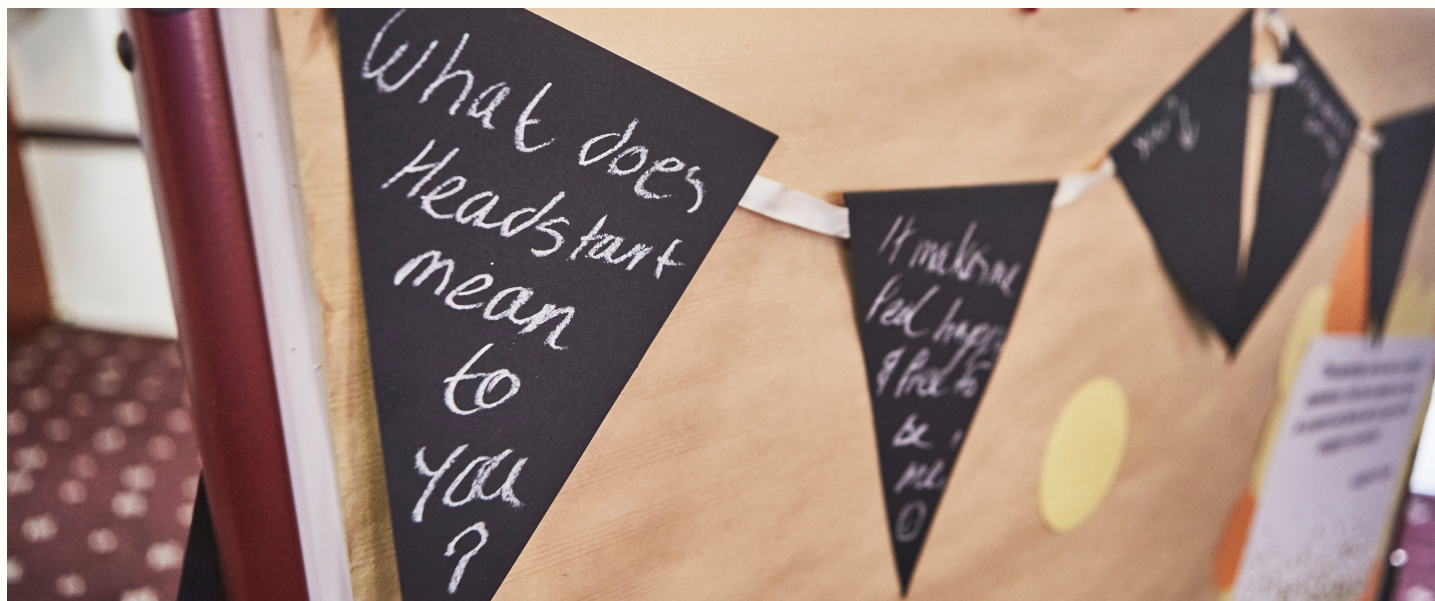


# HeadStart in the Community



## ALL THINGS HEADSTART NEWHAM

We know this is not the January you were hoping and planning for and this update is designed to share the ways in which HeadStart is supporting young people, parents, schools and communities at this time and how you can access the support on offer.

### What is HeadStart?

HeadStart Newham is a mental health service working closely with schools and the community to transform how young people and their families are supported to stay emotionally healthy.

To keep updated on our current offers, please visit our website [www.headstartnewham.co.uk](http://www.headstartnewham.co.uk) and check our social media channels. We hope that this newsletter provides useful information for you to share amongst your networks.

If you would like a section in our newsletter, please email [HeadStart.ProgrammeTeam@newham.gov.uk](mailto:HeadStart.ProgrammeTeam@newham.gov.uk)



To keep regularly updated on what's happening at HeadStart and other organisations, follow us on all social media platforms and visit our website.

@HeadStartNewham

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## Young People

### Your Time

Whilst young people are not attending school and may feel disconnected and need someone to connect with during this time Your Time is available for children or young people aged 10-18 (up to 25 for SEND and Care Leavers).

It is a safe and friendly one-to-one space to chat about the things that matter to them most with a trusted professional. The weekly contact will promote self-care tips and tools as they work together through the All about Me wellbeing journal, which will be sent in a welcome pack.

Please see the link for an online referral form:

[https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)



### All About me

A digital journal for young people to work through and keep a track of their feelings and emotions at this difficult time. It can be downloaded [here](#)

**YOUR TIME**  
MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE

I need support to feel in control in areas of my life

I don't know what to do next?

I'm not sure I'm coping well through the pandemic

I don't understand my thoughts and feelings

If you are a young person who may benefit from Your Time and are aged 10 -18 (up to 25 for young people with SEND) live in or attend a Newham school you can contact us by

Phone: 020 3373 9983 (select option 4 – HeadStart)  
Email: [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)

Online referral: [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Your Time offers 8 weekly sessions on the phone or text with our experienced team.

[www.headstartnewham.co.uk](http://www.headstartnewham.co.uk)

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### Mental Health Support

Where young people may want specific support for their wellbeing and mental health right now they can access support virtually from [www.kooth.com](http://www.kooth.com)

If you would like to host virtual assemblies on mental health and wellbeing and Kooth support for young people please email Holly Moggridge [hmoggridge@kooth.com](mailto:hmoggridge@kooth.com) to arrange.



### BounceBack

HeadStart BounceBack is a fun way to learn tools and tricks to help you look after health, body and mind. HeadStart are working with primaries to deliver this intervention in various capacities. Check out a BounceBack [video](#) from one of our HeadStart schools to see for yourself!

The BounceBack programme is designed for young people in school years 5 and 6 but can be adapted to suit younger students. The BounceBack activities will help you find and try small changes you can make by yourself or with the help of others. BounceBack makes building resilience fun and you'll feel proud as you begin to set goals and achieve them. Our BounceBack website includes 15 session plans, a check in tool, quotes and case studies which can all be downloaded as PDFs [here](#).

Get in touch to find out more or to attend a session on getting to know our BounceBack Online tool! We also have sessions available for schools (train the trainer style) as well as parents and carers. Please email [Hiwot.ameneshoa@newham.gov.uk](mailto:Hiwot.ameneshoa@newham.gov.uk).



## Creative Arts & Sports Activities

HeadStart Newham works with community organisations to bring free sports and creative courses to young people in Newham. It allows young people to engage with other young people with similar interests, improve their team work skills and make friends. All activities have been adapted to coincide with government guidelines and are therefore currently being delivered virtually or in a COVID secure way. This term there will be Dance and Creative Journaling, drama for Wellbeing and many more.

All activities are run on a termly basis with some/ all providers offering courses during half term also. To keep regularly updated on the activities available, please visit our [website](#). Please also follow our social media channels, where all activities will be promoted via Instagram, Twitter and Facebook.



## Our voices are not small: Back to school virtually



Welcome to HeadStart Newham Youth Panel's podcast.

Our youth Panel want to make sure that young people have a voice and are able to share their opinions and thoughts openly on relevant matters such as COVID-19 and Black Lives Matter.

Panellists are working together with others across Newham to create a series of podcasts that are relevant to young people in Newham. This, the first in the series, focuses on Back to School after the lockdown. You will hear open and honest discussions, experiences and opinions directly from young people about what this time has been like for them and others, as well as their thoughts on positive ways forward.

If you would like to find out more about HeadStart, Youth Panel or get involved in future podcasts, please go to our website: [www.headstartnewham.co.uk](http://www.headstartnewham.co.uk)

You can also contact us directly at [HeadStart.ProgrammeTeam@newham.gov.uk](mailto:HeadStart.ProgrammeTeam@newham.gov.uk)

Take a listen here: <https://www.youtube.com/watch?v=xR8I39oItgQ>

## Support for Parents and Carers

### Virtual Coffee & Chat

The pressure on parents during this time is intense as they face many conflicting priorities. We have established a regular virtual coffee and chat space for parents and the next one is 13th January at 10 am. For more information and to sign up visit <https://www.headstartnewham.co.uk/wp-content/uploads/2017/10/Coffee-Chat-2020.pdf>

### Being a Parent Groups

A FREE 9 week group for parents delivered by parents that help with understanding feelings and behaviours, implement tried and tested approaches that have a positive impact on parent – child relationships and improve parent and child wellbeing. You can find out more and sign up here <https://www.headstartnewham.co.uk/wp-content/uploads/2017/10/Virtual-EPEC-course-Spring-2021-1.pdf>.

### Parent Befriending - By Parents for Parents

For a more personal approach HeadStart are working with colleagues in Children Centres to offer parent befriending for parents/ carers of children and young people aged 0-16 years who need a space to talk and think through the ways that they are coping in the circumstances and practical suggestions to manage challenges such as their young person's behaviour, anxiety and worries, family relationship challenges and a young person's screen time.

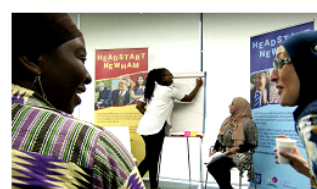
- Befrienders are either training children centre staff or Newham Parent Peer Facilitators
- 30-60 mins session per week
- 1-8 weeks with a clear transition process put in place for when the contact ends

Other services offered by Strengthening Families service includes Family Relationship Matters and Family Money Matters (see leaflet [here](#)).

**To request a service for a family you are working with, please email [strengthening.families@newham.gov.uk](mailto:strengthening.families@newham.gov.uk) to obtain a referral form.**

**Newham Child and Adolescent Mental Health Team** are providing regular and FREE virtual sessions for parents and carers working with children and young people on a range of topics upcoming ones cover – Managing worry and anxiety, sibling relationships, managing worry you can book here: <https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

The team have some helpful links and videos to mindfulness and information about accessing and using services that can be found here <https://www.elft.nhs.uk/service/48/Child-and-Family-Consultation-Service>



## **Schools and Communities**

### **HeadStart Introduction to Resilience, Tuesday 2nd February 13:00 -16:00 on Zoom**

The workshop offers an introduction to the HeadStart Newham Resilience Approach for voluntary and community groups particularly those working in the creative and sports sector with young people across Newham.

The session will:

- Give an overview of the Resilience Approach
- The evidence that underpins it
- Practical ways in which your organisation and activities can and already does build resilience in young people through your work

To book a space see Eventbrite link <https://www.eventbrite.co.uk/e/headstart-newham-introduction-to-resilience-tickets-136269185803>

### **Increasing data allowances on mobile devices to support disadvantaged children**

This scheme temporarily increases data allowances for mobile phone users on certain networks. This is so that children and young people can access remote education if their face-to-face education is disrupted. Who can get help: Schools, trusts and local authorities can request mobile data increases for children and young people who:

- Do not have fixed broadband at home
- cannot afford additional data for their devices
- are experiencing disruption to their face-to-face education

Children with access to a mobile phone on one of the following networks might be able to benefit:

- Three
- Smarty
- Virgin Mobile
- EE
- Tesco Mobile
- Sky Mobile

Other providers may join the scheme at a later stage. For more information visit [here](#)

## **Schools Only**

**London Place2Be** is currently offering free group supervision for education staff, funded by the Lord Mayor's Appeal. There are around 25 cohorts left:

<https://www.place2be.org.uk/our-services/services-for-schools/school-mental-health-consultations-place2think/>.

**Training** – We recognise the complexity of this time but are still on hand to offer whole school support, training for schools and community settings. A more detailed training offer will be developed in line with other MH support services in LBN and will be shared towards the end of Spring 1. If you are looking for some specific training from HeadStart please follow <https://www.eventbrite.co.uk/o/headstart-newham-17808944036> or email [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)

**If you wish to opt-out of receiving these newsletters or would like to nominate a colleague to receive them on your teams behalf, please let us know by emailing [headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)**