CAMHS SCHOOL IN-REACH: AUTUMN 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



In September we said 'goodbye for now' to one of our Practitioners, Amy Glass, who has gone on Maternity leave to have her baby. Baby girl was born at the end of September, and both mum and baby are doing great. They are enjoying their time as a now family of four and adjusting to the sleepless nights, feeding routines and nappy changes. Amy has loved working with the North Gower Partnership schools, Olchfa and their cluster primaries, and Ffynone and Oakleigh House. She will miss the staff and pupils there and is looking forward to working with them again when she is back next September.

Hi, my name is Steph, and I am an Emotional Health and Wellbeing Practitioner in the School In-Reach service. I have recently joined the team and as a fluent Welsh speaker I am excited to start my new role, working predominately within the Welsh Schools in the Swansea area. Prior to this role, I was a Primary School teacher for 6 years in NPT having previously studied Sport & Physical Education at the University of Wales, Institute Cardiff and completed my PGCE at the University of Wales, Trinity Saint Davids. I love to stay active and enjoy running, going to the gym and watching sport. I enjoy listening to music, cooking and travelling and have been lucky enough to travel the world, having previously played cricket for the England Women's Cricket Team. I also love long beach and mountain walks with my dog, Kipper and my partner, Jess.





Hello! My name is Hannah and I have recently joined the CAMHS School In-Reach team as an Emotional Health and Wellbeing Practitioner. I have worked with children, young people, and their families in a variety of roles and settings. Emotional wellbeing is an area I am incredibly passionate about. I am looking forward to working with schools and their communities in the Swansea area. I love nature and being outdoors. My spare time often involves taking my dog, Emmi, hiking or to the beach!

Hello's and Goodbye's



Hi, my name is Yvette and I have recently started in my new role as an Emotional Health and Wellbeing Practitioner. My experience lays within the teaching of Physical Education at secondary level for over 20 years within Carmarthenshire. My further education took me to UWIC where I studied a degree in Sport and Human movement Studies, followed by a PGCE in Physical Education.

It is exciting to see the importance of mental and emotional wellbeing, being highlighted along with the physical aspect. I am very much looking forward to working with, and supporting pupils within schools in the Neath and Port Talbot area, through the medium of Welsh. In my spare time I am a sports mum and spend my weekends supporting at the sidelines, watching both my children participate in rugby and netball. In my younger years I was involved in the Welsh Netball squads at U16 and U18 level. When not watching sport I enjoy walking with my husband and my Labrador and Golden Retriever dogs - Lili and Cadi.

Hi! My name is Caru and I have recently started working as an Emotional Health and Well-being Practitioner with the CAMHS School In-Reach Service. I am very excited to get started in my new role and support children in the Neath-Port Talbot area with their well-being. I previously worked as a Primary School Teacher in Gower for 3 years and am looking forward to bringing my experience to my new role. In my spare time I enjoy keeping fit and attending exercise classes at Aberavon Leisure and Fitness Centre, where I previously worked whilst completing my Psychology Degree and PGCE. I love spending time with my friends and family and my favourite thing to is to walk my Golden Retriever - Twm at the beach.



2022/23 Round Up

SIR Stats



September 2022 to July 2023

Delivered School In Reach training to 2253 school staff!

School In Reach had contact with 12,483 children and young people across Swansea, Neath and Port Talbot by facilitating assemblies, class sessions, group sessions and individual conversations.

A message from Claire Norman:

"As some of you may be aware, for some time I've held the position of Lead Nurse -CAMHS alongside Team Lead for School In-Reach. In order to support the ongoing growth of the School In-Reach Team, we welcomed a new Team Lead last July. You might already be familiar with Lucy Bolton, who provided clinical support in Neath Port Talbot. Lucy not only successfully secured the Team Lead role but is already making an impact in her position. She will continue to provide clinical oversight in Neath Port Talbot, whilst also providing leadership for the School In-Reach Service as a whole.

I want to express my appreciation to Russ Dwyer and Rhian Miller, who took part in the interview panel. Their involvement underscored the importance of the relationship between schools and school-based counselling, in conjunction with other services within the school community. As a CAMHS service, School In-Reach will remain under my supervision however, I will be stepping back from its day-to-day management. I'm excited to witness its continued progression under Lucy's leadership.

As always, if you have any suggestions, concerns, or feedback regarding CAMHS or School In-Reach, please don't hesitate to get in touch with me.

Claire Norman"

WHAT WE'VE BEEN UP TO...



School in-Reach has enjoyed a successful year, receiving nominations for the Betsi Cadwaldar Scholarship. Given the other candidates, we were honoured to be included in the shortlist. We were surprised and privileged to attend the Chief Nursing Officer Wales (CNO) Conference in October, where we were presented with our runners up certificate and a financial award. For us, this was a remarkable achievement where we were able to witness the extraordinary work being undertaken throughout Wales. Without the support of Schools and partner agencies this achievement would not have been possible. Thank you!

As usual we have been busy out in schools doing workshops, staff training, and making fire breathing dragons! Thank you to our schools for keeping us so busy and welcoming us into your schools!











Lyndsey, Kelly and Claire attended the Waterfront Museum on World Mental Health Day for the 'mental health promotion event', with stalls and guest speakers. It was a great opportunity to network with other local services and provide information about what we offer in SIR to the public and other agencies. Great turn out, a really fantastic event!

SCHOOL IN-REACH CONFERENCE

This November the team traveled across to Carmarthen to meet up with the School In-Reach teams from Powys and Hywel Dda Health Boards. We spent the day delivering presentations and hearing from guest speakers: Professor Ann John, from Swansea University; and former minister of education, Kirsty Williams. Being able to share our work with other teams, and shining a spotlight on our wonderful schools has made us very grateful for your collaboration with us!

Hearing about the similarities and differences between our services has also made us very excited for future collaboration with the other School In-Reach teams.

We'd like to thank Hywel Dda School In-Reach for hosting us, and we look forward to the next conference!







ROYAL COLLEGE OF NURSING AWARDS

In November, some of the team traveled all the way up to Liverpool to attend the Royal College of Nursing awards. Swansea Bay School In-Reach team were finalists in the top 5, out of 900 entries across the UK! We are very proud of this achievement, and would like to thank everyone that helped us get here!







MASCOT COMPETITION

We are delighted to announce that the winner of our mascot competition is Ava from Abbey Primary School in Neath. In September, we set a task for all schools in Neath, Port Talbot, and Swansea to design a mascot for the School In-reach team. We were overwhelmed with the amount of entries we received, and we'd like to thank every single one of you who entered. They were all absolutely amazing but, unfortunately, we could only have one winner. The team whittled the entries down but we needed help to choose the winner. Our friends at Swansea City Football Club very kindly assisted us and the winner was chosen. Our practitioner Kelly Austin delivered the exciting news to Ava who was thrilled to have won the competition! Ava will now be working with us and our graphics team to prepare her mascot to put on our teaching materials and resources. Stay tuned for the final product!

Da iawn Ava!











WINTER WELLBEING

With winter around the corner, this can be the perfect time to rest, relax and recharge after a busy summer. But for some of us, it can be a 'long slog' until the signs of spring emerge. During this time, the dark nights and cold and gloomy days means it's even more vital that we look after our emotional health and well-being. Some ways we (adults, children and young people) can ensure that we feel good is to: spend time in nature; get exercising – even if it's just in your living room; practice gratitude; talk and be open about your feelings and emotions; and look after our physical health (stay well hydrated, eat nutritious food and have a good sleep routine). We need to make sure we stay connected with the ones we love and enjoy spending time with and do things that bring us joy. It can be helpful to make plans, however being spontaneous can be great for embracing the unexpected good weather and getting some much-needed vitamin D.

Rainy Day Survival Kit - Activity Jar

Directions - Find a jar or small box you can use to store your activity ideas in and spend some time decorating it. It can be as colourful and wacky as you like. You could make it winter themed by sticking dried leaves or things you've found in nature on it.

Write down your rainy-day activity ideas onto small individual bits of coloured paper. Fold each piece up (so you can't see what's written on them) and place them into your jar.

Ideas:

- Play a game – Charades, Pictionary, Yes/No game, Ultimate tic-tac-toe.
- Seek out good news stories.
- Make someone a card with a lovely message inside (it doesn't have to be for any special occasion. Let someone know you appreciate them…just because)
- Create something or learn a new skill – knitting, sewing, drawing, Lego, papier mâché.
- Create a mythical creature out of air-drying clay. Once it is dry you can paint it.
- Cook a healthy meal – soup, pitta pizzas, fruit salad, omelette.
- Try a new snack or meal.
- Make a cozy den.
- Decorate and write a Journal.
- Have a living room dance party.
- Have a pamper day.
- Watch a film (with popcorn and snacks)
- Make an emotions chart that can be used as a check-in tool and conversations about our well-being.



Winter Crafts

Ice Decorations



Supplies



Step 1: Boil some water - this will make sure the water freezes without air bubbles.

Step 2: Place a container, such as a saucer or a small round plastic tub, on a flat surface outside.

Step 3: Place a long piece of string in the container - leave plenty hanging over the edge, to hang it up later!

Step 4: Add the natural items to your container. Once the water has boiled and cooled, carefully pour it into the container.

Step 5: Leave your container outside overnight, or lay flat in the freezer!

Step 6: In the morning, put the container into cold water to separate the ice from the sides. Hang your decorations around the garden!

Winter Crafts

Calming Winter Sensory Bottles

Supplies

Water bottle/jar
Clear glue
Water
Glitter
Snowflake confetti and sequins
Buttons and beads
Foam shapes
Pipe cleaners
Sharpies for drawing on the bottles



Add water to your container, leave about 1 inch of space from the top



Add a big squeeze of PVA glue to your water and shake to mix



Add your glitter and sequins to the mixture



Decorate your bottle to look like your favourite festive character!



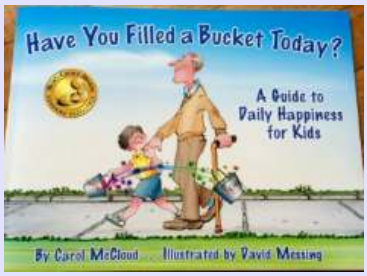
Close the lid and give your bottle a shake and watch the glitter as it swirls around!

SPOTLIGHT

"Ysgol Bae Baglan's Middle School has been involved with an exciting initiative this year involving the School In-Reach Service. During allocated registration periods this term, Lyndsey Vaughan-Gibson, an emotional health and wellbeing practitioner, has engaged with young people in year 8, to manage their thoughts and feelings to become more resilient individuals by adopting a more positive attitude regarding their emotions. Pupils are also more aware of the feelings of others and now have an emotional toolkit, which all form teachers are aware of, to help in this process. It is hoped that over time pupils' attendance, will improve. Following pre and post questionnaires it is evident that pupils are more equipped to deal with their emotions. In addition, following the post intervention questionnaire a worry group and an anger management group are being set up to further support identified pupils.

Next term we intend to complete the same intervention with our year 7 cohort followed by parental engagement to allow the same strategies to be implemented at home." - Bae Baglan

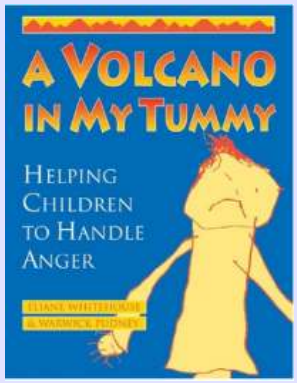
BOOK RECOMMENDATIONS

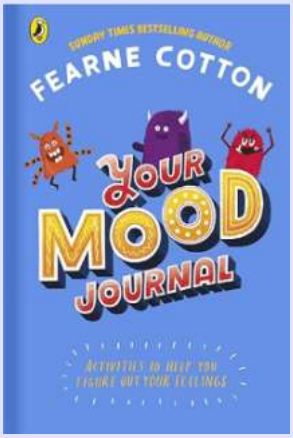


Have You Filled a Bucket Today? By Carol McCloud.

A heart-warming book about self-esteem, kindness and empathy. The author uses simple analogy that we all have invisible buckets to represent our emotional wellbeing. Ideas and examples of how we can help to fill the buckets of others and how sometimes our actions can dip into the buckets of others. This is a lovely story to create many conversations with children in primary schools. Class teachers may want to use it as their common language in school, many create displays showing ways of how to fill buckets. Parents and carers may want to use it at home as a thought provoking bedtime story and share ways of how they can fill each other's buckets as a family.

Volcano in My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers by Elaine Whitehouse & Warwick Pudney.
A practical book full of worksheets to identify, explore and manage the big emotion of 'anger.' Through social scenario's, games, creative worksheets and discussion points, this book offers adults supporting primary aged children some comprehensive and thought provoking resources.





Your Mood Journal by Fearne Cotton.
Your Mood Journal offers workbook type activities for teens to learn more about their emotions in a fun way. Each chapter is dedicated to a different emotion, complete with it's own character. This makes it easy to dip in and dip out when you need to and feel like it. Each emotion shows how it can make your mind and body feel different. In this delightful book, Fearne says that the more time that we give to understand and learn about our emotions, the better we become at managing them! We completely agree!

A Better Day by Dr Alex George
A positive and practical book which supports teens to care for their mental and emotional health with confidence. Dr Alex offers many practical strategies on topics such as stress, body confidence, relationships, overcoming failure and switching your mind-set! A really positive and uplifting guide for teens!

