



# MHST WINTER NEWSLETTER

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Welcome to our Winter Edition of the MHST Newsletter. It has been a very busy start to the new academic year, and we would like to thank you for your continued support. Our team are working hard to ensure we can provide support to as many of our young people as possible and we couldn't do it without your help!

## SPOTLIGHT ON OUR TRAINEES

This month our Trainee EMHPs will officially **graduate!** We'd like to take the opportunity to congratulate them for all their hard work whilst managing an EMHP role and the day-to-day challenges that life can bring!



LUCY BEVIS



JODIE HOADLY



BEN ANSELL



HUMAYRA NOORJAHAN

## WELCOME!

A huge welcome to **Little Green Junior School, The Russell School and Reach Free** who have joined us most recently and have already arranged several groups and made referrals. Let's keep that momentum going!

## WIN £500!

### Feeling good week 5-9th February 2024

You should have already received an invitation from our commissioners to apply for **up to £500** to deliver ideas that promote and educate others to care for the environment, support biodiversity, address climate change, and show kindness to our natural world. The deadline is 20th October.

[APPLY HERE](#)



## NEW GROUPS

This term we introduced some new groups to our schools:

**‘Body positive and Self-esteem’**

**‘Share and Care,’** a 20-minute lunch time wellbeing group

If you would like to know more about any of our groups or have a request, then please speak to your school Mental Health Lead or contact us at [hpft.mhst3rivers@nhs.net](mailto:hpft.mhst3rivers@nhs.net)

## NEW PARTNERSHIP WITH WATFORD FC

We are delighted to announce our **NEW Body Image group** with Watford FC which will launch in January 2024!

The group is aimed at males aged 14-15 years and will take place on a Thursday 1530-1700 (for 8 weeks) in the grounds of the football club. Our EMHPs are working alongside Watford FC Wellbeing Team to provide a targeted group to a **limited number of participants**.

If you have any young people who you feel may be suitable, please speak with your Mental Health Lead **as soon as possible**.



## WHAT WE DO

This month we have been attending school parents' evenings and coffee mornings. This is a great chance for the school to give the MHST more visibility and to ensure parents are aware of what we do. Its so important that we continue to break the stigma around mental health and make a cultural change.

We provide an extensive menu of support, including; one-to-one sessions, groups, assemblies, workshops, staff training, parent sessions and special events, for both primary and secondary schools. Examples:

### Group Sessions:

- Understanding anxiety
- Exam stress
- Transitions
- Body Image
- Self-esteem and resilience
- Targeted groups (LGBTQ+, Young carers etc.)



### Parent sessions:

- Coffee mornings
- Wellbeing drop ins or workshops
- Helping your child with fears and worries (Primary only)
- Promoting positive behaviours



## SHARING OUR SUCCESS...

We have already received some great feedback this term:

“We thought the assembly that was just delivered by the school's mental health support team was brilliant. They had some fantastic activities and advice that was well delivered and helpful for the Yr13's.” **Rickmansworth School**

“I recently attended the school open morning, and the school were extremely positive about the work the MHST do with the children” **Parent of prospective Parmiters pupil.**

“I think this is a very good opportunity for young people to be listened to and express themselves” **Young person attending a recent group.**

## CONTACT US

Please feel free to contact us [hpft.mhst3rivers@nhs.net](mailto:hpft.mhst3rivers@nhs.net)

Complete your internal Referral Form for your Mental Health Lead. Or, speak to your Mental Health Lead directly And, just a reminder, that we ARE OPEN during school holidays and can continue to work with individuals, groups or accept new referrals.

We'd love to hear from you! If you have any feedback, please just click [HERE](#)