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WARM WELCOME

Parent Forum
29th January 2025

Introductions

- Sharon Smith – Asst Headteacher
- (Home, Science, Amber Hill base lead)

- Neil Blackwell – Careers and Community Liaison Manager

- Ian Tomlinson - SHINE

Why?

- Due to the nature of our school our parents are county wide and remote from one another
- An opportunity to meet other parents together with support from us

What will we try to do

- To give parents openings to a range of workshops/forums we think you may find useful
- We welcome feedback, so if there's something you are interested in please let us know

Ideas/plan for this academic year

term 3	term 4	term 5	term 6
Introduction/SHINE/Careers intro 27th January 2025 2.30 to 3.30 with Sharon Smith on line and at Amber Hill	Introduction to Pastoral support Friday 14th March with Mel Findon Assistant Pastoral Manager on line	Parent forum - Tues 6th May 2025 10 to 11 on line and at Amber Hill Hope workshop with Steve Barnes	Mental Health First Aid Thurs 12th June 10.30am to 11.30am. Lincoln base and on line with Hope Smith
Careers presentation 6th Feb 3pm to 4pm with Neil Blackwell on line	SEND and introduction Monday 31st March 10am to 11am with Elena Wilson SENDCO Amber Hill base and on line		Post 16 presentation 11th July 10 am to 11pm with Neil Blackwell on line

Reminder letters will be sent out on Reach more parents app

Today

Neil Blackwell - careers

- An introduction
- There will be a careers session on Thursday 6th Feb at 3 – 4pm
- I will be sending the TEAMS link by the end of the week

Ian Tomlinson - SHINE



Shine Lincolnshire?

A Mental Health Network Charity

Information on Community support and services

Community Funding

Peer Support

Horncastle Community Hub – Bert House

Training





Training Offer

Mental Health:

Mental Health Awareness Adults and Youth

Mental Health First Aid

Suicide First Aid:

Adults and Children and Young People

Physical First Aid

Adult

Paediatric

Combined Adult/Paediatric

Bespoke

Aligned to need/focus





Education and Training is.....

- Proactive prevention
- Builds individual skills
 - Builds resilience





Expanding Our Offer

How can we support?

Community, Parents, Adults, Children and Young People

Education/Training:

What do you/your children need?

What would be helpful?

Mental Health? – adult/CYP

Suicide ? – Adult/CYP

First Aid? – Adult/CYP

In hindsight?





Useful Sources of Information

- ShineLincolnshire.com
 - [HAY Lincolnshire](#)
 - [Connect2Support](#)





Booklet – see separate doc

Youth MHFA



Two Day

Mental Health First Aid to support young people

Learn more at mhfaengland.org



What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

At MHFA England we offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Each and every MHFA England course is delivered by a quality assured instructor.

Youth MHFA Two Day course

Completing our two day course qualifies you as a **Youth Mental Health First Aider**. Youth Mental Health First Aiders have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

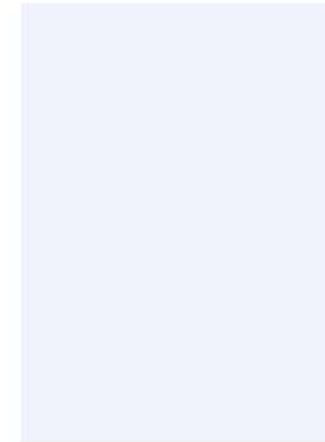
The course is delivered in four manageable chunks:

- About mental health
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders

It focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting.

Everyone who completes the course gets a Youth MHFA manual to refer to whenever they need it, and a certificate to say they are a Youth Mental Health First Aider.

Book onto a Youth MHFA Two Day course:



Other Youth MHFA courses

In addition to the Youth MHFA Two Day course, we also offer shorter awareness courses. To learn more about training options, visit mhfaengland.org.





TRAINING SALE

Book onto any of our courses running in Jan, Feb & March at these discounted prices! For dates see www.shinelincolnshire.com/book-a-course or email education@shinelincolnshire.com

Course	WAS	NOW
Mental Health First Aid (2day)	230	£160
Youth Mental Health First Aid (2day)	230	£160
Mental Health Awareness (4hr)	95	£80
Suicide First Aid Adult (1day)	95	£80
Suicide first Aid CYP (1day)	95	£80
Suicide First Aid Lite (4hr)	55	£50
Emergency First Aid at Work (1day/6hrs)	65	£55
Combined Emergency First Aid at Work and Emergency Paediatric First Aid (1day/7hrs)	75	£65

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THANKYOU!

Any feedback is gratefully received