

SCHOOL IN-REACH SERVICE NEWSLETTER

IN THIS ISSUE

- Welcome back
- Overview of evaluation
- Congrats Chloe!
- Service shoutout
- Service updates

WELCOME BACK Hello from all of us at School In-Reach!



We hope you have had a restful summer break, with a chance to unwind after another busy school year. Over the Summer, we have been busy preparing for the term ahead; working on our processes, group offer and training packages. We're really excited to be back in school and education settings across Cardiff and the Vale of Glamorgan.

OVERVIEW OF EVALUATION

We would like to thank you for completing the end of year evaluation questionnaire. Your feedback has helped us come together to review, update and develop aspects of our service, including:



- Updating our **resources and training** offer
- How we **gather feedback** throughout the year (from staff, learners and parents/carers)



- Making **adaptations to the School In-Reach group**



- Evolving the **primary school pilot**



CONGRATS CHLOE!

Over the last three years, Chloe has been working with unwavering effort, balancing her role in the School In-Reach Service alongside her studies. On 16th July, all her hard work was proudly celebrated as she graduated with a Distinction in her MA in Art Psychotherapy!



We couldn't be prouder of everything you've achieved and are so excited to see where this next chapter takes you. Well done and congratulations, Chloe!

WHAT HAS BEEN THE MOST HELPFUL PART OF THE SERVICE?

"I like the incorporated aspect of the service working with staff, parents and pupils as I feel this is the best way to benefit the pupils involved."

"The group sessions are particularly helpful. Just an email or call away and they come into the school with no fuss."

4.75

average rating

Highlights



65

responses

"School In-Reach are great and give so much time and effort to our school and pupils. They have been amazing support to us and some really vulnerable pupils - we could do with clones of them to have them here all of the time 😊"

SCHOOL IN-REACH SERVICE NEWSLETTER

SERVICE SHOUTOUT

EDUCATION SUPPORT

We also wanted to take a moment to highlight Education Support – an organisation dedicated to promoting the mental health and wellbeing of education staff. They offer a wide range of resources, direct support, and a confidential helpline for anyone working in education.

You can find out more by visiting their website: <https://www.educationsupport.org.uk/>



BEAT

Following our recent evaluation review, many schools highlighted the need for more support in helping young people with eating disorders. SPOT (School Professional Online Training) is an e-learning platform developed to support those working with school-aged children. It equips staff with the knowledge to recognise the signs of an eating disorder, make timely referrals for treatment, and support pupils throughout their recovery journey.

Head to beateatingdisorders.org.uk/SPOT to learn more about SPOT.

SERVICE UPDATES

Training



Over the summer we looked at our training feedback, so we are evolving how we are delivering training moving forward. Our open-access training will shift to face-to-face delivery, instead of online – we will share more about our future dates soon. In addition, we are prioritising training within individual schools (for whole staff teams or smaller staff groups), or joint delivery across a couple of schools in a cluster.

Secondary schools can continue to request training in prioritisation meetings with their Senior Mental Health Practitioner.

Primary Schools



Over the past year, we've had the pleasure of working closely with education staff across Cardiff and the Vale to help shape and develop our School In-Reach offer for primary schools. From September, we're excited to share a range of online resources, including bitesize videos, transition checklists, and selected training sessions that schools can request for in-person delivery. Following training, we will also be able to offer up to two consultation slots to support reflection on specific young people or key themes. In addition to this, we have a small capacity to co-deliver our existing Feelings Are Funny Things and Tree of Life group sessions for Year 5 and 6 learners alongside education staff.

We will be reaching out with more information about our primary school offer via email. If you would like to contact us, please email: schoolinreach.cavewales.nhs.uk

WEBSITE UPDATE

We're working on updating our school in reach resources and updating our website. Look out for more on:

<https://cavyoungwellbeing.wales/young-people/emotional-wellbeing-mental-health/our-services/school-in-reach/>



or scan the QR code:

