



CYP PRIMARY MENTAL HEALTH SERVICE PRESENTS

LIGHTBULB MOMENTS

ISSUE NO.31
JULY 2026

INSIDE THIS ISSUE:

Celebrating our team

How to *manage anxiety* around
GCSE results



WELCOME TO

lightbulb moments

the CYP Primary Mental Health Service newsletter

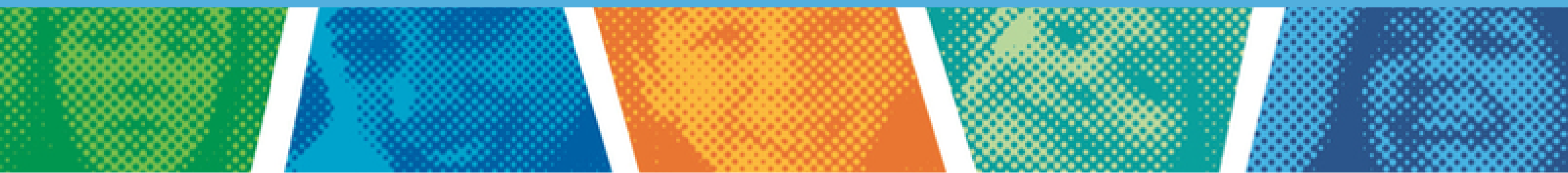
ISSUE NO 31
JULY 2026

As we come to the end of another successful academic year, we'd like to take a moment to reflect on everything we've achieved together and thank everyone who has been part of our journey.



This edition of Lightbulb Moments celebrates the incredible work of our team, recognises the achievements of young people, families and school staff, and shares helpful information and resources to support wellbeing over the summer holidays and beyond.

We hope you all have a safe, restful and enjoyable summer break!



DATES TO REMEMBER THIS MONTH

For more details on events and dates, click the underlined tabs

ALL MONTH: 'TALK TO US MONTH'
hosted by The Samaritans Charity.

ALL MONTH: Blackpool SEND events
for young people

24th July: International Self Care day

25th July: Wyre Family Festival

30th July: International day of friendship

Holiday Activities and Food (HAF) events running
across the summer holidays

CELEBRATING OUR TEAM

The people behind Lightbulb Moments



Throughout the year, our team has continued to provide support, deliver interventions, create meaningful connections and work alongside schools to promote positive mental health and wellbeing

CONGRATULATIONS

A huge well done to our young people!

As the school year comes to an end, we'd like to congratulate every young person, parent, carer and member of school staff for everything you've achieved this year.

Whether you've overcome challenges, learned something new, supported others or simply kept going when things felt difficult, you should be proud of yourselves.

And congratulations to all Year 6 pupils moving on to secondary school and Year 11 students beginning their next chapter.

Starting somewhere new can bring excitement as well as nerves. Remember to take things one step at a time, be kind to yourself and embrace the opportunities ahead.

We wish you every success for the future!

WORRIED ABOUT GETTING YOUR EXAM RESULTS?

IT'S OKAY TO FEEL NERVOUS

Waiting for your results can bring lots of emotions, including worry, excitement or uncertainty. Whatever you're feeling is completely normal, and you're not alone.



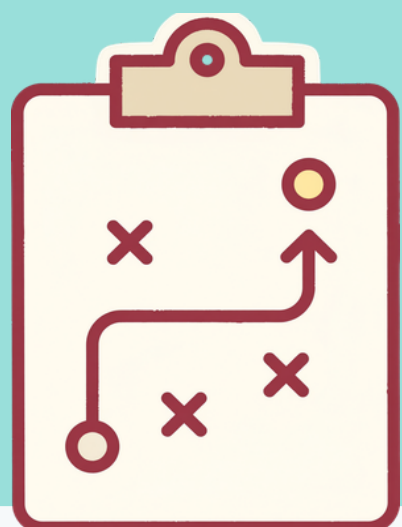
YOUR RESULTS DON'T DEFINE YOU

Exam results are only one part of your journey. They don't measure your worth, your potential or everything you've achieved. There are always different pathways to help you reach your goals.



IF THINGS DON'T GO TO PLAN

Take a moment to process your emotions before making any decisions. Speak to your school or college about your options. They can explain next steps, including appeals, resits or alternative courses.



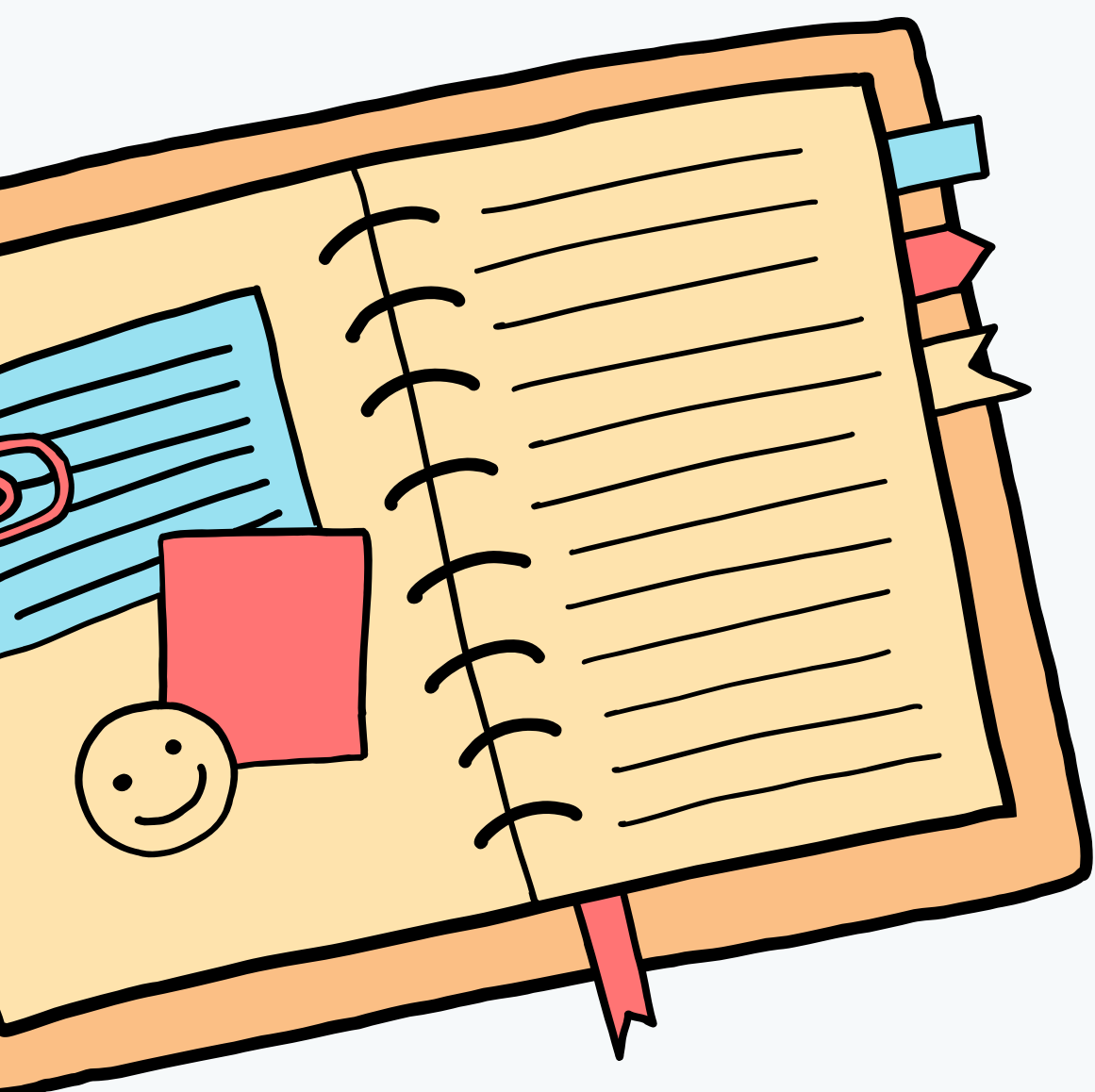
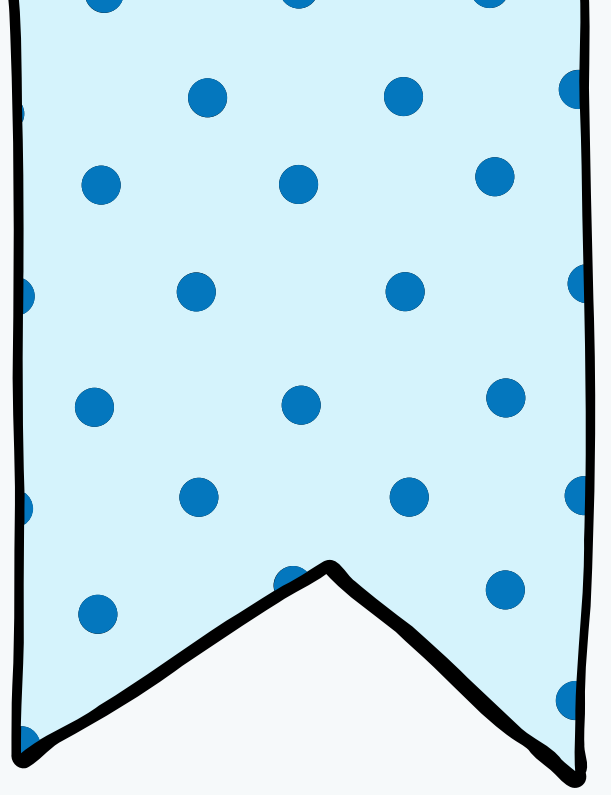
REACH OUT FOR SUPPORT

You don't have to manage your worries on your own. Talk to a trusted adult, family member, friend or teacher if you're feeling overwhelmed. If you're struggling with your mental health, support is available and asking for help is a sign of strength.



NEW BEGINNINGS

TRANSITION TIPS FOR YOUNG PEOPLE



1

ASK QUESTIONS

Ask questions about your new settings

2

STAY CONNECTED

Make sure you keep talking to friends and family

3

ROUTINE

Keep a regular routine over the summer so it's easier to settle in to your new settings

4

REMEMBER

It takes time to settle in, you'll get there eventually!



SUPPORTING TRANSITION

TIPS FOR PARENTS

1

OPEN CONVERSATIONS

Encourage open conversations about changes and new experiences

2

VALIDATE FEELINGS

Validate worries and feelings your child may have

3

FOCUS ON POSITIVES

Focus on the positives of new experiences and opportunities ahead

4

HEALTHY ROUTINES

Maintain healthy routines to provide stability during change

5

CELEBRATE WINS

Celebrate small achievements to build confidence and motivation



LOOKING AFTER YOUR WELLBEING THIS SUMMER

LOOKING AFTER YOUR WELLBEING

Summer is a chance to rest, recharge and do the things that help you feel your best.



BE KIND TO YOURSELF

It's okay if every day isn't perfect. Give yourself time to relax and remember that looking after yourself is just as important as looking after others.



STAY ACTIVE

Being active doesn't have to mean going to the gym. Walking, cycling, swimming or playing outside can all boost your mood.



KEEP CONNECTED

Spending time with friends, family or trusted adults can help us feel supported and less alone.



GET PLENTY OF REST

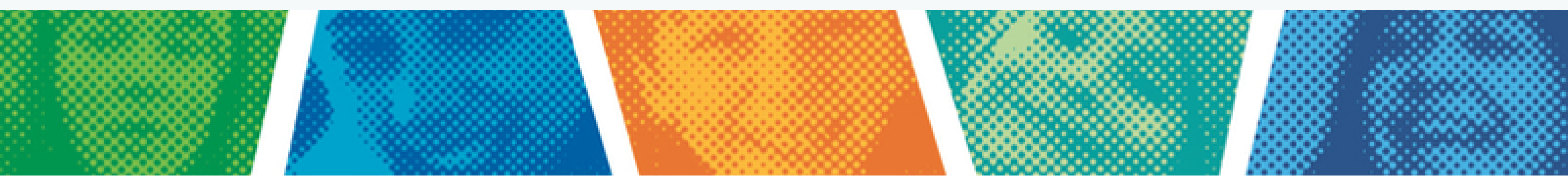
A regular sleep routine helps improve mood, concentration and energy levels.



LOOKING AHEAD

As we prepare for September, we're excited to continue supporting schools, families and young people across Blackpool, Fylde and Wyre.

See the next few pages for our CYPPMHS service offer.





Support and Help IN Education
Fylde Coast Mental Health Support Team

Mainstream Education Setting Service Offer 2025/2026

Mental Health Support Teams (MHST) are part of a national programme in education settings to reduce inequalities and increase access to mental health support for children and young people.

The service aims to promote the early detection and prevention of mental health problems across the whole school, and strengthen links between schools and mental health services. We aspire to bring education, health and families together, working collaboratively to support the mental health and wellbeing of children and young people based on their own life experiences and the uniqueness of their school community, whether they are thriving, coping or would benefit from getting help.



SHINE Fylde Coast MHST's work with the following mainstream education settings across Blackpool, Fylde and Wyre:

Blackpool

- Armfield Academy
- Blackpool Aspire Academy
- Blackpool & Fylde College
- Highfield Academy
- Montgomery Academy
- South Shore Academy
- St Georges School
- St Marys Catholic Academy
- Unity Academy

Fylde

- AKS Lytham
- Blackpool 6th Form
- Carr Hill High School
- Kirkham Grammar School
- Lytham St. Annes High School
- Saint Bede's Catholic High School



Wyre Secondary

- Baines School
- Cardinal Allen Catholic School
- Fleetwood High School
- Garstang Community Academy
- Hodgson Academy
- Millfield Science and Performing Arts College
- St Aidan's Church of England High School



Wyre Primaries

- Thornton Cleveleys Baines Endowed School
- Charles Saer Community Primary School
- Chaucer Community Primary School
- Flakefleet Primary School
- Larkholme Primary School
- Manor Beach Primary School
- Northfold Community Primary School
- Royles Brook School
- Sacred Heart Catholic Primary School
- Shakespeare Primary School
- Stanah Primary School
- St Mary's Catholic Primary School
- St Wulstan's & St Edmund's Catholic Academy
- Thornton Primary School



MHSTs have three core functions:

1. Delivering evidence-based interventions for mild to moderate mental health issues.
2. Supporting the senior mental health lead in each school or college to introduce or develop their whole school or college approach.
3. Giving timely advice to school and college staff, and liaising with external specialist services, to help children and young people to get the right support and stay in education.

What is low intensity CBT?

Low intensity CBT is a brief evidence based early intervention talking therapy, based upon the understanding that thoughts, feelings, physical sensations and actions are interconnected. It suggests that negative thoughts and feelings can trap the individual in a cycle and helps to identify ways to break that cycle. It uses a goal based, guided self-help approach with short focused sessions.

Within the MHST this involves the EMHP working with the individual to focus on their current mental health concern, in particular, their thoughts and feelings, and the impact it is having on them. The EMHP will work with the young person to develop a toolkit of practical strategies and coping mechanisms to help them deal with difficult situations when they arise.



What is the Whole School Approach?

A whole school approach to mental health goes beyond teaching and learning, and brings the entire school community together to promote positive mental health and wellbeing for students, staff, parents/carers and the wider community. It also aims to tackle mental health challenges and reduce stigma.



The Whole School Approach consists of eight key principles, which when applied consistently, will contribute to, and promote, better mental health and wellbeing for the school community. The principles are evidenced based and set out in the Department of Education's 'Promoting children and young people's emotional health and wellbeing - a whole school and college approach'.

Examples of how SHINE MHST may support an education setting with the Whole School Approach. We look forward to working with mental health leads to identify new ways we can offer support.

Group Interventions for Children and Young People

- Worry Management
- Behavioural Activation
- Sleep hygiene
- Transition
- Exam stress
- Decider Skills



One off Workshops for Children and Young People

- Managing Anxiety
- Managing Worry
- Managing Low Mood
- Managing Stress
- Sleep hygiene
- Transition
- Exam stress



Staff development & wellbeing

- One off Workshops for staff development
- Staff Wellbeing workshop
- Whole school approach to mental health workshop
- Attend School governance meetings
- Attend student council meetings



School and community based events

- Parent/carer coffee and chats
- Stalls at events providing information on our service, referral process, general advice
- Parents evening
- Options evenings
- Transition evenings
- Assemblies
- Parent Workshops



What are our 1:1 Interventions ?

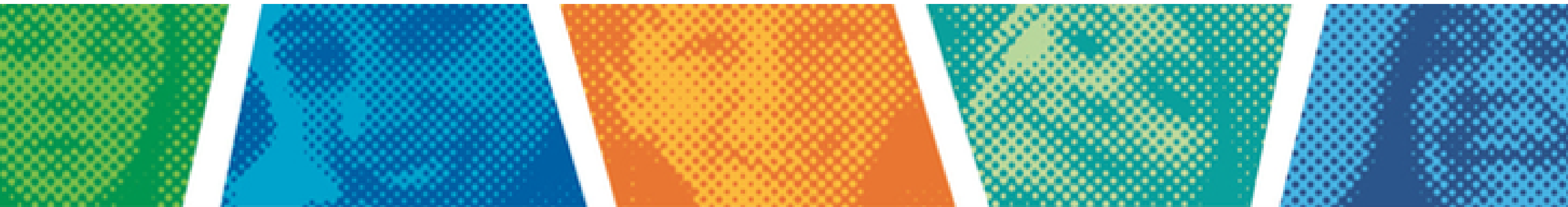
Our team of low-intensity practitioners consists of EMHPs (Educational Mental Health Practitioners). Each low intensity practitioner is able to provide interventions focussing on:

- Low Mood
- Worry (generalised anxiety)
- Anxiety and Avoidance (e.g. simple phobias or separation anxiety)
- Sleep Hygiene
- Panic Management
- Negative Thinking, Negative Automatic Thoughts
- Low Self-Confidence
- Parent-led Anxiety Intervention (age 5-11)
- Parent-led Behaviour Intervention for Emotional Dysregulation (age 5-11)



We will offer 6-8 sessions lasting 45 minutes to 1 hour

A full RAG rating referral criteria is available and your named Mental Health Lead has access to this also.



Making a referral

Will the young person being referred be suitable for a 1:1 intervention led by a MHST Practitioner?

Yes	No
• They attend an education setting supported by SHINE MHST • They are not currently supported by existing services e.g CAMHS • Presenting with common mild to moderate mental health difficulties • There is no active risk to themselves and or others (low level or past self harm may be accepted) • They have consented to engage with SHINE MHST • They could engage with and benefit from 1:1 low intensity CBT interventions • Their mental health difficulties are not systemic e.g. bereavement	• They do not attend an education setting supported by SHINE MHST • They are supported by existing services e.g CAMHS • Presenting with severe, complex or enduring mental health difficulties • They are at risk to themselves and / or others (high risk self-harm, active suicidal thoughts with plans and / or intent) • Their mental health difficulties are systemic e.g. bereavement • The young person may need support with something other than what we may deliver, e.g bereavement support, counselling, friendship difficulties, resilience

The SHINE MHST is not an emergency service. If you have an immediate concern for the safety or well-being of a child at your school, please follow appropriate crisis pathways.

The service does not provide evidence-based interventions for children who are at a very high risk or those who present with some complex mental health disorders. We are happy to discuss these cases with you and provide you with advice.

If you would like to refer a young person to SHINE MHST

School Referral

1

School Consultation

We will discuss the referral with your education setting’s Senior Mental Health Lead or designated staff. We may, at this stage, give the setting advice and signposting which can be passed on to the student, parent and carer or recommend the referral is forwarded to the team.

2

Referral is sent to the team

At this point, if the young person would benefit from a low intensity, brief intervention, we will organise an initial assessment with the young person in their education setting.

3

After the assessment, if it is decided that the young person is suitable for brief intervention, we will schedule 6-8 sessions. These can be delivered in their education setting.

Self Referrals

1

We now accept self-referrals from young people, parents and carers.

Call us directly to self-refer, and our administration team will discuss your referral and take your information.

2

Our duty practitioner will make a consultation call to parent/carers/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.

3

At this point, if the young person would benefit from a low intensity, brief intervention, we will organise an initial assessment with young person in there education setting.

After the assessment, if it is decided that the young person is suitable for brief intervention, we will schedule 6-8 sessions

Your school’s Senior Mental Health Lead will have details of your Trainee EMHP, EMHP or Mental Health Practitioner.

Get in touch

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

- 0800 121 7762 (Option 4)
- bfwh.shine-MHST@nhs.net

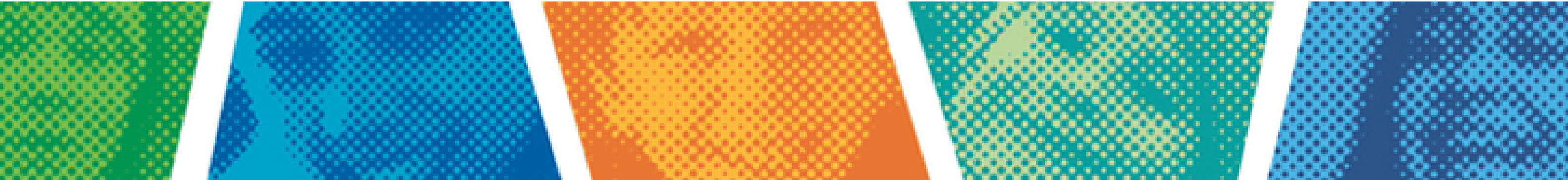
Did you know you can follow us on social media?



@cyp_primarymentalhealthservice



@cyp_pmhs



A spotlight is positioned in the upper left corner, casting a bright beam of light onto a set of blue, vertically pleated curtains. The light creates a soft, glowing effect on the fabric. The background is a solid blue color.

Service Spotlight

In the rest of this lightbulb moments issue, you will find information for services and events across Blackpool, Fylde and Wyre.

If you feel yourself or a young person need to access these services please use the contact information provided.



The Blackpool Holiday Activities and Food (HAF) Programme is fully funded by the Government and Blackpool Council. It provides healthy food, fun activities, and enriching experiences during the school holidays for children and young people from Reception to Year 11.

HAF work in partnership with a range of local providers to deliver exciting activities, health and nutrition education, and a free healthy meal each day for eligible children and young people across Blackpool. Bookings are made directly with the organisations running the holiday clubs.

All HAF provision is designed to be inclusive and accessible. In addition, three providers deliver specialist SEND programmes specifically tailored to support children and young people with mild to moderate additional needs:

- * Boathouse Youth – Pathway Provision
- * Blackpool FC Community Trust (BFCCT) – Stars Camp
- * Active Blackpool – Sport & Physical Activity Holiday Camp

These specialist programmes provide additional support to help ensure children and young people with additional needs can fully enjoy and benefit from their holiday activities.

DETAILS OF ALL HAF PROVIDERS AND CLUB LOCATIONS CAN BE FOUND ON THE HEALTHIER BLACKPOOL WEBSITE





Lancashire &
South Cumbria
NHS Foundation Trust

DROP IN SESSIONS

with our Primary Mental Health Workers Team

- Aimed at Parents, Children and Young people and professionals seeking advice around Mental health

- Including information around signposting and best services that meet your Mental Health needs

**THORNTON YMCA
FY5 3SX**

&

**POULTON LIBRARY
FY6 7DH**

2:00-4:30PM

Thornton YMCA

**2nd October
6th November
4th December
5th February
5th March**

Poulton Library

**2nd April
7th May
4th June
2nd July
6th August**

DROP IN SESSIONS

With our our Primary Mental Health Worker Team

- Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

- Including information around signposting and best services that meet your Mental Health needs

Where?

Knot End Library

FY6 0AU

Dates

Thursday 27/11/25	09:30AM-12PM
Thursday 22/1/26	09:30AM-12PM
Thursday 19/3/26	09:30AM-12PM
Thursday 14/5/26	09:30AM-12PM
Thursday 9/7/26	09:30AM-12PM

DROP IN SESSIONS

With our our Primary Mental Health Worker Team

Where?

Garstang Library

PR3 1EX



- Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

- Including information around signposting and best services that meet your Mental Health needs

3rd Thursday of every month

2:00PM-4:30PM

16th October 2025
20th November 2025
18th December 2025
15th January 2026
19th February 2026

19th March 2026
16th April 2026
21st May 2026
18th June 2026
16th July 2026
20th August 2026



Entwined Minds Patient Participation Group: Wyre

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?

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

If the answer is **YES** then why not come along to the Entwined Minds Group! Each session is supported by practitioners from SHINE Mental Health Support Team who work in all High schools within Wyre.

What can I do at Entwined Minds?

- Provide feedback on how we can be better
- Create content for social media
- Help design our promotional material and resources
- Make decisions about who we employ
- Attend events with the team in and out of school
- Gain experience to support you in your future plans
- Build positive relationships within your community

Date:

The first Wednesday of every month starting

Time:

4:30pm till 6pm

Location:

Poulton Community Hall, Vicarage Road, FY6 7BE

Get in touch

If you are interested or have any other questions then get in touch or let one of your practitioners know!

☎ 0800 121 7762 (Option 4) ✉ bfwh.cyppmhs.blackpool.nhs.net

📷 [@cyp_primarymentalhealthservice](https://www.instagram.com/cyp_primarymentalhealthservice)

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?

- We will listen to your concerns
- We can provide practical advice and guidance
- We can help you to explore services that can support a young person's mental health

SCAN THE QR CODE TO:

- Learn more about PMHWs
- Find the dates and locations of our drop in's
- Access our online link to join virtual drop in's.



WHERE TO FIND US:

ALL OUR DROP IN'S RUN FROM 2-4.30 PM.

- EVERY MONDAY- REVOE CHILDREN'S CENTRE GRASMERE ROAD, FY1 5HP
- 1ST TUESDAY EACH MONTH- SOUTH FAMILY HUB PALATINE LEISURE CENTRE, ST ANNE'S RD, BLACKPOOL FY4 2AP
- 1ST WEDNESDAY EACH MONTH- MOOR PARK LIBRARY, MOOR PARK HEALTH AND LEISURE CENTRE
- 2ND TUESDAY EACH MONTH- DEVONSHIRE PRIMARY ACADEMY
- 3RD TUESDAY EACH MONTH- NORTH FAMILY HUB
- 3RD WEDNESDAY EACH MONTH- VIRTUAL DROP IN (SCAN THE QR CODE TO ACCESS)

****PLEASE NOTE DROP IN'S DO NOT RUN ON 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.cyppmhs.blackpool.nhs.net

Instagram: @cyp_primarymentalhealthservice

Facebook: @Blackpool PMHW



NHS
Blackpool Teaching
Hospitals
NHS Foundation Trust



SHINE Fylde Coast MHST Operates 9am to 5pm Monday to Friday.

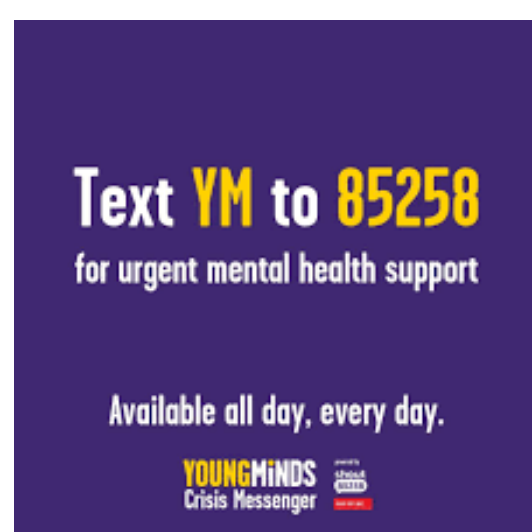
There are other helplines, text and web-based support if someone is finding it hard to cope. You can get 24 hr advice to support you, your parent/ carer or someone you care for. More details below.

Helplines, Text & Web Based Support



The RAIS Team is based at Blackpool Victoria Hospital. They see young people up to age 25 who require mental health support out of normal hours. They offer urgent support 7 days a week across Fylde & Wyre.

07810 696565 or bfwh.rais.team@nhs.net



The Young Minds Crisis Messenger text service provides free, 24/7 crisis support across the UK.
Text: YM to 85258.



Childline is a free, private and confidential service where you can talk about anything. For you online, on the phone, anytime.

Call: 0800 111

Visit: www.childline.org.uk



Whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year.
Call: 116 123 for free



HOPELINEUK is a confidential advice service for young people under the age of 35 who are experiencing thoughts of suicide.
Call: 0800 068 4141
Text: 07860 039 967



Initial Response Service is a 24 hours, 7 days a week service which supports with mental health crisis. It is staffed by trained mental health professionals.
Call: 0800 013 0709



Kooth is a free, anonymous online chat and emotional wellbeing service for young people aged 11 to 25
www.kooth.com



Helpful Apps



These days so many of us use apps in our everyday life for anything from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health?

Calm

Improve your health and happiness with the calm app. Help improve your sleep quality, reduce your anxiety and stress levels or use this just to improve your focus.



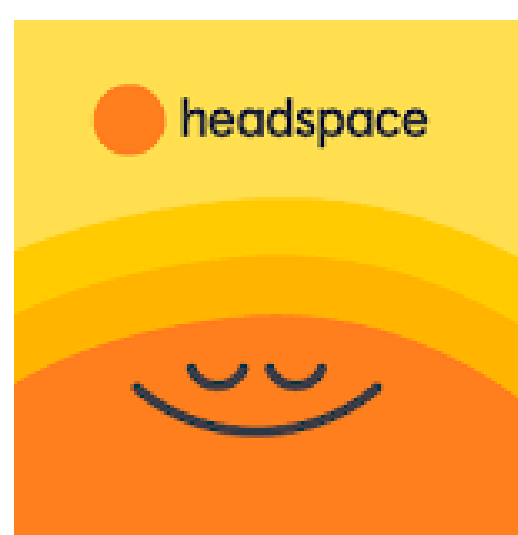
Worry Tree

The Worry Tree app aims to help you take control of worry. Wherever you are you can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you.



Headspace

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. It's also on Netflix too.



Catch It

Learn how to manage feelings like anxiety and depression with Catch It. It can teach you how to look at problems in a different way and turn negative thoughts into positive ones.



Togetherall

Togetherall is a unique mental health service offering an anonymous and safe support community. They provide a range of self-guided support through our 24/7.



Calm Harm

Calm Harm is a totally free app that helps you 'ride the wave' of the urge to hurt yourself. This urge feels most powerful when you start wanting to self-harm.



Caring • Safe • Respectful

Disclaimer
The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.

