

Resilient Rutland newsletter – April 2021

Introduction



Considering we have been in lockdown for most of this year May seems to have come round very quickly. As the days get warmer (we hope) we will be able to spend more time outdoors and enjoy the wonderful countryside that Rutland affords.

The positive effects of creative, arts and sports activities to support mental health are well documented. We are delighted to be able to support our 18 primaries schools with a range of activities to build resilience and share the language of the academic resilience framework that underpins our whole school approach. Our offer was sent out last week and there are a range of exciting activities for our young people to get involved with, from dancing to Rock music, there's definitely something for everyone!




Review of project timescales and sustainability planning

Due to Covid delaying a number of our workstreams and the subsequent impact on our budget, the Rutland First CIC Board has made the decision to bring forward the end of the Resilient Rutland Project to July 2022. We will be reviewing each of our workstreams and ensuring that maximum impact and legacy is achieved. It is possible that some elements of the project may continue until Dec 2022 - we will keep you all informed as our plans progress.

Signposting to help, advice and support

There are many professional organisations who deliver support on mental health and wellbeing and offer great free advice and information. You can find our comprehensive '[Getting Help](#)' section on our website. The content is useful, trusted and relevant, we need to ensure that parents/carers, staff and colleagues are aware of it. Please copy this information and use on your own website if this helps share the message.

GUIDANCE AND SUPPORT

<p>Parents and Carers</p>  <p>If you are a parent or carer click the button below to find out more about support available.</p> <p>FIND OUT MORE</p>	<p>Young People</p>  <p>If you are a young person looking for advice and support click the button below to find out more.</p> <p>FIND OUT MORE</p>	<p>Professionals</p>  <p>If you are a professional working with young people or perhaps a volunteer, please click the button below to find out more.</p> <p>FIND OUT MORE</p>
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Primary whole school approach

Following a tender process we can now announce that [Boingboing](#) has been successful with their bid to provide our primary schools with training and support to implement the Academic Resilience approach. Their bid had been really well researched and with their extensive experience, we are confident that they are the right providers to support us in Rutland. We are looking forward to working with them and the next step is to bring Boingboing and schools together to finalise the timetable for delivery.



Creative and Sports Activities (CASA) – Primary

Our exciting menu of Creative and Sports Activities to support mental health and wellbeing in our Rutland Primary schools is complete and has been shared with schools. Activities include Drama, Forest School, Sport and Physical Activities, Rock Music, Yoga, Dance, Mindfulness and Meditation, Theatre Show & Arts workshop for Mental Health, Relax Kids Magical Adventures and Team Building and Problem Solving. We are really looking forward to these getting underway and hearing all about them!

Mental Health First Aid (MHFA) training – third round

As per the email sent to all schools last week, the next training dates are now available to book on Eventbrite. We do have some delegates from community groups already booked on and are keen to include additional groups in this offer, so if you work with young people in Rutland and would like to attend the training email info@resilientrutland.co.uk. Deadline for booking is 14th May 2021.

Resilient Moves Resources – May Calendar

RESILIENT MOVES CALENDAR:
This month we share 1 FARNING moves – Finding a place to belong, understanding our place in the world, Good influences, Relationships, Hope, People we can count on, Responsibilities, A focus on good times and places, Predict a good experience of something new, Making friends.

Find out more about the resilience framework at www.boingboing.org.uk #RESILIENTMOVES SHARE THESE WITH US ON TWITTER @RESILIENTRUTLAND

Resilient Moves Calendar: Lynette Harle and Paula Reeves 2021. For resources and support visit www.resilientrutland.co.uk

Our [May Calendar](#) focussing on the LEARNING section of the Resilience Framework is now available for FREE download from our website. Access the Resilience Framework [here](#). Finding a place to belong, Understanding our place in the world, Good influences, Relationships, Hope, People we can count on, Responsibilities, A focus on good times and places, Predict a good experience of something new, and Making friends, are the key resilient moves we share daily this month. Please do let us know how you are using the calendar in schools, at home and in the community.

Parent Support

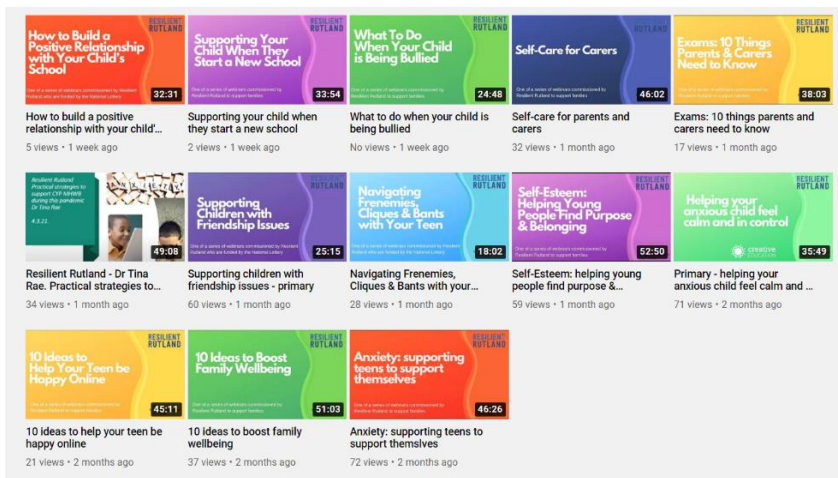
Our parent support offer has been very well received and we are continuing to promote and develop our services. We were delighted to receive the following feedback from a parent at one of our schools:

"I looked at these Resilient Rutland courses that you have previously recommended, and I thought that they were fantastic, in fact I learnt more from them about building resilience in mental health than anything else I have read/watched" *Rutland Parent.*

Professional webinars

We have now uploaded all of our 12 wonderful talks by Dr Pooky Knightsmith to support parents and carers (and colleagues too) with a range of topics including supporting anxiety, exams, friendships, self-esteem, bullying, teenagers online, family wellbeing, and our latest one on building a positive relationship with your child's

school. We also have our recording on supporting children’s mental health during the pandemic by the brilliant Dr Tina Rae. Visit our YouTube channel [here](#).



Free two-year membership to Pooky Knightsmith's parent/carer portal

As well as commissioning Pooky Knightsmith to [record webinars](#) for our project, we have also been offered 500 free two year memberships to [Pooky's new parent/carer portal](#). The newly launched portal includes nearly 50 on-demand courses included with more being added each week. There is a great range of topics including: supporting your worried child, self-harm, eating disorders, bereavement, body image and anxiety.

If you would like to request a membership for parents/carers please click [here](#) and fill in the very short form. It should take no more than 60 seconds to complete, and we will then email the parent/carer with a link to join the portal. Can we remind you that only parents/carers of children who are at school in Rutland are eligible. Please feel free to share this offer with your staff/teams.

Resilient Rutland Parent Group on Facebook

With nearly 100 members, our Resilient Rutland Parent group is going from strength to strength. We regularly share trusted information and resources. Use the search function to find the group on Facebook or click on the Group & membership request link [here](#).

Virtual coffee mornings

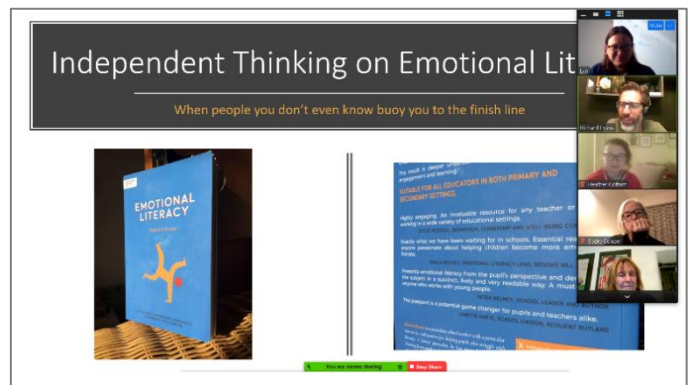
Our fortnightly virtual coffee mornings are continuing to develop and we welcome new parents to join us. We are a friendly group who discuss themes from the Boingboing resilience framework and importantly can talk about our own experiences in this trusted forum. The next dates for your diary are 5th and 19th May at 11:30 am. The Conversation Stamford will be picking up the reigns and leading the next sessions. Email lh@rutlandfirst.co.uk to request the Zoom code to attend. Please bring your own cake and/or biscuits!

Bereavement counselling

Resilient Rutland has a ring-fenced fund to support bereavement counselling, if any of your young people are in need of this service, email info@resilientrutland.co.uk.

Resource Share Zoom

In April our monthly resource share Zoom session was led by the wonderful Honey Dearsley from The Art Hive. Honey talked us through the power of art and creativity for mental health and wellbeing and we took part in an origami and meditation activity! On May 13th we are delighted to welcome teacher and author Richard Evans once again to update us on his emotional literacy passport and to lead an interactive session on its' uses. Email lh@rutlandfirst.co.uk to join us. We are already finalising our programme for next academic year, please do get in touch if you would like to be a guest speaker or get involved.



Rutland ELSA Support



We are working closely with RCC and the Rutland Teaching Alliance to determine the details of the ELSA training and supervision offer available for 21/21. Information will be shared shortly.

Our ELSA network continues to develop, and we have our own Facebook page open to all ELSAs in Rutland and the local area. It is important for ESLAs to network and develop friendship and support with others locally. We have been delighted to receive positive feedback on the ELSA Training and supervision that we are helping to fund. Do email Paula Reeves at rutlandelsa@gmail.com for more information.

School offer – updated March 2021

Our offer continues to work well, and schools have advised us that it easy to follow and supporting future planning. We have received requests to include the links again in this newsletter - [Primary](#), [UCC/Catmose/Casterton](#), [Harington](#) & [Oakham/Uppingham](#).

In-school counselling

Resilient Rutland funds Relate Leicestershire continue to provide this service and all places are currently full with a short waiting list at each school.

Secondary training from YoungMinds

Our secondary schools are in the process of booking and receiving their training sessions with YoungMinds as part of their whole school offer. The sessions will be delivered virtually and between 16 and 20 people can attend. Topics selected to date include: Anxiety, Trauma & Adversity, Eating Disorders and Social Media and Mental Health. Dates for a Community of Practice are currently being coordinated.

Young People led initiatives - Secondary

As part of our revised proposal to the Lottery, we offered each state secondary £3250 per academic year for young people led initiatives to support mental health and well-being. The type of activity is flexible (e.g. sport, drama, team building), however, we have a strict set of guidelines which must be met to access the support.

All schools have now submitted their proposals which have all been driven by young people. We are now delighted to be purchasing resources to support these initiatives and look forward to seeing the young people take them forward.

Contact

Please direct communications to Morag Tyler Tel: 07572 593 004 Email: info@resilientrutland.co.uk
www.resilientrutland.co.uk

We are very active on social media, follow us on 