

Who we are

The Brighter Futures directorate is a dedicated service committed to keeping young people safe and enabling them to reach their full potential. This directorate is made up of the 0 -19 Children's Health Team, HeadStart, the Youth Empowerment Service and the Early Help Hub. We aim to support the emotional wellbeing of both staff and students and aim to prevent the onset or escalation of mental health difficulties.

We would like to support all of our schools in Newham. We know how hard they are working and we understand the demands being placed upon staff at this moment in time. By bringing together a number of mental health support services across Newham, we aim to bring a range of services directly to your staff and young people at a time that does not interfere with the curriculum or require additional staffing to facilitate.

How can the Wellbeing Roadshow promote positive wellbeing and mental health in your school community?

- **Our Practitioners will be signposting to current local activities and opportunities for young people, families and school staff, as well as supporting sign ups.**

Families have been put under unimaginable strain and inevitably, our CYP have felt the effects of having their world turned upside down. The effects of lockdown, home environments, familial relationships and experiences of learning have been so varied across the board. What we do know is that some young people have been disproportionately affected by the pandemic, more so than others. Evidence suggests that for young people already struggling with their mental health pre-pandemic, things may have worsened.

- **Increasing young people and staff's sense of connection to one another**

Isolation and loneliness have been cited as one of the most reported effects of the pandemic. Support structures, access to services, physical activity and social connections have been fractured or non-existent in many cases. The link between loneliness, isolation and mental health difficulties is widely known and will greatly impact upon young person's ability to be academically present in the classroom and emotionally available to learn. Creating a nurturing and relational school environment will be good for all our CYP, but essential for our most vulnerable to feel safe.

- **Support for young people with primary-secondary transition**

Many of our young people have reported anxiety around transitioning to secondary school or college. Those that made the transition during the pandemic have spoken about the negative effects on their ability to form relationships with staff and students alike. Lack of confidence and access to usual routines at the start of the transition period can often have a profound impact on the ability to adapt and acclimatize in the

usual sense. Young people will be able to engage with transition support materials produced by HeadStart young people and school staff will be able to take away **comprehensive and tailored transition toolkits** (resource pack, animation and guidance) suitable for young people, including those with SEND.

- **Supporting Students to plan for the future and foster new interests and hobbies**

Some CYP have expressed a sense of hopelessness for the future. The uncertainty and lack of control around exams, lack of access to technology and learning spaces during lockdown, caring responsibilities and family bereavement, have all played their part in the experiences of our CYP and their optimism for their future. **Young people will be able to sign up to activities with the support of Brighter Future Youth Practitioners and Health Practitioners.**

If you have any further questions about Brighter Futures, HeadStart or the Wellbeing Road Show, please feel free to contact us at HeadStart.programmeteam@newham.gov.uk

Yours Faithfully,

Hiwot Ameshoa and Reshmi Copperthwaite
Mental Wellbeing and Resilience Managers
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