

WELCOME TO OUR

# Half Termly Newsletter

SUMMER (1)

MENTAL  
 health  
 MATTERS

HEY, HOW ARE YOU?

## Hello from Solar's MHST Team

Welcome to our first edition of our new half termly MHST newsletter where we can keep you up to date with all things MHST. We hope you have had a lovely Easter break and managed to get some well-earned rest and relaxation.

We have been busy over the past couple of months recruiting for our new wave of schools joining the MHST, working on new whole school approach initiatives and continuing to support the number of vulnerable children and young people who are referred to us on a daily basis. We have some exciting projects and opportunities we are working on with other agencies to be able to broaden our WSA offer the next academic year.

We are continuing to accept referrals via the SOLAR front door, please click the referral link to make a referral for a student who is struggling with their mental health. Please note we do not complete assessments for Autism or ADHD.

If you have anything you would like us to include or any events you are running, please do contact us on: [bsmhft.schools@nhs.net](mailto:bsmhft.schools@nhs.net)



## Welcome Back Afroditi

**AFRODITI, NORTH CLUSTER MANAGER IS NOW BACK FOLLOWING HER MATERNITY LEAVE.**

Afroditi will be having a hand over from Andi C over the coming weeks and is ready to get going in her role again. We also would like to say a huge thank you to Andi for covering whilst Afroditi has been on Maternity leave and a congratulations on her new role as Primary Mental Health Manager.



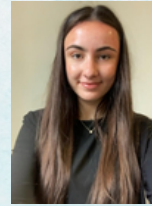
## Staff Updates

**AMANDA LARSEN - EMHP (NORTH CLUSTER) HAS TAKEN A SEBATAL TO GO AND TRAVEL THE WORLD - SAFE TRAVELS AMANDA**





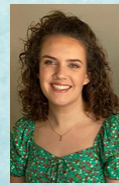
CONGRATULATIONS TO OUR 9 TRAINEES FROM LAST YEAR, TANYA, JENESSA, JORDAN, TIA, RACHEL, EMILY, AIMEE, TASHEEK AND ANEESA; ON PASSING THEIR EMHP QUALIFICATION!!



WELCOME TO OUR TWO NEW SENIORS TYNIKA AND DAN AND CONGRATULATIONS TO SOPHIE AND REANNA ON THEIR PROMOTION TO THE SENIOR ROLE.

3 OF OUR LOVELY SENIORS, KATIE, CRISTINA AND STACIA; HAVE STARTED THEIR HI-CBT TRAINING COURSES, WHICH THEY WILL COMPLETE OVER THE NEXT 12 MONTHS - WE WISH THEM ALL THE BEST.

### WELCOME



OUR NEW EMHP TRAINEES HAVE ALSO STARTED OFF THEIR ROLES FANTASICALLY AND PASSED THEIR FITNESS TO PRACTICE EXAMS.

## FREE WEBINARS FOR STAFF AND PARENTS

Free Webinar

Neurodiversity & Anxiety: Exam Preparation

17.04.2024 10am

Register your place at [witherslackgroup.co.uk/exam-preparation](https://witherslackgroup.co.uk/exam-preparation)

Free Webinar

ADHD & Autism: Supporting Dysregulated Behaviour

01.05.2024 10am

Register now: [witherslackgroup.co.uk/dysregulated-behaviour](https://witherslackgroup.co.uk/dysregulated-behaviour)

Free Webinar

Nurturing Mental Wellness For You & Your Child

14.05.2024 10am

Register now: [witherslackgroup.co.uk/wellness-for-you-and-your-child](https://witherslackgroup.co.uk/wellness-for-you-and-your-child)



**Book Your WSA**

## REMINDER....

WE STILL OFFER A RANGE OF WHOLE SCHOOL APPROACH ACTIVITIES. E.G: ASSEMBLIES, CONSULTATION MEETINGS, PSHE LESSONS, STAFF TRAINING, PARENTAL WORKSHOPS AND MUCH MORE.

PLEASE GET IN CONTACT WITH YOUR ALLOCATED SENIOR/MANAGER OR EMAIL US ON: [BSMHFT.SCHOOLS@NHS.NET](mailto:BSMHFT.SCHOOLS@NHS.NET)

# Coming Up



## Parental Exam Stress Workshop

FREE 8 WEEK CONFIDENCE COUSE  
FOR AUSTIC TEENS AGED 13-18  
FROM AUTISM WEST MIDLANDS.

FIND OUT MORE - SCAN THE  
QR CODE TO BOOK YOUR  
PLACE.



WEDNESDAY 24TH APRIL 10-12  
SCAN THE QR CODE OR EMAIL:  
BSMHFT.PARENTING@NHS.NET  
TO BOOK A PLACE

SIGNPOSTING - CLICK ON THE LOGO'S TO ACCESS THE LINKS



Dates for your Diary - April/May 2024

- April - Stress Awareness Month
- 1st April - April Fools Day / Easter Monday
- 2nd April - World Autism Day
- 7th - Worl Health Day
- 9th - 10th April - Eid
- 10th April - Siblings Day
- 11th April - National Pet Day/ Day of Silence
- 13th April - National Scrabble Day
- 21st National Tea day
- 22nd April - Earth Day
- 22nd April - 30th - Passover
- 23rd April - St. George's Day
- 29th April - International dance day
- MAY - National walking month
- 1st May - World Maternal Mental Health Day/ Labour Day
- 4th May Star Wars Day
- 5th May - World laughter day
- 6th May - Bank Hol
- 6th - 12th - Deaf Awareness week
- 11th May - Eat what you want day.
- 13th - 19th May - Mental Health Awareness Month
- 16th May - International day of light
- 17th May - International day against Homophobia, Transphobia and Biphobia
- 27th May - Bank Hol
- 29th May - National Biscuit Day

