible longer-term support services if appropriate. (swswellbeingsupport@bromleyy.org)

Face to Face Work in Schools

As you know from previous communication, we have looked at ways to return to face to face work and were hoping to deliver some face to face sessions this term, however, due to the current lockdown our interventions will continue to be remote at this time. As soon as possible, and where there is a rationale that lends itself to engaging face to face, we will be happy to discuss this with you. We will keep you updated.

Webinar: Helping Children with Fears and Worries – New Dates Added for Primary and Secondary School Aged Young People

The webinars for parents that we launched last term have proved to be well received and all dates apart from the March date were booked up quickly. We have also received feedback to support the parents of secondary aged children as well as primary and therefore we have responded by adding 1 extra date for the parents/carers of primary school children and also 2 dates for the parents/carers of secondary aged children. Dates and times are as follows and parents can sign up using the EventBrite link below and a flyer is attached to circulate to parents.

Primary

Wednesday 10th February @ 4:00pm – 5:30pm

Saturday 13th February @ 10.30am – 12noon

Thursday 18th March @ 10.30am – 12noon

Secondary

Wednesday 3rd February @ 3:30pm – 5:00pm

Tuesday 16th March @ 1:00pm – 2:30pm

<https://www.eventbrite.co.uk/o/bromley-y-31612643251>

Universal Offer - Workshops

We hope you have utilised the pre-recorded workshops that we sent you at the beginning of term but if you are having any trouble accessing these workshops for staff and students please speak to your SWS lead. As you are aware there are pre-recorded workshops to support both staff and students.

We really encourage you view the staff presentations to support your own wellbeing and confidence in supporting your students. It would also be really beneficial to show the presentations to as many of your students as possible but **if you need assistance please contact your SWS Lead** and options can be discussed in your next Pupil of Concern meeting as we can explore different options for delivery to support students accessing this content.

Information on how to access the workshops (via either DropBox or YouTube) is attached.

Bromley Y Website: www.bromleyy.org

Just a reminder that Bromley Y recently launched a new website which hopefully clarifies what services are available within the whole service and how to access support. You can also signpost young people and their parents/carers to this to access some self-help resources and to make self-referrals if needed.

Mental Health Survey

Thank you for sending out the mental health survey to parents and students. We have had a good response and will share our findings in due course.

Social Media

Bromley Y gives regular updates via social media. Please follow us for information, advice and resources.



Social Media

Follow us online for information, advice and resources on mental health and emotional wellbeing

 [@bromley_y_](https://twitter.com/bromley_y_)  [@bromley_y_](https://www.instagram.com/bromley_y_)  [@bromleywellbeing](https://www.facebook.com/bromleywellbeing)

 bromley-y.org

Visit our website to find out more information about our service, make a referral or to access self-help advice for young people and parents

Children's Mental Health Week

Children's Mental Health week commences on 1st February. The official site has ideas for activities and free resources for schools, as well as links to free training for teachers.

<https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/>

As always, we wish you all the best over this term. Please do not hesitate to be in touch if you have a query or if you would like to give some feedback about how we can support you in the coming months.

Kind regards, **The SWS Team**