

# CITY & HACKNEY CAMHS NEWSLETTER

**MAY/  
JUNE 2023**

## Colourful mural brightens the mood



**Thank you to everyone who supported us to bring colour to the waiting room at Homerton Row!**

On the weekend of 1st April, Rosie, a professional Hackney-based painter, came into the clinic to reproduce the designs created by artist Fandangoe Kid. The aim was to make the space more welcoming and reduce the anxiety of waiting.



This quote from Becky Mason (Clinical Psychologist and Team Lead for the Behaviour Support and Outreach team) suggests we are on the right track:

"I had been away from work on leave and didn't know the painting was happening. When I arrived at work it felt calming and welcoming and put a smile on my face."

We took some photos of Rosie and Eilish painting, during the installation, and made them into 2 time lapse videos, you can use the link or QR code to the right to have a look...

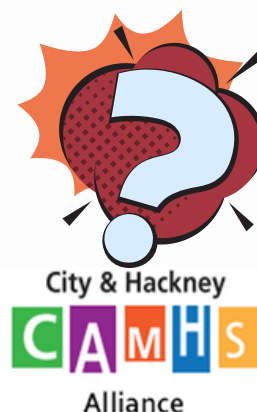


<https://www.elft.nhs.uk/homerton-row-mural>

## What information and support do you need after a diagnosis of Autism Spectrum Condition?

We are conducting a survey to find this out so we can give you the best possible support

Fill in the survey online using the QR code above





# Hackney CAMHS young people go on to do well in life...

Reception staff were delighted when a parent came into the clinic with her 16 year old daughter for assessment. The parent asked if "Dolores" was still working at CAMHS because her son, who is now 27, used to come to CAMHS and see her. She said that the service had helped him through the bad times and he is doing very well now as a manager of a data analysis company. She proudly showed staff some lovely photos of him.

## Get to know...

### Jessica Sabnjoku

Member of Youth Participation at  
City&Hackney CAMHS



This is Jessica! Known also to her friends as Jess, who I had the honor of interviewing!

### What's your favourite food?

Her favorite foods are chicken and apple crumble because they're so versatile, she'll have her apple crumble with strawberries or cinnamon and enjoy how differently they taste with just little variations. She loves chicken because her mum mostly cooks food with chicken so she has continued to grow up loving it as a part of her culture because there is a lot of meat within their cultural nigerian dishes. At the end of a long and hard working week, Jessica likes to settle in the abode of her home and bake apple crumble which helps to relieve the stress and anxiety that she faces because of education.

### What's your favourite film?


Currently her favorite film is "Everything Everywhere All At Once" a 2022 adventure/sci fi film that has won academy award best picture (among many others). However this is not the reason Jess enjoyed the film so much, she had a personal connection to the main character's daughter as she enjoyed the representation of queer characters that were not accepted by their parents but still (at the end of the film) unconditionally loved, the acceptance of a person as a whole, the good the bad and the in between. Not just the order and kindness. She admired how the mother was able to put her beliefs aside and simply love her daughter, a film filled with madness and true expression with a simple message of love, kindness and acceptance bringing a family together.

### What advice would you give your younger self?

The next question I asked Jess was what she would say if she could speak to her younger self, what advice would she give? "Do more outside of school, GCSE's COVID years, do more. Be more confident, read more, watch less and simply be yourself." Beautifully put and great advice! I hope you enjoyed getting to know Jess as much as I have!

Interview and write up by Lila





# Artwork Competition (reopened!)

The Mental Health Support in Schools Team would love for your imagination and art skills to feature in their brochure for secondary schools. We are looking for artwork which could become the front cover of our brochure or illustrate sections within it.

MHST provides early intervention groups for children & young people with mild to moderate mental health needs. We are here to offer you workshops, group and individual interventions through your schools. Please see the enclosed brochure for more information.

- Reward**
  - The designer of each selected image will receive £30 in vouchers. Winners will be announced in June.
- Who?**
  - Any pupil in Years 7-13
  - Are interested in art and design
  - Would like to help promote mental health support services
- When?**
  - Closing date: Friday 26th May 2023
- How?**
  - Send by email to [elft.wamhs@nhs.net](mailto:elft.wamhs@nhs.net) with subject line MHST ARTWORK
- What?**
  - We want work that is eye-catching and that shows your understanding of what positive mental health looks like in schools. We would love to see your ideas around empathy/ self-care/ talking/sharing/ listening/ speaking up/ time out/ reflection/ identity/ emotions/ resilience/ hope /difference..
- Media**
  - The format will need to be a digital still image as a .jpeg .png or .pdf but as well as photography or digital art we are open to any media that can be photographed to produce a high quality image. Paint, pencil, collage, photography, a video still, mixed media, and more are all welcome.
- Consent**
  - By taking part in the competition we will take this as consent for your work to be reproduced and used to represent the Mental Health Support in Schools Team and the Well-being and Mental Health in Schools Service in City & Hackney.
  - In the brochure the image will not show your name, school or any form of identification.
- Use of your image**
  - The MHST will select at least 4 images to be used and they will plan where these will be used in the brochure. Artwork will also be featured on our Instagram page.

**Our Schools team are redesigning their brochure with the help of young people.**

**Young people have already taken part as actors and photographers in a photoshoot. The next step is artwork which captures ideas about thoughts, emotions and the benefits of talking.**



**The winning Primary School entries are below, each winner will receive a £30 voucher! All the entries received were fabulous and it was incredibly hard for the team to choose.**



## Primary School Artwork Competition Winner

The City & Hackney Mental Health Support in Schools Team asked Primary School students to use their imagination and art skills to design a piece of artwork that represents what positive mental health looks like in schools.

The 4 winning pieces of artwork that are highlighted in this presentation will be featured in the MHST brochure for schools and will win a £30 Voucher!



**If you would like to receive the Wellbeing and Mental Health in Schools (WAMHS) email newsletter please message [elft.wamhs@nhs.net](mailto:elft.wamhs@nhs.net)**

# Online Resources you might like...

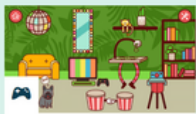
## WAYS TO FEEL BETTER

Try our tools to help you cope or feel better:



### Coping Kit

Find new ways to cope or distract yourself - we've got ideas for however you're feeling.



### Build Your Happy Place

Create your ideal room. Fill it with things that help you feel happy, calm and safe.



### Mental Health First Aid Kit

Things can be overwhelming sometimes, but making a first aid kit can help you to cope when things are tough.



### Try our conversation starter

Not sure where to start? Download our template to help you start a conversation with a letter or an email.

<https://www.childline.org.uk/toolbox/>

Take your mind off things with games, use tools to find ways to cope or get creative and let your feelings out. It's all in a handy toolbox



<https://bebodypositive.org.uk/>

A journey towards positive body image and being comfortable

Support for young people, parents, carers and professionals



Support young people to

be body positive

A guide for parents and carers

Webinar

NHS Building a positive relationship with food and your body

[www.bebodypositive.org.uk](http://www.bebodypositive.org.uk)

YOUNGmINDS  
fighting for young people's mental health

April 2023



<https://www.youngminds.org.uk/>

Excellent and varied support for young people's mental health (and the people that care about them)



Have you subscribed to the Young Minds e-newsletter? It has really good ideas and information

<https://www.bemoreuncommon.com/>

Whether you're officially diagnosed or not, you'll be able to access on-hand mental health support, practical guidance and a network of friends to support you through your journey.



Uncommon

About Us

Book now

FAQs

Uncommon

Wellness support for neurodivergent young people





# What is Quality Improvement?

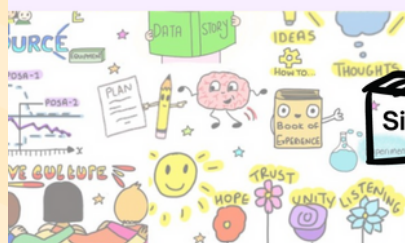
**Paul Batalden has defined quality improvement as: “the combined and unceasing efforts of everyone – healthcare professionals, patients and their families, researchers, payers, planners and educators – to make the changes that will lead to better patient outcomes (health), better system performance (care) and better professional development (learning)”**

Quality improvement (QI) goes beyond traditional management, target setting and policy making. QI methodology is best applied when tackling complex adaptive problems – where the problem isn't completely understood and where the answer isn't known – for example, how to reduce frequency of violence on inpatient mental health wards. QI utilises the subject matter expertise of people closest to the issue – staff and service users – to identify potential solutions and test them.

- The team want to reduce the number of missed appointments, often called 'DNA's (Did Not Attend).
- A project team of 5 staff members, 1 young person and 1 parent are working together to achieve this.
- Missed appointments make treatment longer which makes wait times longer.
- Our data also shows that most of the missed appointments are where a young person is from a family with lower socio-economic status. This is unfair and we need to challenge it.

**There is a training opportunity coming up for young people on how to get involved in QI**

# Introduction to Quality Improvement for young people



**Sign up now!**



Quality Improvement at ELFT relies on our service users to be involved in the amazing projects around the Trust

Learn about East London  
NHS Foundation Trust's  
approach to involving  
service users and  
parents/carers in Quality  
Improvement

Hear from other young people about their experience of being involved in OI at ELFT

Find out how you, as a young person, can get involved in QI at FLEET



**31st May, 10.30am**  
**2.5 hours, free**  
**virtual training**



**Find out more and give your opinion on this problem/solution using the QR code to the left or this link: [tinyurl.com/QI-NDT](https://tinyurl.com/QI-NDT)**

# A moving on poem



**Thank You is eight small graphemes that tell a world of thanks,  
I was a soldier lost on the battlefield surrounded by enemy tanks  
The sides were closing in on me: I wanted to throw in the towel  
I could not deal with reality, walked around in tears and a scowl  
You assessed me for autism. gave a diagnosis, then  
I came home and could not believe my luck when  
the decree was sealed, report signed. leaving my smile and self-acceptance in its wake.  
I am neurodivergent, ever prouder of it, hello authenticity, so long, fake.**

**I can grow. I can change. I can learn from every mistake.  
No use fitting in when all my potential is at stake  
And there's lots of it inside, as I keep discovering, I can sing, I can  
I dance, I can bake  
G-d destined me this life but you were my fairy angel, enveloped in a cloudy whiff of  
heaven,  
You saw me in tears, you witnessed my victories, you got me from -1 to 107.**

**You did your duty but you did it with your heart. I felt your care go beyond legal mission  
My life is a roller-coaster. a mirror maze and puzzle. but you led my struggles to fruition  
I will never forget your cozy little room. the hill we must climb.  
Tuesday, pillow and fish. blue bird  
You taught me some Afrikaans. were open when I inquired, even when all other  
homo-sapiens found me absurd  
I am a fighter. but you were my general, so thank you for your faith in me  
The battle's still on. but I'm out of the trenches, and if I believe I can failure won't win me!**

An original poem written by H

## Wild and Wilder

**We are looking to take part in re-wilding London by increasing the bio-diversity of our garden space at Homerton**

We are planning to work with an organisation called Wilder. With their help we could we can make the garden a space which is lovely to be in and which promotes a therapeutic relationship with nature. Contact Rose to get involved on [elft.ppgchcamhs@nhs.net](mailto:elft.ppgchcamhs@nhs.net)





# THE FIGHTFUL FEARS

*Hello I'm Jess and I'm part of the youth participation group. It's official - I decided to create a concept called the fightful fears, where I will talk about fears that all of us have experienced and suggest actionable steps that can be used to redeem our sense of peace and fight against these fears.*

As GCSE and A-levels exams have started, I thought it would be a good opportunity to talk about the anxiety that students face with exams. I am sure that every student that I have asked - 'how are your exams going?' starts to **shudder in fear** about the thought of doing them.

But what has provoked such a response in them? Ahh, so many reasons - cultural, social and academic. There may be people from cultural backgrounds where there is extensive pressure to outdo other students; or academic pressure - the constant reminders from schools that exams are around the corner so they should be studying '7 hours a day' to improve the school status in **league tables**. Thanks to the school for reminding us students that we are doing them when it is already a lingering thought in every student's mind at the moment! Students are bombarded with various external factors that spark even more anxiety and stress than the regular amount needed. A little stress is beneficial/okay as a motivator towards positive actions but constant, underlying stressors can pose negative impacts towards their health.

I have noticed that me and my friends are regularly anxious about exams when they are nearby or we don't even talk about it all together. There is an underlying pressure that we must be consistently working towards getting "**perfect grades**". Unfortunately, one of my friends has been solely focused on doing hours upon hours of work that she forgets to take care of her mental and physical well-being. According to assistant psychologist - Rebecca, "**making time for things outside of exams and outside of academics**" is important for young people who are facing their exams. This is a difficult decision for students to hear but you can't spend all the afternoons and evenings studying when we have had a tedious school schedule. Also, she advised us to **spend time doing the things we like to do outside of school**, whether productive or not. Personally, I love to binge watch TV shows when I'm stressed but I would like to change that to something else like painting or reading more often. Studying and doing other things in moderation is important, especially when school is most associated with worsening young people's mental health.

Finally, Rebecca suggests that **we all need support systems when we need help or someone to simply support us during the most difficult periods of our lives**. Family members and friends and other support systems (youth group, church, inspiring people) can help reconnect ourselves with parts of our identities that we have, or have forgotten ever existed. An interesting part of my discussion with Rebecca was when we talked about looking at a person's strengths rather than emphasising their weaknesses. **By doing so, it empowers them to take better care of themselves as they are valuable with or without their ideal exam grades.**

By Jess





# Ade's Updates

Welcome to this month's newsletter.

We celebrated International Day of the Midwife on 5th May and International Nurses Day on 12 May. Being a registered nurse myself, I recognise how nurses and midwives provide an invaluable contribution to the health and safety of children and young people living in our communities and they bring much specialist care.

On this note, I will like to congratulate our very own Lorraine Dick (Clinical Team Lead for NDT and CAMHS Borough Lead Nurse) who recently completed her Florence Nightingale Leadership Course. The graduation event was held at St Paul's Cathedral with Dame Ruth May (Chief of Nursing Officer for NHS England).

As we mark Mental Health Awareness week, I would like to remind us all that Mental health problems affect one in four of us. I hope we can find time to talk in our teams and I encourage everyone to be more open about mental health – to talk, to listen, to change lives. Remember that a small conversation about mental health has the power to make a big difference. As part of this month's newsletter, we will be sharing references with our staff about how to access mental health and wellbeing support.

**Remember, "Self-care is not self-indulgence, it is self-preservation." – Audre Lorde**

From all of leadership team, we want to thank all our staff for their care, support and the work they do working with our CYP our communities every day.

Ade Dosunmu  
CAMHS General Manager

Lorraine at St.Pauls' Cathedral,  
far right in both photos

