HEALTHY HEADS NEWSLETTER

South Tyneside and Sunderland NHS Foundation Trust

Winter 2024/2025

Who Are We?

The Healthy Heads Team is a Mental Health Support Team based in schools across Sunderland.
We offer early intervention to help children, young people and their families who have mild to moderate mental health difficulties.

HEALTHY HEADS UPDATE

We would like to congratulate the 2023/2024 Educational Mental Health Practitioner (EMHP) trainees in passing their training year and securing permanent roles within the Healthy Heads Team.

The team were super busy for World Mental Health Day and had lots of fun joining in with different school events: everything from tea & talks in the staffroom, to assemblies and mental health workshops.

Pupils at Harry Watts Academy have been working hard with their EMHP Louise to think of ways the school can embed the 5 ways to Well-being in school. The 'well-being warriors' recently created and delivered an assembly on mental health and well-being.

Harry Watts Well-being Warriors

HARRY WATTS ACADEMY

The well-being warriors also created certificates and badges to be awarded each week to other pupils demonstrating the 5 ways to well-being.

DATES FOR YOUR DIARY

12TH DECEMBER: SAVE THE CHILDREN CHRISTMAS JUMPER DAY

21ST DECEMBER: NATIONAL ROBIN DAY

8TH JANUARY: NATIONAL BUBBLE BATH DAY

17TH JANUARY– 14TH FEBRUARY 2025: RSPB'S BIG SCHOOL BIRD WATCH

23RD JANUARY: NATIONAL HANDWRITING DAY

271ST–9TH FEB: NATIONAL STORY TELLING WEEK

Further Support

Sunderland foodbank

www.sunderland.foodbank.org.uk/locations/

THE SALVATION ARMY

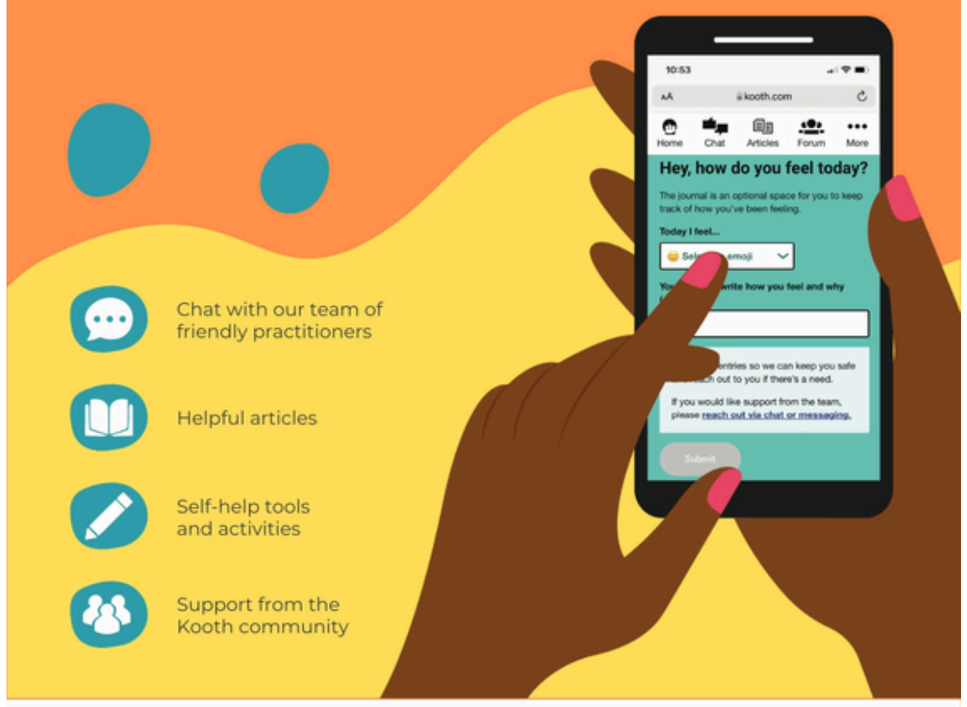
DOING THE MOST GOOD

Venues

Roker Avenue, Monkwearmouth.
Cairo Street, Hendon
Rutland Street, Millfield
Shakespeare street, Southwick
High Street West. Central

10YEARS + kooth

Free, safe and anonymous mental health support whenever you need it.



- Chat with our team of friendly practitioners
- Helpful articles
- Self-help tools and activities
- Support from the Kooth community

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Playing Lumi Nova helps children face their fears, build confidence & resilience

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Winter Well-being...

As Christmas fast approaches it can be a very exciting time for some, but for others it can bring a lot of extra pressure and can affect our mental health in lots of different ways.
See our 5 Ways to Well-being for tips to help improve your mental health over the festive period.

5 Ways to Well-being

1: **Connect**: Stay in touch with friends and family to brighten the darker days.

2: **Keep Learning**: Try a new hobby or winter recipe to keep your mind engaged.

3: **Be Active**: Get outside for a brisk walk to boost your energy and mood.

4: **Take Notice**: Appreciate the small things, like the beauty of a frosty morning.

5: **Give**: Spread kindness by helping others.

Service Feedback

"Good to chat face to face"

"I felt listened to and validated about my concern for my child."

"Ashley was amazing with my daughter at her appointments. She was very relaxed around him and felt she could open up and tell him her thoughts and feelings which she can sometimes struggle to do. He reported back to myself regularly so I could support her at home too. He's a credit to the service."

"Learnt how to have better convos with our child to help him cope better with his worries."

"Fun - drawing, making marshmallow and jumping on bean bag."

"It was easy and comfortable to talk."

Thank you!