



Diocese of Norwich
Education and
Academies Trust

Moorlands Church of England Primary Academy

Headteacher: Mr Kevin Lee

Moorland Way, Belton, Norfolk, NR31 9PA

Tel: 01493 780007 Email: office@moorlands.norfolk.sch.uk Web: www.moorlands.dneat.org

8th December 2016

Dear Parents/Carers

Children and young people's mental health

We should like to inform you about some important work the school is doing to try and improve mental health provision for children and young people locally.

It is widely reported that at least 1 in 10 children and young people have mental health problems in the UK, with only 1 in 3 knowing how to access help. Most lifetime mental health difficulties start between the ages of 14 -25 and if not treated appropriately can lead to poorer outcomes in life. Improving access to services early on and reducing barriers to help for young people is therefore imperative.

We are one of 5 primary and 5 high schools in Norfolk participating in a research project being conducted by *Healthwatch Norfolk* into the views and experiences of local young people, their parents/carers and teachers of children and young people's mental health services.

Pupils in Year 6 will be asked to complete anonymous online questionnaires over the next few days. In January and February next year, some young people and their parents/carers will be interviewed about their experiences of local mental health services and if you would like to participate in this part of the research, please let us know. Healthwatch Norfolk will be publishing their findings and recommendations in Spring 2017.

If you have any questions about this project, please do not hesitate to contact the school or Peter Whear who is the project lead for *Healthwatch Norfolk* (0808 1689669 or enquiries@healthwatchnorfolk.co.uk) for further information.

Yours faithfully

K Lee

Headteacher

Peter Whear

Project Lead for Healthwatch Norfolk



The independent consumer champion for anyone in Norfolk who uses health and social care services. Its role is to capture the views and experiences of local people and use this as evidence to influence the people and organisations who pay for and provide your health and social care. (www.healthwatchnorfolk.co.uk)



Diocese of Norwich
Education and
Academies Trust

Moorlands Church of England Primary Academy

Headteacher: Mr Kevin Lee

Moorland Way, Belton, Norfolk, NR31 9PA

Tel: 01493 780007 Email: office@moorlands.norfolk.sch.uk Web: www.moorlands.dneat.org