CAMHS SCHOOL IN-REACH: SUMMER NEWSLETTER

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.**



Hello's and Goodbye's



After two full and varied years in School In Reach, I'm venturing back to my roots and joining the CAMHS therapy team. Thank you to all the wonderful school communities that worked with me and took onboard ideas of how to improve their Emotional Health and Wellbeing. It's been a fabulous experience and I wish you all the very best, I will miss you !

Well, the time has come to move on, but I am sad to be leaving my role in SIR after 4 years of setting the service up and watching the team expand and grow. It always amazes me how resilient schools are and the fantastic work that you all do in supporting families and children. We worked together through covid, all learnt new IT skills and adapted change where we all needed to. Please continue to access the CAMHS SIR service where the staff can support on emotional health and well-being.

Thank you all for always making me feel welcome in Swansea locality and when I have covered schools in the NPT locality.

I will miss not visiting schools, but you may not have seen the last of me.

I will be starting a part time job role in CAMHS ATT as a specialist nurse in a few weeks, where I will be looking to assess children and young people in the community and schools who have mental health concerns. I am looking forward to starting my work once again in the CAMHS Community Assessment and Treatment Team and at times working with you once again in schools.

"Take the time today to love yourself. You deserve it" - Donna :)





As you may or may not be aware, Donna Williams has retired from School In-Reach. I wanted to take this opportunity to thank her for all her work in developing In-Reach in Swansea. Her efforts have been invaluable, and she will be missed. On a positive note, she is returning to CAMHS a couple of days a week, so we will still benefit from her expertise.

As I look to move to my new post at the end of the summer, I would also like to thank you for all your support in the development of School In-Reach and, more recently, CAMHS. As a service, we are working hard to improve our relationships with schools and education colleagues so that CAMHS is approachable and available to offer advice and support when needed. I have no doubt that this will continue with my successor. Many thanks Claire

In March we said goodbye to Conor, who has moved on to take up a new role in a school, alongside completing his Masters. Good luck Conor, we miss you already!



Hello's and Goodbye's



Hi, My name is Danni and I have recently started working as an Emotional Health and Well-being Practitioner with the CAMHS School In Reach Service. I am very passionate about supporting children and young people with their emotional well-being and am very excited about starting my role within School In Reach, supporting schools in the Swansea area. I am an accredited therapist who has worked at The Exchange Counselling Service and the NSPCC, working within schools for the last ten years. In my spare time, I enjoy keeping fit by going to the gym, I love travelling, experiencing new countries and meeting new people. My favourite thing is to spend time with my family and I make the most of those moments.

Hi everyone! I'm Beth & I am one of the senior practitioners in the team. I joined the team in January and cover the Welsh & English schools in the Swansea area. I have experience working in adult services within acute and rehabilitation settings and older adult settings in EMI. When I'm not in work I love spending time with my loved ones. My hobbies include keeping active, I love going to the gym and running.





Hi, my name is Charlotte and I am one of the new senior practitioners within the team. I started at the beginning of March and have moved over from the other side of the bridge as I have been working in Bristol CAMHS for the past couple of years. I am looking forward to getting to grips with the Welsh way but still getting my head around all the Welsh words, even though I am from Cardiff, I haven't lived in Wales for over 10 years! I am a qualified CBT therapist and person-centred counsellor with over 6 years of experience in various CAMHS teams across England. When I'm not in work, I enjoy spending time with friends and family, going for food and drinks or walking my dog.



Kelly and Ben are another 2 of our new Senior Practitioners. They will both be covering schools across NPT and Swansea. Both have come to us from other teams within CAMHS - with a wealth of knowledge! Welcome Kelly and Ben!



WHAT WE'VE BEEN UP TO...



Newly Qualified Teacher Training

We've collaborated with The University of Wales, Trinity Saint Davids, presenting at their ALN Conference at their Swansea campus. We provided insights into our service for Primary and Secondary PGCE and Education trainee teachers in both English and Welsh. Feedback was positive, with trainee teachers finding our presentation informative, and they feel the strategies shared will benefit their upcoming placements and future teaching roles. They now have a clearer understanding of the School In-Reach service and the support we provide to children, staff and parents with regards to Emotional Health and Wellbeing







Education Welfare Officer Training

During the month of March the SIR team delivered an information sharing session with EWOs. This involved sharing the way that SIR work in terms of cluster of schools as well as what areas are covered by the SIR practitioners. It was a very interesting opportunity for the SIR team to meet the EWO officers that covered the same cluster schools, as well as some of the difficulties they faced in their day to day job. It was of course reassuring to hear that it was the child who was at the heart of the work undertaken.





InterACT Training

Our well-being practitioners have attended Interactive Training in Emotional Resilience with ACT (InTER-ACT) training. 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 is a universal preventative mental health programme for pupils. We are so exited to start offering this programme through our service to your schools! If you are interested in having this intervention in schools, please speak to your CAMHS School In-Reach Practitioner



Olchfa Wellbeing Fayre

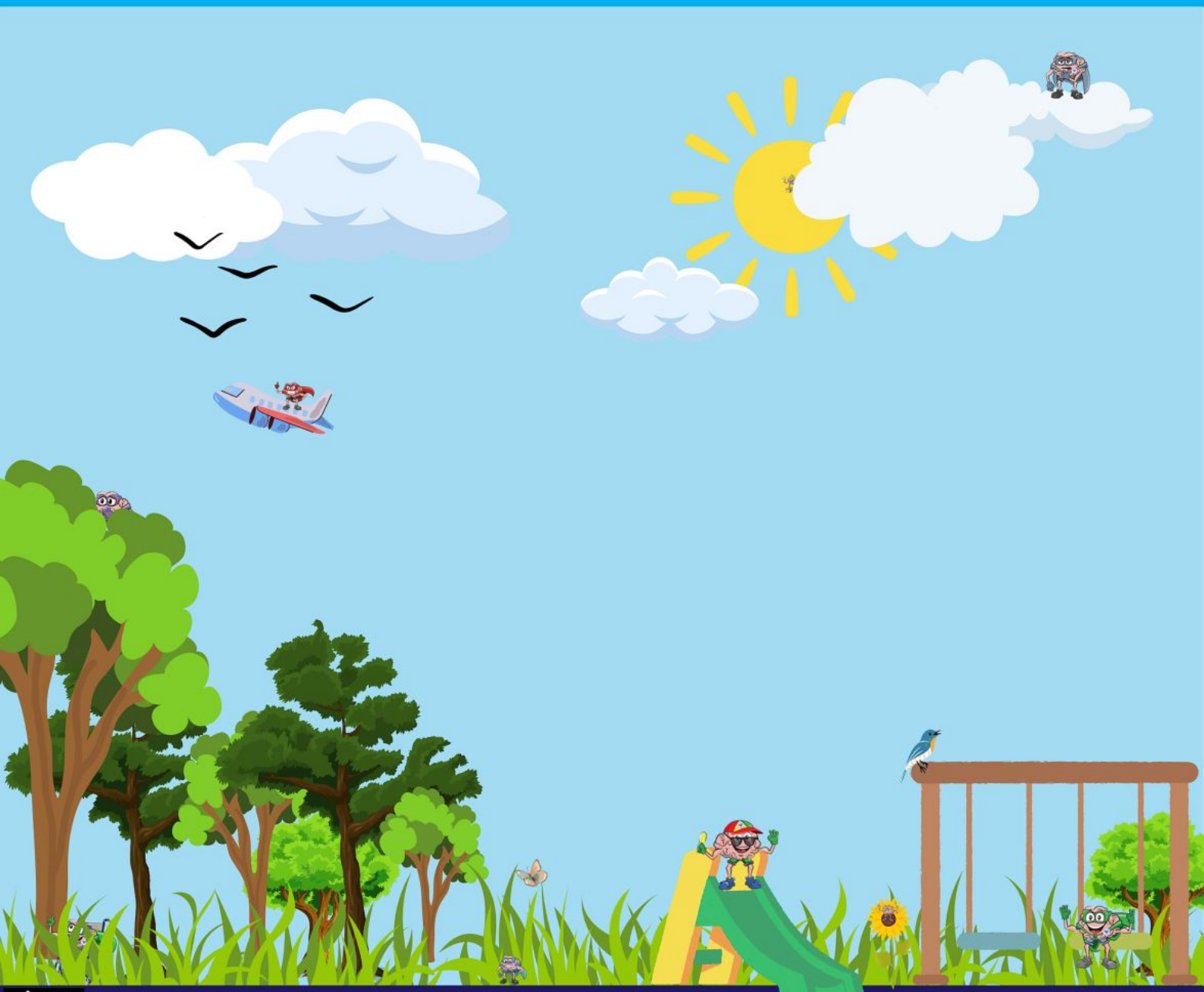
Beth and Fran attended Olchfa Comprehensive School first Wellbeing Fayre which was a huge success! The girls made a presentation on the '5 steps to wellbeing' for iDeveop sessions that pupils watched during form and attended the fayre later in the week. It was a fantastic turn out and everyone responded well to our activities which covered a variety of topics to equip them with practical knowledge and tools to improve their overall wellbeing. We also had time to network with other agencies at the fayre and learn new things ourselves!



MASCOT COMPETITION



We are proud to announce our official mascot! We'd like to thank Richard Smith for helping bring Ava's design to life! See if you can spot all 9 versions down below!



Summer Wellbeing

The summer holidays are just around the corner! Perhaps it's a time to learn something new or spend time with the people who make you happy. Hopefully we will have some sunny days so we can get outside and get some well needed fresh air. Just remember to look after yourself and be kind to yourself and others.

1 Write down 2 goals for the summer	2 Do a relaxing activity	3 Brain dump for 15 minutes	4 Read about a topic you enjoy	5 Disconnect from technology for a day	6 Organise your bedroom	7 Try out a new hobby	8 Go outside in the fresh air	9 Make a list of all your accomplish ments	10 Practice breathing techniques
11 Start a gratitude journal	12 Give yourself a genuine compliment	13 Catch up with a friend	14 Think of some positive affirmations for you to say	15 Do something nice for someone without them asking	16 Meditate for 10 minutes in silence	17 Help make a healthy meal	18 Do something for yourself without guilt	19 Listen to relaxing music	20 Have some you time – pamper yourself
21 Read a book	22 Avoid complaining for a day	23 Drink 6 glasses of water a day	24 Find out about someone else's Interests	25 Spend quality time with your family	26 Play a game with someone	27 Take 10,000 steps in a day	28 Compliment someone else	29 Find a podcast to listen to and tell someone about it	30 Choose 3 habits from this challenge to keep

Summer Crafts

Seashell Wind Chime



You will need:
Twine / Branches / Scissors / Hot glue gun / Shells



First you will need to knot a piece on twine to the branch, leave the length as long as you want it to be, mine was about 7cm.



Place a small amount of glue on both ends of each shell.



Add as many rows as you'd like.



To finish off, add another piece of twine to each end of the branch.

Ref: Curly Made

Summer Crafts













SPOTLIGHT

Pupils and staff at Crynallt Primary school are passionate about the importance of health and well-being.

Zones of Regulation is firmly embedded throughout the whole school. Staff and pupils from Nursery to Year 6 check in daily, and throughout the day, to show others how they are feeling. This enables staff and pupils to recognise when someone may need extra support or some time to regulate. ZOR information has been shared with families so that pupils can use ZOR strategies at home too.

Staff at Crynallt have found benefits in utilising time on Monday mornings and Friday afternoons specifically for wellbeing which helps children transition between the home and school environment. 'Mindful Monday' includes:

- Mindfulness activities such as yoga, colouring, time outside, breathing techniques, learning about concepts such as poisonous thoughts, scaling the size of the problem and growth mindset.

'Feel Good Friday' allows pupils to reflect on their week and to spend time focusing on the '5 ways to well-being'. Pupils are encouraged to complete an activity relating to one of the 5 ways to well-being. E.g. connecting with a friend by playing a board game, writing a note or drawing a picture for someone, researching or learning about something they have found interesting that week. We also celebrate achievements for all by having time to reflect on their week -asking pupils to think about 2 (or more) positives from their week- something that went well, something that they're proud of, an achievement etc. and then one thing that they want to improve.







SPOTLIGHT

Ysgol Cilâ Primary

Children's Mental Health Week at Cila Primary School

The theme for this year's mental health week was Express Yourself. Which was about letting children's voice shine through and empowering them to tell their own stories! Cila planned an array of activities to empower and support pupil's positive mental health and wellbeing...

Day 1 - A walk on the wild side! To help boost pupil's mood and improve their physical and mental health, pupils went for a walk in Clyne woods with their friends.

Day 2 - Choose Day - - pupils took part in exciting and engaging activitieswhere they had the opportunity to learn a new skill from their peers helping to boost their self esteem and resilience.

Day 3 - Pupil2Pupil - Year 6 pupils organised well-being events for the rest of the school, sharing some of the tools and strategies they learnt from the Bouncing Back Plus Intervention Programme and from their School In Reach practitioner including sensory circuits and lovely crafts.

Day 4 - Express Yourself Day - Pupils were able to choose the clothes they wanted to wear to school that expressed who they are! They were also encouraged to share their talents and skills too.

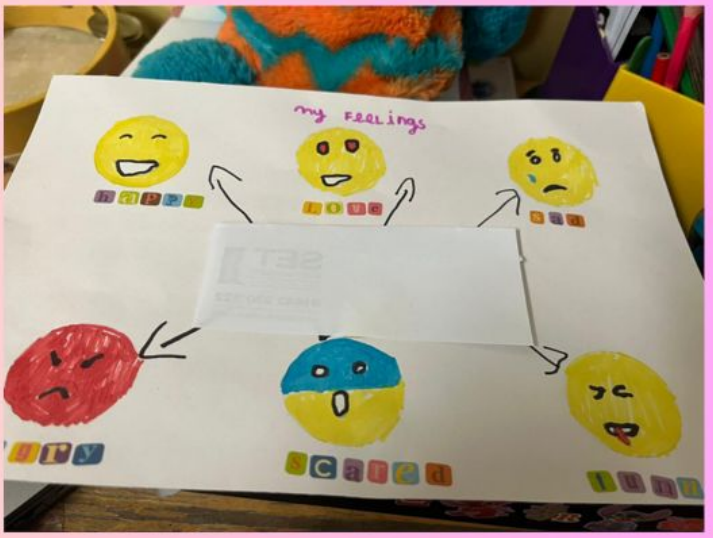






Magic Moments

After a workshop delivery about emotional regulation, a pupil was inspired and created her own feelings chart at home. She showed me in school the next day and then proceeded to share it with her friends as if she was a SIR practitioner, this was a true magic moment.





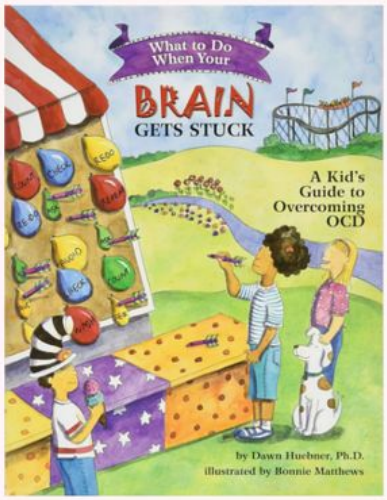
"when I first met you
I was stuck in the blue (sad)
and now I feel green (happy)
that's why I did a green heart."

What a special sentiment for one of
our team members
from a child
he has been working with.

PIC·COLLAGE

After being in a group intervention with one of our practitioners, a child gave the practitioner a bracelet and had a short message about how being in the group made him happy, which is why they put a green heart charm on the bracelet!

BOOK RECOMMENDATIONS

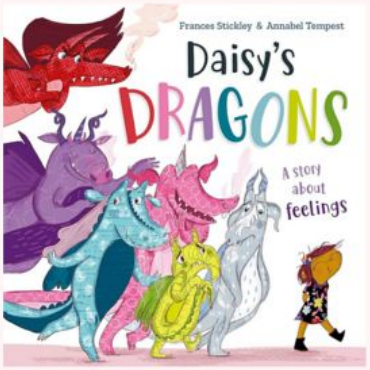


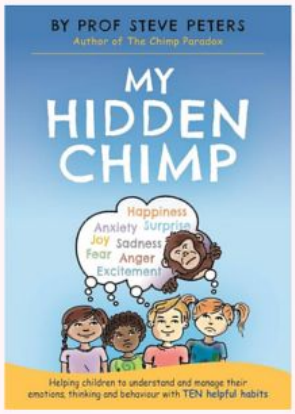
What To Do When Your Brain Gets Stuck by Dawn Huebner

What To Do When Your Brain Gets Stuck guides children and their parents through the cognitive-behavioral techniques used to treat obsessive compulsive disorder. This interactive self-help book turns kids into super-sleuths who can recognize and more appropriately respond to OCD's tricks.

Daisy's Dragons by Frances Stickley

Nobody but Daisy can see her dragons. Usually, they all get along in their own wonderful chaotic way, but Daisy's dragons aren't like ordinary dragons; Daisy's dragons are her feelings.
So when Daisy has a very tricky day, suddenly all is not harmonious among the dragons. Sad keeps growing and growing, Angry is breathing fire at everyone and everything he sees, while Scared's screaming is driving everybody to distraction. Now some of Daisy's dragons feel bad. And Daisy doesn't want bad dragons.
But Daisy soon discovers that without Angry, Sad and Scared, her other dragons are nowhere to be seen either. Could it be that to feel truly happy, calm and brave, Daisy needs all of her dragons together?
Daisy's Dragons is a mindful metaphor that helps children understand the importance of all their emotions - even the negative ones. It addresses the necessity of difficult feelings and celebrates their capacity for self-preservation, self-esteem and reflection. After all, you can't be brave if you're not frightened first.





My Hidden Chimp by Professor Steve Peters

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. The science behind the habits is discussed in a practical way with exercises and activities to help children think the habits through and start putting them into practice. The neuroscience of the mind is simplified for children to understand and then use to their advantage.

Gilly the Giraffe by Dr Karen Treisman

Even though Gilly the Giraffe has many wonderful things in her life, she sometimes lacks confidence. Why does she have to stand out so much with her long neck, her long black tongue and her mosaic patches? Why do some of the other animals point and laugh at her? Can it be possible to be different and to be cool?
This activity book developed by expert child psychologist Dr Karen Treisman combines a colourfully illustrated therapeutic story about Gilly the Giraffe to help start conversations, which is followed by a wealth of creative activities for children to explore and build upon some of the ideas raised in the story, and beyond!

