CAMHS SCHOOL IN-REACH
SUMMER NEWSLETTER 2026

We are a team aiming to support the **whole-school approach to wellbeing** in schools across **Swansea and Neath Port Talbot.**

Each school has a named Emotional Health and Wellbeing Practitioner that can provide support to **staff, parents, children and young people.**

Meet our new team members!



Hi, I'm Stacey and have recently joined the SIR as a senior practitioner. I have been allocated school clusters across Swansea and Neath Port Talbot.

A bit about me - I am a registered mental health nurse with over 17 years' experience. I have worked across multiple sites within adult mental health and this taught me invaluable skills and knowledge. I decided to change career paths in 2025, I wanted to work with children to provide support and interventions to help limit the impact that mental health issues may have.

I love to volunteer in my spare time, for various charities, in whatever capacity is needed. You will find me either on the race route guiding and supporting or as a participant!

I am looking forward to building relationships with my allocated schools and providing a whole school approach for children and young people, within Swansea Bay.

Hello everyone,

My name is Ceri Lewis, and I'm delighted to be joining the CAMHS School In-Reach team as a Senior Practitioner. I'm really looking forward to working with such a caring and passionate team, as well as supporting my school clusters, Bishopston and Gowerton, to promote wellbeing and positive mental health within school environments.

I am a qualified Mental Health Nurse with three years' experience, and I have also worked with children for the past four years. I am passionate about supporting wellbeing and mental health, and I'm excited to work with young people to help create positive and supportive environments where they can thrive.

In my free time, I enjoy spending time with my family, reading, and doing crafts. These activities help me focus on self-care and give me time to recharge.





What we've been up to...

We have been busy carrying out InterAct sessions for the year 6 classes. These sessions have been greatly received by our primary schools for transition to comprehensive schools. This is a great support that will help young people manage their big emotions.

'Interactive Training in Emotional Resilience with ACT (InTER-ACT) is a unique, engaging, evidence-based wellbeing programme for children and adolescents.

It is based on principles from the Acceptance and Commitment Therapy (ACT); a rigorously researched and effective approach for increasing resilience and improving wellbeing. ACT gives us skills to respond effectively to difficult thoughts and feelings, so that we can pursue a life rich with purpose and meaning, guided by our personal values.' (InTER-ACT 2026)



Coffee Morning

It was lovely to be invited to the coffee morning in Ysgol Maes Y Coed where we had the opportunity to meet with staff and some parents to speak about your service and what interventions we can offer. We were also shown around the school and saw all the amazing facilities they have to offer. Thank you.



Home educated coffee morning

We very kindly get invited to attend the Neath home educated coffee morning once a term. It is a lovely relaxed drop-in session that allows parents and children who are home educated to ask questions and access our resources whilst meeting like-minded people over a cuppa and a biscuit!

Children's Mental Health Week 9th-15th February 2026

For children's mental health week this year we had a stall in Neath/Port Talbot hospital. We got to meet lots of great people to chat about what we as a team offer in all the schools throughout Neath, Port Talbot and Swansea to support our children with their emotional health and wellbeing.

Coming soon!

Look out for the news of our summer groups we will be running throughout the holidays.
These will be held at Morriston Fire station community room.
Exciting!
Confirmed dates are – 28th, 30th July, 4th, 6th, 11th, 13th, 18th, 20th August.



New Primary School Resources

We have been working hard to develop new resources for our primary schools, building on the valuable feedback gathered through our recent questionnaire. The insights shared by staff were instrumental in shaping materials that are both meaningful and responsive to the needs of pupils and educators.

All of the new resources have now been reviewed by our Psychology colleagues to ensure they are evidence-informed, developmentally appropriate, and aligned with best practice. We're pleased to share that they have been approved and are now ready to be introduced into schools We are really looking forward to rolling these resources out across our primary settings and delivering the content. Our team is excited to see the positive impact these materials will have and to continue strengthening our partnership with schools.

Bishop Vaughan

School in Reach have collaboratively developed a pilot project with our Swansea Bay School Nursing colleagues in Bishop Vaughan Comprehensive school where we can refer to each other's services for wellbeing support so that interventions are not repeated and the right support is offered at the right time. The school nurses have accepted referrals from us to offer 1:1 support on emotional wellbeing, sexual health and self-harm support, and School in Reach are happy to offer group support to any pupils that are identified through the School Nurses drop-ins.

Summer Wellbeing activity

Wellbeing and resilience

Try filling in as many of these as possible:

Something I am good at:

Something that helps me feel happy or relaxed:

Someone in my life that makes me feel happy:

A place that makes me feel happy:

Something that helps me feel supported:

Something I am proud of:

Something helpful I do to help myself cope when times are tough:

Reflection:

How did doing this make me feel?

How can I use what I have learnt to help me be more resilient?

Staff Summer Wellbeing

This summer we are encouraging staff to priortise their wellbeing with a gentle 6-week self care guide inspired by the NHS 5 steps to wellbeing.
Each week focuses on a simple theme - Connect, Be Active, Keep Learning, Give and Take Notice - offering small ideas to help you rest, recharge and feel supported.



Week 1 - Connect

- Find some quiet time to journal to reflect on how you're feeling
- Arrange a walk and talk
- Spend device-free time with loved ones
- Call somebody instead of texting



Week 2 - Being Active

- Walk 10-20 minutes daily
- Try Gentle Streching/Yoga
- Visit a nature trail
- Plan a movement date with a friend

Week 3 - Keep Learning

- Try a new hobby or craft
- Read a book
- Listen to a podcast
- Try a new recipe

Week 4 - Give

- Do a random act of kindness
- Donate items
- Leave a positive review
- Send a gratitude text



Week 5 - Take notice

- Go on a mindful walk
- Try meditation
- Start a reflective journal
- Have a phone-free morning



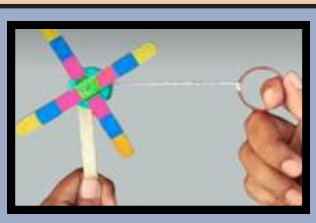
Week 6 - Reset and Prepare

- Reflect on your summer
- Set gentle intentions
- Organise workspace calmy
- Plan one positive September activity





Summer Craft



DIY Fan



Materials Needed:

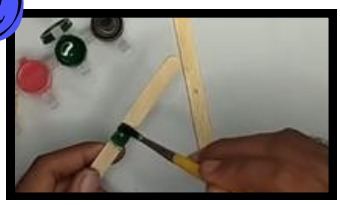
1. **Lollypop sticks**
2. **Scissors**
3. **String**
4. **Glue**
5. **2 plastic bottle tops**
6. **Cocktail stick**
7. **Paint or pens for decoration**

1



Carefully using a scissors, make a hole in the centre of each stick.

2



Decorate the sticks using paints or pens.

3



Glue the sticks together with the pattern on the front. Ensure the holes line up and feed cocktail stick through.

4



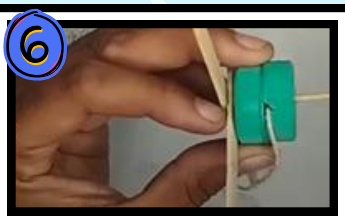
Pierce holes in the centre of each bottle top. Cut a wedge out of the side of one bottle top.

5



Feed one bottle top onto the cocktail stick and glue the back of it to the back of the lollypop sticks.

6



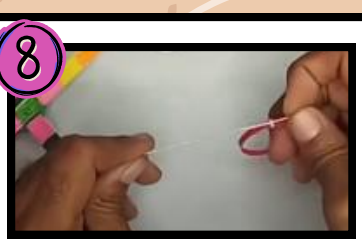
Tie string to the cocktail stick then feed the other bottle top on and glue edges together. Ensure the string pokes out of the gap.

7



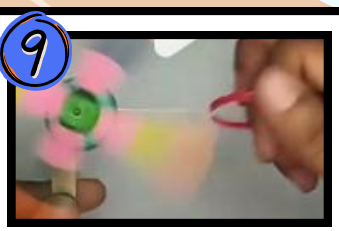
Stick a lollipop stick to the back as a handle.

8

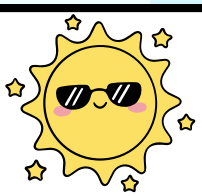


Tie a ring to the end of the string.

9



Now it's ready to pull!



Keep Cool





SIR Painting Challenge

SCHOOL IN-REACH MEWNGYMORTH YSGOLION

HOW TO PAINT DAFFODILS

Follow these steps!

1



Big blob of white and a small amount of blue. Wash your brush.



Big blob of white and small amount of red. wash your brush.

Mix the background sky colours using the large flat top brush

2



Paint a blue line horizontally ¾ of the way down the page, bring the blue ¼ of the way up the page but begin to curve the line like a smile.

3



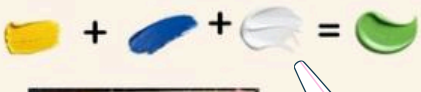
Paint pink curved line - overlap so some of the blue turns purple

4



Wash your brush. Paint pink curved line up towards the to... the canvas then add white until you reach the t... Dip corner of your brush into the yellow and add it... part of the painting.

5





Mix yellow with a dot of blue and white to make a spring green. Using your medium brush paint virtically using wavy lines to create blades of grass.

6



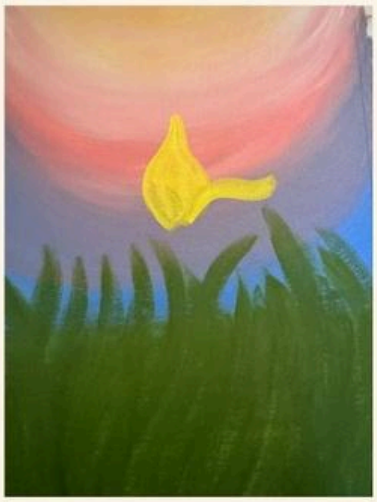


Mix yellow and white. Use the medium brush to create the daffodil petals ....

7



8



9



10



11



12



Create 5 open daffodils and 2 closed using petal shapes.

13





Using the small brush - paint vertical (slightly curved) lines to create stems for each of the flowers.

14



Using the same small brush, dip it into the white and drag it down each stem (don't put too much paint or water on your brush - use a dry brush)

15





Mix yellow and a dot of red to create orange. Use the small brush to create a triangle or cone shape in the centre of each flower (apart from the bottom front facing flower)

16



Create an orange circle in the centre of the bottom front facing flower and fill it in with orange. Then, with the spring green that was used to create the grass earlier. Dab it into the centre of each of the flowers.

17





Create a darker orange by adding more red to the orange paint. Using the dark orange - create a wavy line around the light orange circle. Repeat with the other orange centres.

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MEITHRINGYMORTH YSGOLION

18





Wash your brush. Add white accents to the top half of each circle in the trumpet/cone. (Don't overload your brush - drag it from the outer part to the centre of the circle)

19





Wash the brush. Mix orange, blue & white to make a light brown. Add two or three lines to each petal, flowing the shape of the petal to add texture and shadows (Don't overload your brush or press too hard)

20



Add white highlights sparingly to the petals and trumpet/cone centre of the flower.

21



Use the handle of the brush to create some dots in the centre of your daffodils.

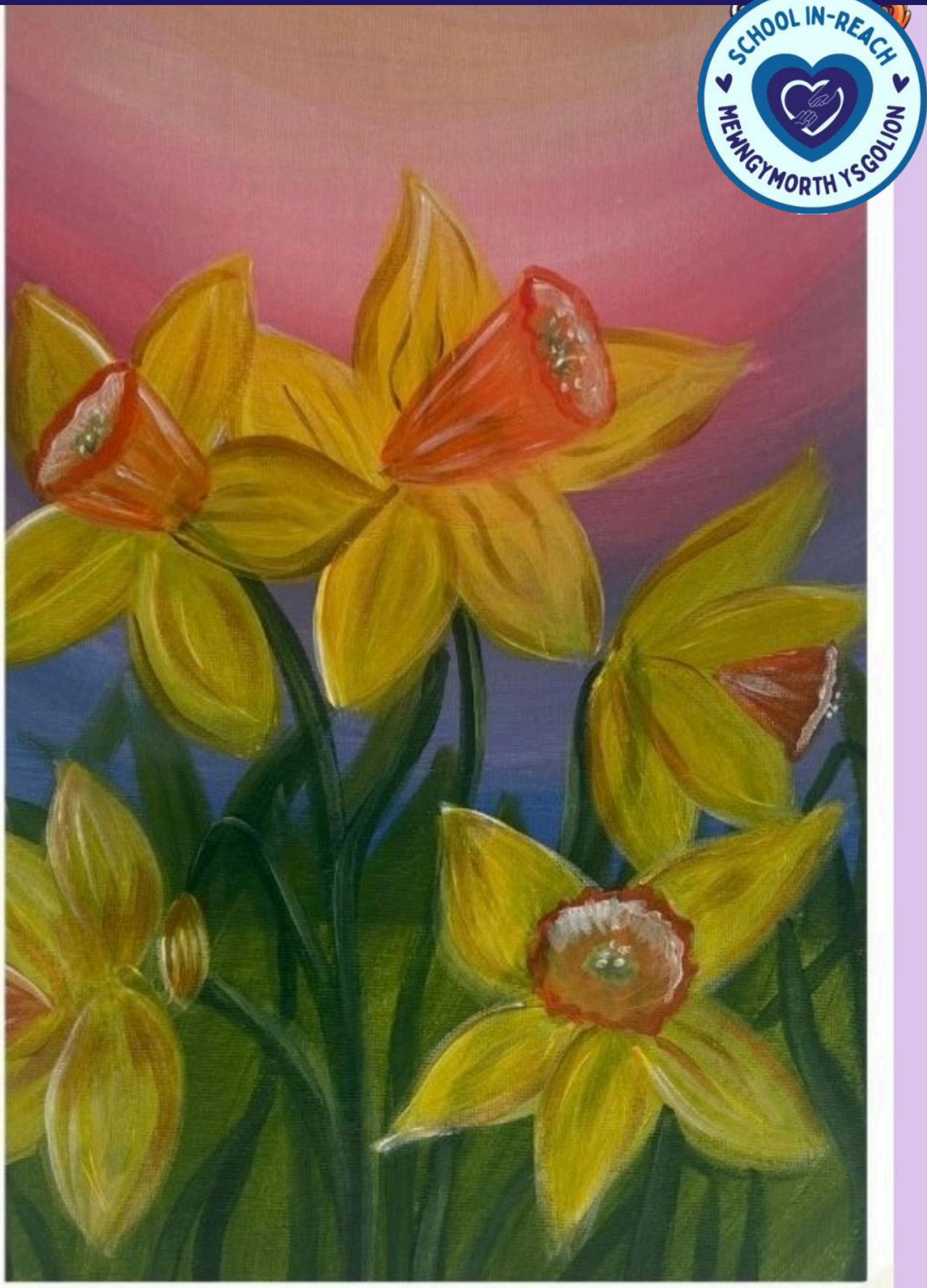
22



Sign or initial your painting (right bottom

23




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MEWNGYMORTH YSGOLION



CHILDREN'S RIGHTS



CAMHS is committed to having designated champions to ensure that children's rights are consistently upheld. Within the School In-Reach Team, Fran is our Children's Rights Champion and regularly meets with CAMHS colleagues to ensure that children's rights are embedded across all aspects of our work.

This year, our focus has been on embedding our children's rights charter throughout all of our resources, including note-taking documentation. This serves as a practical prompt for practitioners to reflect on and actively consider whether children's rights are being met in every interaction.

We deliver our interventions using a child- and young person-centred approach, ensuring that their voice is at the forefront of all we do. We gathered feedback, thoughts, and ideas from children and young people regarding our primary resources, and their suggestions directly informed the changes we made. As a result, we have developed a new and improved resource menu that better reflects their needs, preferences, and rights.



Spotlight

Townhill Community school have worked collaboratively with School in Reach and the Arts in Mind project to offer a space for their pupils to engage in creative means of managing their wellbeing. This has been well received by pupils and staff who have noticed that pupils have improved their self-esteem, confidence and built positive relationships with their peers and the project facilitators. This has been through creative means such as developing their cooking skills. Townhill Community School were able to facilitate the workshops in a sensory space that has been created to provide pupils with a safe and supportive environment.

Bwrdd Iechyd Prifysgol Bae Abertawe|Swansea Bay University Health Board

SELF-HARM TRAINING FOR SCHOOLS

Earlier this term, your School In-Reach Practitioner would have sent a link your school on Recognising and Responding to Self-Harm in Schools.

The training is an online course and takes approximately 30 minutes to complete.

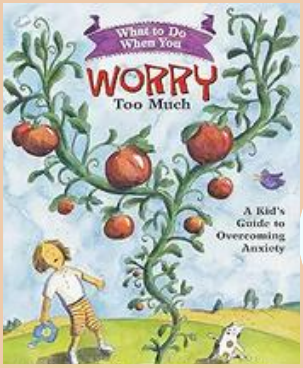
Please see the link below to access the course:

Sorts - Recognising and responding to self-harm in schools



Or visit the https://sorts4schools.org.uk/ website to access

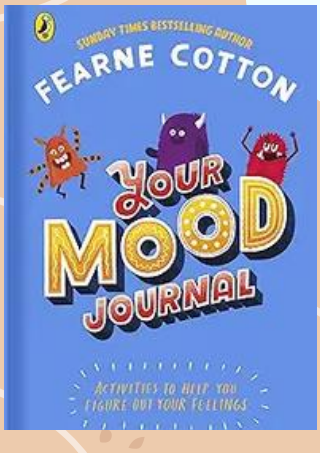
BOOK AND APP RECOMMENDATIONS



Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them. If your worries have grown so big that they bother you almost every day, this book is for you.
This interactive self-help book is the complete resource for educating, motivating, and empowering kids to overcoming their overgrown worries.

A gorgeous picture book that weaves soothing actions into a magical story, helping young children to feel calm and relaxed. Features a set of easy mindfulness activities anyone can enjoy.

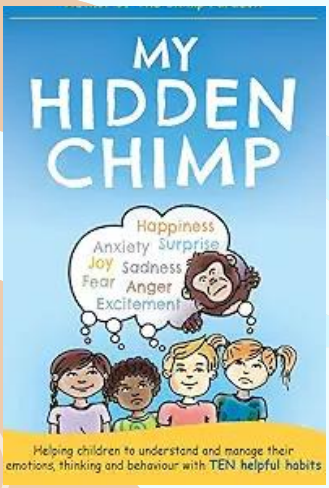




Get a pen, pencil and colouring pens at the ready, and prepare to become great friends with your emotions. After all, they are great! In fact, they're AWESOME. They make life one big adventure as you try new things, learn, grow and discover who you are.

Learn how TEN habits can help children to understand and manage their emotions and behaviour - the book from the creator of the chimp management mind model and author of the million copy selling The Chimp Paradox.

My Hidden Chimp is an effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life.



DreamyKid

The Dreamy Kid Meditation App

This app is an easy-to-use issue-curated guided meditation tool that teaches kids gentle guided mindfulness

Magic Moments

Positive Updates from Our Team
We're delighted to share some recent successes and encouraging feedback from across our work!

1:1 Support (Managing Thoughts and Feelings)
A 16-year-old student recently completed a mock college interview with great success. She shared that she used the skills she has developed during her sessions with the CAMHS SIR prac, which helped her perform really well. As a result, she now feels confident and prepared to attend her actual interview next week independently.

Whole Class Session
A practitioner delivered a whole class session on Self Esteem in a primary school, which was very well received. One pupil shared that the session helped her realise that everyone is beautiful—an impactful and empowering takeaway.

Parent Workshops
A practitioner has received some wonderful feedback from recent parent workshops. One father reported that he has made positive changes at home alongside his wife as a direct result of attending the sessions.

School Feedback
A big well done to Mark for receiving positive feedback from Eastern Primary School—great recognition of the impact of his work.