



Reflexions

Newsletter

REFLEXIONS UPDATES

Reflexions have been in receipt of wave 14 funding and we will be putting in place two new teams 1 across Sandwell and Dudley and 1 across Wolverhampton and Walsall this will allow us to have 100% coverage of Secondary schools and will increase our involvement with primary schools to 70%. We are working hard to achieve 100% coverage across the Black Country by 2030.

REMINDER!

- Notify Reflexions by telephone or email if a young person is unavailable for their appointment.
- A confidential space is made available for appointments.
- All staff have an enhanced DBS with child barring and letters of assurance have been issued to all settings. As new staff are recruited these letters will be updated and re-issued.
- Please ensure all targeted forms are completed and returned prior to the workshop to help us prepare effectively



HOLIDAY PROVISION

The Reflexions Team have delivered workshops, webinars & wellbeing activities across the Black Country. We offered:

- Parents – with webinars on wellbeing, transitions & talking about mental health
- Young People – with sessions on exam prep, anxiety, wellbeing, “Inside Out”, netball & more
- Families – with wellbeing walks, drop-ins & creative partnerships with local providers

Keep an eye out on our social media pages and posters in your local community for further information on how to attend our holiday provision.

We cannot wait to see you there!

ROUTES

ROUTES is a walk-in, Youth Advice Hub for young people aged 13-25 at Merry Hill Shopping Centre in Dudley. We are a safe space for young people to turn to when they experience challenges or adversity in their day-to-day lives. Young people and their parent/carers can come and attend our drop in sessions to access information, advice, early interventions and a range of support services - no need for a prior referral and there are no postcode restrictions as long as you can attend in person.

What is available at ROUTES?

- Open door to walk-in without an appointment to access information, advice and support
- Mentoring
- Stop smoking/vaping support (16+)
- Sexual health & free condoms/STI screening
- Drug and alcohol support
- Education and career planning
- Access to onsite groups and clubs
- Signposting and onward referral

Please check the website for our latest timetable: [ROUTES Dudley | Cranstoun](#)

Check us out and follow us on Instagram: @cranstounroutes



Check out Routes [here](#)

AI ROBOTS

We are currently working with our Digital and Governance Teams to understand fully the use of AI in the world of mental health, until we have full clarity on how we maintain confidentiality we will not be authorising AI robots to attend any online meetings we facilitate. We understand that AI is the future however we also need to ensure we protect the NHS protocols and the information we hold about and within the service.

MAPPING TOOL

Using a mapping tool (nationalwsa.com), schools identify strengths and challenges to embedding a culture of positive mental wellbeing within their school environment.

Working collaboratively using this tool, Reflexions can work with schools to agree a bespoke mental health delivery for children and young people, their families and Education staff to promote mental wellbeing

Anna Freud

Anna Freud is a useful website to provide support to schools, children and young people. Here you can discover the resources, webinars, training and clinical support available to help you support the mental health of your students.

[Mental Health And Wellbeing | Anna Freud](#)
[Mentally Healthy Schools | Anna Freud](#)
[Resource hub : Mentally Healthy Schools](#)
[Schools in Mind | Anna Freud](#)

FOCUS GROUPS

We currently facilitate focus groups for Senior Mental Health Leads on a termly basis however we are looking to refresh this offer. We are looking at using the time to provide some reflective practice or training which can be offered to all teaching staff who may benefit from this approach however we encourage you to be involved in this development. The next set of groups are in place on the following dates and would welcome your involvement:

All at 3:30pm:

March 23rd – Primary Settings

March 24th – Secondary/College Settings

March 25th – Alternative Provision Settings



WorkWell and Reflexions: Empowering young mind through mental health and career support

In an exciting development, Reflexions has partnered with WorkWell - an employment support service delivered and led by Black Country Healthcare with funding from Department of Work and Pensions (DWP) - to widen its reach and better equip young people for the future. This collaboration aims to reshape the narrative around work and wellbeing for both pre-16 students and those aged 16-18.

By working together, Reflexions and WorkWell will provide school-based mental health services alongside practical career-focused guidance. This includes supporting students in understanding employment pathways, building confidence in their future choices, and accessing resources that show how work can positively fit into their lives - no matter their background or circumstances.

With a shared mission to support wellbeing and aspiration, this partnership is poised to help students take meaningful next steps beyond school, bridging the gap between emotional resilience and future planning. Together, Reflexions and WorkWell are not only improving mental health outcomes but also nurturing the next generation to thrive in both life and work.

To find out more, visit www.blackcountryhealthcare.nhs.uk and search 'WorkWell' or 'Reflexions' to visit the services' webpages.

CONSULTATIONS

Reflexions offers consultations as one of its core services. If a young person is struggling and you need support, join us to discuss appropriate mental health support. If you have not received the links or that the linked SMHL has changed since the last academic year, if you can reach out and update us on best point of contact!

Dudley Reflexions consultations - on the first Thursday of each month 3:30–4:30 pm, starting September 11, 2025.

Walsall Reflexions consultations - on the first Tuesday of each month 9am - 10am starting 4th November 2025.

Wolverhampton Reflexions consultations - will begin on Friday, 26th September. Schools will be notified of all future sessions in due course.

Sandwell Reflexions consultations - We do not currently offer regular or scheduled consultations. However, consultations can be arranged. If you would like to discuss your needs or arrange a consultation, please don't hesitate to get in touch with us.

All staff are welcome.

Wellbeing Ambassadors

Our Wellbeing Champions have been actively involved in a range of meaningful projects to support mental health and wellbeing across our community. They co-produced a wellbeing wall at Routes, helping to create a positive and supportive environment. Young people also led the development of key resources, including a consent awareness video, content addressing toxic masculinity, materials that highlight the positives of asking for help, and guidance on the role of Wellbeing Champions in improving the school environment. These efforts showcase the power of youth-led initiatives in creating lasting, positive change.



DROP INS

We have been piloting 'drop in's in some secondary settings across the Black Country which appear to be successful, if you are interested in Reflexions staff providing a drop in for your school please make contact with us and we can arrange a time to suit. Due to consent this offer is currently only available for Secondary settings.

STAR

STAR (Standing Together Against Racism)

We are a collective of clinicians whose committed to cultural curiosity and upholding cultural sensitivity by encouraging reflection and discussion on how personal values, backgrounds, and beliefs shape our work.

We are actively looking at ways of increasing our visibility to all community's and would encourage school staff to promote the Reflexions service as widely as possible.

Tell Us How We Did!

We value your feedback! Whether you're a teacher, a parent or a young person, your thoughts help us improve the support we offer in schools.

Did we meet your expectations? Is there something we could do better?

Share your experience with us – it only takes a minute!

SCAN ME



SALT AND ICE CHALLENGE

The "Salt & Ice Challenge" involves placing salt on the skin and pressing ice on top, causing severe cold burns, similar to frostbite. While it may seem like a harmless trend, the effects can be dangerous.

Risks:

- Second- or third-degree burns
- Nerve damage & permanent scars

First Aid:

- Cool burn with lukewarm water for 10 minutes
- Don't apply ice or creams
- Seek medical help for serious burns

WE ARE ON SOCIAL MEDIA!

Follow us to keep up to date with everything we're doing to support children, young people, and families across the Black Country. On our pages, you'll find:

- Updates on our latest workshops and webinars
- Tips and resources to support mental health and wellbeing
- Opportunities for young people and families to get involved
- Stories, inspiration, and helpful reminders

Instagram: @bchft_reflexions

Facebook: @BCHFT Reflexions



bchft_reflexions



BCHFT Reflexions

MEET THE MHST SUPPORT WORKER

The MHST (Mental Health Support Team) Support Worker is a new role introduced in 2025 within the Reflexions team. Each locality (Sandwell, Walsall, Dudley, and Wolverhampton) will have two MHST Support Workers to support delivery across schools.

Support Workers play a vital role in delivering the Whole School Approach (WSA) to mental health, including assisting with targeted interventions.

Their responsibilities include:

- Supporting and co-delivering universal mental health workshops for pupils
- Attending regular progress meetings between Reflexions practitioners and the school's Senior Mental Health Lead (SMHL)
- Assisting with co-production with pupils, and holiday provision activities

As this is a newly developed role, it continues to evolve in response to the needs of schools and the wider service. Support Workers aim to build strong, collaborative relationships with education staff to enhance the mental health and wellbeing support available in your setting.

Help Shape the Future of Young People's Employment Support

Black Country Healthcare Employment and Recovery Services are currently seeking feedback from young people aged 16–25 on how their support services can become more relevant, accessible, and appealing. The aim is to ensure that employment and recovery support truly meets the needs of young people as they take their next steps into the world of work.

Who are Black Country Healthcare Employment and Recovery Services?

Black Country Healthcare's Employment and Recovery services support people with health conditions find work, stay in work or explore other opportunities such as education, training or volunteering.

Services are offered across the West Midlands but predominantly in Dudley, Sandwell, Walsall and Wolverhampton. You can find out more by visiting www.blackcountryjobssupport.com

We're asking you to help by sharing this short survey with the young people you work with or support. The survey is anonymous, takes just a few minutes to complete, and will play a key role in shaping the design and delivery of future services.

The survey is easy to complete online and takes only a few minutes. Please encourage your child to take part and make their voice heard.

Take the survey here: <https://www.surveymonkey.com/r/BCHES-Young-People>

STAFF WORKSHOPS

An extensive menu of staff workshops is available. We encourage all settings to link with allocated practitioners to arrange for delivery of these workshops at a time which suits.

Scan the QR code to find out more!



AVAILABILITY OF SPACE

As the Reflexions team continues to grow we are finding it difficult to find suitable spaces to meet together as a service. If your setting has space available that you would be happy for us to access, we would love to hear from you!

We would also love to base ourselves in your setting during school holidays to co facilitate emotional health and wellbeing workshops, if this is something that is of interest please let us know!