

# LINK NEWSLETTER

LINK - Working together for CYP Mental Health



Hello from LINK!

We hope you are keeping safe and well. This week's newsletter comes a little early as we are aware some of you may be breaking up for the school holidays. This newsletter hopes to provide some resources to share with families to support them over the summer holidays, as well as webinars that you as staff may find useful.  
The LINK Team



## #selfcaresummer

The Anna Freud Centre have put together resource packs aimed at children and young people to help them look after their mental health and wellbeing over the summer holidays. It includes activities for the whole family to enjoy, as well as signposting information for families that may need additional support. Check out the primary and secondary resource packs [online](#).

## Webinars for Students and Staff

The Charlie Waller Memorial Trust have shared a series of short webinars from their experienced mental health trainers around various issues, such as managing stress, adverse childhood experiences, working remotely and self-care for students with eating disorders. Check out the videos online here: <https://www.cwmt.org.uk/colleges-and-universities-webinars>

## POINT 1

Point 1 is available for referrals and telephone support for young people and their families.

You can contact us on  
0800 977 4077  
or email at  
point1-support



@ormistonfamilies.org.uk

Please include:

- Name and DOB of the YP
- Their postcode
- Their school and contact details for a member of staff
- Consent from the YP
- Brief outline of the mental health concern

## Family Learning Summer Fun

For many families, they have been tackling the challenge of homeschooling their children. The summer holidays may be presenting an extra challenge as things will feel the same for their children. Norfolk County Council and Adult Learning have teamed up to provide online learning sessions for families with children aged 12 and under over the holidays. Sessions include Fun in the Sun, Back to School and Ready for School. Sessions are free and are hosted over Zoom.

