





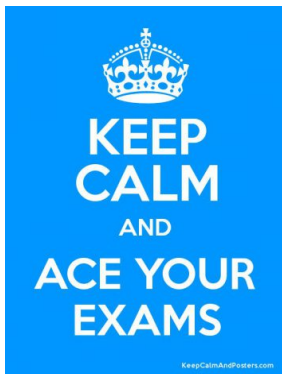

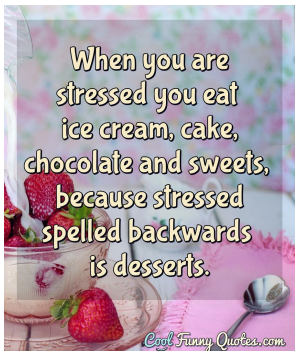


Mental Health Newsletter Summer 2023

Date	Weekly Information on the Newsletter
21/4/23	<p>Today Pupil Parliament met to discuss wellbeing and plan what the children would like to do as part of our Feel Good Week in the Autumn term. The children discussed the 5 Ways to Wellbeing and suggested ideas that we can do which will help us to all feel good even on the most difficult of days.</p> <h3 style="text-align: center;">‘Five ways to Wellbeing’</h3> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>connect</p> </div> <div style="text-align: center;">  <p>be active</p> </div> <div style="text-align: center;">  <p>keep learning</p> </div> <div style="text-align: center;">  <p>take notice</p> </div> <div style="text-align: center;">  <p>give</p> </div> </div>
28/4/23	<p>April is Stress Awareness month</p> <p>Stress is a condition or feeling experienced when a person perceives that:</p> <div style="text-align: center;">  </div> <p>“Demands exceed the personal and social resources the individual is able to mobilise.”</p>

	<p>The Stress Management Society uses a bridge analogy to approach the topic of stress.</p> <p>When a bridge is carrying too much weight, it will eventually collapse. It is possible to see the warning signs before this happens, the bridge would bow, buckle and creak.</p> <p>The same principle can be applied to human beings, with excessive demands and challenges placed on our bridges. There may be early warning signs. However stress can creep up on some of us, resulting in an unexpected breakdown.</p> <p>Below is a link to a useful booklet from the Stress Management Society to help you understand and manage stress in yourself and those around you.</p> <p>https://www.stress.org.uk/wp-content/uploads/2023/01/The-SM-S-Branded-Stress-Guide-2023.pdf</p>
5/5/23	<div>    </div> <p>For those sitting SATs next week here are a few top tips to help you through the week!</p>
12/5/23	<p>Mental Health Awareness Week 15-19th May</p> <p>Public events:</p> <p>Free Health & Wellbeing Day, Tuesday 16th May at Stevenage Arts & Leisure Centre, Stevenage:</p> <p>Join us for a fact-filled day of stalls and workshops hosted by local charities and services including: Hertfordshire Talking Therapies, Mind in Mid-Herts, Triangle Community Gardens, The Living Room, Foodshed/Babyshed, Holistic Health At Home, Everyone Active, Newleaf Recovery and wellbeing College and Pixie & Pickles Therapy Ponies!</p> <p>Workshop timetable:</p> <p>10:00am - New shoots by Triangle Community Gardens 11:00am - Reiki Drum Group Healing Meditation by Holistic Health at Home</p>

12:00am - Understanding Worry & Anxiety by NHS Hertfordshire Talking Therapies

1:00pm - The Benefits of a healthy lifestyle by Everyone active

2:00pm - Why having a wellbeing action plan helps your personal recovery by New Leaf Recovery College

3:00pm - Trained Therapy Shetland Ponies by Pixie and Pickles

Online Mental Health Support Day, Wednesday 17th May:

10:00am - Mental Health Awareness Training:

Our free online Mental Health Awareness Training workshop raises awareness of common mental health problems and provides tools and techniques to support colleagues struggling with pressures at work, service users navigating challenging lives, friends, and family. Improving your understanding of mental health difficulties could benefit many people around you.

This brief overview session identifies key contributors to mental health challenges, signs and symptoms of mental health difficulties, and ways in which you can open sensitive conversations, develop a plan of action, and build trust. The webinar includes information about NHS Talking Therapies and how to support others to engage more closely with the local mental health team.

[Click here to secure your free place to the Mental Health Awareness Training session.](#)

1:00pm - Understanding Anxiety: * Launch Day*

Our brand new 'Understanding Anxiety' webinar has been created especially for Mental Health Awareness Week 2023! The webinar explores how anxiety affects our thoughts, behaviours, emotions and physical sensations, and offers a toolbox based on Cognitive Behavioural Therapy (CBT) of ways to manage these common feelings. The webinar includes information about the support offered by Hertfordshire and Mid Essex Talking Therapies for anyone interested in receiving further help and guidance.

The aim of this webinar is to help you understand anxiety, feel more comfortable with it and start to discover ways of living your life alongside anxiety.

[Click here to secure your free place for the launch of our new 'Understanding Anxiety' webinar.](#)

5:30pm - Relaxation Skills

This is an introduction to the topic of relaxation including practical relaxation exercises, guided by the facilitator, so participants can experience varying methods of relaxation. Stress and anxiety are common features of life, keeping us all in

	<p>an exhausting state of psychological and physical tension. An effective way to reduce this tension is through relaxation.</p> <p>Relaxation is not just something that happens to us. By understanding more about it and learning simple but effective techniques we can choose to enter a more relaxed state of mind and body, irrespective of the difficulties facing us.</p> <p>Click here to secure your free place at our Relaxation webinar.</p> <p>Live and interactive webinars (Monday 15th - Friday 19th):</p> <p>Join us for a free live and interactive webinar delivered by a member of our team during the week to help improve your wellbeing.</p> <p>Monday: Mindfulness: Reconnect with your True Self at 11am. Click here for more information and to register.</p> <p>Tuesday: Managing employment and emotional wellbeing at 10am. Click here for more information and to register.</p> <p>Tuesday: How to Cope with Stress at 3pm. Click here for more information and to register.</p> <p>Wednesday: See our 'Online Mental Health Support Day' details above.</p> <p>Thursday: Menopause and Emotional Wellbeing at 3pm. Click here for more information and to register.</p> <p>Friday: Managing Worry at 10am. Click here for more information and to register.</p>
19/5/23	<div data-bbox="411 1294 730 1355" data-label="Image"> </div> <p>Children and Young People Mental Health - Early Help Parent Support Service for Parents/Carers in Hertfordshire</p> <p>What they offer:</p> <ul style="list-style-type: none"> • Free online and face-to-face workshops • Parent Support line: 07932 651319 (open Thursdays 9 am - 12 pm or by appointment) • Private moderated Facebook support group: NESSie Parent/Carer Support Group • 1-1 targeted brief support sessions

- Peer support groups
- 'Drop In and Chat Coffee Mornings' where you can discuss anything and everything

<https://mail.google.com/mail/u/0/#inbox/WhctKKXwwqHwJXKrXDwxLwcfmFdHqhXvmqRGkGMxbFGRfShqXtZcDWrrDtBZZshchwlJlwl?projector=1&messagePartId=0.3>
<https://nessieined.com/hertfordshire-parents>

26/5/23

Healthy Living week

This week we have been encouraging the children to exercise, eat a healthy diet and get enough sleep, in order to look after their minds and bodies.



Beezee Bodies - Fussy Eating master class 20/6/23 for parents

<https://www.eventbrite.co.uk/e/fussy-eating-masterclass-tickets-591529710287?aff=ebdsoporgprofile>

There are also lots of Blogs for parents about how to support children with these themes.

<https://beezeebodies.com/blog/category/parent-guides-to-health-y-kids/>

9/6/23



The Sandbox is an NHS funded service to support children and young people in Hertfordshire with their mental health and well-being.

This new free service offers a website, with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs:

Website: 24/7

Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays

Live Chat: 10am-8pm Mondays-Fridays

For children from aged 10 to 16+

Signing up is easy and doesn't require a referral from a professional. Scan the QR code below or click on the website <https://sandbox.mindler.co.uk/?>



16/6/23



It is **Men's Health Week** and the theme has been around internet use and that many men need more time away from their phone and screen time. The Mental Health Foundation's website has programmes of work supporting men's mental health, plus information, advice, blogs and stories from men sharing their experiences of mental health. There is an A-Z of Men's mental health and a guide to becoming a Dad and mental health issues.

<https://www.menshealthforum.org.uk/mhw>

<https://www.mentalhealth.org.uk/our-work/public-engagement/mens-mental-health>

23/6/23




Is a fun digital therapeutic intervention supporting 7-12 year olds to manage fears and anxieties. It is free for young people across Hertfordshire and is delivered through a fun and engaging mobile game to help children learn how to manage and reduce symptoms of anxiety whilst building resilience and skills to support them longer term, gain confidence and thrive.

Lumi Nova works best when children are supported by a parent or a trusted adult to complete challenges, especially the real life ones (this can be at home, school or nearby).

It is suitable for:

7-12 year olds (who require initial support but are not in crisis)

	<p>Children who have some fears and worries that they find challenging</p> <p>If you want to find out more please go to. https://www.withyouth.org/how-we-help/lumi-nova/</p>
30/6/23	<p>Anxiety Around Change - At this time of year many children feel unsettled about the changes coming.....new year group, teachers, classes and maybe playgrounds. There are many things parents can do to support their child/ren with change.</p> <ul style="list-style-type: none"> • Don't avoid it - draw pictures and tell stories about what might happen to make it fun and more familiar. • Talk about feelings - describe what happens when you have different feelings, including worry. Do you have butterflies in your tummy? Are you tense? Explain that nerves can help us focus and get ready. • Look back - chat about how you've coped with changes in the past, like moving house or having a baby. You can do it again! • Practise how to stay calm - this could include taking slow, deep breaths together. • When we are getting close to the start of term - get back into good routines around bedtime and getting up. • Display the photos of class staff and talk about them with your child, so they become familiar adults. <p>If your child is very anxious, talk to school staff as they will be planning visits to the new class and opportunities for your child to meet their new teacher before the holiday. Try to be calm yourself, as anxious parents can cause increased anxiety in children!</p>
7/7/23	<p>In June we completed a follow up survey on wellbeing with children from Years 1 to 6.</p>  <p>The graphic features a stylized white silhouette of a human head in profile, facing right. Inside the head is a colorful, abstract swirl of red, orange, yellow, and blue lines, resembling a brain or a globe. Below the head, the text 'WELLBEING SURVEY' is written in a smaller, white, sans-serif font, and 'RESULTS' is written in a larger, bold, white, sans-serif font. The background of the graphic is a light blue with darker blue, abstract, brushstroke-like patterns.</p>

	<p>In Year 1 and 2</p> <p>91% of children agreed that they have friends to talk to and felt liked by others.</p> <p>85% said that they are usually happy and 89% of children said that there were many things that they can do well.</p> <p>85% said that they are proud of themselves and 97% know who to ask if they need help.</p> <p>However, 30% said that they do not get enough sleep and 18% do not think they eat healthily. Also 18% said that they need help to calm down when emotional.</p> <p>In Year 3 to 6</p> <p>54% Like or love school and 35% think school is OK.</p> <p>83% said that they are always or usually happy and their life is going well.</p> <p>74% said that they have many good qualities and 72% value themselves and their skills.</p> <p>86% feel liked by others and 78% said that they have friends who play with them, look after them and care about how they feel.</p> <p>90% said that there was a grown up at home who wanted them to do their best.</p> <p>82% felt that there were grown ups at school who listened, cared and wanted them to do their best, while 17% were unsure.</p> <p>78% feel that they have strategies to calm themselves when they are emotional.</p> <p>63% can keep trying if they get stuck or make a mistake but only 47% can find a solution to most problems, whilst only 61% think that they will be successful when they grow up.</p> <p>Next year we will be working on strategies to calm ourselves when we are emotional, better understanding the 5 ways to Wellbeing and trying to increase our resilience to keep going when we get stuck or have a problem.</p>
14/7/23	<h2>How can I help my child cope with change?</h2> <p>Change affects everyone differently. As adults, we learn how to manage our feelings over time. But children don't always find it easy to understand or express their emotions. Sometimes this will impact how they behave. They may need some guidance to process</p>

what's happening. As a parent or carer, you can help them learn to cope with these new situations.

Children may not know what they're feeling, but you can help them identify the emotion by labelling it. Saying things like, "You seem sad/ nervous/ scared/ angry/ excited" can help. Tell them that it's OK to feel like that. Explain that you understand and that you love them.

Children may imagine the worst when facing the fear of the unknown. They might say things like, "No one will be friends with me" or "The work will be too hard." Gently challenge your child if you hear them say things like this. Help them visualise a realistic picture of the new situation. For children who can't or struggle to express how they feel, try to imagine the concerns and worries they might have. Then talk to them about the change in a positive and exciting way.

Learning the tools to cope with and bounce back from stressful situations is an important life skill. This is also known as resilience. It's something we can build on throughout our lives. You can help this process by showing your child positive ways to deal with stress through your own actions, and make them feel loved.

You may share the same worries as your child. Your child will take their lead from you, so try to stay calm and reassure them it'll be ok.

If your child is struggling excessively, talk to their class teacher or contact Mrs Barr.

<https://parentingsmart.place2be.org.uk/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/#Whattodoifyourchildisfindingchangedifficult>