



Mental Health Support Team Newsletter

*December 2020
Christmas edition*



Welcome to our Christmas Newsletter!

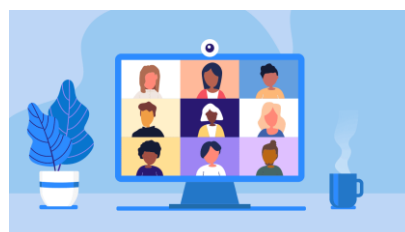
I hope you are all keeping well and looking forward to a well-earned break – after the most unbelievable, challenging and completely exhausting year!

WORKSHOPS

I am pleased to announce future dates for our next online parent workshops. Details are as follow:

Helping your Child with their Worries and Anxiety
4 weekly Wednesday sessions via zoom at 10:30-12:00pm
13 January 27 January
20 January 03 February

Challenging Behaviour
6 weekly Wednesday sessions via zoom at 10:30-12:00pm
24 February 10 March 24 March
03 March 17 March 31 March



Both of these workshops are suitable for parents of children aged 4-11 years.

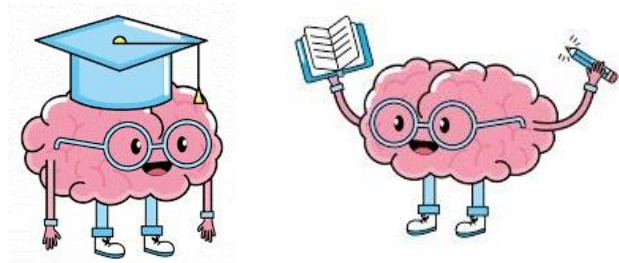
After Easter we will introduce a new workshop focussing on Emotional Regulation. Details will follow at a later date.

We are keeping a waiting list of possible interest for all of our workshops. If you do have any families you think may benefit from this online support, please do complete an application form and send it to me. (To attend these workshops the parent needs to have a child who is attending a Harlow school).





BRAIN BUDDIES



We can announce we are due to start our amazing Brain Buddies programme with Latton Green Primary Academy in January 2021 and are having meetings with other primary schools for the same.

FUNDRAISING

Many thanks to everyone who has ordered Christmas cards. Thank you for supporting our fundraising efforts for Mind in West Essex. All five designs have been a great hit.

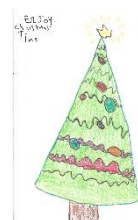
We had an exciting request from Harlow Council who picked 3 of the cards from our winners to use as their virtual Christmas cards this year! They made a much appreciated donation to Mind in West Essex and the three winners received a letter from the Council and a voucher. Well done!



Edward Burchett – William Martin



Mackenzie Cook – Burnt Mill Academy



Jenson Lavery – Hare Street

Please note that we also have on sale some fantastic Face Coverings. These can be purchased online for just £4.00 and will be posted to you.

<https://www.mindinwestessex.org.uk/product/face-masks/>





OTHER NEWS:

Our trainee EMHP's have now finished their university placements and results are eagerly anticipated for the end of January/February. They have all worked extremely hard under exceptional circumstances. Well done!

We are saying goodbye to Sadzida at the end of December... We will miss her and wish her every success with her new job. This does mean you need to watch this space for new team members!

ONLINE PRESENCE:



<https://www.mindinwestessex.org.uk/>



<https://www.facebook.com/mhst.harlow.3>



<https://twitter.com/HarlowMhst>

@HarlowMhst



https://www.instagram.com/mhst_harlow/

@mhst_harlow

THE TEAM:



Louisa Fry-Jones
Children & Young
People's Mental
Health Support Team
Manager



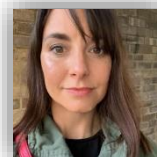
Mike Ellen
Children & Young
People's Mental
Health Support Team
Manager



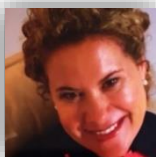
Kerry Lawson
Children & Young
People's Mental
Health Support Team
Administrator



Munaza Ali
Children & Young
People's Mental
Health Support Team
Supervisor



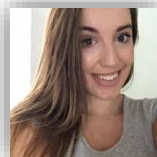
Marris Dear
Children & Young
People's Mental
Health Support Team
Supervisor



Nicola Dawson
Trainee Education
Mental Health
Practitioner



Caroline Carter
Trainee Education
Mental Health
Practitioner



Alice Prosser
Trainee Education
Mental Health
Practitioner





May I take this opportunity to wish you all a very Merry (and safe) Christmas and here's looking forward to a much better 2021 - from the whole Mental Health Support Team at Mind in West Essex. We look forward to working with you all next year!

Please note we will be accepting referrals up to Wednesday 16th December 2020. Anything received after this date will be looked at week commencing 4th January 2021. Please note that most of our team will be taking Christmas leave, and our main email account trailblazer@mindinwestessex.org.uk will be monitored sporadically. I have attached a list of Helplines that may be useful to share with your families. I have also attached an Essential Living Fund flyer – please also share this.

As always - I have attached our Referral Forms for your convenience and also the Workshop Application Forms.

If you would like to contact us with any queries, please do not hesitate to either call me 07935 067 383 or email us on trailblazer@mindinwestessex.org.uk

Take care,

Kerry Lawson

Children and Young People's
Mental Health Support Team Administrator

