

## Wellbeing at Ousedale School

At Ousedale School, we have built an extensive range of early help interventions to support young people with their wellbeing and promote positive mental health. Whilst the list below is subject to change according to availability, it offers a flavour of the range of support available for our students. Where appropriate, we liaise closely with external agencies to ensure the best support is available for our students.

Referrals are made via the Pastoral and Academic Leader.

### SUPPORT AVAILABLE IN SCHOOL

**Ousedale School Healthcare Co-Ordinator:** We have a trained Healthcare Co-Ordinator at each campus who is able to support students on a daily basis.

**Young Carers MK:** Young Carers MK works with and supports children and young people aged 8-19 years old who care for a family member because of a physical or mental illness, disability or a drug or alcohol problem. Young carers offer support in a variety of ways including one-to-one support where needed, someone to talk to who understands as well as signposting where to find additional help.

**YIS:** YiS is a community led counselling service that provides young people aged 11-21 with 1 to 1 support, strategies and advice regarding mental health.

**Animo:** Run by youth workers from MK council, this is a wellbeing programme for the younger years designed to help promote positive wellbeing and build self-esteem.

**Talk 4 Sport:** A local service offered by Middleton Pool. It provides the opportunity to improve physical and mental health through exercise.

**6<sup>th</sup> form mentoring team:** The 6<sup>th</sup> form team are there to listen and support students through issues they might be facing. They can ask for one-to-one sessions or they can email in to [wellbeing@ousedale.org.uk](mailto:wellbeing@ousedale.org.uk) for advice.

**Learning mentors:** Learning mentors are there to listen to you if you have any problems. They can give you advice or point you in the right direction for further guidance.

**PILC:** The PILC offers a safe space for students feel worried or anxious. Speak to a Head of Year for more information.

**Self-esteem and confidence sessions:** Struggling with image or body issues is a common issue in this life stage. These sessions are designed to give you the strength and confidence to love yourself.

**PSHE:** Physical, social, and emotional health are key themes running through the PSHE programme. It aims to promote positive health and wellbeing by educate students

**Year 7 Wellbeing sessions:** Wellbeing is extremely important to us at Ousedale. These lessons are designed to explore the different wellbeing issues that society brings as well as helping students to cope with the demands and pressures of modern life.

**Stress and relaxation sessions:** Year 11 can be a very testing year with the arrivals of the GCSE exams. The health coordinators can provide sessions on how to de-stress and relax so you are feeling confident in preparation for the exams.

**Compass:** A charity providing health and wellbeing services, helping people unleash their unique potential and

live healthier, safer and more fulfilling lives. Those struggling with drugs or alcohol can speak to their Pastoral and Academic Leader for referral.

**GIV project:** Building confidence, self-esteem and skills through supported volunteering.

**Brook:** Brook is the only national charity to offer both clinical sexual health services and education and wellbeing services for young people. They support us in school by conducting one-to-one and group sessions.

### **SUPPORT AVAILABLE OUTSIDE SCHOOL**

If you would like to access support outside of school, the following sources may be of use to you:

· <https://www.moodjuice.scot.nhs.uk/>

Mood juice is a site designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions.

· [www.Kooth.com](http://www.Kooth.com)

Free, safe and anonymous online support for young people Monday-Friday Noon-10pm and Saturday/Sunday 6-10pm

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