

Children and Young People Services Newsletter



This academic year has seen Bucks Mind's Children and Young People's team grow from 2 full-time members of staff to 4! This is mainly owing to the expansion of our Peer Support in School's programme which is now in 58 schools across Bucks; with 872 mentors trained this year in both primary and secondary schools.

"It has been fantastic to work with so many schools who take on the programme with such enthusiasm and creativity."

(Kat Frei, Peer Support in Schools Coordinator)

This year has also seen the Mental Health Support Team Trailblazer project launch across selected schools in Bucks. Grace and Delphine have enjoyed working collaboratively with Oxford Health and Bucks County Council to improve access to support services for young people with mild to moderate mental health problems.

"It has been great to see schools utilise the extra support that has become available to them and we look forward to continuing to work collaboratively"

(Delphine Greene, Peer Support in Schools Educator)

Alice has been busy booking in mental health education assemblies and workshops, with over 45 sessions delivered since September. In order to expand education services, the team has put together a brochure which can help staff choose the best session for their young people and takes advantage of the knowledge and skills of the team. Sessions include navigating social media, school transitions, mindful media and carpet time. We charge £100 for a one-hour workshop of up to 30 pupils but can offer longer sessions on request. Please visit our website for more information on how to book with us:

<https://www.bucksmind.org.uk/services/children-and-young-peoples-services/mental-health-education-in-schools/>

"The enthusiasm and willingness of so many children and young people to start talking about mental health and promoting wellbeing has been inspiring."

(Alice Moody, Peer Support in Schools Educator)



February has been an exciting month for the team as we have been celebrating 'Children's Mental Health week'. We have delivered 9 mental health assemblies, reaching over 2,800 pupils and staff!

"Very informative and provided good examples of how to seek advice and support. Very well presented - confident and friendly. All students were engaged and receptive. Thank you."

(Infant school staff member)

The team have also begun organising the 2nd annual 'coordinators meet up' which will be open to all school coordinators of the Peer Support in School programme. We will host one in the north of the county and another in the south. This event will be both a celebration of the hard work our coordinators have put in, but also a chance for schools to share any difficulties or best practice. The team are looking forward to the event and hope schools find it useful and inspiring.

"Using the whole school approach, has been a wonderful way to see how open and informative they all are when talking about mental health"

(Grace O'Connor, Peer Support in Schools Educator)

For more information on our Children and Young People's team, please email Kat Frei:
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