

# Secondary E-bulletin

## Term 2 September 2025

Included in this bulletin are details of resources available to schools, but their inclusion does not mean that we, as a programme, are necessarily endorsing them.

## Welcome

I hope everyone had a great summer break and that the new school has started positively for you. I have pulled together information on a wide range of resources and training opportunities to support schools/settings in further developing positive physical and mental health for your pupils and school colleagues. I hope you find the information useful and supportive. If you have anything (resources/websites/training opportunities) that you would like me to share in the Term 2 newsletter, please let me know. Please share the newsletter with anyone within your setting who may benefit from what is shared. If you are not already on my mailing list and would like to be added, please let me know at the email address below.

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Advanced Public Health Practitioner for Children and Young People  
North Somerset Public Health Team

## North Somerset PSHE Programme

Three Secondary Schools took part in the PSHE Programme last year. The programme involves schools completing a simple audit of their PSHE/RSE provision and identifying improvement priorities. An action plan is produced to guide the school's work over the academic year. Funding of up to £1000 is available to support the PSHE improvement work. The schools involved last year focused on developing pupil/parent voice, strengthening curriculum planning, improving the quality of PSHE teaching and learning and enhancing the curriculum through guest speakers/visitors. This academic year we have seven schools signed up for the programme and we look forward to working with these schools in the coming weeks and months. We will start the recruitment process for the 2026-27 academic year in the Spring Term.

# Mental Health

## Next CYP Mental Wellbeing Network meeting

The next CYP Mental Wellbeing Network for mental health leads is being held via Teams on **Thursday 9<sup>th</sup> October from 3.30-5.00pm**. This is the third meeting of the network which has one meeting in each of the three school terms. Most schools now have someone who attends the meetings which provides updates on support available for CYP's mental health. The October meeting will have input from the Mental Health Support Team leadership, Off the Record, Place2Be-Parenting Smart support (see info below) and Christina Perry (VLC) on their inclusion toolkit. There are currently 64 colleagues due to attend. If you have not received an invite and would like to attend, please send me an email and I will add you to my mailing list. The meeting is recorded and shared with everyone on the mailing list soon after the meeting.

## Free Online Autism and Mental Health training

North Somerset's Public Mental Health Team have organised some **free online training** on the complex relationship between autism and mental health conditions and how to support young people with autism experiencing mental health difficulties.

There are currently four dates for the training:

Tues 21<sup>st</sup> Oct 2025-2-4pm-currently sold out

Wed 10<sup>th</sup> Dec 2025 10am-12pm-waiting list [Autism & Mental Health in Young People Tickets, Wed 10 Dec 2025 at 10:00 | Eventbrite](#)

Wed 14<sup>th</sup> Jan 2026 2-4pm [Autism & Mental Health in Young People Tickets, Wed 14 Jan 2026 at 14:00 | Eventbrite](#)

Thurs 12<sup>th</sup> Mar 2026 10am-12pm [Autism & Mental Health in Young People Tickets, Thu 12 Mar 2026 at 10:00 | Eventbrite](#)

Tickets can be booked by following the Eventbrite links above. I would recommend booking the training as soon as possible as the first two sessions booked up quickly.

## Place2Be-Parenting Smart

Place2Be has produced a parenting advice service on their website. This provides parenting advice written by child mental health experts and offers practical tips to support children's wellbeing and behaviour. There are currently 54 topics including 'De-escalation techniques with children', 'Help your child manage separations and

goodbyes' and 'My child doesn't want to go to school'. Most topics include a short video and some written guidance. This is an excellent resource and could provide much needed support for parents/families who are struggling. Here is the link to the Parenting Smart webpage which can be shared with parents/carers in your school community: [Place2Be: Parenting Smart: Articles](#)

## NSPCC Programmes

Building Connections-an online service for young people upto the age of 19 who are experiencing loneliness [Building Connections | Support service for young people | NSPCC Learning](#)

Please contact Tamsin Sheldrake-NSPCC North Somerset Schools Coordinator on [Tamsin.sheldrake@nspcc.org.uk](mailto:Tamsin.sheldrake@nspcc.org.uk) for further details about all of the programmes.

## Right Service, Right Time

The Public Health team are in the process of transferring all of the information contained in our Right Service, Right Time document to our Better Health website so that is more easily accessible for all users and so that it can be updated more easily and efficiently. Links with further information about a wide range of mental health service providers can be found on this page: [Children & Young People's Mental Health & Wellbeing | Better Health North Somerset](#)

We are looking for schools to work with us to ensure that the development of this platform meets your needs and those of your pupils. If you would like to play a part in the co-production of this new webpage, please contact me.

## Voluntary Action North Somerset (VANS)

VANS are organising some dates and locations for four Mental Health events for CYP and Parents/Carers. The events are likely to be in Pill, Weston, Banwell and Clevedon. I will share further details once these are finalised but if any school would like to be involved, please contact Claire Payne at [info@vansmail.org.uk](mailto:info@vansmail.org.uk)

## Wellspring Counselling

Wellspring Counselling have launched a free listening service for children aged 11-18. Further information can be found on their website but please promote this service through your normal communication channels. [New Free Listening Service 11-16 Years - Wellspring Counselling](#)



**WE'LL LISTEN  
TO YOU NOW**



**LISTENING MENTORS TO  
GIVE YOU A SAFE SPACE**



**FREE Service for Ages 11-16 yrs**  
Face to face 35 minute weekly sessions in Clevedon,  
Nailsea, Portishead and Weston

**CALL NOW TO BOOK AN ASSESSMENT**

☎ 01275 810879    **VERY SHORT WAITING LIST!!**  
✉ [reception@wellspringcounselling.org.uk](mailto:reception@wellspringcounselling.org.uk)

## CAMHS

The latest referral guidance for CAMHS can be found attached at the top of this webpage: [Professionals :: Avon and Wiltshire Mental Health Partnership NHS Trust](#)

This includes information on:

- 1 Introduction to CAMHS
- 2 What is this guidance for?
- 3 Who do CAMHS work with?
- 4 When might it be a CAMHS referral?

- 5 What referral information is required?
- 6 How to make a referral?
- 7 Who can refer?
- 8 When might it not be a CAMHS referral?
- 9 What to do if you're unsure?
- 10 Where to find other sources of help?
- 11 Other Specialist Services
- 12 Consent, confidentiality & communication

## Effective Referral Training

There is another opportunity for a member of school staff to attend online Effective Referral Training led by CAMHS. It is essential that a member of staff has attended an Effective Referral training session before submitting CYP referrals to the CAMHS team. If the person who will make CAMHS referrals in your school has not attended a previous ER session then this training would be perfect for them. The first hour of the training will begin with input from other mental health service providers about their programmes and how to make referrals. From 10-12, Claire Luker (Principal Clinical Psychologist for CAMHS) will lead the training on the criteria, process and triage for CAMHS referrals.

Places can be booked through this Eventbrite link:

[Making an effective mental health referral for Children and Young People Tickets, Tue, Sep 30, 2025 at 9:00 AM | Eventbrite](#)

## Young Minds

Young Minds is a leading charity fighting for a world where no young person feels alone with their mental health. They offer support to young people, parents/carers (of children and young people) and professionals. They have a wide range of resources for schools, teachers and community groups covering themes such as 'Support with grief and loss', 'Supporting young autistic people with their mental health' and 'A quick guide to OCD in young people'. This is a great resource to use in school and promote with families. [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

## Mental Health and Lived Experience

The Public Mental Health Team have organised some free training in November to help practitioners understand mental distress and is delivered by facilitators with lived experience. The training is focused on adults but there are many themes which will

overlap with the experiences of children and young people: [Mental Health and Lived Experience Tickets, Tue 11 Nov 2025 at 13:00 | Eventbrite](#)

## PSHE/RSE

### Relationships and sex education (RSE) and health education

The Department for Education published new statutory guidance for schools in July 2025. The guidance contains information on what schools should do and sets out the legal duties with which schools must comply when teaching relationships education, relationships and sex education (RSE) and health education. The guidance is for introduction from 1<sup>st</sup> September 2026. I will be sharing further information about this new guidance along with some key documents in the coming weeks. The revised guidance can be found here: [Relationships and sex education \(RSE\) and health education - GOV.UK](#)

### Staff training on new RSE and health education guidance

The PSHE Association are offering online RSHE courses for PSHE/RSHE leads in Primary and Secondary schools (separately) in the autumn term covering the statutory changes, practical ideas and classroom strategies to support the implementation of the new RSHE curriculum (statutory from Sept 2026). The training costs £195 per session.

Secondary:

Sept 18<sup>th</sup> (fully booked)

Dec 3<sup>rd</sup> (places available) [Online CPD: RSHE: Successfully implementing the new statutory requirements \(secondary\)](#)

Primary:

Sept 23<sup>rd</sup> (fully booked)

Dec 2<sup>nd</sup> (places available) [Online CPD: RSHE: Successfully implementing the new statutory requirements \(primary\)](#)

**Life Lessons** are offering a free practical online session for PSHE/RSHE leads unpacking the new RSHE guidance on Thursday 2<sup>nd</sup> October from 3.30-4.30pm. The sessions will include breakout discussions, Q and A and practical takeaways to support implementation. Places can be booked here: [Understanding the New RSHE and KCSIE Guidance: A Practical Guide for Schools - With NSPCC - Life Lessons](#)

## Brook

[Brook](#) is a Sexual Health charity which provides a wide range of support and advice for young people and professionals on a wide range of issues such as relationships, puberty, gender and sexuality.

Their website is full of useful information to support schools particularly with regards to Relationship and Sex Education.



Sign up here: [Join Brook's Learning Network](#)

## Yuno-new local sexual health service



### Free Relationships and Sex Education Support:

Young people can access targeted relationships and sex education support:

**MyLife RSE Programme**-a 1:1 educational programme covering healthy relationships and sex education

**Small group RSE**-targeted RSE sessions for vulnerable young people aged 13-24

**School assemblies**-covering how and why a young person would need to access sexual health services, contraception, STIs and local services

Sign up to be a school Condom Distribution Outlet

School Outreach

Free training for school staff [Yuno Professional Training 2025/26 | Eventbrite](#)

Further information on all of these services can be found at: [Outreach, educational services Bristol & South Gloucestershire](#) Further information included on the YUNO overview sent along with this newsletter.

### Yuno Newsletter

Yuno publishes a regular newsletter with lots of useful information about support packages, training and resources. Here is a link to September's newsletter:

[Yuno September newsletter](#)

You can sign up to receive the newsletter here: [Yuno newsletter sign up page](#)

## Gender Action

Gender Action is an award programme which promotes and supports a whole-school approach to challenging stereotypes. Through the programme, schools can demonstrate their commitment to ensuring all young people reach their full potential.



A school award programme for gender equity

Further information can be found here: [Gender Action - Gender Action](#)

## Talk Consent

Talk Consent delivers effective consent education to students in the form of workshops or assemblies. They can deliver to any age group from year 3 to year 13. All content and delivery is adapted to the age of the audience.

They have a few different sessions covering topics like consent, boundaries, sexual violence awareness, misogyny, sexual harassment and sexting. You can view a full summary of their sessions and content as well as answers to FAQs here: [www.talkconsent.org/consent-workshop](http://www.talkconsent.org/consent-workshop)

They charge £100 per session, with a minimum of £200 per day.



## Physical Health

### Sport and Physical Activity Bursary Scheme

North Somerset Healthy Lifestyles Team are offering grants of up to £50 for children and young people who come from low-income families to support them in accessing the sport or physical activity they love. The money can be used to cover sports equipment, membership to clubs and activities and entry to events or competitions. Further information can be found at:

[Sport and Physical Activity Bursary Scheme | Better Health North Somerset](#)

### ParkPlay

Free community play (90 minutes) on Saturday mornings in Worle and Portishead.

Further information can be found at: [ParkPlay | Better Health North Somerset](#)

### Junior Park Runs (4 to 14 year olds)

Junior Park Runs are held over the weekend for children and young people aged between 4 and 14. This is a free, fun and friendly 2km event. Further information can be found at: [parkruns - North Somerset Athletic Club](#)

### Go4Free

Go4Free is a physical activity project which aims to increase participation across all age ranges, by providing free passes to a physical activity class/session from the list below.

To be eligible for a Go4Free pass you will need to meet both of the below criteria:

Take part in less than 30 minutes of physical activity per week

Live in North Somerset

Referrals into the scheme can be made by the North Somerset Healthy Lifestyles Advisors (HLA), North Somerset Social Prescribers (see the list at the bottom of the page), or via another local professional. Self-referrals can also be made.

The Go4Free pass will provide you with five FREE visits and five HALF PRICE visits (for which you will pay a maximum of £3 per session) to one of the approved Go4Free physical activity sessions of your choice. Follow this link for further information: [Go4Free | Better Health North Somerset](#)

## **Updates to immunisation programmes**

The UK Health Security Agency updated routine and selective childhood immunisation programmes over the summer. This information may be worth sharing with your families. Full details can be found here: [Routine childhood immunisations from 1 January 2025 \(babies born before 1 July 2024\) - GOV.UK](#)

# Support for parent/carers

## Parenting Village

# Parenting village coffee morning



This is a relaxed and friendly drop-in session where parents and parenting specialists will be on hand to share resources, offer support, a listening ear or just spend time talking about what it's like to be a parent.

**“It takes a village to raise a child”** comes from an old African proverb. It shares the message that it takes many people to provide a safe and healthy environment in which children can flourish.



**When?** First Friday of each month  
**Where?** Castle Batch Children's Centre,  
Bishop Avenue, Weston-super-Mare, BS22 7PQ  
**What time?** 09:30am – 11:00am



**When?** Second Tuesday of each month  
**Where?** Oldmixon Family Centre, Monkton Avenue,  
Weston-super-Mare, BS24 9DA  
**What time?** 09:00am – 11:00am



**When?** Third Monday of each month  
**Where?** Clevedon Library, 37 Old Church Road,  
BS21 6NN  
**What time?** 9.30am - 11am

Scan here to learn  
more about our  
advanced  
parenting groups



## Advanced Parenting groups



### Advanced Parenting Groups

Parenting isn't easy even when your child is well and happy. Sometimes all we need is a little advice and guidance to get us back on track when things are tricky.

The Family Wellbeing Parenting Team have an offer of 13 advanced parenting groups which are free to attend and run by trained facilitators. All groups are evidenced based meaning they employ tried and true methods built on research that demonstrate positive outcomes and are most likely the most reliable way to approach parenting.

For information on the advanced parenting groups please search for "North Somerset Advanced Parenting Groups" on your chosen search engine or scan the QR code below.

- Incredible Years Autism & Language Delay
- Incredible Years Preschool
- Incredible Years School Age
- D.A.R.T – Domestic Abuse Recovery Together
- Parents Plus: Adolescent Programme
- Parents Plus: Working Things Out
- Parents Plus: SEND
- Parents Plus: Parenting When Separated
- Non-Violent Resistance
- Mellow Parenting

For more information, please contact the Parenting Team:  
[parenting.groups@n-somerset.gov.uk](mailto:parenting.groups@n-somerset.gov.uk)



## Parents Plus Programme



### Parents Plus: Adolescent Programme



### Attention Parents

The teenage years can be a challenging time for many families. By helping parents develop warm relationships with their teenagers you can reduce conflict and support teenagers to grow up as well-adjusted and happy adults

Join our **Parents Plus 'Adolescent Programme'** and meet other parents in a supportive group to make this a reality.

**Venue:** Portishead Library, Horatio House, 24 Harbour Rd, Portishead, Bristol BS20 7AL

**Start:** Wednesday 1<sup>st</sup> October 2025

**End:** Wednesday 26<sup>th</sup> November 2025 *(no group during the school holidays)*

**Time:** 18:00 – 20:30

**For more information about the group and how to refer, please visit the North Somerset website:** <https://n-somerset.gov.uk/my-services/children-young-people-families/advanced-parenting-groups> **Or email:** [Parenting.Groups@n-somerset.gov.uk](mailto:Parenting.Groups@n-somerset.gov.uk)

  
**ParentsPlus**  
Empowering Professionals to Support Families

ParentsPlus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

[www.parentsplus.ie](http://www.parentsplus.ie)

## FREE Holiday Activity and Food (HAF) days for children and young people who receive benefits related free school meals

Website link to HAF website: [Holiday, activities and food \(HAF\) programme | North Somerset Council](#)

**Live booking from 7<sup>th</sup> November 2025!**

**HAF** NORTH SOMERSET  
Holiday Activities & Food

**Christmas Holiday Fun 2025!**

If your child receives benefits related free school meals then they are entitled to these free days! Find out more here:  
[North Somerset HAF](#) or email [HAF@n-somerset.gov.uk](mailto:HAF@n-somerset.gov.uk)

QR code for our booking platform