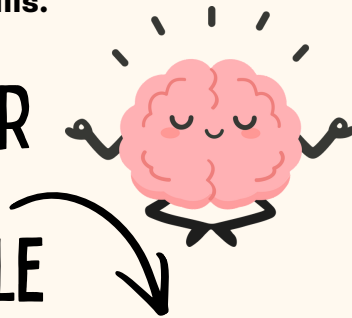


MINDFULNESS

Mindfulness Workshops are available for students to access within school, which will train them how to utilise mindfulness as a fantastic coping strategy. These workshops take place within school time with our Mindfulness Coach, Mrs Woolliscroft. Please get in touch with Mrs Tapley for more details.

DROP-INS FOR PARENTS & YOUNG PEOPLE



Day	Address	Time	Info
Wednesday (twice monthly)	Leek Moorlands Hospital, Ashbourne Road, Leek - 1st and 3rd Wednesday of the month (on arrival please book in at the main reception; thank you)	1.30pm-4.30pm (parents) 3pm-4.30pm (young people)	Drop in for parents and for young people, including those not in education, work or training
Wednesday (twice monthly)	Leek Moorlands Hospital, Ashbourne Road, Leek - 2nd & 4th Wednesday of the month (please book an appointment by calling the 0-19 Hub on 0808 178 0611 (press option 1))	PM	Enuresis clinic
Wednesday (monthly)	Cheadle Health Centre, Well Street, Cheadle, ST10 1EY - 1st Wednesday of each month	1.30pm-3pm (parents) 3pm-4.30pm (young people)	Drop in for parents and for young people, including those not in education, work or training
Friday (monthly)	Staffordshire Moorlands Family Hub, Albert Street, Biddulph, ST8 6DT - 2nd Friday of each month	1.15pm - 4pm	Drop in for parents and for young people, including those not in education, work or training

WWW.MPFT.NHS.UK/SERVICES/HEALTH-VISITING-AND-SCHOOL-NURSING/STAFFORDSHIRE-CLINICS/DROP-SCHEDULE-5-19?

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HOW CAN YOU HELP?

As a parent, there are various organisations and services available where you can seek further support. Please take a moment to read this leaflet and discuss mental health and well-being with your child. We all have ups and downs, and it's ok to seek support. Please contact the school, your GP, or one of the external agencies listed below should your child need some additional help.

ChatHealth is an easy-to-use text messaging service where you can speak to a Health visitor between 9am-5pm Monday to Friday. For parents and carers text: 07520 615 722. For young people text: 07520 615 721. If you feel your child may need a referral over the holidays for more support, please contact your GP, Action for Children or the Combined Wellbeing number 0800 0328 728 Option 1 for urgent mental health support.



ACTION FOR CHILDREN: 0300 123 0907
PARENTS.ACTIONFORCHILDREN.ORG.UK

NORTH STAFFS COMBINED
HEALTHCARE: 0800 0328 728 OPTION 1



OTHER SUPPORT AVAILABLE



MENTAL HEALTH SUPPORT

AT ENDON HIGH SCHOOL



Endon High School prides itself on supporting the mental health and well-being of our students.

ENDON.FIREFLYCLOUD.NET/WEELLBEING-AND-MENTAL-HEALTH

WHAT DO WE HAVE ON OFFER?

WELL-BEING DROP-IN

Every Tuesday morning from 8am - 8:30am, our in-school ELSAs are available to talk to. Students can pop along to talk about any issues or worries they may be experiencing. Just get in touch with Mrs Rowley or Mrs Dawson for more details.



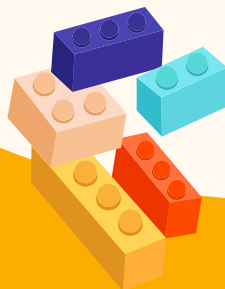
STUDENT MENTAL HEALTH AMBASSADORS

The trained Mental Health Student Ambassadors are available to talk to any students during form time and this can be arranged through your child's form tutor.



LEGO THERAPY

Lego Therapy is a group intervention ran by our in-school ELSAs, Mrs Rowley and Mrs Dawson. The intervention runs during school time for 6 weeks. The intervention is specific, structured, and targeted at building teamwork, social skills, communication, taking turns, and eye contact. It is not just playing with Lego!



ELSA PROGRAMME



ELSAs are Emotional Literacy Support Assistants who help children and young people learn to understand and manage their emotions and respect the feelings of those around them. Most ELSA programmes will last for 6 weeks, helping the pupil to learn new specific skills or coping strategies. Clear programme aims (SMART targets) are set early on and each session has an objective - something the pupil wants to understand, achieve, or needs help with. Form Tutors and Head of Years can refer students for ELSA sessions. Your in-school ELSAs are Mrs Rowley and Mrs Dawson.



Our NHS Education Mental Health Practitioner, Tom Martin, visits school every Monday. Tom is able to offer low-level mental health support for various issues linking to wellbeing and mental health, including anxiety, worries, and stress. Tom is able to work with students both 1:1 and in small groups. Tom's interventions are primarily based on CBT and guided self-help techniques. If you feel your child may benefit, you are able to refer them to this service yourself, or alternatively, please speak to their Form Tutor, Head of Year or Mrs Tapley.

MIND COUNSELLOR

Our North Staff Mind Schools Counsellor is available every Wednesday in school for students to talk to should they require a higher-level tier of support. Referrals can be made within school by Heads of Years for access to this service.



BOXING PROGRAMME

Weekly boxing sessions are available on Tuesdays with personal trainer, Dan Walker. Pupils learn physical health and mental health through boxing. Sessions are free to pupils but there is limited availability. Sessions occur during school time and are also available as an Endzone activity. For more information, please contact your child's Progress Manager, Form Tutor, or Mrs Tapley.



SCHOOL NURSE +

We have the School Nurse attending school once a fortnight to see students with any issues linking to both physical and mental health. Parents can self-refer their child to this service.



VIRTUAL DROP-IN

The virtual drop-in, hosted by a School Nurse, is open to parents/carers and young people of Staffordshire. The virtual drop in takes place each Thursday between 3.30pm and 4.30pm, even during the school holidays. If you need to speak to a School Nurse outside of these times please call the freephone Hub number: 0808 178 0611 and press option 1

To join the session, scan the QR code or type the link below into your preferred web browser.



mpft.live/schoolnurse