

# MENTAL HEALTH

A 3 page pull-out has recently been published in both the Orcadian and Orkney Today.

This highlighted some significant mental health issues and suggested ways to help identify them. It also highlighted how young people could develop **positive mental health**.

The CAMHS team have continued to work with agencies and professionals who work with young people to ensure that they know who to contact.

We have made a conscious decision not to publicise openly who we are. We have done this for several reasons.

Firstly, the young people we work with did not want us to do this. Secondly, we wanted to ensure that mental health difficulties were seen in the same light as other difficulties and that young people would use the appropriate services who would then refer to us (e.g. guidance staff, GP's etc). We have of course continued to work with young people on an individual and group basis. I feel that the conference is a great opportunity for us to hear the views of young people and find out how we can improve our service.

*Submitted by the CAMHS team*



## Bullying

A **Bullying policy** document is currently being drafted.

There has been a promotional article in local papers utilising the Parent Advice booklets published by Health Scotland.

DASAT and the Northern Constabulary have set up a Working Group which is considering Orkney schools input

*Submitted by Ivan Taylor  
Community Safety Forum*



## Drug Awareness Issues

The Peer Educator's have been involved in helping to deliver effective alcohol and drugs information among their peer groups. They have produced a DVD which is being piloted

in schools throughout Orkney prior to visiting schools and youth clubs.

*Submitted by Orkney Young Scot*



# ORKNEY YOUTH CONFERENCE 2005

Various initiatives have been introduced as a direct result of recommendations made at last years youth conference. Below is a summary of some of these developments:

## 'Professionals who have experience of the subject could visit schools and talk to pupils'

Alison McLennan, police officer, has met with all S4 pupils at Stromness Academy to discuss substance misuse, focusing on drugs in the community and the law. It has been

agreed by Alison and Guidance staff that she will now meet with all other classes.



## 'Pupils should be asked what they would like to eat'

The kitchen staff at Stromness Academy have introduced a suggestion box in the dinning hall where pupils are encouraged to

give their ideas and opinions about the menus.



## 'Pupils need to know which staff they can speak to in confidence, other than guidance staff, in schools'

Guidance staff at Stromness Academy intend, for next session, for all S1 pupils to be given the opportunity to meet and talk to relevant people both in school and the wider community.

Up to date information about the role of these individuals and that of guidance staff

will be going into an updated version of the 'Welcome to Stromness Academy' booklet issued to all parents and pupils during next years P7 inductions.



## 'Young people need more awareness on 'mental health' issues and who to speak to'

Sheila Graham, Stromness Academy's Home/School Support Officer and CAMHS have piloted work with a group of youngsters - 'Seasons of Growth'.

This is aimed at young people who have experienced loss and seeks to help them to deal with bereavement.



*Submitted by Belinda Warnock -  
Guidance Teacher, Stromness Academy*

# SPORTS, LEISURE & ENTERTAINMENT

The following represents some of the developments for young people which have taken place in the past year:

There are currently **dance sessions** taking place both at KGS and Stromness Academy. At Stromness Academy the sessions take place on a Friday afternoon and we are looking to develop another session.

At KGS the sessions take place after school each Tuesday and

Wednesday, these sessions cover two different age groups.

There are six people currently undertaking **Cheerleading** training - this will provide the opportunity for girls to take part in cheerleading sessions after school.

The Active Schools Team is currently in the process of developing a bid to the Young Peoples Fund (Big Lottery) to try and secure funding to run a **"midnight league"** event, which could include football, basketball etc. Consultation will be undertaken with young people prior to submitting the bid.



Submitted by Gary Burton,  
Active Schools Co-ordinator

# HEALTHY EATING

Since the 2005 Youth Conference several changes introduced in schools, including:

Ensuring there are **cool water supplies** in school buildings.

We are looking at how best to promote / increase the uptake of **fruit and vegetables** in Orkney's schools.

We are considering the introduction of **Cashless catering** using swipe cards in Stromness Academy and KGS.

The **Hungry for Success** budget has funded new tables and chairs Stromness Academy's dining hall.

A workshop designed to equip pupils with the skills necessary to **eat healthily** on a tight budget was held during the KGS 5<sup>th</sup> year induction week.

Looking to the future, all secondary schools in Scotland will be required by the Scottish Executive to have implement the *Hungry for Success* nutritional guidelines by the end of 2006.



Submitted by Mathew Walker  
Hungry for Success Coordinator