

Groundwork London



Children & Young People's Mental Health Offer in Southwark



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Groundwork London

We provide a range of free early intervention and prevention mental health support in schools and in the community via :

The Nest

Mental Health Support Team



Groundwork London

All our community based services are operated
by The Nest



Overview of The Nest

Mental health centre in the heart of Peckham

One - to - one therapy

Under-11s Service;

- offers music therapy within 4 primary schools for upto 12 sessions
- does not accept external referrals

11-25s Service;

- offer short-term therapeutic interventions at The Nest for 6 - 12 sessions
- accept self-referrals and professional referrals via same referral form

Nest + Service;

• same offer as above for 11-25 year olds based in community settings such as Talfourd Place (Care Leavers)



Overview of The Nest

Group work

Strengthening Families

- offers family therapy at The Nest and Family Centres for upto 12 sessions
- targeted at families where a young person is at risk of exclusion or criminal exploitation

Southwark Parenting Circle

- offers parent/carer volunteers training and education in a range of topics relevant to supporting their young people
- supports volunteers to disseminate learning in the community

Trusted Youth Allies

- offers trauma-informed training to professionals working with young people who are victims of crime



Overview of The Nest

New Services as of June 2024

Strengthening Fathers

- offers 1:1 mentoring and advocacy to support fathers to build and maintain stronger family relationships
- in partnership with Bridge the Gap offers group activities and workshops for fathers and children e.g. day trips, football, cookery classes

Million Hours

- for young people aged 11 - 18 (up to age 25 with additional needs), who are identified as at risk of antisocial behaviour
- weekly workshops on a range of topics including wellbeing, social skills, employment and education
- offers support with access to volunteering opportunities and recreational activities



The Nest Saturday Drop-in

10.30am - 2.30pm every Saturday unless there is a bank holiday

Our drop-in aims:

- to help signpost young people and their families to access the most appropriate support
- to help young people or their family submit a self-referral to the Nest
- to provide a safe space for them to explore their wellbeing concerns and go home with techniques they can try out

All staff working the drop-in are trained in Single-Session Therapy which can provide a one-off therapeutic intervention that is solution focused and tailored to the needs of the young person





Referrals



**Single Point of Access for all referrals to The Nest
via our website from self, family and professionals:**



<https://thenestsouthwark.org.uk/>



Schools Based Services

Groundwork London runs:

The Nest's School Engagement Team

&

Southwark Mental Health Support Team

**Offering children, young people, their families and
school staff a range of support**

School Engagement Team

Workshops;

- offers one-off workshops within schools on themes such as Exam Stress and Improving Wellbeing
- offers parent/carer workshops helping families understand how they can best support their children and young people and improve their connection to their child's school

Targeted work

- offers transitions work for Yr 6s who have been identified as those who may struggle with step up to secondary school
- offers short-term 1:1 support for children in Yr 5 and Yr 6 identified as being at risk of exclusion or school avoidance



School Engagement Team

Staff training;

- offers staff training to schools in mental health awareness
- offers bespoke training in response to needs of school e.g. supporting children with emotional regulation

Summer Workshops

- partners with Bold Tendencies, an arts-based charity, offering group work for Southwark children and young people to learn about wellbeing whilst undertaking creative activities
- provides lunch / snacks to attendees of the groups



Mental Health Support Team

Summary

- National initiative funded by NHS England and Department for Education
- Southwark was the last borough in London to have a Mental Health Support Team commissioned (January 2022)
- Mental Health Support Teams aim to increase the psychological workforce by recruiting trainee practitioners who work in schools alongside completing a Postgraduate Diploma at King's College London
- Provide specific CBT based interventions for different presentations



Mental Health Support Team

1:1 Interventions for mild to moderate mental health concerns

- **Child Anxiety;** for parents/carers of primary-aged children who are experiencing separation anxiety, social anxiety or specific phobias
- **Behaviours that Challenge;** for parents/carers of primary aged-children who have challenges around behaviours at home
- **Adolescent Low Mood;** for young people who are experiencing low mood, a decline in their usual activities and feelings of apathy
- **Adolescent Anxiety;** for young people who are experiencing anxiety related to social situations, general anxiety, or academic anxiety

Mental Health Support Team

Group Work and One-off Workshops

- **Brain Buddies (Yrs 4 - 6) & Emotion Explorers (Yrs 1 - 3);** whole-class 10-week long course on emotional regulation strategies, learning about what emotions are for, and methods to support each other
- **Social Skills group;** for children with or awaiting diagnosis of ASC to give opportunity to learn and practice social skills in small group setting (6 - 8 children), and to boost their self-esteem
- **Workshops;** on a range of topics including exam stress, 5 ways to wellbeing, friendships

Mental Health Support Team



Parent/Carer and Staff Support

- **Parent/Carer workshops;** held online and in-person including topics on anxiety, low mood, self-esteem, online safety and communication
- **Staff training;** bespoke offer to schools depending on need, including: implementing trauma-informed practice, talking to young people about suicide and self-harm, supporting emotional regulation in the classroom
- **Staff consultation;** offering informal consultation to teaching staff on particular themes e.g. coping with change, suicidal ideation, strategies to manage exam anxiety, signposting

Mental Health Support Team

Enhanced offer


- **Emotionally-based school avoidance;** identified as common theme and growing trend. Working closely with schools, parents/carers and young person to identify avenues to help support young person to improve attendance.
- **Reflective practice for school staff;** paid for service providing tailored and confidential space for school staff such as Heads of Year or Safeguarding Leads to explore challenging situations and professionally develop




Referrals



School Engagement Team and Mental Health Support Team referrals come from school directly



Schools can refer on The Nest website to access support from the School Engagement Team



Challenges

- Increase in mental health referrals leading to long waiting lists
- Increase in referrals leading to young people not accessing the most appropriate or timely support
- Small workforce at Groundwork London meeting high need which could lead to staff burnout
- Staff retention challenges particularly due to the greater financial reward working for statutory providers
- Professionals and families lacking awareness of different types of mental health support
- Stigma around mental health amongst many of our communities in Southwark
 - Lack of confirmed continued funding for third-sector providers, leading to difficulties with staff retention and recruitment, and forward-planning

Youth Participation Forum

Volunteer With Us!

Are you passionate about mental wellbeing? The Nest has plenty of opportunities for you! Scroll down to learn more.





Appendix

List of Southwark Schools we work within



Primary Schools

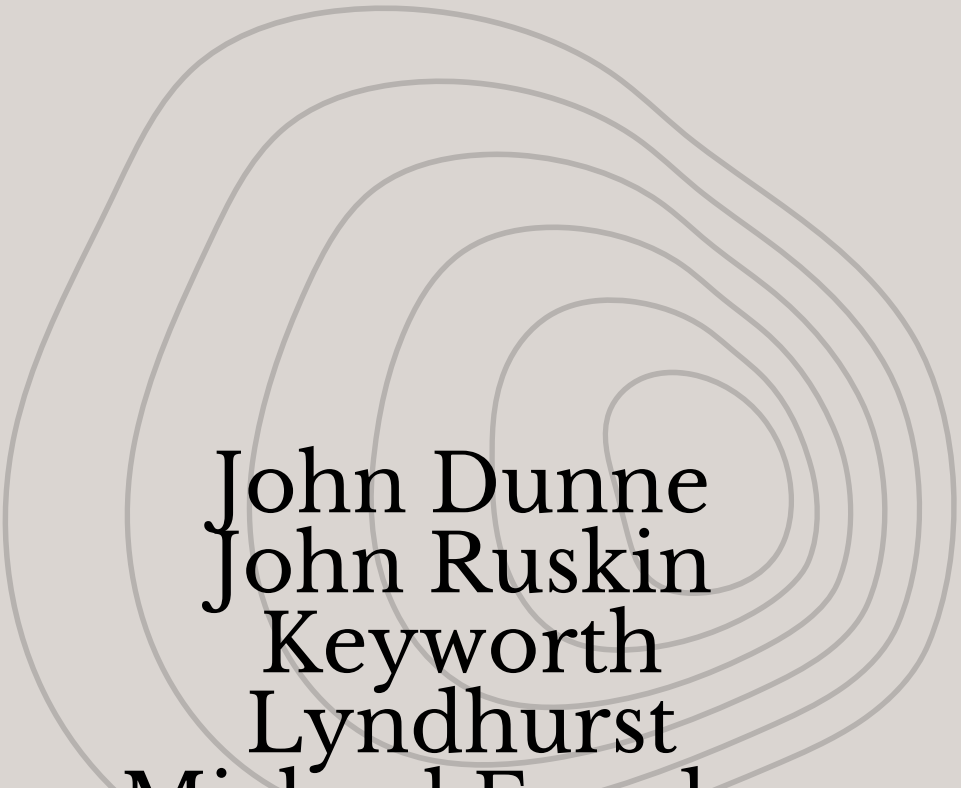


Albion
Belham
Bellenden
Bessemer
Grange
Brunswick Park
Care Trade
Comber Grove
Crawford
Dog Kennel Hill
Friars
Goose Green
Grange
Harris Primary
Heber
Ilderton




65% Community Primary coverage

24% Non-Community Primary coverage



John Dunne
John Ruskin
Keyworth
Lyndhurst
Michael Faraday
Oliver Goldsmiths
Rotherhithe
Robert Browning
Southwark Park
St. George's
St. John's & St.
Clements
St. Francis
St. Mary Magdalene
Surrey Square
Tower Bridge



Secondary Schools

68% Secondary coverage

Ark All Saints
Ark Globe
Ark Walworth
Bacon's College
Charter East Dulwich
Charter North Dulwich
CoLA
Haberdasher's
Borough
Harris Girls
Kingsdale
Newlands
Notre Dame
South Bank
Spa School

