NHS
Black Country Healthcare
NHS Foundation Trust

Reflexions
Newsletter

REFLEXIONS REMINDERS!

- Notify Reflexions by telephone or email if a young person is unavailable for their appointment.
- Please ensure a confidential space is made available for appointments.
- Please make us aware if the Senior Mental Health Lead or the Head Teacher changes in your school so we can update our records.
- Please ensure all targeted forms are completed and returned prior to the workshop to help us prepare effectively.
- We continue to experience occasions where Reflexions staff attend schools and are unable to complete sessions due to unavailable rooms, students being absent or unable to be located, or pupils being in exams. Please could we encourage schools to notify us in advance if a session is unable to go ahead. This helps us plan effectively and make the best use of support time for young people.

FIND OUT MORE >





HOLIDAY PROVISION

Dudley Reflexions are holding two Spook Your Worries Away workshops for KS1 & KS2 children. This workshop is to help children explore their worries. build confidence and learn ways to manage those spooky feelings with halloween themed crafts and activities!

Sandwell Reflexions are hosting two "Spooktacular Wellbeing" workshops during the October half term. These workshops will include lots of Halloween creative activities that are linked to looking after our wellbeing. Check online for our dates and locations!

Walsall Reflexions are hosting a range of fun activities! Enjoy Spooky Craft and Chat at The New Art Gallery Walsall, have some friendly competition at our Games and Chill Session, or join us for a refreshing Wellbeing Walk through the Walsall Arboretum.



Wolverhampton Reflexions are holding their Game and Chill session at the Wolverhampton Art gallery a space where families, children and young people can join us to play board games. We also have our spooky steps wellbeing walk where we would love to see your halloween costumes for this is for families, children and young people.

DATES FOR THE DIARY

Reflexions are getting out and about! Find us at upcoming community and wellbeing events, connecting with families and sharing information about Reflexions.

Wednesday 28th October 2026 - Brockmoor and Pensnett Community Showcase Event | 11am – 2pm

Brockmoor Community Centre, Pensnett Rd, Brockmoor, Brierley Hill DY5 3YH

Wednesday 11th November – Friday 13th November 2026 Health on the Shelf 2026 | 9am – 3pm

Merry Hill Shopping Centre Pedmore Rd, Brierley Hill DY5 1SP



STAFF DBS

Please note that staff are not able to provide DBS certificates or personal ID documents. All relevant DBS clearance information for Reflexions staff has already been provided within the verification letter issued by the Service Manager, and this should be used for compliance and record purposes.

Thank you for your cooperation and continued support in maintaining appropriate data protection and confidentiality procedures.

REFLEXIONS TOP TIP

Why not try this grounding technique either at home or in school



It can help calm big feelings and emotions

WORLD MENTAL HEALTH DAY

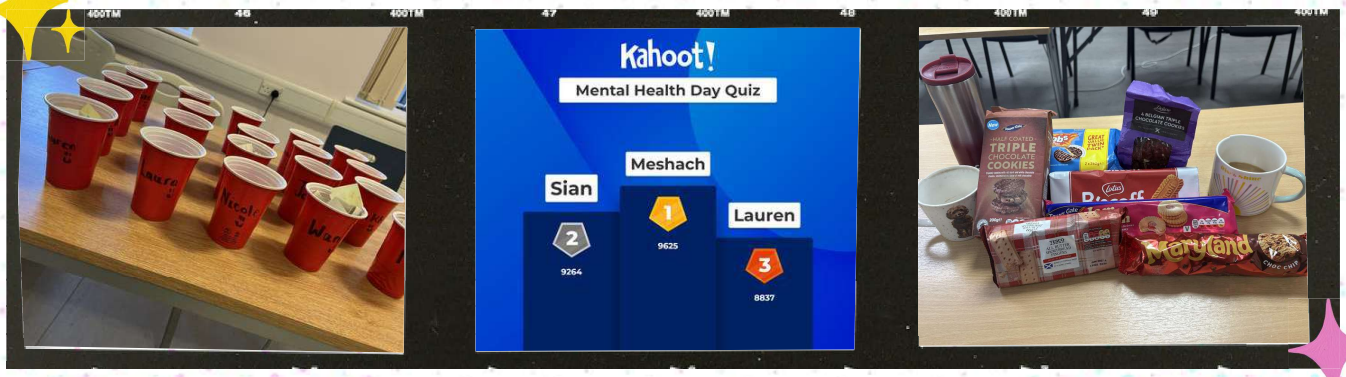
Saturday 10th October 2026 is world mental health day! This years theme is “Lived experiences heard: real voices, real change” Listening to people’s experiences and conversations about mental health **make a difference.** Each locality celebrated and recognised world mental health day in different ways, here’s what we got up to:

Walsall Reflexions hosted a mental health stigma quiz and it definitely brought out everyones competitive side!

Sandwell Reflexions recognised and celebrated with a “tea & talk” session giving staff the opportunity to connect with each other and focus on their own wellbeing.

Dudley Reflexions came together wearing yellow, sharing yellow treats and taking time to celebrate one another. We filled each other’s cups with kind words and compliments, reminding everyone of the value they bring to the team. We also created a positivity wall filled with uplifting quotes and helpful techniques we use to boost our own wellbeing.

Wolverhampton Reflexions have got together as team to take part in bowling and to have some time together as a team to eat and connect with one another.



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

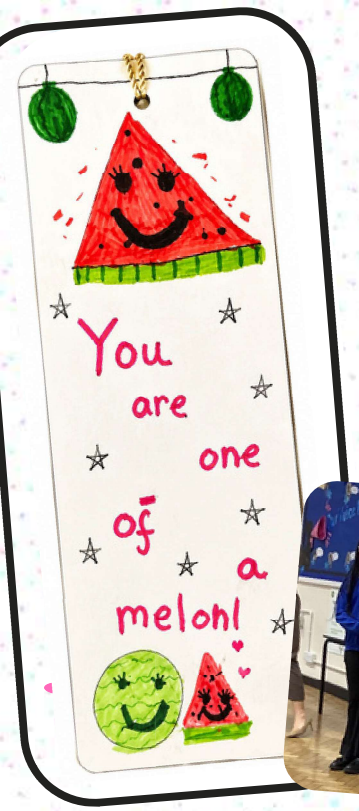
Walsall Reflexions consultations - on the first Tuesday of each month 9am - 10am

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

Sandwell Reflexions consultations - on the first Thursday of each month-4:00pm-5:00pm

All staff are welcome.

BOOKMARK COMPETITON WINNER!





We loved seeing the creativity that went into our Reflexions bookmark competition! A huge well done to our winner Harveen in year 5 for creating this fantastic bookmark!.

Their fantastic watermelon-inspired design won them a bundle of books, a certificate and the exciting opportunity to have their bookmark printed for the whole school to use.

We're so proud to celebrate their creativity and can't wait for their brilliant design to be enjoyed by pupils across the school!



BEHIND THE ROLE

Name and Locality-*Jessica Simmonds, Sandwell Reflexions*
Describe your role as a support worker?-*As a Support Worker, I travel to schools across Sandwell to deliver engaging workshops and assemblies for young people, school staff and parents. I also organise our Holiday Provision, creating opportunities for young people to get involved in new activities during the school holidays.*
What is the best part of your role?-*The best part of my role is meeting young people, parents and school staff, building positive relationships and knowing that the work I do can make a real difference.*
What's something you enjoy doing when you're not at work?-*Outside of work, I love spending quality time with my loved ones and relaxing with a good book. There's nothing better than a little time to switch off and recharge!*
What's your favourite breathing technique?-*My favourite is the Birthday Cake Breathing technique! Breathe in as you imagine smelling your birthday cake, then breathe out as you imagine blowing out the candles. A simple way to slow down and feel calmer.*





DNA`s

If a child or young person is unable to attend their appointment or is not in school please
Let us know as soon as possible.
This helps us offer appointments to other families waiting for support.

Please contact our team to **cancel** and **re arrange** :

📞 **Telephone: 01902 951 622**
📧 **Email: bchft.reflexions@nhs.net**

PATIENT STORIES

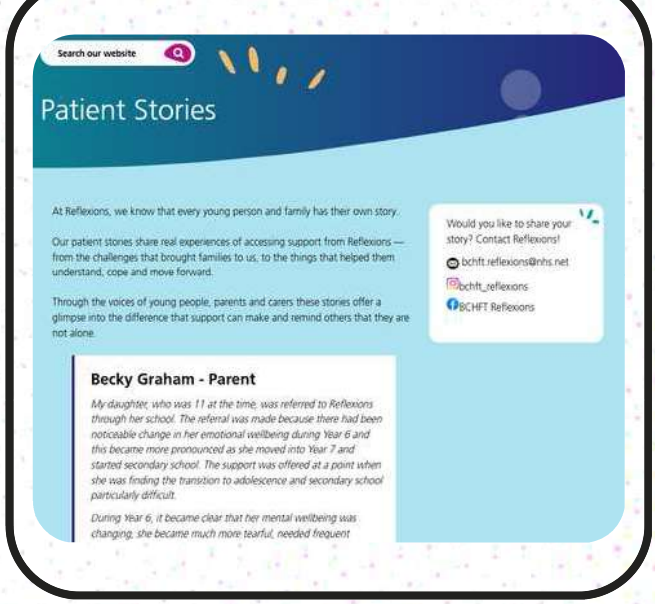
We've launched a new Patient Stories page on the Reflexions website, sharing real experiences from young people, parents and carers.

These stories help show the difference support can make and remind families that they're not alone.

Would you like to share your Reflexions experience? We'd love to hear from you!

📧 Email: bchft.reflexions@nhs.net

SCAN ME



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



HELP US SHAPE OUR SERVICES!

We're looking for young people to share their ideas, help us develop our services and take part in interview panels.

We're also hoping to hold interviews in schools to make it easier for young people and teachers to get involved.

Interested in getting involved? Email **bchft.reflexions@nhs.net** to register your interest or find out more about how you can take part!