



Parent Forum

08/10/2019

FORGE HALL – 6.00 PM

Mental Health – moving forward. September 2019 .

We have several initiatives that we are involved in this year:



1) Arrow Project

- Delivered to year 7 by members of the MHC (Mental Health Council) – two teams in Forge hall and Forge library.
- This will be presented in chunks and not in such an intense block of five hours in one day.
- Focus will be on 5 Ways to Wellbeing , understanding mental health, reducing the stigma, sleep hygiene etc

2) The Guide Project

- Part of a successful initiative in Canada designed to promote better outcomes for young people.
- Focus is on year 9 and Mental Health Literacy – understanding mental health and illness, increasing the awareness of how to recognise issues and access help and treatment. Managed by Swansea University.
- Staff will deliver this to year 9, during stand down and some other bespoke sessions after that.
- All students require 8 hours of theory.
- On line resources.
- Delivered by fully trained school staff in the wellbeing team

3) Newport Mind – WSA (Whole School Approach)

Term 1

- School wide interventions based on results of surveys - the findings will drive the agenda.
- Survey students/staff/parents before half term.
- Create action planning groups – 2 student groups, one parent and one staff group.
- Focus groups to meet period 5 (students) 3.15pm staff and Parents 6.00 pm. 22 Oct


Terms 2 and 3 – WSA

- Whole school interventions – school/parents/staff
- Confidence and self-esteem focus. Set of resources available on website for parents
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- Parent forum sessions – Supporting their child but mainly about supporting themselves

Focussed intervention groups and resilience groups.

4) 'Generation Crossover' – Befriending Project (Yr 10-13)

- Run by Newport Mind – to recruit 14-18 year olds to volunteer in care homes in the locality on a structured placement.
- Aim is to improve wellbeing for all involved, reduce loneliness and combat ageism and raise understanding of all members of the community.
- Roll out in WSA assembly application forms to be distributed at the end of assembly
- Informal interview at Newport Mind offices and then to attend a two day training course on 30th and 31st of October.

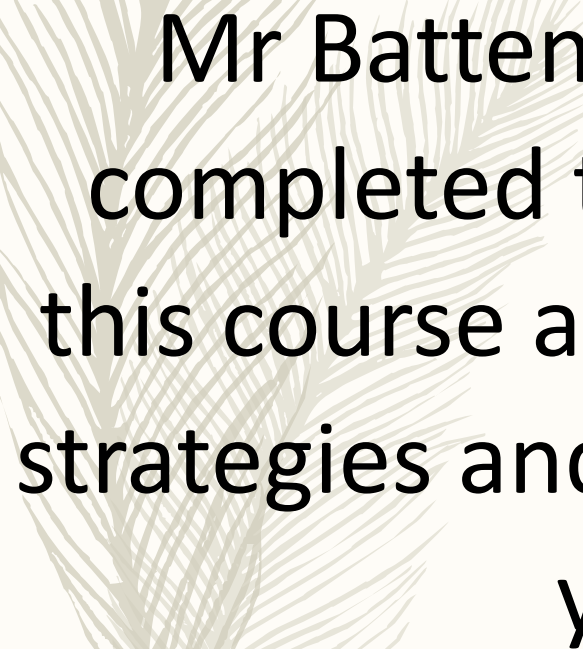
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- Once trained, the Befriending Volunteers will start on a voluntary placement in a care home with a group of volunteers during the first two weeks of November.
 - There will be eight sessions which will be fortnightly, after school on either a Tuesday or Thursday.
 - Students must make their own way to their care home – volunteers can shape the project to develop their skill set – project workbooks are provided for all volunteers.
 - Project will allow the volunteers to log their volunteering hours and gain digital badges at specific milestones.
 - Doesn't count toward WBQ but Mind will provide a reference for a period of time after.

Why are we doing all of this?

We are aware that there is a lowering of resilience in our young people at this time and we need to arm them with the knowledge and skills to manage their lives and their wellbeing.

If young people experience a mental illness early on in life and patterns become established then that will lead to greater episodes in later life - self harming/substance misuse etc

Youth Mental Health – First Aid Wales



Mr Batten and Mr Lane have just completed their two day training on this course and plan to roll out further strategies and initiatives to support our young people.



