

# LINK NEWSLETTER

LINK - Working together for CYP Mental Health  
April 2021 - Vol 30



## Hello from LINK!

This week, the newsletter features signposting to lots of different resources. This week we have provided you with information around a brand new app developed by Nelsons Journey and further resources from the ASD Helping hands website. We've also included a reminder to look after yourselves too by taking a look at some of the resources on the MindED Coronavirus Staff Resilience Hub and included worksheet by Young Minds that you could potentially use with your young people

We hope you find this information useful.  
The Link Team

## POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

Families can get in touch via phone by calling 0800 977 4077 or via email at point1-support@ormistonfamilies.org.uk

If you wish to make a referral please fill in the referral form, which you can access [here](#) and send to: point1@ormistonfamilies.org.uk



### Nelsons Journey

This Norfolk bereavement charity have recently developed an app named Smiles and Tears. Their app allows a young person to remember the person that has passed away, save their memories on the app and access further support.

To find out more click [here](#).

### Young Minds Activity Sheet

Young minds have developed an activity sheet named 'How many Positives?' which could help increase a young persons self-esteem. To access the sheet, [click here](#).

### ASD Helping Hands

ASD Helping hands have recently updated their website. They are expanding their resources and have lots of helpful booklets for both parents and professionals. To take a look please [click here](#). Please note there is a small fee of £2 for the information booklets.

### Mind Ed

As the coronavirus restrictions are easing, we wanted to remind you of the Mind Ed Coronavirus Staff Resilience Hub. You can access this [here](#).



## SPOTLIGHT ON

We would love to hear about the amazing work happening in your settings to support emotional wellbeing. Each newsletter, we will showcase the work of a Mental Health Champion as an opportunity to share good practice across the network.

**We've been asking what you are doing to support your children and young people with the return to school. We had some amazing replies and this week we are excited to feature Tracey Upcraft from Ashwicken Primary.**

"I have been sitting down with each child this week (starting with those identified as a priority) asking them how they are getting on, how they are feeling about returning to school and if they have any worries and who they can speak to if they do have any worries. I have been using the Blob Tree as a talking point to get them to open-up about how they are feeling."



If you have an event, strategy, resource, activity or story that you would like to share with our network of Mental Health Champions, please do send us an email - we would love to hear from you!

## Champion Checklist

We know that it can feel like a never-ending to-do list when it comes to actions you can take to support emotional wellbeing in your setting. We wanted to introduce the Champion Checklist as a way to break it down into bite-size chunks in each newsletter. Every two weeks, we will share a practical step that you can take to support the mental health of children, young people and staff in your settings.



**Does your setting invest in a Staff Wellbeing service? If so, this week you can make sure that everybody knows about it so they can access it whenever it is needed! If your setting isn't signed up to one, signpost your colleagues to Education Support.**