

# Children & Young People's Mental Health Network

## Newsletter

June 17<sup>th</sup>, 2021, Volume 2

This is a quarterly member-led Newsletter.

If you have information to share regarding CYP MH please contact [Amy.Mclean@wiltshire.gov.uk](mailto:Amy.Mclean@wiltshire.gov.uk).



Young Healthwatch volunteers look at the online mental health support on offer to children and young people in Wiltshire.

When young people told Healthwatch that being able to access information about their mental health and make informed choices was important to them, their team of young volunteers decided to review the online support available in Wiltshire in a mystery shopping project.

The Young Healthwatch Wiltshire volunteers created a series of scenarios around conditions such as depression and schizophrenia, to review the Barnardo's On Your Mind and Wiltshire Child and Adolescent Mental Health Services (CAMHS) websites, identifying what information was useful and relevant, what was good about the websites, and what could be improved.

While the volunteers saw the information provided as a good starting point, they thought it didn't go into enough detail, particularly on some of the lesser known conditions. They also thought the information could be more accessible, and better targeted towards different age groups.

Their suggestions for improvement included a search bar to aid navigation, and a chat function to provide peer support in a safe environment. They also wanted to see young people involved in the future design and development of the websites.

In response to the young volunteers' findings, changes have already been made to the On Your Mind website with the introduction of a search bar, while a translation tool and chat function are currently being investigated. The young volunteers have also been invited to take part in future testing of the CAMHS website during its revamp.

Download and view the full report here

<https://www.healthwatchwiltshire.co.uk/report/2021-06-01/review-online-mental-health-support-children-and-young-people>



### THE FUTURE OF MENTAL HEALTH SUPPORT IN WILTSHIRE

Do you have experience of Mental Health support?

Would you like to be involved in creating, shaping and influencing a **new vision** for Mental Health for the future in Wiltshire?

Then come and join a **focus group being held on Zoom** to share your ideas:



Wednesday 16th June 2pm - 3.30pm  
Wednesday 23rd June 6pm - 7.30pm  
Wednesday 30th June 11am - 12.30pm

To book a place and request joining instructions email: [joanne.woodsford@healthwatchwiltshire.co.uk](mailto:joanne.woodsford@healthwatchwiltshire.co.uk)



<https://www.onyourmind.org.uk/whats-on-in-wiltshire/>

## YOUNGMINDS

<https://youngminds.org.uk/youngminds-professionals/our-projects/>

# Wiltshire Council

We are asking young people from all over Wiltshire to complete this short survey about mental health (<https://surveys.wiltshire.gov.uk/snapwebhost/s.asp?k=162385364246>). The information gathered from the survey will help us understand what is important to young people in Wiltshire, it will also enable us to tell decision makers what extra things are needed to help young people with their mental health. By completing the survey young people have the chance to be entered into a prize draw to win a £25 Amazon Voucher.

Please see email attachment for more details....



Wiltshire Council

# #1 My Good Life Knowledge Cafe



Over the next 6 months Wiltshire CIL will be hosting a series of small Knowledge Cafes for people with a learning disability and/or autism.

We want to hear your views about how Wiltshire Council can best support you to live your good life.

The 1st Knowledge Cafe is about: **My Good Life**  
we will look at:

- what your good life looks like for you
- what you need to achieve your good life
- your hopes and aspirations for the future

The Knowledge Cafes will be being held on:

Monday 21st June 10.30am - 12pm  
Wiltshire CIL 11 Couch Lane Devizes SN10 1EB

Tuesday 29th June 10.30am - 12pm  
on Zoom (link will be sent following booking)

To book a place email [userengagement@wiltshirecil.org.uk](mailto:userengagement@wiltshirecil.org.uk)  
or call the User Engagement Team on 0300 1233 442

*Spaces are limited due to Covid*

Wiltshire Centre for Independent Living 11 Couch Lane, Devizes, SN10 1EB  
Charity no: 1120611 Company no: 5480781



## Eating disorders. Know the first signs?



### Lips

Are they obsessive about food?



### Flips

Is their behaviour changing?



### Hips

Do they have a distorted beliefs about their body size?



### Kips

Are they often tired or struggling to concentrate?



### Nips

Do they disappear to the toilet after meals?



### Skips

Have they started exercising excessively?

## Online support

Visit [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk) for information about eating disorders, and to access online support groups and one-to-one chat.

Use [helpfinder.beateatingdisorders.org.uk](http://helpfinder.beateatingdisorders.org.uk) to find services in your area.

[@BeatEDSupport](https://twitter.com/BeatEDSupport)

[BeatEDSupport](https://www.instagram.com/BeatEDSupport)

[beat.eating.disorders](https://www.facebook.com/beat.eating.disorders)

**Beat is the UK's eating disorder charity. We are a champion, guide and friend for anyone affected by an eating disorder.**

EATING DISORDERS SUPPORT SERVICE	CONTACT
<b>ADULTS':</b> Wiltshire Community Adult Eating Disorders Service (WCEDs), Wiltshire and Swindon	01865 904099 <a href="mailto:Cotswold.House@oxfordhealth.nhs.uk">Cotswold.House@oxfordhealth.nhs.uk</a>
<b>CHILDREN'S:</b> The CAMHS Eating Disorder Service (TEDS), for Bath, and North East Somerset, Swindon and Wiltshire	01865 903777 <a href="mailto:TEDS5referralsBSW@oxfordhealth.nhs.uk">TEDS5referralsBSW@oxfordhealth.nhs.uk</a>

### Help for students

Helpline: 0800 801 0811

Email: [studentline@beat-eatingdisorders.org.uk](mailto:studentline@beat-eatingdisorders.org.uk)

### Help for young people

Youthline: 0800 801 0711

Email: [fp@beat-eatingdisorders.org.uk](mailto:fp@beat-eatingdisorders.org.uk)

### Useful links:

[www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing](http://www.what0-18.nhs.uk/popular-topics/mental-health/mental-health-and-wellbeing)

[www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems)

[www.freedfromed.co.uk/freed-for-all](http://www.freedfromed.co.uk/freed-for-all)



Reading Well Books on Prescription schemes for children and young people. The Reading Well schemes are about providing quality-assured information, stories and advice to support children's and young people's mental health and wellbeing. The books have been chosen and recommended by leading health professionals and co-produced with children, young people and families.

Children's titles: [Children | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#)

Young People's titles: [Young people's mental health | Reading Well booklists | Books | Reading Well \(reading-well.org.uk\)](#)

We have multiple copies of these books in our libraries (and will be getting more copies this year), they can be reserved (for free) by children, young people and families and/or by professionals who work with them.

The books can be found on our library catalogue (scroll down the suggested reads): [Suggested reads - Wiltshire Libraries](#)

Yorkshire and Humberside LGBT+ health inequality webinar series starts this month;

These webinars are running from June-July and aim to showcase best practice for addressing and improving LGBT+ health inequalities across the following public health topics:

- **Understanding the health needs of LGBT+ people** – 07 June
- **Understanding and tackling Health Risk Behaviours among LGBT+ people (Smoking, substance use and physical activity)** – 14 June
- **Sexual Health and Wellness for LGBT+, MSM and WSW** – 27 June
- **Parental care of LGBT+- how can we do it better?** - 29 June
- **Being young and LGBT+- issues affecting LGBT children and young people** – 06 July
- **LGBT+ equality in later life and ageing well** – 15 July

To register please click the link below....

[Understanding the health needs of LGBT+ people \(yhphnetwork.co.uk\)](#)

Love  
Reading,  
Love  
Libraries

Charlie Waller Book Club

<https://www.wiltshirehealthyschools.org/news/items/the-charlie-waller-book-club>

The primary school book sold out very quickly.

However, schools can sign up to get future emails alerts and try to be quick enough to respond!

There is more info here, including details of past books – which schools could consider purchasing for their libraries: [CWMT Mental Health Book Club : Wiltshire Healthy Schools](#)



Wiltshire Council