



# Be Connected

This term we will be focusing on our next theme: BE CONNECTED, we are happy to share some resources and ideas for your school to encourage connection to others.

## DEVELOPING CONNECTION

Be You have created a padlet of resources with activities for children and young people to practice being connected to themselves and others. The padlet includes interactive content and classroom ideas around being connected. To access the padlet, click [HERE](#).

## HIVE MEETING

The next confirmed HIVE meeting is scheduled for:  
Monday 28th March 3.45pm-4.45pm for Primary/First/Middle Staff

Tuesday 29th March 3.45pm-4.45pm for Middle/Secondary Staff

The HIVE meetings are termly meetings for school staff to receive updates on the Be You team, share good practice and receive an update on training available.

The agenda for the next meeting is:

- Welcome and Introduction
- Sharing good practice
- Early Intervention Eating Disorders awareness in schools' presentation by Claire Leighton, Clinical Lead for EDICT
- AOB

<https://northumberland-gov-uk.zoom.us/j/89963666828>

Meeting ID: 899 6366 6828

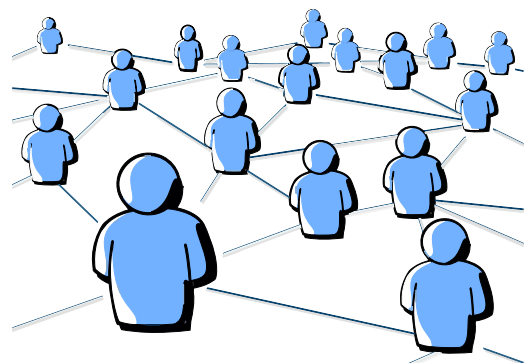
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## SUPPORTING TRANSITION ACROSS NORTHUMBERLAND (STAN)

The Be You Team have developed a new framework to support schools, children, young people and parents and carers through periods of change. There will be a launch week on the week commencing 14th March 2022 with the new framework and support for transitions. **Keep an eye out on the NCC Social Media pages for further information.**

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## ONLINE RESOURCES

- [Talking racism and mental health in schools: podcast series \(annafreud.org\)](#)
- [North East North Cumbria MHST celebration event](#)
- [Young Carers toolkit](#)
- [Staff Acceptance Commitment Therapy training interest form](#)
- [Be Connected Padlet](#)
- [Wave 3 Launch Week Padlet](#)

If your school has any news or good practice you would like to share, please let us know

[beyou@northumberland.gov.uk](mailto:beyou@northumberland.gov.uk)



## WAVE 3 LAUNCH

The Mental Health Support Team is now in Ashington and Bedlington. During our launch week (7th March 2022), we shared lots of content and resources as part of our official launch on the padlet. We have videos and audio recordings about the Be You Team and from our partnership services. To view the padlet, click [here](#).

## ACCEPTANCE AND COMMITMENT TRAINING (ACT) FOR STAFF

The Be You Team are planning on delivering ACT training for staff with the aim of supporting staff self wellbeing. The training is not limited to work-related well-being and effectiveness, but instead offers general psychological and behavioural skills that can be applied in all areas of life. Research evidence demonstrates the impact of this type of training on people's psychological well-being and behavioural effectiveness. If you are interested in this training, please express your interest on the form [here](#).

## PEER MENTORING

Our Peer Education Worker, Stacey, has successfully delivered the Peer Mentoring Program in 24 schools, with 161 students now being fully trained and actively carrying out their role as a peer mentor within their school. The program aims to promote emotional wellbeing by building peer to peer relationships through improving social skills, integration and connectedness.

The 8-week training course covers the topics: what Peer Mentoring is, emotional wellbeing, communication skills, bullying, friendships, safeguarding and confidentiality. Students who complete the program receive a qualification in 'Peer Mentoring' and are also rewarded with an AQA qualification in 'Peer Mentoring' and for or Secondary schools' students have also achieved AQA 'Safeguarding & Disclosure' qualification.

If you are interested in the Peer Mentoring programme coming to your school, please register your interest through the Be You Padlet [here](#) by the 4th April.

## SELF-HARM AWARENESS TRAINING

Northumberland, Tyne and Wear Suicide Prevention Steering Group, alongside the NENC Suicide Prevention Network, are excited to be able to offer Mental Health's Self-harm Awareness and Response Training to your staff at no cost. Two places per school for self-harm awareness and response training in the week commencing 28th March 2022. (the flyer with more information is on the [padlet under training opportunities](#)).

## NORTH EAST NORTH CUMBRIA MENTAL HEALTH SUPPORT TEAM CELEBRATION EVENT

NHS England are holding a virtual celebration event and we would like to invite professionals working in MHST across the region and those also working education, local authority and parents/carers of young people.

The presentations include:

- Celebrating our journey so far in North East and North Cumbria MHST
- Parent Peer Support at Darlington MHST

The event will be held virtually on Tuesday 22nd March from 3.30pm to 5.30pm. To sign up, please click [here](#).