



Children and Young People's Primary Mental Health Service

# lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 24 | September 2025

Welcome to the CYP Primary Mental Health Service Newsletter, your source of significant updates on our service. This newsletter will keep you informed about the latest developments in education settings and the local community, fostering communication between young people, parents, carers, and professionals.

The CYP Primary Mental Health Service support young people in Blackpool, Fylde and Wyre with their Mental Health and Emotional well being.

## Mindful Moments



Here we have a fabulous little Calming Booklet Printable. This is not just a fun little printable craft to make with students but is also designed to help them during those trickier settling in weeks when heading back to school.

The calming exercises are:

1. Mindfulness during colouring
2. Affirmations
3. Bumble Bee Breathing
4. Control Activity
5. Gratitude Gallery
6. Safe Space and 5 senses

**[Calming Booklet Printable \(Click here\)](#)**





# Celebrating Summer

## Children and Young People's Primary Mental Health Service Summer Holiday Events



BLACKPOOL PMHW



Pylyde Coast Mental Health Support Team



During the summer you may have seen our teams attended a series of community holiday activities across the town. Our teams delivered workshops in holiday clubs to raise awareness of the importance of mental health and wellbeing.



Garstang HAF event where we created wellbeing book marks.



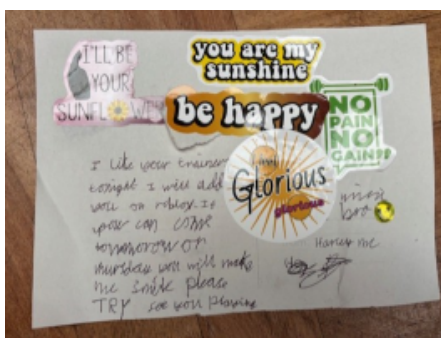
Freckleton HAF event enjoying lucky dip with positive affirmations.



BFCCT event where young people explored the link between physical and mental health.



Jubilee Gardens HAF event- talking about what improves their wellbeing.



BFCCT workshop where we talked about 5 ways to wellbeing. To be generous the children wrote a postcard to someone with kind words.



Palatine BFCCT event- SHINE running 400m and talking all about how being active is good for wellbeing.







# App of the Month



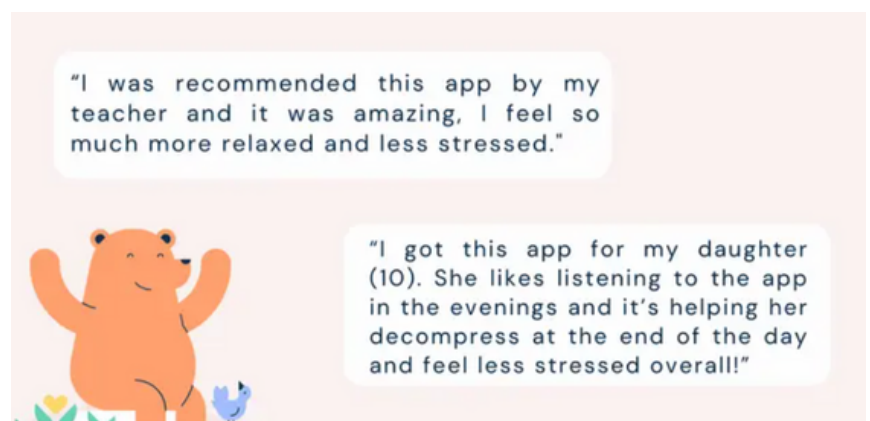
## How could it help me?

The audio tracks in Sorted Teens can help you build key skills for life, helping you to not only deal with mental stresses and strains, such as tests and exams, but to bounce forwards and become mentally stronger and more resilient and more confident.

The audios combine relaxation, positive psychology, and Olympic Sports coaching techniques to build core self-confidence and self-esteem. There is a short video to develop calm breathing too. Regular listening to the audio tracks builds inner mental strength, in much the same way as physical exercise builds strong flexible muscles, so listening builds a strong flexible mind - developing skills for life.

### Benefits

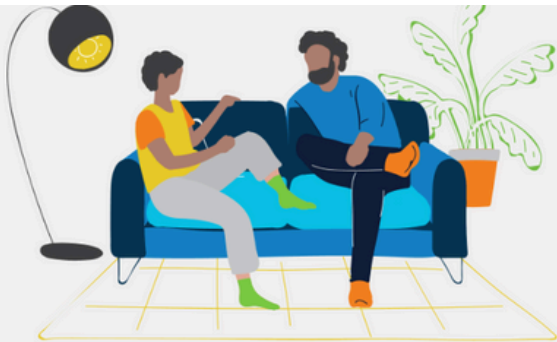
- Learn life skills to help you lift your mood, sleep better and build self-confidence
- Easy to use audio tracks - no need to do lots of reading and homework
- It's anonymous - no email address or card details to enter
- Specialist materials developed by doctors, psychologists and teachers
- Short audio tracks between 3-11 minutes
- All tracks available for FREE





# Learning and Development

## For Parents



### Why doesn't my teen sleep?

There is a great deal of emphasis on teaching teens about healthy eating and exercise but not enough on the importance of a good night's sleep. Sleep problems can be a very serious issue and lack of sleep has been linked to obesity, depression and impaired learning.

If you're having trouble getting your teenager out of bed in a morning, then there are several practical hints and tips that may help. Talking over worries may well help to put them into perspective.



### Digital parenting: what you need to know

Navigating the firehouse of information about the digital world is an almost impossible task. Everyone has something to say. Psychologists, actors, MPs, teachers, friends and foe. In this article, we're going to try to find a route through the shouting and the noise. If you're worried about your child and the digital world, we hope this will help.

## For Professionals



Learning about children's mental health & neurodivergent experiences through film

### Smartphones & Children's Mental Health

with  
**Dr Susie Davies**  
of Papaya Parents



NipintheBud.org | Nip in the Bud

Children and smartphones can present a range of challenges for parents and carers, and it can be hard to know what's right for your family. Research shows that social media and the messages children receive during their formative years can shape their beliefs about themselves and the world around them - sometimes negatively affecting their mental health. In this film, we explore some of the potential dangers of smartphones and social media on children's mental health and share practical advice for how parents can support their children's wellbeing.





# Service Spotlight

## Blackpool Carers Centre

*Quality • Passion • Respect*

### How We Can Help

#### Comprehensive Support for Carers and Families Across All Ages

We offer a wide variety of age-specific services and personalized support for carers from ages 5 to 105, ensuring that each carer and family member receives the guidance and assistance they need. Our purpose is simple but powerful: to make 'a better life for carers.' Through tailored programs, practical resources, and compassionate care, we aim to empower carers and provide meaningful connections that improve quality of life.

For more information on any of our services, call us at 01253 393748 or complete the Contact Us Form on this website. Explore our calendar to see What's On and learn more about upcoming events and support sessions designed for you.



### Young Adult Carers

We have a project dedicated to working with young adult carers (YACs) aged 16 to 25. Their needs may be different to those of other carers, as they may be moving away to study, or need support finding employment or training.



### Young Carers' Support

Our Young Carers' team provide emotional and practical support to young carers from the age of 5 to 18.

Call Kerry Dalton on [01253 393748](tel:01253393748) for more information.



### Training Courses

A wide variety of training courses for carers, volunteers and the local community, are held at Beaverbrooks House, including Managing Challenging Behaviour (MCB), First Aid, Health and Wellbeing and Mental Health.

Call Alison on [01253 393748](tel:01253393748) for more information.





NEW

Summer 2025

## Where to Find us



Scan the QR  
code to find  
a drop in  
clinic near  
you

NEW



## Children and Young People's Primary Mental Health Service

## BLACKPOOL PMHW COMMUNITY DROP IN CLINIC

## Worried about a young person's emotional well-being?



- Do you have questions about a young person's mental health?
- Are you looking for advice or support for their emotional development?
- Do you feel like you don't know where to get help?

## How can we help?



Listen to your concerns



Provide practical advice and guidance



Help you to explore services that can support a young person's mental health

## Where to Find us

**NEW** Every Monday at Revoe Children's Centre, FY1 5HP, 2pm to 4.30pm. **NEW**

First Tuesday of each month at South Family Hub, FY4 2AP, 2pm to 4.30pm

**NEW** First Wednesday of each month at Moor Park Library, FY2 0JG, 2pm -4:30pm **NEW**

Second Tuesday of each month at Devonshire Primary Academy, FY3 8AF, 2pm to 4.30pm

Third Tuesday of each month at North Family Hub, FY3 7NX, 2pm to 4.30pm

Please note: Drop-in clinics are not open Bank Holidays .



## Contact Us

If you have any further questions, do not hesitate to contact us directly and one of our team will respond.



0800 121 7762 (Option 4)



bfwh.cypmhs.blackpool.nhs.net

## Follow us



@cyp\_primarymentalhealthservice



@Blackpool PMHW

# Entwined Minds Patient Participation Group

Are you passionate about mental health and wellbeing?

Do you want to use your voice to make positive changes to Children's Mental Health Services?

Help design and create content and resources



Would you like to connect with others and have fun along the way?

Improve your mental health services

Build positive relationships with your community



## **WYRE**

**Date:**

The first Wednesday of every month

**Time:**

4:30pm till 6pm

**Location:**

Poulton Community Hall, Vicarage Road, FY6 7BE

If the answer is **YES** then why not come along to the Entwined Minds Group!

Help decide who we employ

Attend special events and conferences

Learn new skills

## **BLACKPOOL**

**Date:**

The first Wednesday of every month

**Time:** 4:00pm till 5:00pm

**Location:** CAMHS

Whitegate Health Centre  
150 Whitegate Dr,  
Blackpool FY3 9ES

Please contact us if you would like to attend



0800 121 7762 (Option 4)



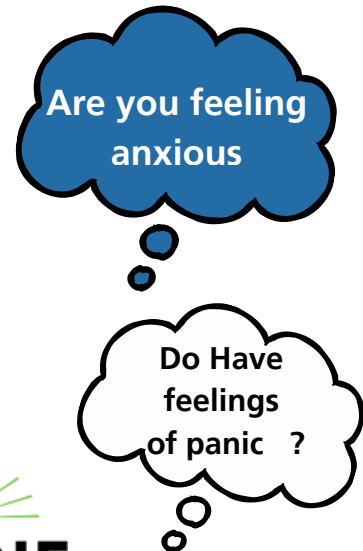
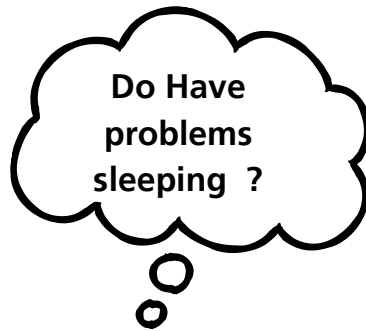
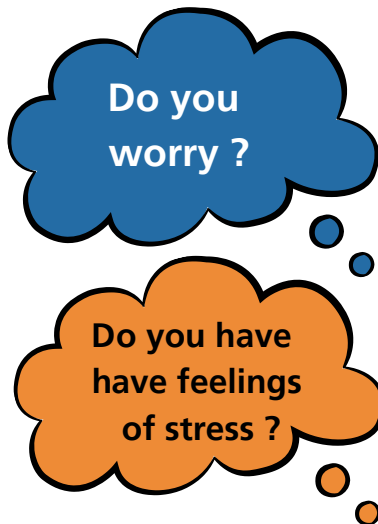
@cyp\_primarymentalhealthservice



bfwh.entwinedminds@nhs.net



# Self Referrals from Young people, Parents and Carers



Fylde Coast SHINE MHST supports children and young people, currently attending education settings, noted below.  
We support with mild to moderate mental health difficulties through time-limited intervention, where symptoms have been present for less than 12 months.

SHINE MHST is not an urgent response service



## If you attend the following schools we accept Self Referral's

- AKS Lytham
- Armfield Academy
- Athena School
- Baines School (High)
- Blackpool Aspire Academy
- Blackpool & Fylde College
- Blackpool Sixth Form
- Brookfield School
- Carr Hill High School
- Cardinal Allen Catholic High School
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Leadership Academy
- Highfurlong SEN School
- Hodgson Academy
- Kirkham Grammar High School
- Lytham St Anne's High School
- Millfield Science and Performing Arts College
- Montgomery Academy
- Park Community Academy
- Pear Tree School
- Pegasus
- Redmarsh School
- Saint Bedes Catholic High
- South Shore Academy
- St. Aidans Church of England High School
- St. Mary's Catholic Academy
- St George's Church of England Academy
- The Maple School
- Unity Academy Blackpool
- Woodlands School

## How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.



**0800 121 7762 (Option 4)**

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Follow us on social media ?



@cyp\_primarymentalhealthservice

