

DSMHL Newsletter

A round up of information and resources for Designated Senior Mental Health Leaders

Dear all,

I hope you have had a lovely Summer break and a big welcome back to 23/24 😊. I'm really looking forward to continuing to work with all of you and support you in your role as DSMHL over the coming school year. There are lots of exciting opportunities on the horizon to support the mental health and wellbeing of the whole school community and I look forward to sharing these with you.

For now, I thought I would take this opportunity to update you with a few things that are happening over this term whilst your diaries are fresh and hopefully not too overloaded yet!

Michelle

DSMHL Network Meeting Dates

As highlighted below, the meetings will be a mix of virtual and face to face (venues to be confirmed). All of the network meetings are free of charge for Derby City DSMHL's. Please note that you will need to book a place for the meetings that you would like to attend via SpecialistSupport@derby.gov.uk

The focus for each of the network meetings are currently being finalised with our steering group and I hope to share this information with you very soon.

18th October 1-3pm (virtual)

6th December 1-3pm (virtual)

8th February 1-3pm (face to face)

27th March 1-3pm (virtual)

16th May 1-3pm (face to face)

Sept 2023

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Self-Care September

As we transition from our carefree days of the Summer to the return of routine and the Autumn season, there's no better time to focus on self-care and wellbeing.

For many, this transition can bring stress and busyness back into our lives. Therefore, dedicating September to self-care is a fantastic way to re-centre yourself and prioritise your mental and emotional wellbeing. It sets the tone for the rest of the year and can help you navigate the upcoming challenges with a calm and positive mindset.

Here are some tips for making the most of Self-Care September.

- **Set Realistic Goals:** Don't pressure yourself to do everything perfectly. The goal is progress, not perfection.
- **Share Your Journey:** Consider involving friends or family in Self-Care September. You can support each other and share your experiences along the way.
- **Reflect and Adjust:** Take a few moments each day to reflect on how each action made you feel. Adjust your approach as needed to align with what brings you the most joy and peace.
- **Carry the Momentum:** The habits you build during Self-Care September can extend into the rest of the year. Continue practising self-care and nurturing your happiness.

Prompts from the Action for Happiness calendar include:

- Be as kind to yourself as you would a loved one.
- Avoid saying 'I should' and take time to do nothing
- Ask a trusted friend to tell you three strengths they see in you

Remember, self-care isn't selfish; it's a vital part of maintaining a happy and healthy life. This Self-Care September, why not share the Action for Happiness Calendar (the calendar can be printed off in numerous languages) with your school community to be a guide to greater wellbeing, positivity and happiness. Embrace the journey and enjoy the benefits that come with prioritising self-care.

The link to the Action For Happiness Calendar and further related information is <https://actionforhappiness.org/calendar>

MHFA Network Meeting

You may recall Ellie Scott from Erewash Voluntary Action attending one of our network meetings last academic year to talk to you about the MHFA network meetings available to support those of us who are MHFA's. The next meeting will take place on Teams on 18th September 10-11.30. Please find the joining link below.

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 399 088 637 268

Passcode: ina9YV

[Download Teams](#) | [Join on the web](#)

[Learn More](#) | [Meeting options](#)

If you experience problems with the link please contact Sonia Richardson sonia@erewashcvs.org.uk

Inclusion Charter Partnership and relevance to the role of the DSMHL.

91 of our schools are now signed up to the Derby City Inclusion Charter Partnership. This is fantastic news and really demonstrates the commitment and drive from our schools to ensure that all of Derby's young people are able to access high quality education in great schools where they develop the skills they need to thrive and grow into confident, successful adults, ready to play their part in society.

As you are all aware Inclusion is a key strand through all work areas and it is therefore vital for key professionals in school settings - the Inclusion lead, Behaviour lead, PSHE lead, SENCO and DSMHL - to work closely together in order to achieve the best outcomes for everybody. As the new academic school year begins I would therefore like to take this opportunity to urge all of you, if you haven't already done so, to forge links, share information and/or action plans with the above mentioned professionals. Investing in this collaborative approach will not only support your school setting to achieve the best outcomes for your children and young people, but also as a DSMHL, reduce your workload and time as well as raise your awareness of relevant information/support and appropriate CPD opportunities for both yourself and other members of staff in your school setting.

If your school hasn't yet signed up to the Inclusion Charter and would like to do so or you would just like further information please contact Jo Wilkinson (Inclusion Partnership Manager) jo.wilkinson@dcct.co.uk

RSE implementation group

As I know you are already aware, RSHE/RSE and drug education contributes to promoting the spiritual, moral, cultural, mental and physical development of pupils at school and of society and prepares pupils for the opportunities, responsibilities and experiences of adult life.

The RSE implementation group is led by the Derbyshire Public Health Team and is a network for all County and City schools to attend. Network meetings are delivered once every half term and members receive regular emails to raise awareness of information that is of relevance and value for your school and pupils.

The next network meeting will be held **online** on Thursday 5th October 3pm – 4:30 pm. **Please share this information with your PSHE Lead.** If you or your PSHE lead would like to attend, contact Sophie Maher Sophie.Maher@derbyshire.gov.uk

NB: This Week is Sexual Health week!

The theme this year is **Playing it safe**. Being safe means feeling empowered to access contraception, testing and treatment. It means understanding consent, healthy relationships, and pleasure. It also means providing relationships and sex education (RSE) that gives young people the tools to navigate the world safely both online and offline; and delivering safe, accessible sexual health services wherever people need them. Find out more [here](#)

Check out the Derby and Derbyshire's Sexual health Service Socials who will be prompting the RSE week [here](#)

- ❖ The Sexual Health Promotion Team in Derby and Derbyshire will be delivering an Autumn sexual health network event with a focus on exploring reducing stigma, fact sharing, testing and treatment for HIV.

Around 4,400 people in England are living with undiagnosed HIV, and here in Derby 34.8% of people are diagnosed late, which means they may have lived with the condition for at least 3 to 5 years. The testing and treatment of HIV has been transformed over the last four decades from a terminal diagnosis to a manageable long-term condition.

The Sexual Health Promotion Team want to change the HIV narrative from stigmatising people, to providing up to date facts about HIV including testing and treatment to improve the health and wellbeing of Derby people.

The sexual health network meeting will take place on Tuesday October 3rd 9.30-1pm at Derby Conference Centre. To book a place please click on the link <https://forms.office.com/e/5zzcd6pFnC>

CPD opportunities

I wanted to just provide a little update with regards to some of the CPD opportunities that will be available for schools this academic year.

I am really pleased to let you know that the following courses will be available and free to attend this academic year:-

- ❖ Positive Playtimes – a train the trainer resource, developed and to be delivered by Alison Lumley.

This is a series of introductory level training sessions for school play leaders (and may also be suitable to support Teaching Assistants). The course will focus on understanding how a relational approach can support communication with children, and how we can apply neuroscience to our practice to increase safety during playtimes.

- ❖ Teaching RSE and substance misuse with confidence for Key Stage 1 and 2
- ❖ Teaching RSE and substance misuse with confidence for Key Stage 3 and 4

This day's training will support staff to:-

- Develop a greater understanding of RSE/substance misuse education within the context of the whole school approach.
- To identify the key features of good practice in RSE/substance misuse education by reference to local and national guidance.
- To explore own attitudes to RSE/substance misuse.
- To explore effective teaching and learning approaches for RSE/substance misuse education.
- To develop drug/alcohol awareness.

I am expecting these courses to be delivered during the Autumn Term and as soon as I have further information regarding the confirmed date I will be in touch to let you know.

- ❖ Other relevant CPD opportunities for DSMHL's and key staff in school.

The schools who have signed up to the Inclusion Charter Partnership also have access to a raft of CPD training relative to supporting the whole school approach to promoting children's and young people's wellbeing. This includes:-

- Relational and attachment and Trauma Conference
- Relational, attachment and trauma informed classrooms course
- Play Therapy (2 day course) – NB limited places so schools who have done the 7 day attachment and trauma course will be prioritised or schools who have 90% of staff having completed the 8 module e-learning.
- Supporting children and young people with foetal alcohol spectrum disorder
- Neurodiversity and the myth of normal
- The social model, anticipating needs and promoting positive behaviours.
- SEMH, intersectionality and connection
- Emotionally based school non-attendance course (Infant/Junior/Primary)

Please speak with your Inclusion Lead to learn more about the opportunities and which staff they are intended for. For any further queries please contact Jo Wilkinson at jo.wilkinson@dcct.co.uk

Derbyshire Wide Community Update resource.

This document has been developed by Derbyshire County Council. It hosts a range of health information re signposting materials to local and national services that are relevant to children, young people and families who reside in Derby City. Please share with other appropriate professionals in your school (document attached to email).

An Introduction to Leading with Kindness and Compassion in Health and Social Care

The Kings fund have created a course that is designed to introduce you to some of the foundations of leadership, kindness, and compassion. You'll explore why these qualities matter now more than ever, and how to develop your personal practice of kind and compassionate leadership. The course is free, online, and can be taken at your own pace. Find the course details [here](#).

A Youth Led Approach to Exploring Mental Health – MH:2K Derby and Derbyshire 23

MH:2K have produced a report exploring the health inequalities and best practice engagement in relation to mental health in Derby and Derbyshire. The report has been co-produced with young people age 14-25 and has some great transferable recommendations for all services and individuals that support young people. Find the report [here](#)