

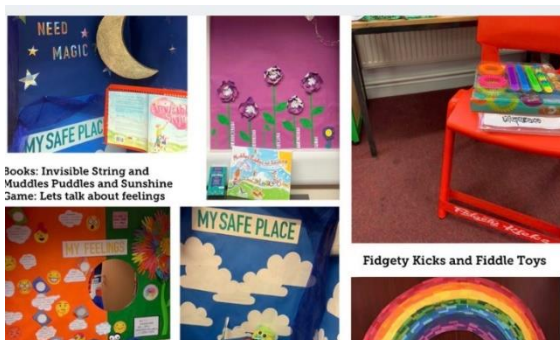
## Resilient Rutland newsletter – June 2020

### Introduction

As we approach the end of the summer term, we continue to find ourselves in testing times and the need to be flexible and creative in the way we are working has never been more apparent.

At Resilient Rutland we are trying our best to support our schools and community with initiatives that matter now and really can make a practical difference. Well done to everyone who is helping each other rise up and meet this unexpected challenge. Thanks especially to the Resilient Rutland project management team who continue to support each other on a daily basis!

### Primary resources



Most of our primaries have now accessed their £400 of funds allocated for resources to support mental health and well-being. Requests will be accepted this term until 10<sup>th</sup> July 2020 and then reopen in Sept.

### In-school counselling

Relate Leicestershire are continuing to provide telephone counselling where appropriate. Sessions have been increased slightly and we will continue to monitor waiting lists with each of our schools.

### Bereavement counselling

Resilient Rutland has a ring-fenced fund to support bereavement counselling and support. If any of your young people are in need of this service, please let us know.



### Rutland ELSA Support Group

We continue to meet as a group over Zoom once a fortnight. The Facebook page for Rutland ELSA's is also thriving and a good place to post resources and share support. The live Zoom sessions have been invaluable, and we have shared expertise for wellbeing sessions to support children on their transition back to school. If you are an ELSA in Rutland and would like to join the Facebook page and/or our live Zoom meetings, please email [lh@rutlandfirst.co.uk](mailto:lh@rutlandfirst.co.uk).

### Primary Colleagues Resource Share group

Launched via Twitter, this national group has gone from strength to strength and now has 33 members representing Primary colleagues throughout the UK and Ireland. We host a very active Twitter group chat where hundreds of resources and free training courses to support pupil and colleague wellbeing are being shared.

We meet once a fortnight on a Thursday 7-8 pm and colleagues host a resource share slot to discuss an activity, resource, or lesson they have tried. Recent topics have included feelings cards, wellbeing

books, zones of regulation, trauma informed return and talking and drawing therapy. It has also been wonderful to gain feedback on how some of our [Resilient Moves](#) resources have been used in the classroom and benefited the mental health and wellbeing of pupils.

Everyone is welcome, Rutland schools are attending these too. If you wish to join us, please get in touch.

## **Secondary Colleagues Resource Share group**

This group is open to all Secondary colleagues and those working in clubs and organisations throughout the UK who have an interest in the mental health and wellbeing of young people. We meet once per fortnight on a Thursday evening 7pm-8pm.

The group met for the first time four weeks ago and has swiftly grown to 22 members and we are delighted to have some of our Rutland schools in attendance. The group has an active Twitter group chat and free training courses and webinars are widely shared. This shows the value of Twitter as an excellent professional development source.

The first session focussed on pastoral care in lockdown and challenges faced to maintain support, connection, and community. Transition and return to school have also been a focus and it was brilliant to talk together about priorities for pastoral care and wellbeing support for secondary school pupils as they start to return, continue to remote learn, and to plan for a return in the Autumn. Thank you to Lyn our School Liaison Officer and to Paul Rhodes from UCC for the hard work they have put into a programme of wellbeing support for Y10 at UCC. It was great to then share the pupil voice questionnaire and these resources with colleagues across the country.

Other opportunities from this group have been to attend a safeguarding webinar led by Elizabeth Rose @sosafeguarding which raised awareness of criminal exploitation of children with specific reference to lockdown and the Coronavirus pandemic. We are also liaising with Future in Minds who have kindly offered to lead a webinar for us on returning to school post Coronavirus.

Please get in contact if you would like to join the group.

The logo for YoungMinds MiNDS, featuring the word "YOUNG" in yellow, "MINDS" in black, and "YoungMinds" in black, all in uppercase letters.

We are delighted that Mary Hinton from YoungMinds has returned to work with us and look forward to continuing the development of the Academic Resilience Framework in our Secondary schools. YoungMinds have invited all our secondaries to a community of practice on Wednesday 1<sup>st</sup> July at 10 am. The discussion will include the impact of Coronavirus on both pupils and colleagues, including how we can share Resilient Moves to plan for a return and continued support.

Mary is also leading a webinar for the TES on a whole school approach at secondary level to resilience and wellbeing. Mary is keen to include examples of good practice from our Rutland schools in the following areas: 1. Meet people where they are now - don't assume anything. 2. Build on what's been going well for people. 3. Be reliable and honest in your communication with people – it's ok not to know! 4. Work with people – being empowered is a resilient move. 5. Look after yourself. Do contact [lh@rutlandfirst.co.uk](mailto:lh@rutlandfirst.co.uk) to share any ideas and initiatives. These will be included in this national event and your school given a mention.

## Arts and craft packs for primary families

Our arts and craft packs went out to over 250 families. We have had some great feedback and have been delighted to hear about the positive impact they have had on young people. Some really great creations!



## Resilient Moves Calendar

We produced our first monthly Resilient Moves calendar in June on the topic of Coping. Each month we will share a section of the resilience framework with daily resilient moves to help share the language and powerful application with our families and communities in Rutland and beyond.

[June's calendar](#) led to a wealth of interaction and following on Facebook and social media, and shared activities to support bravery, optimism, calm, self-soothe, humour and leaning on others. The July calendar is focussing on Core Self and will include the resilient moves of hope, understanding others' feelings, knowing yourself, responsibility, fostering talents and problem solving. Do download the [July calendar](#) from our website. It is good to use in clubs, schools and at home and is further supported by the [Resilient Moves](#) resources that we have produced.

Join the following on [Facebook](#) and Twitter [@resrutland](#) and share your involvement too.

## Rutland Parent Chat

Having attended a parents resilience revolution chat group for Blackpool parents, Resilient Rutland has launched 'Rutland Parent Chat' which are virtual coffee mornings for parents from Rutland and the local area to come together and share activities and experiences to support wellbeing.

Based around the resilience framework, the informal sessions will explore various activities surrounding coping, core self, basics, belonging and learning and share resilient moves together. These online events are hosted by Lyn Harte, Resilient Rutland Schools Liaison Officer and we look forward to these continuing to grow.

It was great to share coping strategies and to raise awareness of the things we can bring into our daily routines to help us cope. Different breathing techniques, self-calm and worry resolution are a few things we have looked at so far. The sessions share some of the excellent resources for schools and families and these are available for free download from our website [www.resilientrutland.co.uk](http://www.resilientrutland.co.uk). If you are interested in attending our next Rutland Parent Chat we come together every other Wednesday at 10:30 am, please contact [lh@rutlandfirst.co.uk](mailto:lh@rutlandfirst.co.uk) for more information. Don't forget to bring your own cuppa and cake!

## Lincolnshire and Rutland Scouts

Lyn Harte was interviewed by Lincolnshire and Rutland Scouts this month to share resources with Scout leaders to support mental health and wellbeing within the community. Lyn discussed the resilience framework and several coping and self-calm resources and how these could be used within community groups.



Rutland Parent Chat

Come and join us for a coffee and chat over zoom.  
Sharing support #inthisogether

**#Coping:**  
Introduction to some self- soothe activities.  
10:30 am Wednesday 24<sup>th</sup> June 2020.

Email [lh@rutlandfirst.co.uk](mailto:lh@rutlandfirst.co.uk)  
or message Resilient Rutland on Facebook for meeting link.

**RESILIENT  
RUTLAND**

 **COMMUNITY  
FUND**

The resilient moves calendar was well received and will be used to inform activity in Scout sessions which continue to thrive over zoom during the Coronavirus pandemic. Look out for the interview recording which is being posted as a wellbeing webinar on the Scouting YouTube channel. If your organisation would like to meet with Lyn Hart to review our FREE wellbeing resources and how they may work with your club or activity do not hesitate to contact us, email [lh@rutlandfirst.co.uk](mailto:lh@rutlandfirst.co.uk)

### **Mental Health First Aid training**

Resilient Rutland is delighted to be funding Mental Health First Aid training for schools and community groups working with young people in Rutland. Over 200 people have already signed up for this fast-tracked online training taking place before the end of the summer term.

Mental Health First Aid training has always been in our plan and we had originally scheduled this to start in December 2020. However the current climate and feedback from parents/schools, clearly indicated that there is very much an immediate need for this wide-reaching support.

The Mental Health First Aid (MHFA) accredited courses is the training chosen by Public Health England for those supporting children with their mental health and well-being. The sessions have recently been made available online and the training offered is a half day introductory course or a two-day session for those who require a more in depth understanding. The outcome will be improved support to children, increased staff confidence to cope with challenging questions surrounding mental health, and also enhanced staff well-being.”

We are working very closely with training provider MindShift to deliver these courses at very short notice and are pleased that this much needed support will benefit both schools and community groups.

### **Working with other agencies in Rutland**

The current situation has encouraged local groups to work together even more and we are delighted to be making new inroads into the Rutland network. We all have lots to share and this collaborative approach is fantastic to disseminate resources and make the most of all opportunities and skills. We have always had an open approach to communication, and this has never been more important.

### **Contact**

Please direct communications to Morag Tyler Tel: 07572 593 004 or Email: [info@resilientrutland.co.uk](mailto:info@resilientrutland.co.uk)  
W: [www.resilientrutland.co.uk](http://www.resilientrutland.co.uk)

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