

**Appendix**: Members Information Sheet - Further information about CYP emotional health and wellbeing provision in Somerset

**Somerset Wellbeing Framework**

The Somerset Wellbeing Framework is a local model for developing a whole school approach to wellbeing and mental health.

The Framework provides guidance, resources and training to enable schools to build wellbeing into the ethos, culture, routine life and core business of a school. The Framework supports schools to continue the good work they are doing to promote wellbeing but with the added help of online tools to record and monitor progress and direct support from the Public Health Team.

[Somerset children & young people : Health & Wellbeing : New Home (cypsomersethealth.org)](https://www.cypsomersethealth.org/the_somerset_wellbeing_framework__a_whole_school_and_college_approach)

**Relationships, Sex and Health Education (RSHE)**

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. To help strengthen the quality of content and delivery of these topics, **Relationships Education**, **Relationships and Sex Education** and **Health Education** will become compulsory for all pupils receiving primary education and **Relationships and Sex Education (RSE)** compulsory for all pupils receiving secondary education. **Health Education** will be compulsory in all schools. (April 2021)

In Somerset, we provide an evidence-based programme of RSHE CPD for teaching staff and school nurses. This programme is delivered by an organisation called LIFEbeat. Their mission is to improve the emotional wellbeing of young people – giving them the skills and inspiration to overcome the challenges they face, to navigate the divisions in society, and to lead confident, healthy and purposeful lives.

**Mental Health Support Teams (MHSTs)**

In 2019 Somerset was nominated to become a 'trailblazer' site to implement the proposals set out in the Government Green Paper ‘Transforming children and young people’s mental health provision’ to increase support for CYP with mild to moderate mental health issues and linking them to specialist NHS services when needed. The existing teams are in Taunton Deane and Mendip with two further teams currently being developed in South Somerset and Sedgemoor.

**Big Tent and Wellbeing Practitioners**

The “Big Tent” programme is an umbrella under which children and young people`s mental health and wellbeing services will be delivered through the voluntary and community sector in Somerset with two main objectives:

* To create a clear offer around emotional wellbeing for children and young people across localities and Primary Care Networks. This is delivered by newly IAPT-trained, and experienced, Children and Young People Wellbeing Practitioners. IAPT stands for Improving Access to Psychological Therapies
* To create an alliance of voluntary, community sector providers to focus on local community solutions aimed at improving the emotional wellbeing and mental health of our population.