

Children and Young People's Primary Mental Health Service

lightbulb moments

The CYP Primary Mental Health Service Newsletter

Issue number 25 | October 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

"AUTUMN LEAF JOURNALLING"

Activity: Have the children and teens you support press autumn leaves into a journal, and on the page next to each leaf, write down one thing they want to let go of (like the leaf falling from a tree) and one thing they want to welcome into their life as the season changes. (This activity can be done by adults too.)

Mindfulness Element: This activity helps children and teens reflect on personal growth and change, aligning with the natural cycles of autumn.





World Mental Health Day

Children and Young People's Primary Mental Health Service Celebrating World Mental Health Day



Year 7's at Fleetwood High School Decorated their own kindness wristbands to share with their friends





streetlifeblackpool young people have been busy preparing #wellbeing bags to hand out







Our teams attended a series of World Mental Health Day events across the town. Our teams delivered workshops to raise awareness of the importance of mental health and wellbeing.









App of the Month

What is Moshi Kids? What parents need to know | Internet Matters



We're committed to creating safe, calming digital experiences for kids

The Moshi app is a healthy form of entertainment, full of games that support active play and stories that inspire fun, exploration, relaxation or sleep.

More than 400 audio stories, meditations, sounds and music tracks to discover. Hundreds of characters to learn from, 75+ engrossing character-led and skill-building activities to play.



Inhale calm, exhale worry

Moshi helps kids regulate their minds & bodies through...

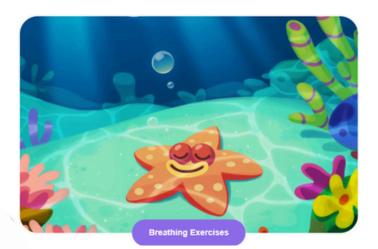
Breathing Exercises

Grounding Techniques

Body Scanning

Tapping

Guided Imagery



Deep breathing helps you slow down your thoughts and calm your nervous system

Moshi tracks to try for deep breathing: Calming SeaStar Breathing, Cleo's Pyramid Breathing, Delightful Deep Breathing with Nancy, Pinky's Peaceful Breathing, Gumdrop's Magical Meditation Spheres, or the 7 Days of Moshi Mindfulness playlist.

Amazing for all ages! My 2yo loves the stories/music & 9yo loves the relaxation he gets from the meditations. He winds down to one after school daily!

Chantel M

Moshi is such a comfort to my daughter. Helped her process grief from her great-grandma passing. The meditations ease her stress, tantrums, anxiety.

Joe P

My son is 10 with ADHD. Moshi has made such a difference. He now settles faster, rarely gets back up, and actively asks for Moshi every single day.

Ben



Learning and Development

For Parents



Screen time facts & advice Help children balance their screen time and adopt a healthy digital diet. Choose a guide below to help children get the most out of their devices.

Talking to your child about feelings

If you think a child you know has a problem, it can be hard to know how to start talking to them about it.



For Professionals



Emotion Regulation in Children and Young People: Childhood to Adolescence (6-18 years)

Between ages 6 and 18, children and adolescents experience huge changes in how they understand, express, and manage their emotions. In this talk, Dr. Bellato traces the development of emotion regulation from the primary school years through adolescence, highlighting key milestones and challenges along the way.He discusses how brain development, social pressures, and cultural expectations shape emotional skills, and why difficulties often emerge or intensify during adolescence.



Service Spotlight



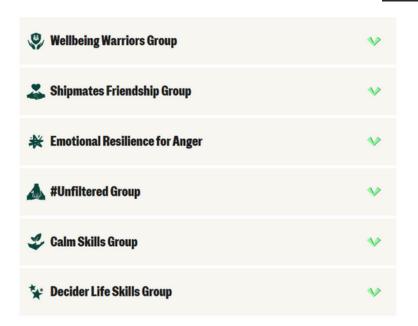
Changing childhoods. Changing lives.

What we do

The service offers therapeutic one-to-one, group work and counselling support to children and young people aged 5 to 18 (extending to 25 years based on SEN need) within the whole of the Lancashire & South Cumbria

Integrated Care Board (ICB) area.

Group work



How to access this service

Watch video on YouTube Error 153 Video player configuration error

MyTime to Thrive referral form (external online form)

Service Questionnaire forms (online form)



Where to Find us



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





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

Online Drop

Where to Find us



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

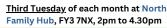
<u>First Tuesday</u> of each month at <u>South Family Hub</u>, FY4 2AP, 2pm to 4.30pm



<u>First Wednesday</u> of each month at <u>Moor</u> <u>Park Library</u>, FY2 OJG, 2pm -4:30pm



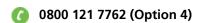
<u>Second Tuesday</u> of each month at Devonshire Primary Academy, FY3 8AF, 2pm to 4.30pm



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.





bfwh.cyppmhs.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



WYRE

Date:

The first Wednesday of every month

Time:

4:30pm till 6pm

Location:

Poulton Community Hall, Vicarage Road, FY6 7BE



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

Improve our mental health services

Build positive relationships with your community

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

Attend special events and conferences

Help decide who we employ

> 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



@cyp_primarymentalhealthservice

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0800 121 7762 (Option 4)



bfwh.entwinedminds@nhs.net



NHS Foundation Trust



Self Referrals from Young people,

Do you worry?

Do you have have feelings of stress?

Parents and Carers

Do Have problems sleeping?

Have you got low Mood?

Are you feeling anxious

> Do Have feelings of panic ?

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

Support and Help IN Education

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 Pear Tree School
- **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
- 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