

CAMHS SCHOOL IN-REACH SUMMER NEWSLETTER 2025

We are a team aiming to support the whole-school approach to wellbeing in schools across Swansea and Neath Port Talbot.

Each school has a named Emotional Health and Wellbeing Practitioner that can provide support to staff, parents, children and young people.





Meet our new team members!



Hi, I'm Ali. I am excited to have joined the school in-reach team. Having just qualified as a mental health nurse, where I nurtured a continued interest working with young people. I have previously enjoyed working in outdoor education, supporting young people to explore their resilience, self-efficacy and esteem through adventure.

Outside of work I most enjoy spending time with my family and friends, exploring new places; especially coastline and mountain areas.

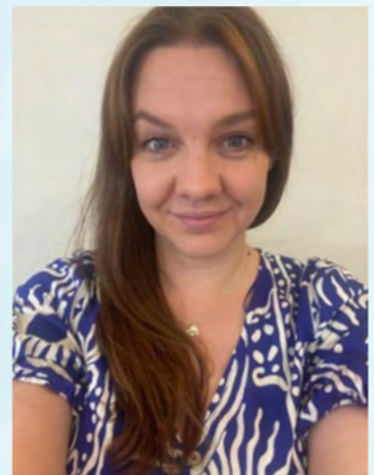
I look forward to meeting and working with some of you :)

Hello everyone, I'm Luke. I am thrilled to join the School In-Reach Team. After working in adult mental health for the last two years I am excited to work with schools and pupils in supporting their emotional well-being. I have loved working in adolescent services during my training, supporting those in developing coping mechanisms and identifying emotions. When I am not in work I enjoy being out and about with friends or playing games at home.



Hi, my name is Jess, I'm a mental health nurse who joined the school in reach team in May this year. I'm very excited about this new role, I have not worked in CAMHS during my nursing career, but feel I have a good understanding of the difficulties that children and young people face, as I am a mother of four children with the youngest being 6 and the eldest now 23. I hope to make a positive impact on children and young people's lives and look forwards to working alongside such a lovely team. I enjoy spending time with my family, we have a caravan down Pembrokeshire and enjoy spending our weekends down there.

Hi, my name is Jade Rees, and I am the newly appointed CAMHS School In-Reach Team Lead. I am a registered mental health nurse, approaching ten years since qualification, with the majority of my career dedicated to working with children and young people. I am deeply passionate about early intervention and the positive impact that collaborative, interagency working can have—particularly between CAMHS, education, and wider support networks. I am genuinely looking forward to working alongside you all and developing strong, effective relationships to ensure our services can support one another in delivering the best outcomes for young people. Outside of work, I enjoy spending quality time with my husband and son, baking, and exploring the countryside around our village.





What we've been up to...

Swansea and Neath Port Talbot Secondary School Feedback

Thank you to all staff and pupils for completing our feedback questionnaire! We had an amazing result with 137 responses from pupils and 55 responses from staff which will help us shape the menu of interventions that the CAMHS School In-Reach provide to you and your school.

We are currently reviewing the feedback and will be taking time over the summer to develop our new sessions and resources. Once these changes are confirmed, we will ensure to communicate these with you so that you are aware!



Swansea Family Engagement Officer Event

On the 6th of March we had the privilege of being invited to the Family Engagement Officer National Conference which was organised by the Welsh Government. This event was created to help develop family engagement as part of a Community Focused Schools approach. It was a great opportunity to network with other agencies who are also supporting in and around schools to ensure we are all offering young people and their families the best support possible. We look forward to working with them in the future.



Children's Mental Health Week

From the 3rd to the 9th of February, we celebrated Children's Mental Health Week. Children's World Mental Health Week was set up by children's mental health charity Place2Be and shines a spotlight on the importance of children and young people's mental health. To promote this, we at School In-Reach prepared a YouTube video each day based on the NHS 5 steps to wellbeing to help support children and young people with their emotional health and well-being.



These videos are still available to watch over on our YouTube channel, SBUHB School In Reach which can be found by scanning the QR code.

Eisteddfod Yr Urdd 2025



We were fortunate to attend this years' Eisteddfod which was held locally in Margam Park. Throughout the week, the team hosted workshops in the Nant Caredig area including a dragon breathing craft activity. We also attended the Swansea Bay University Health Board Stand where our fantastic team member Fran hosted a dragon paint along!



Children's Centre Sensory Room Opening And Garden Appeal Launch



We supported our colleagues at the Children's Centre in Neath Port Talbot Hospital as they officially opened their new sensory room and launched their charity garden appeal. We especially enjoyed hearing from the team about all of the hard work they have put into developing these facilities as well as the impact these spaces have had on children, young people and their families.



School In Reach Summer Workshops 2025

Following the success of last year's Summer Workshops held throughout August, CAMHS SIR is excited to announce that we will be running them again this year.

This summer, we are planning parent-and-child workshops focused on the 5 Steps to Wellbeing. These engaging sessions aim to support mental health and wellbeing for both children and parents.

Once dates and locations are confirmed, we will share the details with schools to pass on to you and your children.

We hope to see many of you during the holidays!

30 Day Summer Wellbeing Challenge

1	2	3	4	5	6	7	8	9	10
Write down 2 goals for the summer	Do a relaxing activity	Brain dump for 15 minutes	Read about a topic you enjoy	Disconnect from technology for a day	Organise your bedroom	Try out a new hobby	Go outside in the fresh air	Make a list of all your accomplishments	Practice breathing techniques
11	12	13	14	15	16	17	18	19	20
Start a gratitude journal	Give yourself a genuine compliment	Catch up with a friend	Think of some positive affirmations for you to say	Do something nice for someone without them asking	Meditate for 10 minutes in silence	Help make a healthy meal	Do something for yourself without guilt	Listen to relaxing music	Have some you time – pamper yourself
21	22	23	24	25	26	27	28	29	30
Read a book	Avoid complaining for a day	Drink 6 glasses of water a day	Find out about someone else's interests	Spend quality time with your family	Play a game with someone	Take 10,000 steps in a day	Compliment someone else	Find a podcast to listen to and tell someone about it	Choose 3 habits from this challenge to keep



Summer Craft: Beach Memory Jar

Here is an easy activity you can do to create a calming ornament for home, filled with memories from your summer

Get an empty jar and clean it out – jam jars or mayonnaise jars work really well!

Decorate your jar any way you like! Twine string tied around the rim of the jar looks great. Tip – if you can find a shell with a hole in you can thread the string through to make a charm for your jar!

Fill the bottom with sand from a beach you visit – if you go to a few different beaches over the summer try to collect some sand from every beach to fill your jar with more memories.

Pick some shells you like the look of and place these on top of your sand.

With adult assistance – you can place a flat shell on the top and put a tealight on top of the flat shell. You can ask an adult to light the candle to light up your jar. Candlelight can help to create a peaceful environment and calm the mind. Remember to not place the lid on the jar if the candle is lit.

Enjoy your beautiful creation! You can always add more sand and shells to your jar as you visit more beaches.



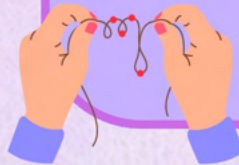


Summer Craft: Breathing Stick



You will need:

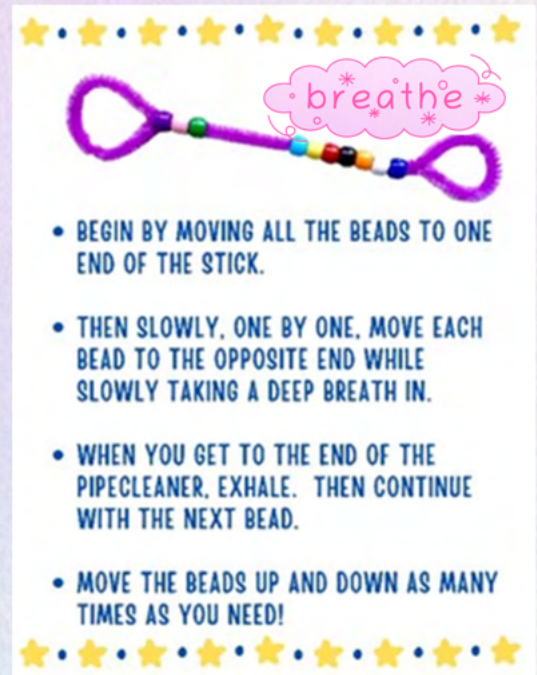
- A pipe cleaner
- 4-8 beads of your choice



Bend the pipe cleaner at one end so that the beads don't fall off.

String 6-8 beads onto the pipe cleaner.

Bend or twist the other end of the pipe cleaner.



Inhale slowly and move one bead to the opposite end of the stick as you exhale.

Repeat step 4 for each bead until you have moved all the beads to the other side.

Spotlight



Craigfelen Primary's commitment to their staff, children and parent/carers mental health and wellbeing, is second to none. From afterschool and holiday clubs, to Elsa interventions and the whole school approach to wellbeing.

Craigfelen have a number of initiatives reaching their pupils and the whole of the community including:

- The sharing table Cymru Craigfelen, which is a community kitchen where families cook together.
- The community allotment and garden where parents, children and community members would grow produce to be used in the community kitchen.

Additionally, the School in Reach team want to congratulate Calon Y Gymrydd and Craigfelen on being awarded funding to develop Cwtch Craigfelen into a hub for families to connect, heal and grow in a safe, inclusive space. Exciting times ahead!





Children's Rights

A steering group has been set up in CAMHS to discuss children's rights and how we incorporate them into our daily work. Our Children's Rights Champions plan to display posters in the Children's Centre and the CAMHS office block to remind staff of each article of the convention. The School In-reach team recently sent questionnaires to secondary school pupils to ask their views on our service, and how we could make improvements. Giving pupils this opportunity to express their opinions addresses article 12 of the United Nations Convention on the Rights of the Child, that every child has the right to be heard.

Our team has already made great strides in addressing children's rights. We attended training on meeting the needs of children and young people in terms of neurodiversity and learning difficulties. Our work includes updating our resources to include visual aids, and altering our text to ensure it was large enough and the font was easy to read. Our next task involves updating our resources to highlight which article will be addressed in our sessions. We also aim to inform parents that they can seek advice from the Commissioner's Office if they feel their child's rights and needs are not being met.



BOOK AND APP RECOMMENDATIONS

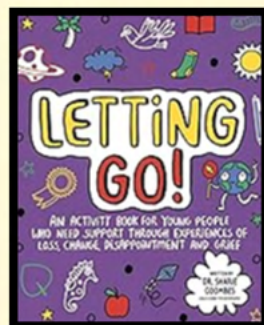


In My Heart

In My Heart explores emotions--happiness, sadness, bravery, anger, shyness and more. Unlike other feelings books that tend to oversimplify, In My Heart lyrically explains what an emotion feels like, physically, inside.

Letting Go!

The encouraging and simple activities and exercises tackle the feelings associated with grief, bereavement and family separation; children will enjoy using their creativity to combat negative feelings and work out how to cope with these emotions through writing, colouring, doodling and drawing.

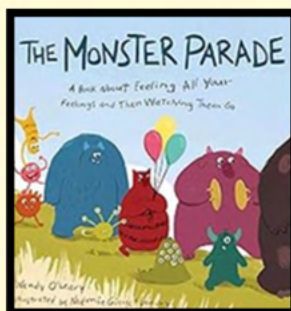


No Worries!

The encouraging and simple activities and exercises tackle anxiety, sadness and stress; children will enjoy using their creativity to combat negative feelings, work out why they feel worried and how to put stress back in its place through writing, colouring, doodling and drawing.

The Monster Parade

An engaging story that helps children work with difficult emotions by imagining them as playful monsters in a parade. Watch as the anger monster passes and the sadness monster disappears--it's all part of the parade of feelings we experience every day. Instead of holding on to their emotions, kids can acknowledge them and let them go on their way.



The Dreamy Kid Meditation App

This app is an easy-to-use issue-curated guided meditation tool that teaches kids gentle guided mindfulness

Breathe, Think, Do with Sesame App

This is a resource app for you to share with your child to help teach skills such as problem solving, self-control, planning, and task persistence.



Magic Moments

We're thrilled to share some of the wonderful feedback we've received recently. It's always inspiring to hear how our work is making a difference in the lives of young people, families, and schools.

We have had a lot of input from SIR this term and we can really tell because the communication amongst staff and pupils has shifted and everyone is talking about emotions - Headteacher

We have found it really beneficial as it has given us strategies and it has been useful to connect with other parents. It has been very validating
- parent following parent workshop

We have seen such a positive change in our child since they have had the SIR group- parent

I look forward to my sessions because they make me feel good- pupil