



Welcome to the **Hull School Cluster meeting for Children and Young People's Emotional Wellbeing & Mental Health.**

Slides will be shared after the meeting.

Please help yourself to a drink and biscuits!



Role

Early Help Officers for Education –
Hollie Leng & Debbie McWilliam

- Hull City Council Early Help
- Thrive Partnership

Overview of Support Available

- DfE Funding
- Senior Mental Health Lead
- Audit & Action Planning
- Ongoing Support
- Training
- Cluster Meetings
- Newsletter
- Thrive Directory.



DfE Funding

- Grant of £1200
- Training for Senior Mental Health Lead (SMHL)
- Develop, and implement, a whole school or college approach to mental health and wellbeing
- Schools and colleges that have taken this approach often report improved attendance, attention, behaviour, and attainment.



Senior Mental Health Lead

- Strategic leadership role
- Oversees the whole school approach
- Creates an open culture where staff and students can discuss their mental health and wellbeing
- Provides support & guidance
- Attends cluster events, shares best practice, and requests for support city-wide.



Audit and Action Planning

- 5 Steps to Mental Health and Wellbeing framework
- Evidence based, online, and free
- Enables SMHL (and wider team) to consider their current approach to mental health and wellbeing
- Personalised action plan (Leading Change, Working Together, Understanding Need, Promoting Wellbeing, and Supporting Staff).



Ongoing Support

- Regular meetings with assigned EHO for support & challenge
- Facilitated trust-wide action planning
- Support with planning for wellbeing campaigns
- Access to wider Early Help LA offer
- Early Help Action Meetings or Team Around the School.



Training

- Outcome Star
- Solihull guides
- Trauma (MHST)
- Thrive wider training offer
- LA wider training offer
- Action plan specific training.



Cluster Meetings

- Held every term
- Monday 26th June
- Tuesday 17th October
- Thursday 1st February
- Wednesday 3rd July.



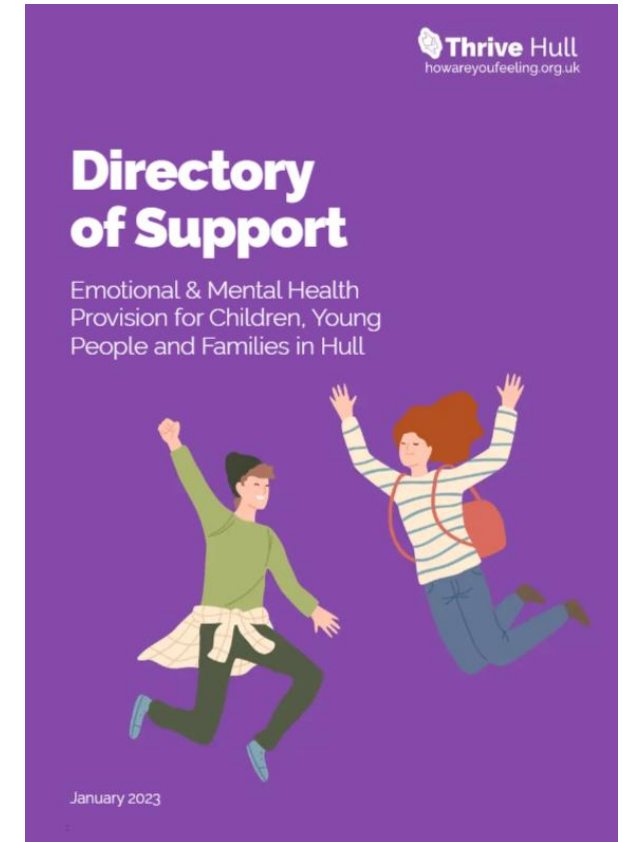
Newsletters

- Sent every half term
- Information sharing around key dates, campaigns, training, resources, and opportunities to comment on strategy
- Can be shared with networks and all staff
- Shared with SMHLs, Heads of School, DSLs, SENCOs, and others, where requested.



Thrive Directory

- Directory of support for mental health and wellbeing provision for children, young people, and families in Hull.
- Paper copies (shared already)
- Online copies (shared when updates are available).





Humber Teaching
NHS Foundation Trust

**MENTAL
HEALTH
SUPPORT
TEAM** HULL



Trauma Informed Care Offer (2023-2024)

Trauma Informed Care Offer



The Hull MHST is keen to support schools with Trauma Informed Care (TIC) approaches. As part of our offer, we have developed a menu of options that demonstrate a graduated offer from a whole school approach perspective.

Trauma informed care recognises the role that adverse childhood experiences can have upon a child's social, emotional and behavioural world. This approach offers a way of making sense of some of the difficulties that our children and young people experience. The approach helps settings to think about adaptations to ways of working to ensure the environment helps our children and young people to meet their potential, feel a sense of belonging and connection and to not be further unfairly disadvantaged due to their past experiences and the impact these can have.

TIC Offer 1 (module 1)



Module 1 'An Introduction to Trauma Informed Care in Education' is online 1.5 hour session introducing the key principles and theory of Trauma Informed Care.

It offers a taster to schools around how we understand what has happened to us rather than what is wrong with us. Introducing the ARC framework, it covers how Trauma Informed Care can begin to be embedded into whole school approaches.

These sessions will be run termly, 3 times a year online.

TIC Offer 2 (modules 1 and 2)



Offer 2 is a whole school, face to face, staff training session, comprising of modules 1 and 2 and totals 3 hours altogether:

Module 1 'An Introduction to Trauma Informed Care in Education'

Module 2 'The role of self-care and staff wellbeing within Trauma Informed Care'

This module builds on the understanding and implementation of Trauma Informed Care, and has a strong element of self-care to support staff wellbeing.

TIC Offer 3 (module 3)



Module 3 'Ways of implementing and embedding trauma informed care in education settings'

Module 3 will be offered online (1.5 hours), yearly to begin with, and is only available to those who have already completed modules 1 & 2. The online, bookable training aims to capture key staff from multiple schools who want to think more about practical ways of implementing the theory learnt into their education setting.

TIC Offer 4



Offer 4 is bespoke to the needs of individual educational settings and is a more targeted approach identifying key staff who respond to and support CYP and families.

There is an expectation that all 3 modules will have already been completed prior to requesting Offer 4.

This training will be tailored to the needs of your school/college setting following a whole school approach consultation. This offer includes further ideas and suggestions tailored specifically for the needs of your school. This would focus on ways of further embedding trauma-informed approaches, building on adaptations already made and problem-solving barriers or challenges.

Further information

Dates for Offer 1 and the link to book on will be sent out to schools prior to the summer holidays.

To book a date for Offer 2, please contact the Mental Health Support Team on: email hnf-tr.hullmhst@nhs.net

To discuss the training further or for further information relating to the content, please contact Dr Laura Stone, Clinical Psychologist on: laura.stone@nhs.net



Early
Help

The Early Help Offer

Heather Barnes

Integrated Services Manager

Early Help

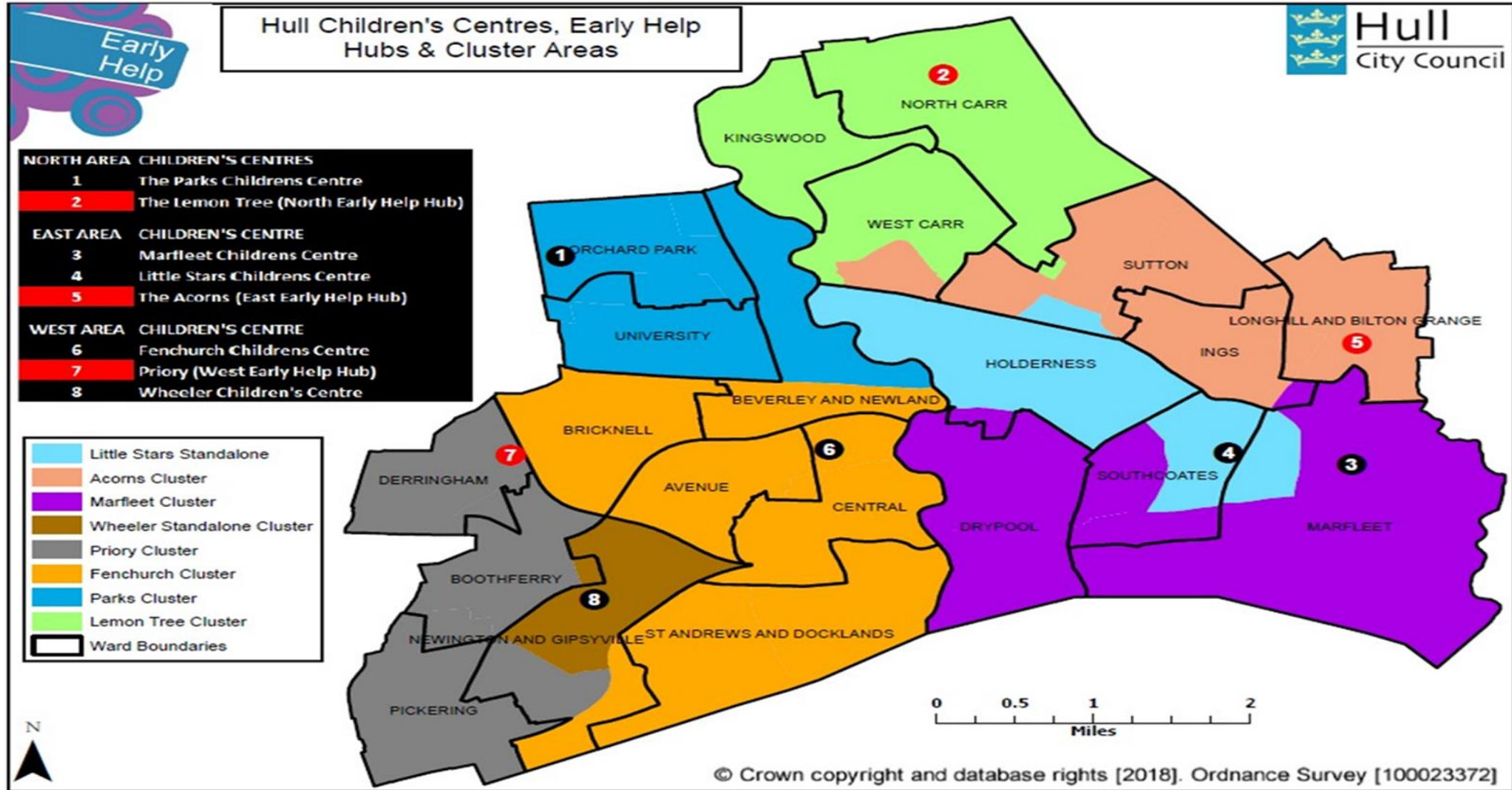
Early Help

What is it and What does it look like in Hull?

- Hull Children & Young Peoples Family Plan
- Early Help & Prevention Strategy 2021-2025
- **Family Hubs Start for Life Offer**
- **Family support & Early Help assessments**
- **Parenting support**
- **SEND Family support**
- Youth Development Service
- Targeted Youth Support
- Young Carers
- Refresh
- Healthy Lifestyles Support
- **Workforce development**

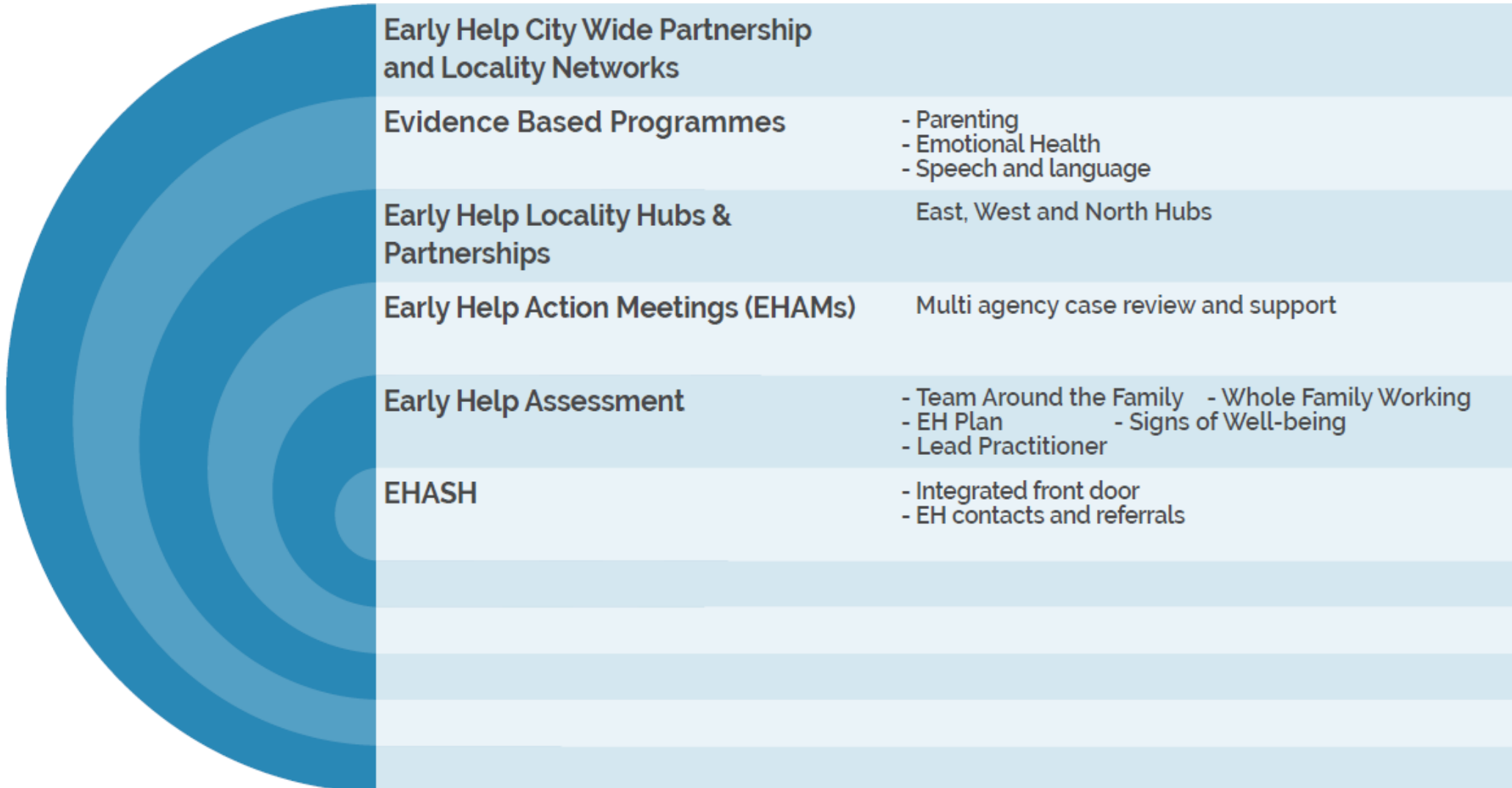


Early Help Family Hubs





Hull's Early Help Delivery Model





Early Help – the Wider Partnership

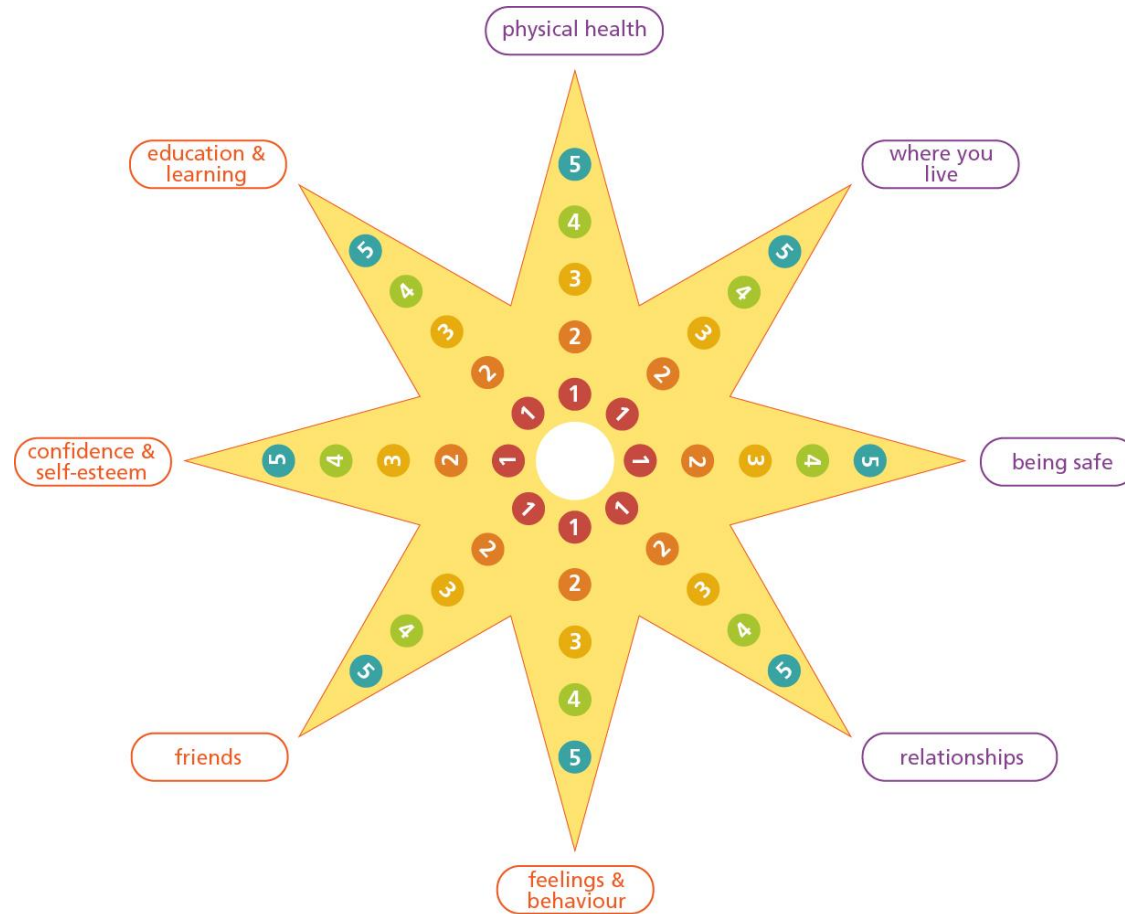


Early Help Action Meetings

- Weekly in each locality
- Chaired by myself and other EH Managers
- Refer in via referral pathway and specifically ask to be heard at the EHAM
- Internal processes managed by ourselves
- Referrer will receive and invite and be asked to present
- Attended by a wide range of partners who share information they may have on family, and also solutions
- Lead worker is the most appropriate team

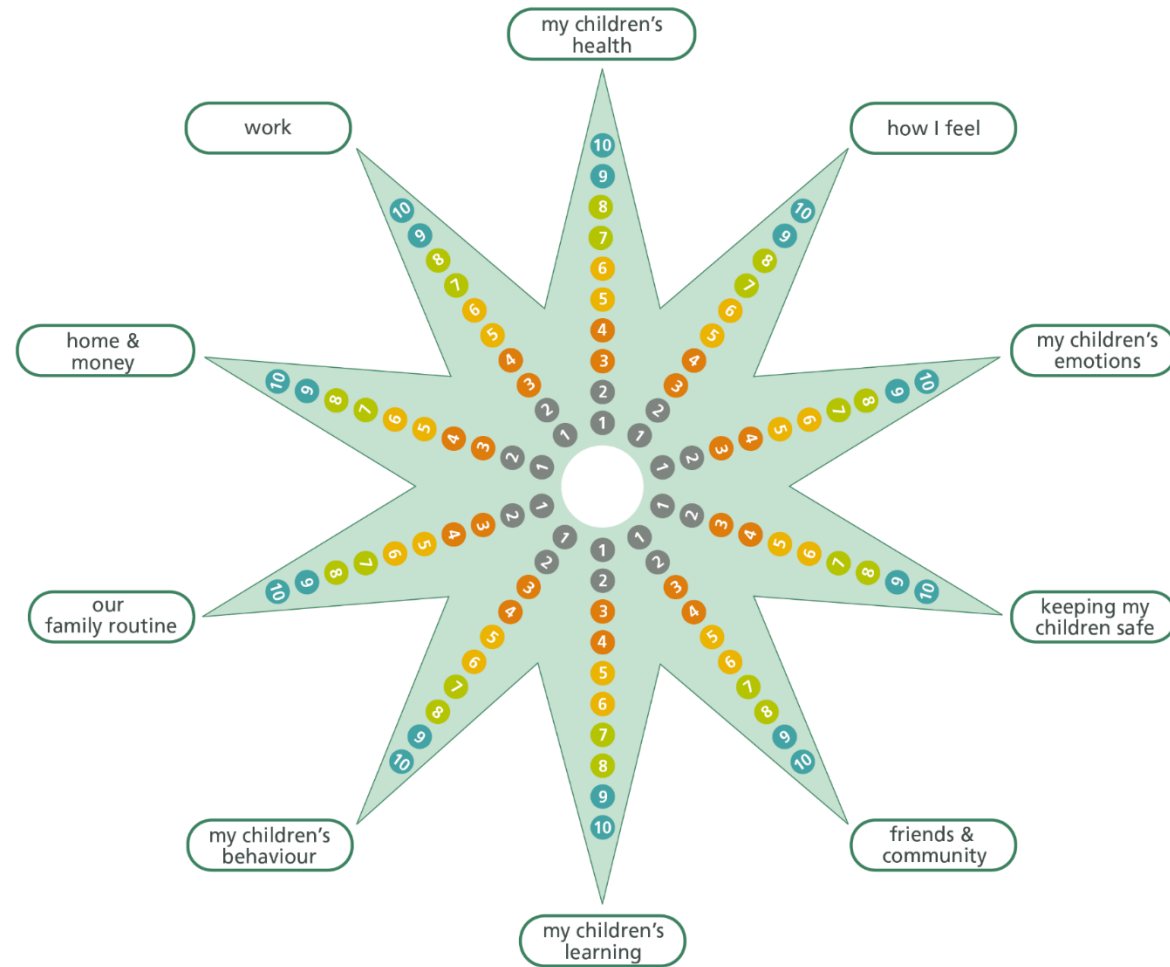
Early Help Assessment

My Star™



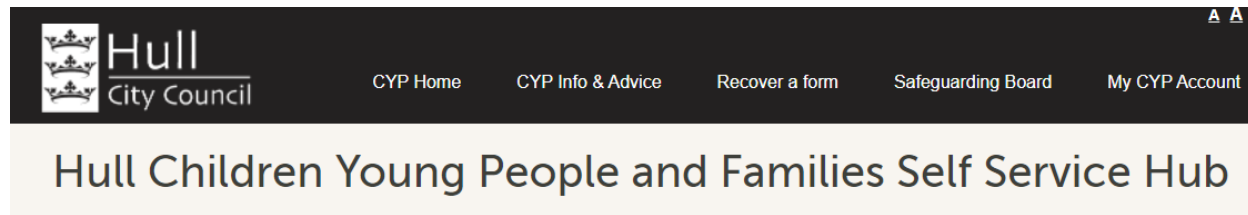
My Star™ © Triangle Consulting Social Enterprise Ltd
Authors: Sara Burns, Joy MacKeith and Kate Graham
www.outcomesstar.org.uk

Family Star Plus



Referral Pathway

- Portal Link <https://childrensportallive.hullcc.gov.uk/web/portal/pages/home>
- Within CSC you can make Co-Working Request or Step-Down on Liquid Logic
- We will expect an assessment to have been completed and a step-down meeting to be held



A place for professionals and members of the public to contact us, make a referral or application

I am a Professional in the Hull area



I am working with a family, child or young person from Hull in a professional capacity

I am a Member of the public



I am a child, young person, carer or other individual not in a professional capacity

I am a carer or provider for a looked after child



I am a registered care provider for a Hull child/young person

Early Help Events and Training

- Early Help Locality Events – wide range of events – more coming up;
 - Thrive event in September;
 - Family Hubs Start for life event September
 - Early Help Delivery Model events in November
- Workforce development :
- Reducing Parental Conflict, Neglect Training, range of training through Healthy Holidays programme; Refresh Drug and Alcohol Awareness
- Family Star Training
- Self-Harm Awareness & Response
- CBT skills for staff for supporting young people with anxiety
- Youth Mental Health First Aid 2 day course
- Can be accessed via Lisa.Howell@hullcc.gov.uk or through L&D team

Early Help Parenting offer

- Refer families in through Portal
- Range of courses available:
- 0-11: GroBrain; Incredible Years, Family Links Nurturing, Solihull on line guides, HENRY
- 11 upwards: Strengthening Families, Strengthening Communities; Supporting Separated Families, 121 parenting
- SEND : ASC awareness workshops; Eating and Sensory Workshop

Other EH Support for Schools

- All staff have a linked named person for each school – to be shared termly; they will be able to update you on if cases are open to EH, but not do specific work with a family – a referral would be needed for that
- Information, advice and guidance on parenting support, links to correct services, info on the wider early help offer
- Contact any of the family hubs you are close to

The background features a light blue banner at the top right with the text "Early Help" in white. Below the banner are several overlapping, semi-transparent shapes in shades of light blue and pink, including concentric circles and curved bands. The overall aesthetic is soft and colorful.

Early
Help

Thank you

Any Questions



Maxine Hunter

SUPPORTING OUR
ARMED FORCES
AND OUR
**ARMED FORCES
COMMUNITY**



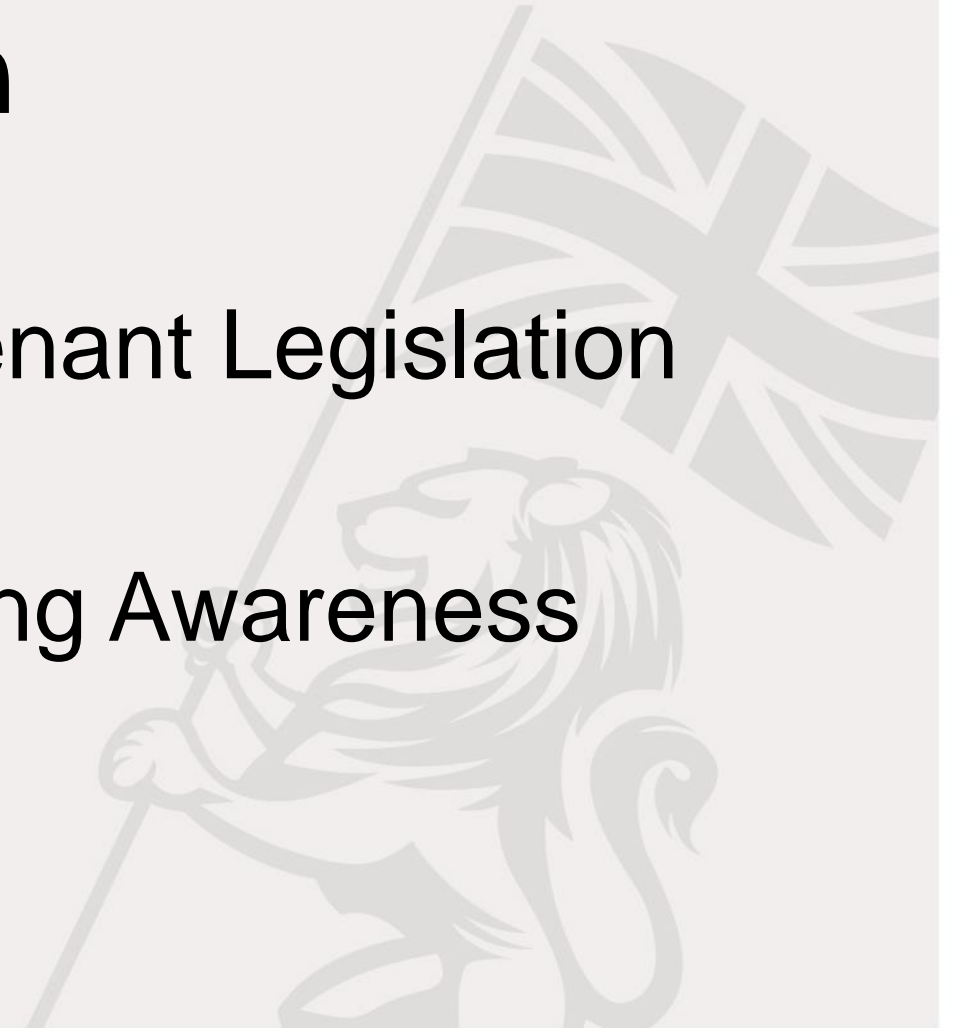
EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2022

Proudly supporting those who serve

Introduction

1. The New Armed Forces Covenant Legislation
2. Service Pupil Premium
3. Increasing Support and Raising Awareness Project



The Armed Forces Covenant Statutory Duty

- New Statutory Covenant Act 2021
- Duty to pay 'Due Regard'

Currently Covers

- Education, Schools, SEN
- Healthcare but not Public Health
- Housing and Homelessness



Local Support

- Hull Charter
- Armed Forces Forum
- Local Support Network



Service Pupil Premium

- Local Picture
- Challenges for Families and Children



Increasing Support and Raising Awareness

- Youth Parliament Project
- Armed Forces Covenant Grant
- Next Steps



Thank You

Email: maxine.hunter2@hulcc.gov.uk



Healthy Holidays Hull

Kirsty Leake – Locality Programme Coordinator



Healthy Holidays Hull

- Free activity & food programme across the city
- Funded by the Department for Education
- Hull Programme – open to all children and young people
- Support to families
- Strategic Providers
- VCS Providers



Let's Talk Summer 2023

- 28 days of activity across the city in all areas
- 26th July to 1st September 2023
- 1800 activity sessions running throughout the summer
- Swimming, Holiday Camps, Sports, Arts, Dance, Music, Angling, Yoga, Outdoor Education activities and so much more!
- SEND specific activities

It's going to be an action packed summer!

healthy
holidays
hull



Can we get the schools to support Healthy Holidays Hull?

TIMELINE



We Need You!

- Forward promotional emails to families in receipt of Free-School Meals w/c June 26th
- Forward direct text messages to families in receipt of Free-School-Meals w/c June 26th
- SENCO to promote the SEND offer w/c June 26th
- Forward promotional emails to all families. w/c July 10th
- Primary schools – distribute leaflets w/c July 10th
- Promote on social medial platforms w/c July 10th
- Share the QR Code and logo as widely as possible w/c July 10th



healthy holidays summer

with free food included

free activities for school age children and young people living in Hull

Starting Wednesday 26 July throughout the school holidays

- Over 1800 sessions
- Swimming, Holiday Camps, Sports, Arts, Dance, Music, Angling, Yoga, Outdoor Education, Special Educational Needs and Disabilities (SEND) specific activities and so much more...
- Over 50 Community Groups, Leisure Centres, Youth Centres, Family Hubs, Museums and Libraries all delivering activities.

To see what is available visit the Healthy Holidays website! If you do not have access to the Internet, why not visit your local library to check out Healthy Holidays activities!

scan me



#healthyholidayshull
#haf2023



www.healthyholidayshull.org

Department for Education

Hull City Council

Kirsty.Leake@hullcc.gov.uk

07725 481264

www.healthyholidayshull.org



healthy
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