

NEW WAVE FEDERATION

Wellbeing and Mental Health in Schools (WAMHS) project at Woodberry Down



What IS WAMHS



A LITTLE ABOUT US

The 'Wellbeing and mental health in schools' project is a joint initiative between the Child and Adolescent Mental Health Service (CAMHS) and Hackney Education. The goal with this is to enable mental health staff and teaching staff to work together in improving the wellbeing of children in the borough. See below for what is on offer at Woodberry Down.

MEET THE TEAM



DAPO



My name is Dapo, I am a CAMHS worker in schools (CWIS) working to support wellbeing within Woodberry Down school. I am in the school on Mondays, twice a month (approx.) and as part of my time here I'll be:

- Supporting to review wellbeing across the school
 - Surveys, work, etc
- Developing resources
 - E.g. newsletters
- Signposting
- Offering teacher support
- Delivering workshops
- Facilitating parent sessions
 - 1 session (more if required)
- Linking with local mental health services (e.g. First Steps CAMHS, Young Hackney, social services)



MEET THE TEAM



SARAH



My name is Sarah and I am the school's Educational Mental Health Practitioner (EMHP). I work at the school every Tuesday afternoon and can offer a variety of direct work:

- **WITH STUDENTS:**
 - Workshops, e.g. healthy sleep
 - Small groups, e.g. emotion regulation
- **WITH PARENTS:**
 - Workshops, e.g. supporting attendance
 - Small groups, e.g. supporting transitions
 - 1:1 support - for parents of a child with anxiety or behaviour that challenges

I will also be supporting Dapo with the whole school approach to wellbeing where this is appropriate.



Upcoming Events

For enquires about our work with Woodberry Down Primary School, or upcoming events please reach contact the Woodberry Down or contact Shayne

Telephone

Email

