

YOUR MENTAL HEALTH SUPPORT TEAM (MHST)  
WOULD LIKE TO WISH EDUCATION STAFF, PUPILS,  
AND FAMILIES A VERY HAPPY SPRING/SUMMER TERM!



We hope it was an enjoyable Ramadan, Eid, and Easter for those who celebrated these.

Spring's arrival can positively impact mental health and wellbeing through increased sunlight, outdoor activities, and a sense of renewal.

This newsletter offers tips on how to use spring to boost our wellbeing, and information about family support available year round, which could help with planning for the summer holidays. There is also information about support sessions for Education Staff within term time.

You can also find links to our latest podcast about Online Wellbeing, an Online Safety Q&A sessions for parent carers, and a fantastic resource from The Anna Freud Centre for education settings to support planning Whole School approach activities

## MHST's stance on supreme court ruling

Following the recent ruling by the UK's Supreme Court stating that the term "sex" in the Equality Act refers to biological sex, we know this news may cause fear, uncertainty and concern, especially for transgender people.

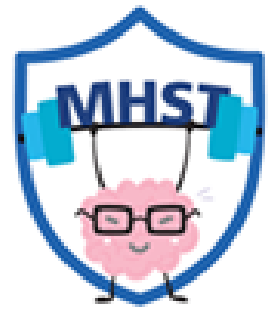
We stand in solidarity with all trans women, trans men and non-binary people, and will continue to advocate for their rights and dignity. We will also uphold the rights and dignity of all people, whatever their gender identity, and offer unwavering support for marginalised communities in a world that can feel unsafe for them.

We want to be clear: our commitment to inclusion, dignity and respect for every person we serve and work alongside has not changed..

Click on the Rainbow to be directed to info & support for families and young people, and on the flag for information on the 'Rainbow Flag' award for education settings



# SPRING INTO SPRING!



With the clocks springing forward, an increase in daylight hours, and warmer weather, there are several ways that we can use this season to boost our mood by connecting with the environment and others

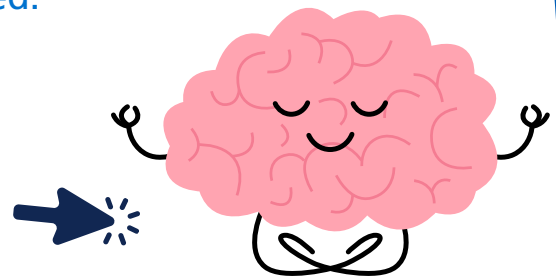
## Take Notice

This is a great time of year to get outdoors for a mindful walk and take notice of the seasonal changes around us. Intentionally being fully present and aware in a situation is sometimes referred to as 'mindfulness'.

Focusing on your senses (i.e. the sound of birds, the smell of blossom, the feeling of grass underfoot) can be a great way to engage our senses.

We can also engage our senses to ground ourselves and self-soothe when we might be feeling anxious or overwhelmed.

Click on the meditating brain for more info on how to practice mindfulness exercises



## Reset

Having a reset can bring a sense of renewal and freshness to our lives. This could come in many forms;

- Having a spring clean: clear space on our desk to remove distractions for study time in prep for exams. Donate old clothing, toys or books to charity.
- Clubs and activities: It's really important to balance time spent revising and studying along with doing enjoyable activities and socialising. This might be a good time to return to a hobby that we paused on, or start something new!
- Digital Detox: This could be about reducing overall screen time or ensuring regular screen breaks. Another thing to consider is spring cleaning our feed and making sure that we are only seeing things that make us feel good and bring positivity to our lives.

Page 4 of the newsletter includes links to our 'Online Wellbeing' Podcast and details of Online Safety Q&A sessions for parents available from the Lincolnshire Stay Safe Partnership

YOU SPEAK  
WE LISTEN!

Thank you to all those who attended our annual 'Brew Monday' get together. It was great to hear how Education Setting staff are creating a supportive environment and promoting wellbeing.



Following this and the Whole School Approach questionnaire feedback, we wanted to take this opportunity to highlight a couple of great things that are available from MHST and other services within your communities  
Click on the images below for more info!

Lumi Nova: Tales of Courage is a digital therapeutic mobile game that supports children with fears, worries, and anxiety. Designed for children aged 7 to 12 years, Lumi Nova helps children reflect on their feelings, build resilience, and learn lifelong skills to self-manage their worries through a fun intergalactic adventure.

## Recovery College

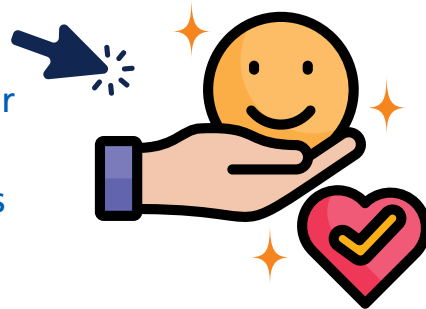
Sharing the journey together



The Lincolnshire Recovery College continue to deliver mental health and emotional wellbeing workshops (both in person and online) to anyone aged 16 plus! Topics are varied and include: Resilience, Anxiety, Depression as well as Food 'n' Mood and Drama for wellbeing.

Education staff are able to access Staff Wellbeing workshops from your MHST. Ask your link worker for more info!

We also provide here a link to the Health Minds 'Professionals Wellbeing' workshop



If you are over 16 and have used community mental health services between April-May 2025, please turn to the back page for information on a feedback survey that could be coming your way. There is also info on how to opt out of this.

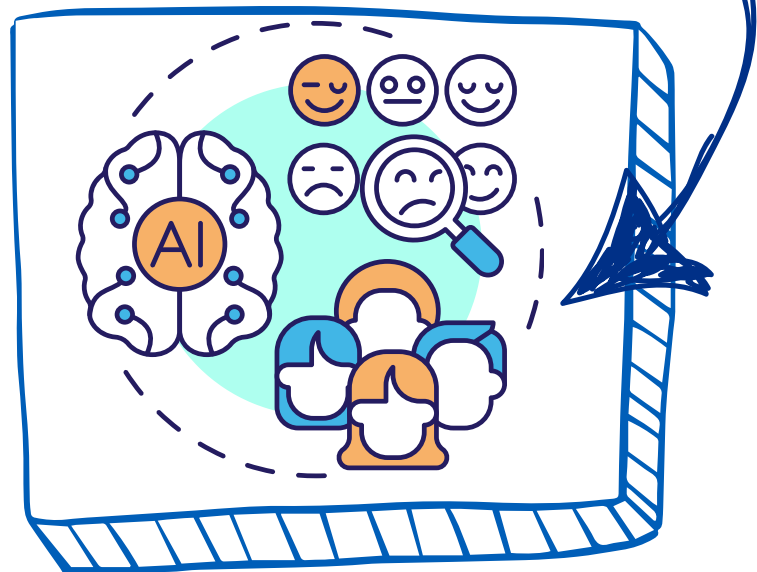
USE  
your  
VOICE

# ONLINE WELLBEING PODCAST

We recently sat down with Dan from the Lincolnshire Stay Safe Partnership to talk about all things online wellbeing. This includes a discussion on the current apps young people are using, reducing screentime and some tips to improve your young person's online wellbeing.



CLICK BELOW TO LISTEN



Click on the item above to link in to a calendar of curriculum themes and occasions linked to mental health for the 2025 summer term, with activity ideas and suggestions for each theme. This resource is suitable for Primary, Secondary, and FE Settings

# ONLINE SAFETY Q&A

The Lincolnshire Stay Safe Partnership are delivering Online Safety Q and A's for parents and carers of primary and secondary school aged children. In this event you will be given the most up to date information and tools, so you feel confident that you can keep your young people safe as they explore the online world. Whether you want to know more around age appropriate apps and games, online trends, parental controls, social media or any other burning questions this is the event for you! Sign up is required



[CLICK HERE TO BOOK - PRIMARY PARENTS/CARERS](#)

[CLICK HERE TO BOOK - SECONDARY PARENTS/CARERS](#)

FOLLOW US ON



# Share your thoughts on mental health care

## Community Mental Health Survey 2025



### Look out for your survey invitation in the post.

Invitations will be sent in August and September 2025, to a random selection of people who have used community mental health services during April and May 2025.

**You will be asked to fill in a survey about your mental health care, which you can complete online or on paper.**

### Help us to improve your services

If invited to take part, your name, phone number, and postal address will be used by researchers to carry out the survey. Your contact information will not be shared with anyone else, and all data is **anonymised**.

**If you do not want to take part, or if you have any questions please contact:**

- 01529 222265
- [Lpft.pals@nhs.net](mailto:Lpft.pals@nhs.net)
- Experience of Care Team, Unit 9, The Point, Lion's Way, Sleaford, Lincolnshire, NG34 8GG



**Participation** is completely **voluntary**, and all responses will remain **confidential**.

Choosing not to take part, will not impact the care you receive from the NHS in any way.



**Don't want to take part** or have your details shared with researchers. Please **let us know by the end of June** using the contact details on the other page.



The survey is being carried out by researchers from this NHS Trust, the Care Quality Commission and the Survey Coordination Centre at Pickering.



**Results** will be published on CQC's website in **spring 2026**.

To see results from previous surveys, please go to: <http://www.cqc.org.uk/cmhsurvey>



**Your personal data** will be **held securely** and will be treated in strict confidence in accordance with the General Data Protection Regulation. Your personal data is not used for any other purpose and is deleted once the survey process is complete. Your answers to the survey are not linked to your name or full address, but researchers analysing the results will use your postcode to undertake geographical analysis of overall results.