

Humber and North Yorkshire Dynamic Support Keyworker Service Newsletter

October 2025
Issue: 12

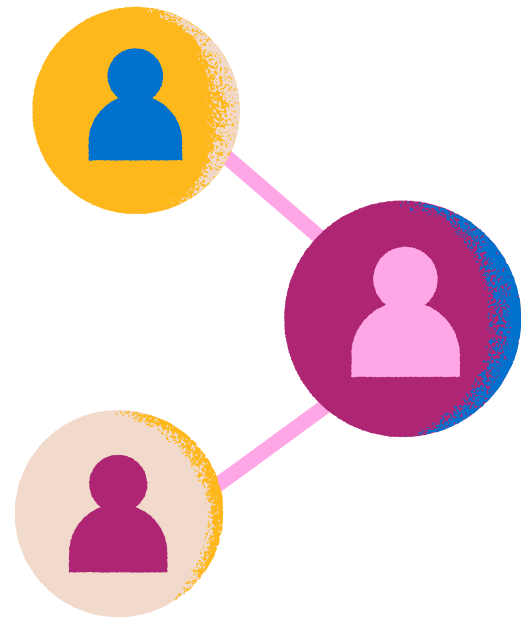


- National Keyworking Celebration Event
- Spotlight on the Humber Connect Help Hub
- Launching Mental Health First Aider Day
12th November 2025
- Trauma Informed Care Training
- Attachment, Regulation and Competency
(ARC) Framework Training
- Sharing what we know about Short Breaks
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National Keyworking Celebration Event!

On 10th September 2025 Keyworking services from across the country were invited to share in a Celebration Event. It was attended by Strategic Leads, Managers, Keyworkers and NHS England colleagues from around England. The conference was opened by Dame Christine Lenehan who has carried out reviews for both the Department of Health and Department for Education. In October 2024 she was appointed by the government to the role of Strategic Advisor on SEND to help the government improve the system.



It was a privilege to hear from people across the country. Especially those who were able to share their experiences of Keyworking and the positive impact this has had for them. They showed great courage in sharing their story in front of such a large audience. This clearly reflected how empowered they now feel with the right support.

Strategic Leads, including our own, Catherine Burton, shared information on how Keyworking was being carried out in areas of the country. Catherine delivered information on how we aim to give the best service possible for the young people we support. Making sure that gaps are lessened, people work together and become responsive.

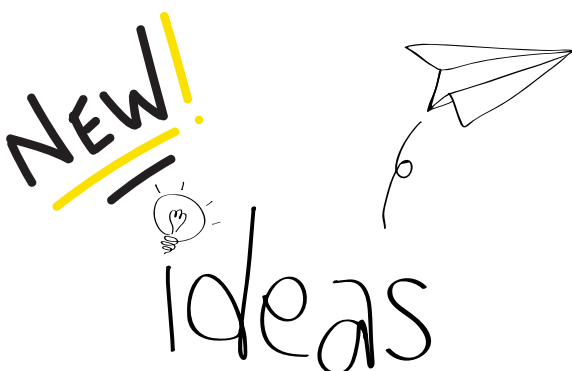


The Humber and North Yorkshire Dynamic Support Keyworkers, Beth Blanchard and Mark McDonnell, shared two inspiring Change Stories from the people they work with. This brought home the difference having the right support can make.



The second part of the day was dedicated to celebrating the incredible Keyworkers, managers, and team leads. Our service proudly nominated Catherine Burton, who played a key role developing the service from its very beginning. This included the creation of the Expression of Interest for the Integrated Care Board (ICB). Catherine was also the first person to be employed by the Humber and North Yorkshire Dynamic Support Keyworker Service.

Catherine built a team that reflects her passion and commitment. We are deeply grateful for the strong support and motivation she gives behind the scenes. We can't thank her enough!



The day gave us the opportunity to reflect on the work we do and inspired us all with new ideas.

Spotlight on the Humber Connect Help Hub!

What is the Help Hub?

The Help Hub is a simple, easy-to-use tool designed to help you find the information you need quickly. It's made specifically for people using children's services or adult learning disability services at Humber Teaching NHS Foundation Trust.

What does it offer?

Whether you're looking for support, advice, or resources, the Help Hub will guide you step by step. You'll be asked a few quick questions, and based on your answers, the Help Hub will show you:

- ★ Relevant services.
- ★ Helpful websites.
- ★ Useful resources which include leaflets, guides, or videos.



How to access

The Help Hub can be found on the Connect website. Select the area and topic you would like support with. The Help Hub will then show you a list of resources, services and useful links.

I am looking for.....

Mental Health Crisis Support

General Physical Health Advice

Support for adults

Support for children and young people and their families

Select the area of support

Select a Topic:

Add a topic

Result for School Support

Our Services

Mental Health Support Teams (My MHST)

The service does not have an address as they are community based.

Opening hours: MHSTs are operational Monday-Friday 09:00-17:00 (excluding Bank Holidays).

[Visit this service](#)

01482 206205

Useful Links

childline

School and college | Childline

YOUNGMINDS

Young Minds

aimhigher

Aim Higher

LIFE SKILLS HUB

Life Skills Hub

moodcafe

View results of services and useful links



Children's Services and Adult Learning Disability Services

The Help Hub

Find useful support and guidance provided by our services

CLICK

HERE



Mental Health First Aider Day

12th November 2025

We're excited to share that on 12th November 2025, Mental Health First Aid (MHFA) England will be launching the first ever national Mental Health First Aider Day.

This day gives an opportunity to celebrate the positive change in how we talk about and support mental health. It's a chance to shine a light on the ongoing movement to break down stigma and build supportive communities. MHFA England will be sharing inspiring stories, practical resources, and updates via their website and social media platforms.

Here within our own team, we're proud to have eight trained Mental Health First Aiders. They will be helping to share the day's resources and messages across the team. Helping all of us to feel more confident in supporting the mental health of the young people and families we work with every day.

On 19th September there was a day dedicated to Youth Mental Health. Our Mental Health First Aiders were made aware of the apps below that you may find beneficial provided by stem4



CALM HARM

An app to help teenagers resist to manage the urge to self-harm.
www.calmharm.co.uk / [@calmharmapp](https://twitter.com/calmharmapp)



CLEAR FEAR



An app to help children and young people manage the symptoms of anxiety.
www.clearfear.co.uk / [@clearfearapp](https://twitter.com/clearfearapp)



MOVE MOOD

An app to help teenagers manage low mood and depression.
www.movemood.co.uk / [@appmovemood](https://twitter.com/appmovemood)



COMBINED MINDS



An app to help families and friends provide mental health support.
www.combinedminds.co.uk / [@combmindapp](https://twitter.com/combmindapp)



WORTH WARRIOR

An app to help young people manage low self-worth, poor body image and related eating disorders
www.worthwarrior.co.uk / [@worthwarriorapp](https://twitter.com/worthwarriorapp)

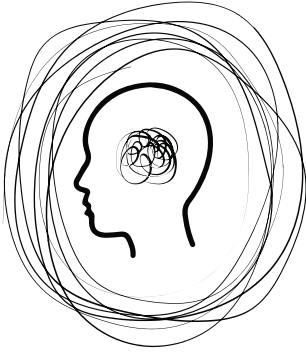
Please note that these apps are an aid in treatment but do not replace it.
All of the apps are available on:



stem4
supporting teenage mental health

Trauma Informed Care Training

Our full team has now completed Trauma Informed Care training. Our Trauma Champions identified that it would be helpful for the team to complete the training to deepen their understanding of trauma-informed care and its values.



What is Trauma?

Trauma is commonly used to describe a physical, mental, or emotional response to an event, set of events, or situations that are threatening or negative. The word is sometimes used to refer to a traumatic event.



What were the benefits of the training?

The training helped provide an overview and basic awareness of Trauma Informed Care.

Improves understanding and acknowledgement of a person's experience.

Improves people skills.

Helps to prevent people making assumptions about someone else's experience.



Reduces the chance of trauma causing lasting harm to people, their parent/carers, and their families.

Provided a better understanding of people's thoughts and feelings so we can provide better support to them.

Encourages you to be mindful of language, tone and remain reflective in supporting a person.

Provided personalised trauma informed approaches support to people, their parent/carers, and families.

How did the Trauma Informed Care Training help our Dynamic Support Keyworkers?

Provided an understanding of the impact of actual, potential, and indirect trauma.

We think about using the right language, for the right person, in the right situation.
We encourage other professionals to consider how the use of their language might affect others, especially those who have experienced previous trauma.

Dynamic Support Keyworkers support people, their parent/carers and family in a personalised trauma sensitive way.

We meet people and/or their parent/carers we support in a place that is suitable for them.
For example, if home is not their “safe space” then we will meet them outside of the home e.g., in a cafe or at school.

We help people to either create their own communication passports or with caregivers, to support them in meetings/visits/appointments so that they do not have to share information to different professionals that could have a negative impact on them.

Created a more trauma-sensitive service for our team to work within and support one another and debrief as the role can be emotionally impactful.

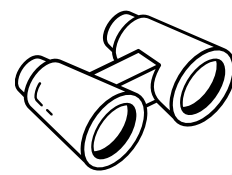
We help the people we support to tell their story only once.



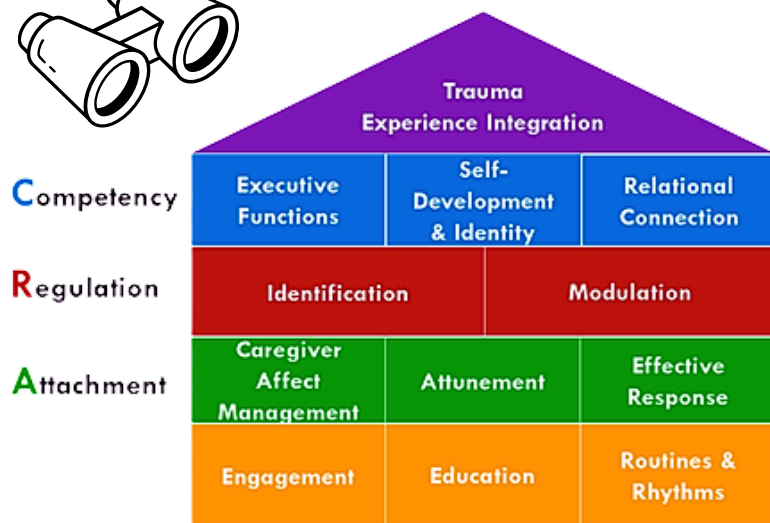
Attachment, Regulation and Competency (ARC) Framework Training

Our Personalisation Coordinator along with 3 Dynamic Support Keyworkers completed the two day ARC training for the second time. They have now officially become ARC Champions. This will allow them to dedicate time within their role to attend ARC Champion meetings each month, led by Kati Taunt, National Lead Trainer, offering the opportunity for peer learning to embed our knowledge further.

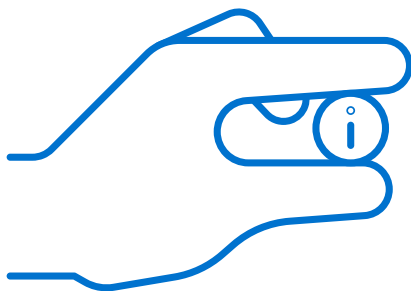
Each session is focused on a specific area of the ARC framework, and good practice around how the framework has been embedded into different services is shared per session.



ARC Framework

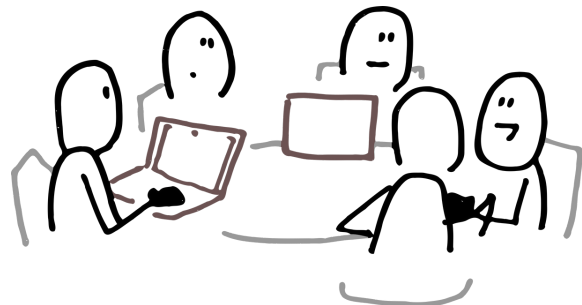


Graphic by Jeremy Karpen, 2017. Adapted from ARC, Blaustein & Kinniburgh, 2010; Kinniburgh & Blaustein, 2005



In addition to this, we are responsible for delivering “bite sized” training sessions to our colleagues in the Humber and North Yorkshire Dynamic Support Keyworker Service, to ensure that our knowledge of trauma informed care/ARC is accessible to all in the team.

This information will be delivered face to face during our Team Development Days each month, and similar to the ARC Champion meetings, we will focus on one part of the framework at a time.



For further Information on the Trauma Informed Care or ARC Framework Training please contact the Humber and North Yorkshire Dynamic Support Keyworker Service.

Sharing what we know about Short Breaks

What are Short Breaks?

Short Breaks are planned periods of time off for parent/carers of disabled children. They can reduce carer stress, support well-being, and improve family relationships, allowing siblings have more time and space with parent/carers. With tailored support according to need they allow the person to trying new things, make new friends, have a a break from home and be more independent from their family. Short Breaks are safe, personalised, regularly reviewed, and should be include a multi-agency support plan where applicable.

Short Breaks can include:

- ★ **Universal breaks:** Such as after school clubs.
- ★ **Targeted breaks:** These are specific groups such as Special Educational Needs and Disabilities, Young Carers. (Can require professional referral)
- ★ **Specialist breaks:** These require a formal assessment. They include intensive and bespoke support such as overnight short breaks.



Who provides Short Breaks?

Short Breaks are provided by local authorities as a statutory duty for families with disabled children and young people. They work with families to arrange activities through approved providers, or offer direct payments to families to help them organise support themselves.



How to access Short Breaks:

The parent/carer will need to contact their local council to apply, providing evidence of the persons disability and how this is affecting the family.

An initial discussion is held with the Early Help Team with consent being gained for the assessment. Usually a social worker will conduct a Child and Family Assessment under Section 17 to assess if the person is a Child In Need. If there is a need identified, referral for short breaks or other targeted support will be made.

A Carers Assessment must also be completed, which can be completed alongside the Child and Family Assessment or afterwards. If successful, the assessments will then go to a funding/resource panel for the right support package to be put in place.

A direct payment of a cash lump sum is given to the parent/carer so they can arrange and pay for their own respite services instead of receiving them directly from the local authority. This helps the family to tailor their care and create a bespoke package. This may include a Personal Assistant for the person, or a short stay to support the well-being of both the person, parent/carers and their family.



The following links provide further information on Short Breaks:

[Direct Payments Fact Sheet](#)

[Council for Disabled Children Fact Sheet](#)

[Personal budgets and direct payments \(IPSEA\)](#)

[Independent Provider of Special Education](#)





Compliment of the Month!

“Hi, I just want to thank you for today, you go above and beyond and I honestly was blown away by what you did for me today and for the print off emails folder. You literally are the only professional that has contributed positively to our young person’s life so much its benefited them.

Thanks from us both”. **Parent**

Upcoming Awareness dates you may be interested in:

October

ADHD Awareness Month
Black History Month
Domestic Abuse Awareness Month
Stoptober

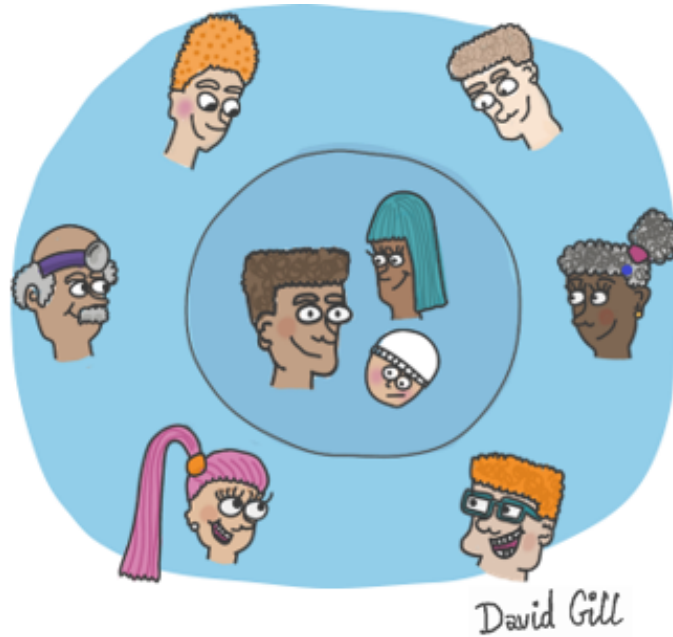


November

10th – 14th Nov - Anti-Bullying Week
12th Nov - Mental Health First Aider Day
13th – 19th Nov - Self-care Week
19th – 25th Nov - Road Safety Week

December

3rd – 9th Dec - Grief awareness Week



**Humber and North Yorkshire
Dynamic Support Keyworker Service**

Telephone: 01482 205425

Email: hnf-tr.keyworkerenquiries@nhs.net

**Website: [Humber and North Yorkshire
Dynamic Support Keyworker Service](https://www.nhs.uk/services/hnf-tr-keyworker-enquiries)**



Opening Times:
**Our telephones and email address are monitored
between 9.00am and 5.00pm, Monday to Friday
(excluding Bank Holidays).**