

Dear Everyone,

Wow I cannot believe we are approaching the Christmas period already. I know schools and colleges have been very busy this term and with the run up to Christmas even more so with Nativities, Plays and Concerts. We have had fantastic uptakes for the GHLL training particularly our newest TEAA (Trusted Emotional Available Adult) and if you have not done it yet, please book on via ghll@gloucestershire.gov.uk.

A date for your new diary/calendar for 2024 – I am thrilled to let you know that we will again be running the GHLL Conference on Thursday 27th June 2024 at the Cheltenham Chase Hotel. This is being funded by Public Health. Further details will be coming out regarding Key Note Speakers and Workshops – watch this space for more info 😊.

I would like to share on behalf of national CYP MH Programme Team: Secondary Schools across England are being invited to join an exciting curriculum-linked contest which raises career aspirations and teaches pupils about the National Health Service. Developed in partnership with teachers, the annual Step into the NHS competition encourages secondary school students to research and create a job advert for an NHS profession while learning about more than 350 careers in the health service. For more information please see the following [news release](#) and associated [website](#).

I would like to raise that the Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Ambition, a national survey of children and young people across England. The Big Ambition aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions, and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England. The Big Ambition survey will be open until Friday 15th December 2023. Full details including a link to the survey can be found [here](#).

Finally a gentle reminder to register for the Pupil Wellbeing Survey by 30th November 2023 completing the short form via [this link](#).

As always do get in touch if the GHLL team can support you in any way. Thanks - Fiona and the Team.



Senior Lead training Grant Update for Gloucestershire

We are pleased to announce that schools and colleges that have already claimed a DfE grant are now eligible for a second grant if their trained senior mental health lead has left the post. This is in recognition that the previous lead may not have had the opportunity to implement their learning and embed a whole school/college approach (WSCA) to mental health and wellbeing. Full details of the grant and how to apply can be found [here](#).



Lumi Nova

Lumi Nova: Tales of courage is an intergalactic adventure game that helps to support young people (7-12- year olds) to fight fears & manage worries. Whilst exploring planets, customising characters, and earning treasure your child breaks their fears and worries down into manageable steps, learning life-long skills and building resilience. This is a **FULLY FUNDED/FREE** app for all Gloucestershire schools.

We would like to ask for your support in ensuring families are aware that Lumi Nova is available to them:

- Signposting: Families can be signposted straight to <https://luminova.app/gloucestershire> where they will find information about the service and the registration form
- Information for Professionals: Professional Information: Any professional who may wish to signpost to Lumi Nova can learn more by attending a [Gloucestershire Lumi Nova Discovery Session](#) – Next session 30th November 2:30pm
- Information for Parents: Parents wishing to have more information can attend a [Parent Lumi Nova Discovery Session](#) – Next session 7th December 6:00pm
- Resources: You will receive some posters for your school reception and leaflets for parents.

If you have any queries, please don't hesitate to contact ghll@gloucestershire.gov.uk



GHLL Awards Spotlight



Mitcheldean Endowed Primary School – experience of GHLL Mental Health Champion Award

As a school, we place mental health and wellbeing at the centre of all we do. We had many aspects in place and felt that achieving our Mental Health Award was important in recognising the hard work that was happening across our school and celebrating our ethos and the value that we all place on health and wellbeing.

We worked closely with Lucy Stevens, our GHLL Lead Teacher, to achieve our MHA. Having gained Healthy Schools Status earlier in the year, we knew we had many aspects in place, so the first step was to have a conversation with Lucy about what systems and interventions we had in place already to support the health and wellbeing of everyone across the school. This enabled us to look at our ethos and approach, through a new lens and helped us to identify the interventions we wanted to focus on to develop our provision and be ready to submit our evidence portfolio.

Our first intervention focussed on looking at playtimes. Having previously completed work about healthy and active playtimes, we identified that the next step for our school was to offer a 'calm' space for children to access at lunchtime play. We reached this conclusion through gathering the children's voice and listening to staff observations about how children presented prior and post lunchtime. We then created a 'calm' space which any child could access at lunchtime where they were supervised and supported by staff members. The uptake has been phenomenal, and children have loved having an alternative option for lunchtimes. We have seen the impact in afternoon lessons as children are approaching them with a relaxed, happy persona; we have also seen a reduction in the number of children who start their afternoon learning feeling frustrated, cross and overwhelmed due to playground niggles. As one of our children said: 'I can stay calm and cool, and I get to create things with my friends'

We felt it was important to focus on staff wellbeing for our other intervention, because we all know that staff cannot pour from an empty cup. Again, this intervention was determined through collecting staff voice and listening to what staff were saying and then using this as the basis of decision making where possible.

Undertaking the interventions and collecting the evidence portfolio could seem overwhelming. However, as we completed this as a school community, it was a very joyous process! Our governors loved speaking to our children and understanding even more about their perception of school and all that we do; the staff team loved the opportunity of reviewing all that we do as a school and celebrating all of the good practice that we have in place across the whole school. It was also brilliant as an opportunity for parents, carers and other professionals to celebrate and acknowledged the support that we have offered our children.

For any school that is interested in the Mental Health Champions Award please contact GHLL - ghll@gloucestershire.gov.uk



Learning and Teaching

Guidance & Resources

National Autism Trainer Programme



Anna Freud and AT-Autism have joined forces to deliver the National Autism Trainer Programme, an autism train the trainer programme commissioned by NHS England and completely free to delegates. The National Autism Trainer Programme will soon deliver four-day, online training for delegates working in residential special schools and colleges. [Please find the course flyer here.](#)

Reprezent 'On The Level' – FULLY FUNDED



GHLL, Young Minds Matter and Mental Health Practitioner teams across Gloucestershire are working with On The Level to ensure that all secondary school and college students can take part in an exciting and impactful fully funded online mental health provision. You can book as many slots as you need for as many students as you want via this [link](#). On The Level is delivered online, with students interacting with the show using a device convenient for the school/ college: this can be a laptop, Chromebook, desktop, tablet or phone. If you have any queries or would like further support, please feel free to contact Jim on [07979 600 769](tel:07979600769) or via email schoolsupport@represent.org.uk anytime.

Domestic Abuse support for Children and Young People in Gloucestershire

As part of a consultation to explore the domestic abuse services for Children and Young People in Gloucestershire two surveys have been created, one for professionals and one for parents. We want to better understand the needs of children, aged 11 years or under, who have lived with, or are living with domestic abuse within their home in Gloucestershire and the local support we have on offer for these children.

Please could you complete the professional's survey if appropriate and share it with any colleagues/partners that could give their views. If you work with parents and/or families that have been affected by domestic abuse, could you please also share the link and QR code for the parent's survey with them if safe to do so.

[Parent Survey](#)

[Professionals Survey](#)

These surveys will close on Thursday 30th November 2023.

Thank you in advance for your support. If you have any questions, please contact: DASVconsultation@gloucestershire-pcc.gov.uk.

Parent/Carer copies of our RSE materials



Your school will have received a letter from Education Secretary Gillian Keegan reiterating DfE expectations that parents/carers should be able to view RSE resources. So we wanted to remind you that we provide [parent/carers copies of all member-only RSE materials](#).

Parents' Relationship's Matter

Parents in Gloucestershire now have free independent and fully supported access to a great range of online relationship improvement guides called One Plus One. They are available to anyone with a parenting role including family members, guardians, adoptive and foster parents.

More details on training can be found [here](#).

For more information, please visit the [website](#) or contact Lisa Davenport - Lisa.Davenport2@gloucestershire.gov.uk

Parents' Relationships Matter
Gloucestershire

View the latest NHS Gloucestershire – CYPMH newsletter [here](#)



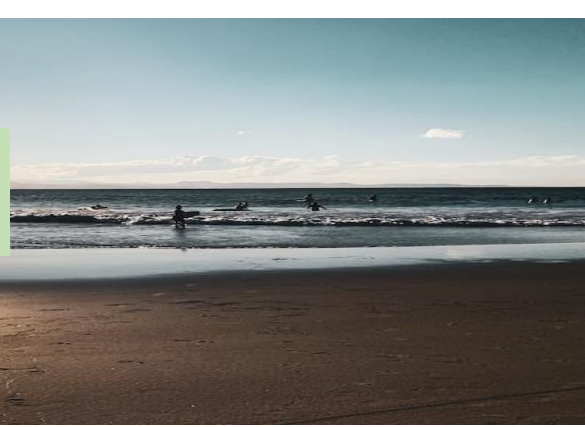
View the latest SEAL newsletter [here](#)



Nitrous Oxide Change in law as of 8th November 2023

Nitrous Oxide (NOS), used by about 4% of 16–24-year-olds in the last year, will become illegal for recreational use from 8th November 2023. The Home Office have published key information about the changes here: [Media Fact Sheet: Nitrous Oxide Ban.](#)

Wellbeing



Pupil Wellbeing Survey 2024

The 2024 Pupil Wellbeing Survey (PWS) opens on the 8th of January 2024 and will run until the end of the Spring term. Thanks to your schools and colleges, the 2022 Pupil Wellbeing Survey had a response rate of 87% and it would be fantastic if we could do even better in 2024.

You can register your school/college to participate in PWS 2024 by completing [this short form](#):

Please note that the form can only be completed once. If you wish to change any information already submitted, please send an email to pupilwellbeingsurvey@rminsight.co.uk

Your school/college's participation in PWS 2024 will be an invaluable resource and we sincerely hope that you can confirm your school/college's participation.

Please register by 30th November 2023.

If you have any further queries about the PWS Survey 2024, please get in touch with: Alison Comley - alison.comley@gloucestershire.gov.uk or Fiona Quan - fiona.quan@gloucestershire.gov.uk

What do we mean by Mentally Well Schools?

[Read the article](#) which includes the features of mentally healthy or mentally well schools.



New Ways November 2023 Calendar – Action for Happiness

[Download it here](#)



Positive News and Self-Help Magazine

[Read online for free here](#)



MMR & Measles – Vaccines & Resources

The UKHSA Immunisation, vaccine and preventable diseases division have published a leaflet containing posters, leaflets and other resources for health and education settings.

Many of the resources are suitable for school and nursery staff to display at school entrances and in traffic areas for parents and carers of children as a reminder to prompt them to check that their child is up to date. They are free to download and free to order.

Scan the QR code or [click here](#) to view.

[Read more](#) about everything you need to know about getting your child up to date on their vaccines.



Support & Services

Infobuzz and Young Gloucestershire - Two Charities Joining Together

We are excited to announce the next step in Infobuzz and Young Gloucestershire's partnership - [Two Charities Joining Together | Young Gloucestershire \(youngglos.org.uk\)](#)

Having worked closely together for the past seven years the time has come for the two charities to officially join. Infobuzz services will still be available, as Infobuzz join the team at Young Gloucestershire to enhance the support on offer to young people and their families.

All current projects delivered by Young Gloucestershire and Infobuzz will continue as normal with the existing staff teams, thanks to all our funders and supporters.

[Access services here](#)



The English Gambling Education Hub (EGEH) is now LIVE!

We are excited to reveal that we have been commissioned by GambleAware to collaborate on the English Gambling Education Hub with 6 other organisations, to raise awareness and reduce the impact of gambling harms on children and young people across England. The hub went live on the 23rd October 2023!

Why not become a registered Quality Mark school?

As part of the hub, Ygam have created a Quality Mark for schools to recognise the work being done around gambling harm. To find out more visit <https://egeh.org/> or email qualitymark@egeh.org.

Take part in our film competition to raise awareness of gambling harms! The EGEH is running a film competition, open to any organisation working with 11-25-year-olds. Download our toolkit at <https://egeh.org/> or email film@egeh.org

To find out more or join the EGEH Network to keep up to date with the latest news please visit <https://egeh.org/>

English
Gambling
Education Hub

Mental Health Services for Children and Young People in Gloucestershire

[Click here to see more](#)

Universal services		Targeted services
On Your Mind Glos For under 25s. Find the help that's right for you. Use our anonymous mental health support finder to find advice & support in Gloucestershire. Visit youngmindglos.org.uk or text 07584 404388.	Shout For all ages. 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. • www.shoutuk.org.uk • Text SHOUT 85256 to text a trained Crisis volunteer.	Winston's Wish For all ages. Offers practical support and guidance to bereaved children and young people and their families who are dealing with the loss of a parent or sibling. • http://www.winstonswish.org/ • Freephone: 0808 800 021 (Mon-Fri 9am - 5pm)
Teens in Crisis (TIC+) For 9 - 21 years living in Gloucestershire. Free, confidential counselling by phone, online text chat or video chat. • www.ticplus.org.uk • Call 01594 372777 • Text 07520 634063 TIC+ Chat - anonymous one-to-one support via calling 0300 303 8680 or online live chat. (Available Sun - Thurs 5pm - 5pm)	ChildLine For under 19 years. Get help and advice on a wide range of issues. If you are feeling scared, out of control or just want to talk to someone. • www.childline.org.uk • Speak to a counsellor online via a one-to-one chat (8am to 10pm) • Freephone 0800 1111 • Download the ChildLine App	Trained Mental Health Youth Workers Young Gloucestershire Link Chat for 16 to 25 years olds. Link Chat matches you with a Youth Worker who will give you regular telephone or online calls each week. Together you can discuss anything you like. Whether that's personal goals and aims that you want to work towards or just how you are feeling that week. Young people can be referred or can refer themselves. • www.youngglos.org.uk/young-people/mental-health/ • Email: gstnvolvol@youngglos.org.uk
Chat Health For 11 to 19 year olds. A confidential text messaging service provided by Gloucestershire Health and Care NHS Foundation Trust School Nursing Team. • http://www.glos.nhs.uk/our-teams-and-services/school-nursing/ • Text 07507 353501 (available Monday to Friday 9am-4.30pm)	The Mix For under 25 years olds. Support with mental health, money, homelessness, finding a job, relationships and drugs. • www.themix.org.uk • Online support chats available Sunday to Thursday 5pm-10pm • Call 0800 808 4994, available every day from 4pm-11pm	Eating Disorders Eating Disorders Service for all ages. Supporting people with an eating disorder. Offering CBT, group and individual therapy as part of community care and day treatment. Young people can be referred or can refer themselves online. • http://www.glos.nhs.uk/our-teams-and-services/eating-disorders-clinic/ • Call 01242 634242
Young Minds For all ages. Provides information and advice to help with children and young people's mental health. • www.youngminds.org.uk	Gloucestershire Self-Harm Helpline For all ages. Provides confidential, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers. Support available between 5pm - 10pm either by: • online chat at glos.glos.nhs.uk/self-harm-helpline/ • Freephone 0800 801 0606 • Text 07537 410 022	Gloucestershire Self-Harm Helpline For all ages. Provides confidential, supportive, non-judgemental and informative space for people who self-harm, their friends, families and carers. Support available between 5pm - 10pm either by: • online chat at glos.glos.nhs.uk/self-harm-helpline/ • Freephone 0800 801 0606 • Text 07537 410 022

Key Support Services for Gambling

Ygam are dedicated to preventing harm all year round, but with Safer Gambling Week coming up in November, it is important to ensure that we know where to find information, support, and advice for anyone experiencing gambling harms.

GamCare – GamCare offer information, support and treatment and offer a Young Person's Support Service. For advice you can visit their website or call 0808 8020 133.

Gamblers Anonymous – GA offer group meetings, online forums and information around gambling harms and how to get support and treatment.

NHS – the NHS run gambling clinics across the UK, as well as a gaming clinic. Those experiencing harm, including affected others, can access support, guidance, and treatment.

Talk, ban, stop - Talk, Ban, Stop combines support and practical tools to help those experiencing gambling harms. It offers support with trained advisors, free access to blocking software and signposting to the self-exclusion scheme Gamstop.

[Find support here!](#)



Find the help that's right for you

Anonymous mental health support finder for young people in Gloucestershire

Visit youngmindglos.org.uk or text 07584 404388

WHAT'S ON YOUR MIND?

Counselling, Support and Care for Young People and Families

CALL: 01594 372777 TEXT: 07520 634063

GHLL Training



Please see a list below of GHLL fully funded training courses that we are offering. If you would like to book a space, click on the link, or email your name and what course you would like to attend to ghll@gloucestershire.gov.uk

Date, time & venue	Course	Book
Thursday 30 th November 2023 15:30 – 17:00 Online	RSHE – Secondary	Book now
Monday 4 th December 2023 15:30 – 17:00 Online	Alcohol Education Trust: Talk About Alcohol (Secondary)	Book now
Tuesday 5 th December 2023 9:30 – 16:00 Skillzone Community Room	Self – Harm Awareness	Book now
Thursday 7 th December 2023 9:00 – 15:30 Dowty Sports & Social Limited	Trusted Emotionally Available Adult (TEAA) Universal Training	Book now
Wednesday 10 th January 2024 9:30 – 12:00 Dowty Sports & Social Limited	Primary Relationships (Sex) and Health Education - Curriculum Training	Book now
Wednesday 10 th January 2024 13:15 – 15:15 Dowty Sports & Social Limited	GHLL Primary Resources Overview	Book now
Tuesday 16 th January 2024 9:30 – 16:00 Colwell Arts Centre	Self – Harm Awareness	Book now
Wednesday 17 th January 2024 15:30 – 16:30 Online	Alcohol Education Trust: Young People's Choices Around Cannabis	Book now
Thursday 25 th January 2024 15:30 – 17:00 Online	Beyond Fed Up – Suicide Prevention	Book now
Thursday 25 th January 2024 9:30 – 11:30 To be confirmed	Whole School Approach to Reducing Vaping	Book now
Tuesday 30 th & Wednesday 31 st January 2024 9:00 – 17:00 Gloucestershire Deaf Association	Mental Health Youth 2 – Day	Book now



For further GHLL training sessions courses please visit the [GHLL website](#), or contact ghll@gloucestershire.gov.uk

If you work in a Young Minds Matter School and wish to attend **fully funded** training with Educational Psychologists, please visit the [GHLL website](#).

Please contact ghll@gloucestershire.gov.uk if you require a log in.