

**Write down three
things you can look
forward to this
month**



ACTION FOR HAPPINESS

**Welcome to our first Mental Health Lead
Network meeting of the new academic year 😊**

The plan for the session:

1. Kay Breton to give some network updates and share some signposting links of potential interest.
2. Kay Witchalls to give some information on a new training offer to settings in Suffolk about supporting CYP and families through parental conflict
3. Jane Bridgman-Smith to give some more information on Kidsinspire - [A children's mental health charity offering trauma recovery services for the family.](#)

Meanwhile, while we're waiting for people to join us, I invite you to do the first task on this month's action for happiness calendar challenge!

[Optimistic October | Action for Happiness](#)



Signposting #1

- [Supporting emotion regulation and recognising dysregulation in children and young people: what do we need to know? – ACAMH](#) - a helpful graphic, centralising information on this topic that includes definitions, theory and intervention as well as links to a training webinar.
- [Siblings and the Family – ACAMH](#) FREE Webinar, via Zoom on 17th November at 16:30 - 18:30. Five leading researchers will each deliver a 15–20 minute presentation, sharing evidence and insights on sibling relationships, wellbeing, risk and protective factors, and the kinds of support that can make a difference.
- [September newsletter: building partnerships with parents and carers](#) from the Anna Freud Centre. Includes links to training days coming up soon on preventing and responding to self harm, as well as a link to a twilight webinar on building partnerships with parents and carers (Thursday 16th October from 4:30 til 6pm)
- [Mental Health and Wellbeing \(MHWB\) | LGFL](#) is a training provider that a member of the network has recommended.



Signposting #2

- Our 'Start the year well' toolkit offers simple, practical strategies to support staff mental health right through to the holidays. Take a look and share the toolkit: <https://bit.ly/41z69ZF>
<<http://w1.mssoin.com/prod/e61afd33-d913-479c-9797-1681832d9c56/ff332fd3-715c-4d12-8257-6829694fde35>>
- [Free Membership - Association of Mental Health in Education](#) – an organisation which offers training and support (paid). It holds virtual and in-person conferences and has a virtual community that you can join: [Association of Mental Health in Education Community Area | Helping you to help others](#)
- The NSFT Psychology in Schools Team is offering an online parent/carer workshop programme that addresses childhood neurodivergence and covers key topics that families have identified as most helpful. These free workshops are offered to support families on the neurodevelopmental (NDD) pathway in Suffolk. You can book your place onto upcoming live workshops using this link: [Neurodivergence online parent/carer workshops - Suffolk SEND Local Offer](#). You can also access previous childhood neurodivergence workshop recordings, slides and resources using this link

Suggested topics for our network this year:

- Supporting parents with their mental health
- Supporting families in conflict
- Attendance and EBSA (eg. A refresher for settings on how to navigate and make use of our EBSA toolkit)
- The use of supervision in schools
- Suggested topic for our Spring Time in-person 'Event' is Resilience Building

<https://forms.office.com/e/NDYzK76apz> if you have any ideas to propose or other suggestions or feedback related to our network.

Mental Health Lead Network
Steering Group





Visit your local Nisa store to apply!
Full Funding for staff of state-funded UK
Schools to take a Train to Teach dots, Paws b or
.b course with Mindfulness in Schools Project.

UK schools can apply for fully funded places on a Train to Teach **dots**, **Paws b** or **.b** course for two members of staff, thanks to a generous initiative by Co-op Wholesale's charity, Making a Difference Locally (MADL).

You can take a Train to Teach course if you have already taken a recognised 8-week adult mindfulness course <https://mindfulnessinschools.org/approved-8-week-secular-mindfulness-courses/>.

Visit your local Nisa and have a chat with your team there as they will be the ones who nominate your school for funding

Find out more about the initiative here <https://mindfulnessinschools.org/new-funding-available/>

Find out more about the MADL charity here <https://www.nisalocally.co.uk/community/>

Please spread the word and share on social media or forward this directly anyone you think might be interested.

[how-to-recharge-exercise.pdf](#)

