



Emotionally Healthy Schools

Tuesday 23 June 2020



Follow us on Twitter!

[@DerbyEHS](https://twitter.com/DerbyEHS)

If you're not already part of our forum, and are from a Derby City school, then please do sign up here: [emotionally-
healthyschools.org](https://emotionally-healthyschools.org)

Author and Activist Natasha Devon MBE joins us for our next DSLMH network event!

We are very excited to welcome [Natasha Devon](#) MBE to our next network meeting, where she will be reflecting on the language we use when we

talk about mental health and how to strike a conversation, particularly post Covid.

Natasha Devon is a writer & activist. She tours schools, colleges, universities and events throughout the world, delivering talks as well as conducting research on mental health, body image, gender and social equality. She campaigns both on and offline to make the world a fairer place. Her current projects are the [Mental Health Media Charter](#) and [Where's Your Head At?](#) which aims to change the law to protect the mental health of British workers. Natasha is the author of several books, including 'Yes You Can: Ace Your Exams Without Losing Your Mind' and 'A Beginner's Guide to Being Mental'. You can access her most recent TedX talk here: https://youtu.be/F1A_ropnZwc

This is a live event running via zoom on Monday 6 July at 9:30 am to 11 am. We expect it to be popular, so if you wish to attend, please express your interest by emailing Ingrid at ingrid.sanfey@redwood.derby.sch.uk

RESOURCES

The website has been updated with the following tools and resources:

- [Sleep](#)
- [Physical Education](#)

Please also visit our [blog](#), which looks at the experience of various Redwood staff and reflections during the Covid-19 school closures.

Derbyshire Mental Health Support Line

The mental health support line is for Derbyshire people of all ages who are experiencing increased mental health needs during the Coronavirus (COVID-19) pandemic.

If you need urgent help you can call 0300 790 0596 between the hours of 9am and midnight, seven days a week visit: <https://www.derbyshirehealthcareft.nhs.uk/getting-help/coronavirus-covid-19/mental-health-support-line> where specialist mental health professionals will be there to help

Please make sure everyone in your school has this number.

Project Funding is extended to end of December

We are pleased that the project is now continuing in full until 31 December 2020. This allows all schools more time to complete the awards and access funding for their plans.

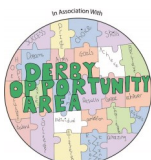
The final celebration event will be postponed and moved online. As such, we're able to expand our offer and ensure that every school is showcased in some way via our website. We will be delivering a series of podcasts and live events that demonstrate the success and also reflects on some of the challenges posed over the last few months and how we've overcome them. I look forward to working with all the schools on this next term.

If you have anything that might be helpful to share with other schools here, on the website, or via our new blog, please contact me:

Ingrid Sanfey on 07956 308857 or email ingrid.sanfey@redwood.derby.sch.uk

Upcoming Dates:

6 July—DSLHM Network event via zoom



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Minds Ahead

