



**RISE Team**

Whickham School  
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Whickham  
NE16 5AR

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Date: 06 Oct 2020

Dear Parent(s)/Carer

We are delighted to inform you that your school has been selected to take part in a new and exciting project being offered by the NHS to promote emotional resilience and Mental Health awareness.

Northumberland, Tyne and Wear NHS trust and Northumbria University along with the Local Education Authority, Public Health and the Local Authority are supporting this venture and we are now in a position where our Education Mental Health Practitioner's (EMHPS) and allocated experienced Mental Health Practitioners will be joining your school offering a whole school approach.

There may be opportunities for your child to engage with this staff team on a one to one basis, in small groups, class lessons, school assemblies and after school clubs. As the team become familiar with your school the engagement may evolve depending on current trends and topics of need.

The aim of this engagement is to support children and young people's awareness of emotional resilience and the importance of looking after your emotional wellbeing. We hope to work alongside other agencies to promote good emotional awareness and develop strategies to help manage emotions so they don't become too big. We also hope to work with school staff and parents and carers as this role evolves.

If your child is selected to work with our team on a one-to-one basis or in a small group you will be approached by the school staff and asked for your consent, a registration form will be completed by the school to confirm that you have consented to this engagement. The information will be used to create a health record on the NHS electric health records. At the end of engagement we will send a summary to you in a letter format which will be copied to your GP (as they are central to all health records).

We truly hope that you will support this opportunity. If you have any questions or would like to know more, please don't hesitate to contact us on [NGRise@cntw.nhs.uk](mailto:NGRise@cntw.nhs.uk)

Many thanks,

Melissa Baynes  
**RISE Team Manager**



Caring | Discovering | Growing | Together

Chair: Ken Jarrold CBE

Chief Executive: John Lawlor