



Welcome to the first OTR Schools Newsletter!

We hope this will be a useful resource to keep you up to date with what we're doing at OTR and remind you how your students can sign up.

2021 hasn't started as well as we all might have hoped, with a third lockdown brought in and a return to online learning for many students. Despite the ongoing situation with COVID-19, all of our projects continue to run as normal over video call, so young people can carry on accessing our services.



Visit [otrbristol.org.uk/2021/01/covid-update](https://otrbristol.org.uk/2021/01/covid-update) to find out more about how we are responding to the current lockdown.

# WHO ARE WE?

Off The Record is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. We offer a number of projects, including 1:1 and group work, to promote good mental health and wellbeing and empower young people to support themselves and their communities.

OTR is self-referral! **Young people can sign up themselves through our website**, and we respect their rights to choice, consent, confidentiality and to make complaints.



[youtube.com/watch?v=UB4-f500YII](https://youtube.com/watch?v=UB4-f500YII)

# { OUR OFFER }

Here you can see all of the projects we are currently offering and their age ranges!



## Current wait-times

1:1 Therapies | 2-5 months | [otrbristol.org.uk/1to1-therapies](https://otrbristol.org.uk/1to1-therapies)

Pro Real | 3-6 months | [otrbristol.org.uk/pro-real](https://otrbristol.org.uk/pro-real)

Peer Mentoring | 0 months | [otrbristol.org.uk/mentoring](https://otrbristol.org.uk/mentoring)

Groups | Wait-times vary according to demand, funding and whether the group is rolling or a course. Please see our website for more information | [otrbristol.org.uk/what-we-do](https://otrbristol.org.uk/what-we-do)

# ***PROJECT UPDATES***

The Zazi Library

View at: [otrbristol.org.uk/zazi](http://otrbristol.org.uk/zazi)

Our Project Zazi have put together a collection of insightful resources around Black, Asian and Minority Ethnic history, culture and health - including books, interviews and YouTube channels accessible to young people, parents and also professionals. Check out their library to educate yourself and your students on issues such as racism, migration, white privilege and more.



[otrbristol.org.uk/wp-content/uploads/2017/08/The-Zazi-Library.pdf](http://otrbristol.org.uk/wp-content/uploads/2017/08/The-Zazi-Library.pdf)



## Therapeutic Groups

**Age range: 11-17 | Sign up: [otrbristol.org.uk](https://otrbristol.org.uk)**

We've announced new course dates for two of our therapeutic groups! These six week courses provide a safe space for young people to understand how they're feeling and learn new coping strategies.

**hArmed - starts Wed 24th February (4:30-5:45pm)**

A course for young people who are self-harming or experiencing thoughts of self-harming.

**Shameless - starts Mon 22nd February (4:30-5:45pm)**

A space for young people affected by issues related to body image and self-esteem.

There is no pressure for young people to talk or have their camera/microphone on during our groups.



## Peer Mentoring

**Age range: 14-22 | Sign up: [otrbristol.org.uk/mentoring](https://otrbristol.org.uk/mentoring)**

We are continuing to offer online peer mentoring! This service matches young people up with a peer mentor, who will help them develop new skills and set goals. The focus isn't on talking about emotions but on learning together and sharing skills.

Mentoring can be helpful for young people who are feeling lonely or socially-isolated, and can be carried out by either text, video call or email. We continue to have good availability within our mentoring service, with young people being matched within a couple of weeks!

# ***OUR OFFER TO SCHOOLS***

We often come into schools in Bristol and South Gloucestershire to promote OTR and also offer support. Most of this is free of charge!

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## **Resilience Lab ([resiliencelab@otrbristol.org.uk](mailto:resiliencelab@otrbristol.org.uk))**

Resilience Lab is all about building good mental health through **interactive workshops** around stress management, negative automatic thoughts, strengths and reaching out. We are still able to bring this project to schools virtually over video call, so do get in touch!

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## **Wellbeing Practitioners**

Our Wellbeing Practitioners come into schools on a rotational basis to offer **1:1 CBT and group work**. All mainstream schools are included on our list so you don't need to do anything - we'll be in touch when we're due to come in to your setting!

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## **Diffusion ([diffusion@otrbristol.org.uk](mailto:diffusion@otrbristol.org.uk))**

Our Diffusion service offers paid **consultancy and training** to professionals to give you the confidence, knowledge and skills to support students. We also regularly offer 'pay-what-you-like' webinars over Zoom.

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**Membership Team ([hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk))**

Our Membership Team are responsible for spreading the message about OTR. We can offer:

**Virtual Assemblies:** Either live or prerecorded. These will give information about who we are, the projects we offer, and how young people can access us.

**Staff training:** A similar session for your staff members about our offer and how young people can sign up.

**Wellbeing boards:** If you have a spare empty noticeboard, we can come in after school or during half-term to create a display full of information about OTR and other mental health organisations who can support young people. Not able to have external visitors in? You can also request a pack to be able to do it yourself!

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**Project Zazi ([hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk))**

Zazi is our project for Black, Asian or Minority Ethnic young people and aims to tackle issues of inequality, discrimination, oppression, culture and identity. Some of the pieces of work that Zazi are able to offer to schools include:

**Masculinity Workshops:** Exploring masculinity through culture, ethnicity, sexuality, mental health and muscularity.

**Girl Talk:** Looking at identity-based issues potentially affecting female-identifying young people.

**'Becoming an Activist':** Merging mental health, cultural awareness and social activism.

**1:1 CBT:** Zazi's Wellbeing Practitioners can offer short-term work with young people around anxiety and low mood.

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Freedom ([lgbtq@otrbristol.org.uk](mailto:lgbtq@otrbristol.org.uk))

Feel free to get in touch with Freedom - our LGBTQ+ project  
- to have a chat about **gender and sexuality** in your school  
and how they can help!

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A graphic for a wellbeing tip. It features a light pink rectangular background with a white border, resembling a piece of paper or a sticky note. The text "WELLBEING TIP" is written in a bold, black, sans-serif font. There are decorative elements: two pink, stylized leaf-like shapes on the left and right sides, and two orange rectangular shapes at the top and bottom corners, suggesting the paper is taped down.

## **WELLBEING TIP**

Each month we'll be sharing a wellbeing tip that you and your colleagues can use in school to help promote positive mental health amongst students.

**Regularly remind all students of the support available** - not just inside of school but outside too.

Reaching out for help can be difficult for young people, and having this information on offer in a way that means students don't have to ask for it can be really empowering. Who knows, it may help a young person who you didn't even know was struggling.

**Kooth, Creative Youth Network, Childline** and **The Mix** are all great places to signpost to (as well as us!). Why not get us in to create a wellbeing board for you to showcase all of this?

Have a wellbeing tip that you've been using in your school?  
Let us know by emailing [sammi@otrbristol.org.uk](mailto:sammi@otrbristol.org.uk) and we'll feature it in the next newsletter!



# GOOD NEWS STORY

Each month we'd also like to shout about what amazing things schools are doing to promote positive mental health and wellbeing amongst students.

This month we're featuring **Patchway School** who now have not one, not two, but **four** of our wellbeing boards! Their students now have easy access to information about OTR and other mental health organisations to help them access support.



If you'd like your school to be featured in the next newsletter then send an email to [sammi@otrbristol.org.uk](mailto:sammi@otrbristol.org.uk)

# OTR

# SHOWCASE HUB

NEW

**For:** Everyone! | **Sign up:** [tickettailor.com/events/otrbristol](https://tickettailor.com/events/otrbristol)

We've created the Showcase Hub - an interactive space for you to find out more about support available at OTR.

The Showcase Hub is a series of fortnightly webinars where we'll be talking all about what projects we're running, taking you through the website, and answering your questions.

Everyone's welcome - young people, parents, professionals, and anyone who would like to know more about what we do. And as we'll be using Zoom's webinar mode, you don't have to worry about being on camera!

Keep checking back to our Ticket Tailor page for new dates and to register!



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***OTRBRISTOL.ORG.UK***

***CONTACT US WITH ANY QUESTIONS!***

***0808 808 9120 | HELLO@OTRBRISTOL.ORG.UK***

