

16 March 2021

Dear Parent/Carer,

At LDE UTC, along with other schools in Newham, we are committed to developing and improving support for our learners' social, emotional and mental wellbeing. We are therefore excited to be part of a national initiative which will involve working with a new Newham Mental Health Support Team (MHST), in order to increase early help for children and young people beginning to struggle with aspects of their social and/emotional development. The MHST comes under Newham CAMHS (East London NHS Foundation Trust), and works collaboratively with HeadStart and Place2Be. Schools participating in the project commit to working closely with learners, parents and carers in order to understand and address their views and needs and make best use of their strengths and resources.

The focus is on learners experiencing early signs of anxiety or low mood. An approach known as "guided self-help" is used to provide young people with an understanding of and strategies to address their difficulties. The support consists of 8 weekly, structured sessions, supported by homework undertaken by the learner.

Where learners are experiencing difficulties in any area of their wellbeing but are not likely to be helped by this approach the service will work with the school to ensure they and/or their families are offered the best possible alternative support.

The MHST requires parental consent before any work is undertaken with 11-16 year olds. The practitioner will meet with parents/carers to ensure they are fully informed about the nature of the work, and have the opportunity to support its success. We would also encourage learners aged 16-18 years to discuss the referral with their parents, but appreciate that in some circumstances they may not wish to. The MHST will discuss this decision with the learner and the School Link (Gloria Gold - Vice Principal).

In addition to providing support to learners on an individual basis, the project involves the school working closely with the service to develop whole-school systems, structures and resources that support learner wellbeing. This could take the form of group work, contributing to assemblies, support for parental involvement and staff support and training. Involving staff, learners and parents/carers in the development of all service activities is a key priority.

If you are happy for your child to participate in any of the class or group activities, then you do not need to do anything further. If you are unsure about this and would like to discuss this further, please contact your child's Head of Year.

Each school accessing the service will be assigned an Education Mental Health Practitioner (EMHP) who will get to know the school community well and provide the interventions. The EMHP will be supported by a senior member of Newham CAMHS, and a senior member of the LDE UTC staff.

Please do not hesitate to contact Gloria Gold, should you require further information about the project. A copy of this letter can be found on the college website, and you will be kept informed of progress and any opportunities to contribute as they arise.

Yours faithfully,



Gloria Gold
Vice Principal – Personal Development and Wellbeing