



ENFIELD THRIVES TOGETHER

UPDATE

Welcome to Vol 4 of the Enfield Thrives Together Update

Wellbeing for Education Return...

It is slowly dawning on us all that Covid-19 is not just a short term disruption, but rather a longer term adaptation to a reality that we will be living with a 'pandemic' for some time to come...

We continue to do our best as a community to support our children, young people and their families to thrive, get advice and the help when they need it in relation to supporting their emotional wellbeing and mental health.

The commitment, innovation and collaborative work of the Enfield Thrives Together partnership has been outstanding over the summer term and as we proceed into the autumn term. Enfield Thrives Together is inclusive of everyone who promotes mental health..... linking with the reality that mental health **is** everyone's business..... across Health, Education, Social Care and the Voluntary Sector.

This is being written on World Mental Health Awareness Day, the theme being '*Mental Health for All*'.

Looking after our own mental health has never been more important whether you are staying at home, out at work or school. Here are some sites that you can refer to for advice and tips:

[Mental Health Tips](#)

[Every Mind Matters](#)

[Enfield Council Staff Wellbeing Guide](#)

Best wishes

Suzy

Suzy Francis

Principal Educational Psychologist

Strategic Lead for Children/Young Peoples Mental Health

suzy.francis@enfield.gov.uk

10 October 2020



All our services are fully operational, but running in modified ways during the pandemic.

We continue to provide face-to-face appointments where needed, though in many cases phone and video are the first line offer, in line with social distancing and infection control guidelines.

The contact arrangements for urgent crisis needs are as follows:

Duty line for professionals. This is for any professionals to call where there are concerns about children and young people who are experiencing a mental health related crisis and do not require medical input

- Mon-Fri 09:00 – 17:00 call Enfield CAMHS: **020 8702 4070**
- Sat-Sun & BH 09:00 – 00:00 call NCL CAMHS Crisis Team: **020 3758 2056**

If suspicion of overdose & serious self-harm requiring medical treatment the usual protocol applies i.e. advise child/young person/parent to go to A&E

24/7 crisis helpline for children, young people and families.

Children, young people and families can call this number

For Crisis Support or
Advice 24/7 call:

0300 0200 500

Wellbeing for Education Return

In August the government announced the 'Wellbeing for Education Return' grant. This was so that local areas provided ongoing support for schools so that they are able to support the emotional wellbeing of children as they returned to school. The Enfield offer has three main elements which is available at **No Cost** to schools:

Professional Learning for school staff on 'Promoting Resilience and Recovery' with Our School Communities: The EPS has led on the development of a comprehensive modular online programme delivered by professionals across Education, Health, Social Care and the Voluntary Sector (our *Enfield Thrives Together* partnership). The aim is to provide evidenced informed practical tools and techniques to support the emotional needs of children, young people and their families as the pandemic continues.

The programme started on 24th September with sessions offered though to 1st April 2021.

- **Educational Settings** book via PD Online [Brochure](#)
- **Partners** book via this [Forms Link](#)

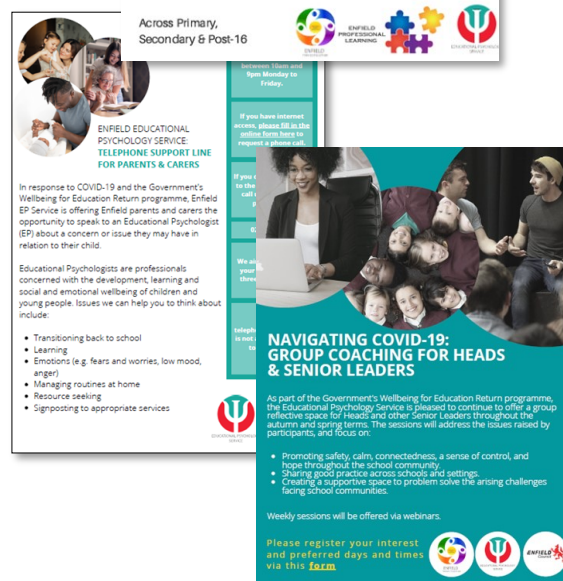
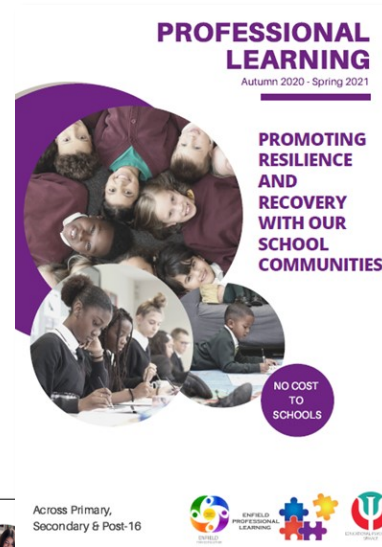
EPS Telephone Support line for Parents/Carers will continue to be on offer for accessible support and guidance.

[Link to Live Flyer](#)

Group support for schools facilitated by an Educational Psychologist to provide a space to reflect, share and problem solve as together we navigate the ongoing challenges and arising issues posed by the pandemic.

[Link to Live Flyer](#)

We will continue to adapt in line with the emerging needs of our school communities.



Kooth is in Enfield and is available to work with your Schools, Children and Young People (CYP) to support 'Wellbeing for Education Return'

Online mental health support for CYP aged 11-19 years.

Jenny Fennessy is Kooth's implementation lead and is keen to work with Mental Health Leads in all Enfield Secondary Schools and Colleges to promote this innovative and relevant service that is part of your provision for your CYP

- Offering online assemblies
- Working with you on PHSE/RSE curriculum
- Providing resources and information
- Talking about Kooth with classes of CYP so that they know that they can access help when they need it.

Jenny is leading a session on the 'Resilience & Recovery PL programme'



Contact Jenny on

jfennessy@kooth.com

No Cost to
Schools/
Colleges



Parent/Carer Forum

Thank you to our colleagues from Our Voice who, whilst juggling their own family challenges, have continued to adapt the Our Voice events and offer so that families felt connected and supported.

Enfield Thrives Together partners have worked closely with Our Voice throughout to support online events, co-produce resources and consider carefully how we can together support our families with children, young people who have Special Educational needs and Disabilities during this ongoing and challenging time.

The Our Voice Autumn Newsletter was published this week and you can read the full version via this [LINK](#)



Young Carers

Jodian Forrester (Enfield Council's Young Carers Assessor) will be presenting at the December Enfield Thrives Together network meeting. Meanwhile Jodian has provided this update for the bulletin.

The regulations that currently relate to Young Carers are contained within the Young Carers (Needs Assessments) Regulations 2015 and came into force on April 1st, 2015.

Under the Children and Families Act 2014 the definition of a Young Carer is a person aged 18 and under who provides care for another person. The concept of care includes practical or emotional support, and 'another person' means anyone within the same family, adult or child, living in the same household.

Local Authorities are expected to take 'reasonable steps' to identify children in their locality who are Young Carers, provide an assessment and identify any support needs.

Potential Young Carers are brought to the attention of the Enfield's Young Carer's Assessor via telephone calls, emails and liaising with other professionals. Referrals are then received and processed via the Children's Portal.

<https://new.enfield.gov.uk/services/children-and-education/childrens-portal>

Potential Young Carers are then offered a comprehensive assessment. The Young Carer's Needs Assessment considers the impact of being a carer on the child and aspects of their life such as their education, health, wellbeing and personal and emotional development.

Following assessment and determining the needs of the Young Carer, support is then put in place to meet their individual needs. This may include counselling, after school activities, holiday activities and liaising with schools to inform them of the child's status as a Young Carer. Resources can also be provided to Young Carers if they have a hobby or interest. These are sourced through charitable organisations and services in the community.

Onward referrals for Young Carers are also made to services in the borough such Enfield Young Persons in Caring (EYPIC), Enfield Children and Young Persons Services (ECYPS) LBE Youth & Family Support Service and CAMHS.

Working in partnership with other integral services in Enfield is a key feature in providing multi-agency, co-ordinated support for Enfield's Young Carers.

Jodian.forrester@enfield.gov.uk

Solace Womens Aid

Liz Brailsford is the Head of Children and Young People Services, Solace Women's Aid and a member of the **Enfield Thrives Together** network.

Liz (who works to support survivors of domestic abuse), would like to invite you as partners or schools/settings to contact her if you require any advice or support **right now** especially as they have a number of provisions available.

- Specialist advocates who can visit schools (in person or virtually) to provide sessions on healthy relationships to assemblies, classes or groups.
- Individual 1:1 support for children and young people identified as experiencing DVA in any form.
- A well being journal especially designed for use during the pandemic if any schools would like to access it. (We have a version for KS2 and a version for KS3)

Any bespoke advice required on DVA cases

Much of the provision above is free so please feel free to contact Liz if you would like to find ways where she can support your school or organisation now or in the future.

Domestic abuse is a surge on our society and SWA work tirelessly to support the CYP who are impacted adversely by any form of DVA.

Liz Brailsford

Mob | 07483 092 032

cyps@solacewomensaid.org

e.brailsford@solacewomensaid.org

Solace Womens Aid are leading a session on the 'Resilience & Recovery PL Programme'



solace for young people

What do we offer?

Healthy Relationship Programmes for Schools
(see separate leaflet for details)

- 12 week VAWG awareness programme for Primary and Secondary schools which meet latest Relationship and Sex Education governmental guidance.
- Parents' workshops and assemblies.
- Staff training sessions on the impact of DVA and how to identify signs.
- Young Change Makers programme for groups of interested Young People.
- Individual advocacy support at schools to young people who are impacted by any type of VAWG.
- 1:1 School based therapeutic support.
- Resilience building programme - Experts by Experience.

Advocacy - tailored 1-2-1 support

We welcome referrals for young women and girls who:

- Are aged 11 - 21, or up to 25 if they have a disability.
- Young people can self refer or need to consent to a referral being made.

One-to-one support works to primarily reduce risks, safety plan, develop young people's self-esteem and assist them in their journey to recovery, through conducting risk and needs assessments and developing support plans. Our work will typically vary from between 4 - 10 weeks depending on the level of risk presented and complexity of each situation.

We work in a trauma informed way which focuses on the young person's strengths and seeks to empower them and build on their existing resources.

We aim to respond to referrals within 48 hours.

solace for young people

Young Women's Multiple Disadvantage Advocate

- Pan London Service providing support for minoritised Young Women and Girls who have experienced any type of VAWG and developed multiple disadvantage (including but not limited to mental health, sexual and reproductive health and well being, social functioning, life skills, housing and immigration).
- Supports young women, aged 14-24 yrs, living in London.
- Provides advocacy by conducting risk and needs assessment, while devising a tailored support plan to meet the needs of the young person and signpost where appropriate.

Children and Young Person Counsellor

- Providing emotional support for young people, aged 14-24 yrs, who experienced domestic violence directly or indirectly.
- Providing a safe space where they can speak freely and confidentially to process feelings and their experiences, work through fears and hopefully gain some perspective of what healthy relationships look like.

Young Women's Community Engagement Worker

- Providing assertive outreach to meet the needs of vulnerable and high risks minoritised Young Women, aged 14-24 yrs, exposed to high levels of violence in Southwark, Lewisham, Lambeth, Greenwich, Sutton, Enfield and Bexley.
- To deliver a Resilience programme and develop a Young Women's Experts by Experience advisory group to co-create and co-deliver our work.

solacewomensaid.org



Get in touch

- For advocacy and therapeutic support please fill in the referral form and return to cyps@solacewomensaid.org
- For more information, or to request the Healthy Relationships programme in your school, college or community group, contact

Sara Harper: 07484010014

cyps@solacewomensaid.org
s.onyango@solacewomensaid.org

solacewomensaid.org

Need help now? Call 0808 802 5565

Solace Women's Aid is a charity registered in England & Wales.
Charity Number 1082450. Company Number 3376716

solace

[Wellbeing Learning Journals for Primary and Secondary Aged Children.](#)

[CYP Early Intervention Referral form](#)

Enfield Thrives Together

Network Meeting

The Enfield Thrives Together network meeting meets monthly for 1.25 hours on MS Teams.

Over 60 Enfield Partners across NHS, LA and Voluntary Sector are members of this lively and relevant network. The aims of this meeting are to:

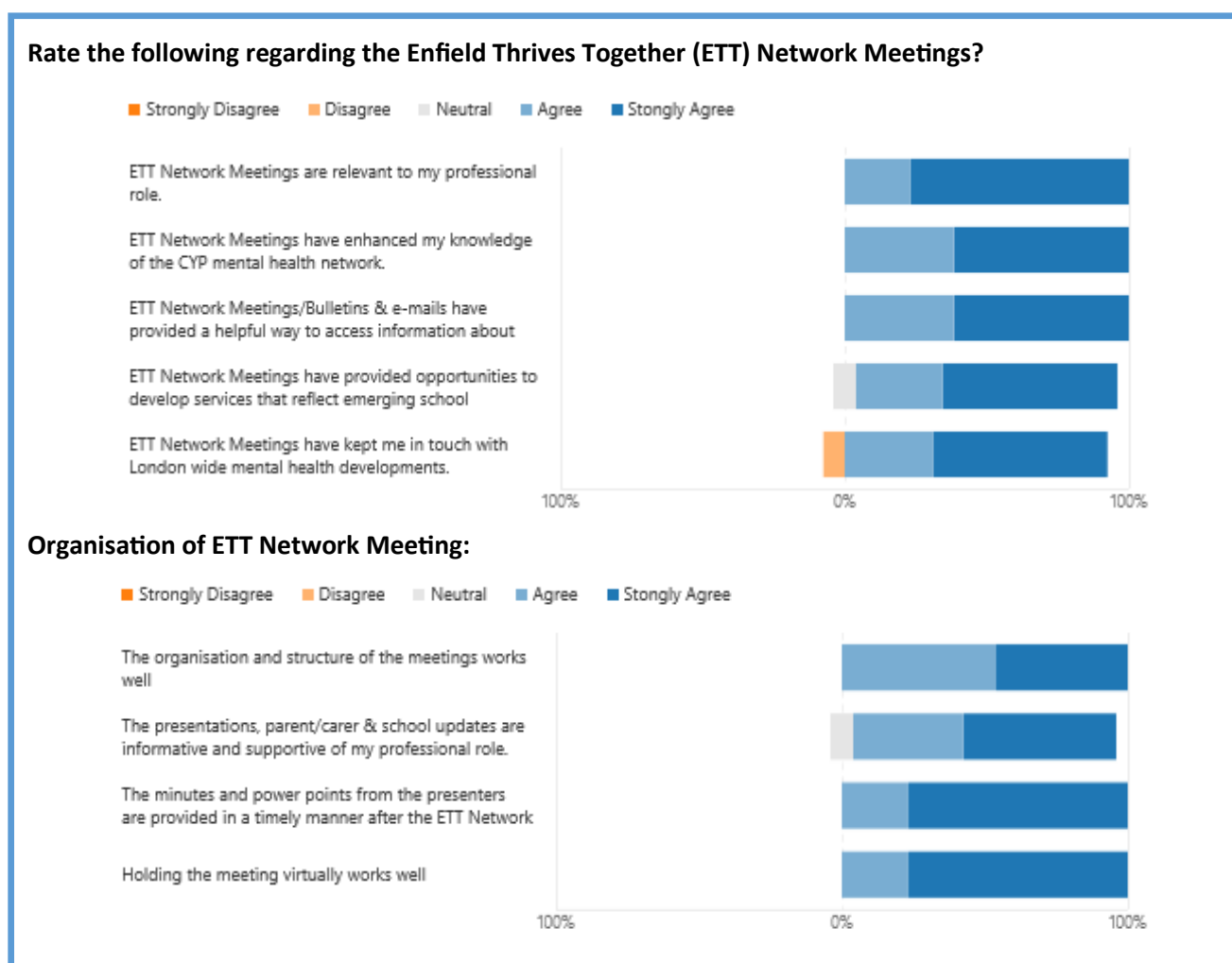
- Keep updated on Enfield Services supporting the emotional wellbeing and mental health of children/young people and their families
- Stay connected with the experiences of parent/carer and school communities
- Access national, regional and local information and resources.
- Provide opportunities to collaborate on areas for development

The format of the meeting is:



- Two presentations from Emotional Wellbeing Partners and updates
- Updates from Our Voice Parent/Carer Forum on the experiences reported by the Our Voice members; and information, resources and events.
- Updates from our school reps on the experience of school communities over the course of the pandemic.
- Notes of the meeting and any presentation slides are shared after the meeting
- Partner and regional updates are shared with the network as they arise.

This is what our ETT members reported in our July survey:



This meeting is relevant if you have a professional role in supporting CYP emotional wellbeing and mental health. It will be particularly relevant to Senior Mental Health Leads in schools. Complete this brief form to join the Enfield Thrives Together network meeting: [Joining Form](#)

Information and Resources produced by

Mentally Healthy Schools and the Anna Freud



Rebuild and recover with Mentally Healthy Schools



Mentally Healthy Schools has created a [set of practical resources to help make the transition back to school easier for everyone](#), and help the whole school community rebuild and recover.

The resources are designed to be social distancing-friendly and are suitable for all schools. They contain lesson plans for teachers, advice and guidance for parents, and simple activities for children to complete in class or at home.

Framework provided by ThriveLDN, Good Thinking & Healthy London Partnership



Mental wellbeing support for parents, carers, children & educators preparing to return to school is now available in one place. Find some tips, advice and tools from @GoodThinkingUK, @HealthyLDN & @ThriveLDN to help keep you well: <https://bit.ly/31xnSls> #LondonTogether

Eating Disorders Guidelines for Education Professionals

[Tips for Spotting the First Signs of an Eating Disorder](#)

[Download the Guidance here](#)

Children and young people under 18 years with eating disorders

Guidelines for educational professionals

These guidelines give advice about spotting the signs of eating disorders and when to refer children and young people to your local community eating disorders service (CEDS) for specialist support.

Eating disorders can affect anyone. The stereotype that someone with an eating disorder is a young, white, underweight female, is dangerous as can result in other people being missed, e.g. males or those who are a healthy weight or overweight. **Getting treatment earlier** can make a positive difference in someone's recovery, therefore it is vital to keep an open mind when thinking about who may be affected and **act quickly if you suspect an eating disorder**.

Spotting the signs

In the classroom:

- Are they becoming withdrawn in lessons?
- Do you think they have lost or gained weight?
- Do their marks have a bigger impact on their mood or how they view themselves?

Other:

- Are friends or family expressing concerns?
- Are they isolating themselves from their friends?
- Are they commenting more on their own body and appearance?

Outside the classroom:

- Have they changed their behaviours around food at school/college?
- Are they avoiding the lunch areas?
- Are they secluding themselves at lunchtime or break time?
- Are they sitting around peers but not eating?
- Are they exercising more than usual for example, at break or lunch?
- Are they avoiding exercise or avoiding getting changed for PE, in front of peers?

Healthy London Partnership

What to do next

If you are not sure how to bring your concerns up with the young person, phone your local CEDS for advice (contact details overleaf). They can give you helpful tips. Don't wait and see what happens.

- Early help is VERY important
- You are not expected to be an expert - just someone who knows the young person and is worried.

Children and young people **DO NOT** need to be referred by their GP - YOU CAN REFER. In some areas young people and parents can also refer themselves.

Education professionals can make a direct referral to CEDS

- If you refer then let the young person and parents know beforehand
- Let CEDS know who gave consent
- If consent is refused, then phone your CEDS for advice

Eating disorders. Know the first signs?



Online support

Visit beateatingdisorders.org.uk for information about eating disorders, and to access online support groups and one-to-one chat. Use helpfinder.beateatingdisorders.org.uk to find services in your area.

@BeaEDSupport
BeaEDSupport
beateatingdisorders

Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.

LONDON COMMUNITY EATING DISORDER SERVICES	
Central North West London NHS Foundation Trust (CNWL)	020 3315 3369
East London NHS Foundation Trust (ELFT)	020 7426 2556
North East London NHS Foundation Trust (NELFT)	0300 555 1216
Royal Free London NHS Foundation Trust	020 7794 0500 ext 39930
South London and Maudsley NHS Foundation Trust (SLAM)	020 3228 2545
South West London and St George's Mental Health NHS Trust (SWLSHG)	020 3513 6793
West London NHS Trust	020 8354 8160

For more referral information: helpfinder.beateatingdisorders.org.uk/refer

Help for students
Helpline: 0800 013 0131
Email: students@beateatingdisorders.org.uk

Help for young people
Helpline: 0800 013 0175
Email: youngpeople@beateatingdisorders.org.uk

Information and Resources produced by The British Psychological Society



Resources provided by the British Psychological Society aimed at supporting school communities.

Click on the picture for the download



Back to school transition: the importance of playtime

29 May 2020



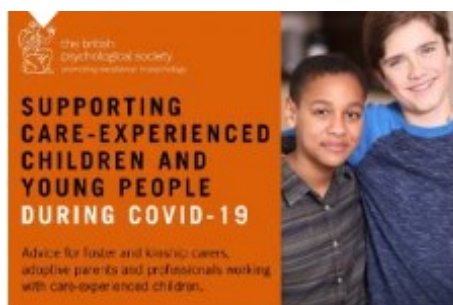
Compassionate transitions: reconnecting school communities

16 June 2020



Resilience and coping: supporting transitions back to school

23 June 2020



Supporting care-experienced children and young people

02 June 2020



Back to school: using psychological perspectives to support re-engagement and recovery

28 May 2020

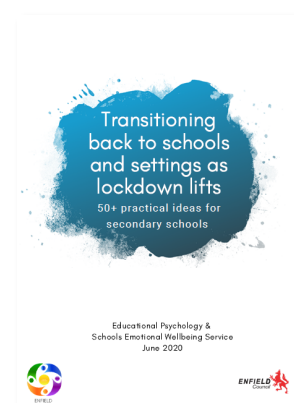
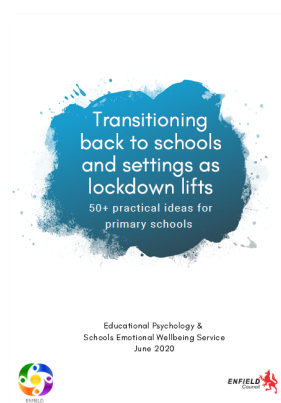
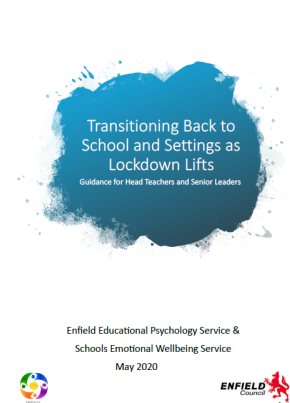


The psychology of play

29 May 2020

Guides and Resources produced by:

Enfield Educational Psychology Service (click on picture to download)



Editors Note

It is our aim to produce the 'Enfield Thrives Together Update' every 4-6 weeks.

This is shared with all schools/settings and the wider network.



If you have any information/updates that you would like to include in future editions please send to:

suzy.francis@enfield.gov.uk

Deadline: the last day of each month

Many thanks

Suzy