

ChEWS @ Northorpe Hall

Free Core Service Offer



ChEWS (Children's Emotional Wellbeing Service) at Northorpe Hall delivers Child and Adolescent Mental Health Services alongside South West Yorkshire Partnership NHS Foundation Trust (SWYFT) in Kirklees as part of the Thriving Kirklees partnership.

What do we offer for Education Provisions?

Do you need some support and advice?

Contact with Wellbeing Support Workers over the phone to provide quick support and advice relating to individual children and young people's emotional and mental health - 0300 304 5555 or online at <https://www.thrivingkirklees.org.uk/>

Do your staff need upskilling?

Targeting whole school/hub audience. We offer 1 hour 30 minute sessions. (Minimum participants 15 Primary, 30 Secondary):

- **Introduction to Children and Young Persons Mental Health** – Provides a general overview of mental health across the spectrum, risk and resilience, ideas for promoting an emotionally healthy classroom.
- **Understanding Attachment Theory** - Provides an introduction to theories of attachment, how attachments impact on students and our own behaviour, guiding principles when supporting.
- **Introduction to Self-Harm** – Understanding why young people self-harm, and how we can positively support them to find healthier coping strategies. Dispelling myths, dos and don'ts.
- **The Teenage Brain** – A brief look into what causes the behavioural changes in teenagers, and what we can do to support them positively.
- **Maintaining Positive Emotional Wellbeing** – An overview of ideas to support and maintain positive emotional wellbeing. Can be used in our work with young people, or applied to staff wellbeing.



We offer 2 hour sessions:

- **Understanding Behaviour as Communication** – An overview of internal and external drivers of behaviour, ideas of how to support challenging young people, self-care and resource sharing.
- **Understanding and Supporting Anxiety** – A brief look into the underlying causes of anxiety, including factors that maintain anxiety. Treatments and approaches, coping strategies. Strong focus on normalising worry/nerves/anxiety.

Targeting Emotional Wellbeing Leads, Support Staff and Pastoral Care. We also offer up to 1 hour 30 minute sessions. (Minimum participants 6 Primary, 12 Secondary):

- Mental Health Services/Pathways in Kirklees
- Making Appropriate Referrals
- Resource Sharing- We are happy to share a wide range of resources with staff via email or face to face.
- Reflective Peer to Peer Supervision Model for staff

Half Day Youth Mental Health First Aid Awareness Training. This is an introductory three hour session to raise awareness of young people's mental health. Available for 25 participants.

What's on offer for Emotional Health and Wellbeing Leads?

- Emotional Well Being Lead Network Meetings held three times a term at Northorpe Hall
- Half Termly Newsletter emailed to EWB Leads and assistant Leads
- One to one consultations to education provisions (this could look at whole school approach to emotional health, internal support systems, staff support etc.)

To request training for your school please contact josie.williams@northorpehall.co.uk



Would you like your pupils to develop peer mentoring skills?

Peer mentors can support other students around a range of issues once they have received the right training. Peer support can be regular, scheduled 1:1 sessions, or on a drop-in basis, depending on what will work for your school. Training can be tailored to suit your needs and will be delivered by experienced staff. Ongoing advice and support for peer mentors and school staff can also be made available

To request peer mentoring training for your school please contact
mabe.keogh@northorpehall.co.uk

What do we offer to children, young people and their families?

Contact our Wellbeing Support Workers over the phone to provide quick support and advice relating to individual children and young people's emotional and mental health - 0300 304 5555 or online at <https://www.thrivingkirklees.org.uk/>

If you would like some information and support for a child or parent anyone can access the following services;

- Self-help Resources - <https://www.northorpehall.co.uk/useful-link/parents-and-carers>
- Preventative Young Peoples Workshops - <https://chewsnews.northorpehall.co.uk/workshops.php>
- Parent/Carer Information Sessions – <https://chewsnews.northorpehall.co.uk/workshops.php>

Parent/Carer Information Sessions –

We deliver the following information sessions each lasting 1 hour 30 minutes for up to 15 participants. These sessions will take place at locations across Kirklees and Schools can book to host these sessions.

- Introduction to Children and Young Persons Mental Health
- Understanding Behaviour as Communication
- Understanding and Supporting Anxiety

- Positive Communication and Attachment
- Introduction to Self-Harm
- Maintaining Positive Emotional Well-being
- The Teenage Brain

To book to be a Host School for Parent/Carer Information sessions, contact
rosa.forrest@northorpehall.co.uk

Young People's Workshops –

We deliver the following Workshops each lasting 1 hour for up to 12 participants. These Workshops will take place at Northorpe Hall, other locations in Kirklees and Schools can book to host these Workshops.

- Exam Anxiety- Years 10-13
- General Anxiety- Year 7+
- Self-harm Information Session- Year 7+
- How to Manage Worry (Moodmasters)- Year 7+
- Sleep (Moodmasters)- Year 7+
- Understanding your emotions (Moodmasters)- Year 7+
- Music (Moodmasters)- Year 7+
- Cooling down hot thoughts (Moodmasters)- Year 7+
- Setting Goals for yourself (Moodmasters)- Year 7+
- Eating Well (Moodmasters)- Year 7+
- Distraction (Moodmasters)- Year 7+
- Problem Solving (Moodmasters)- Year 7+
- Breathing and Relaxation (Moodmasters)- Year 7+
- The Action Jar, Energising us to do things (Moodmasters)- Year 7+
- Looking Forward to Things (Moodmasters)- Year 7+
- Resolving Conflict and Gaining Support (Moodmasters)- Year 7+
- We also offer a session for children around school transitions to Middle/High School (For year 5 and 6 children, a parent/carers must accompany each child. Year 8 can attend unaccompanied).

*Moodmaster sessions are evidence based sessions developed by APT. The sessions cover a variety of different topics to teach young people the skills necessary to maintain positive mental health.

To book to be a Host School for Young People's Workshops, contact
jade.taylor@northorphan.co.uk

If you have made a support request for a child or young person, we may offer one of the following interventions:

- Focused Group Work Interventions:
 - Anxiety
 - Low Mood
 - Timid To Tiger
- Telephone Support
- Direct 1-1 Interventions
- Access and initial assessment for Neurodevelopmental pathway

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Paid For Service Offer

BESPOKE TRAINING

- 1 hour Training - £55 planning, £55 delivery = £110 + VAT (up 30 participants)
- Half Day Training - £100 planning, £165 delivery = £265 + VAT (up 30 participants)
- Full Day Training - £150 planning, £275 delivery = £425 + VAT (up 30 participants)

YOUTH MENTAL HEALTH FIRST AID TRAINING

- 1 day training – Youth MHFA Champion = £275 (up to 16 participants) + £320 for individual resource books = £625
- 2 day training – Youth MHFA = £550 (up to 16 participants) + £320 for individual resource books = £870

CONSULTATION

- Per Hour - £55 + VAT
- Full Day - £275 + VAT

Examples:

EHW leadership and strategy development, Triage, Internal review of referral processes and support services, Support and advice, Early advice and assessment of need (with staff or directly with YP), Case consultation

SUPPORT TO CHILDREN AND YOUNG PEOPLE

- Counselling - Day rate = £200 + VAT (5 sessions)
Half Day = £120 + VAT (3 sessions)
- Emotional Health Worker - Day rate = £140 + VAT (5 sessions)
Half Day = £90 + VAT (3 sessions)