

Orchard Primary School Well-being Newsletter

Supporting the Emotional Well-being and Mental Health of Our School Community

Spring Term A - 2023

At Orchard, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

This term's Mental Health and Well-being newsletter focuses on signposting parents/carers to avenues of support...



Children's Mental Health Week will take place from 6-12 February 2023. This year's theme is Let's Connect.

Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. When our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

As parents and carers, you play an important role in your child's mental health.

Check out our some free resources for families attached with this newsletter.

Early Help Referral Information:

<https://resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/early-help>

Children and Family Wellbeing Service (CFWS) provides early help services – these are services which may be offered at any point in a child or young person's life, where the child is experiencing some difficulties which cannot be supported by universal services, such as schools or GP, alone.

All referrals into CFWS are first taken by social workers in their First Response Children's Duty team. Sometimes, calls are made to parents and professionals involved such as teachers or nurses to get more information before they are passed onto the most appropriate team.

Families can use the Request for Services online form to make a referral. There is a link to the form via the website. You don't need to know which service to ask for – you just need you to explain what you feel you need help with and what you feel might happen without support. They will also want to know what you may have already tried.

Standard family support 0-19 - Families who need help can access a range of services which include:

- Thematic workshops
- Group work programmes e.g. workshops for parents on issues such as tenancy management, debt and financial management, healthy lifestyles, etc.
- SEND short breaks assessment
- 8-12-week CBT (Cognitive Behaviour Therapy) based support for children 8-19 with low to medium level mental health difficulties
- Following an early help assessment, one-to-one programmes of support covering issues such as household routines, behaviour management, coordination of services. This standard family support is provided for up to 12 weeks.

Visit your GP or speak to someone from the Leicestershire Nursing Team regarding any concerns about your child's mental health, well-being or behaviour:

School nursing team: North West Leicestershire Public Health (School) Nurse Team

School nursing base: Coalville Health Centre

School nursing base telephone number: 0116 215 3250

Young Minds Website.

Parent's Helpline: 0808 802 5544
from 9:30am – 4pm, Monday – Friday



Young Mind's Parents Helpline offers detailed advice, emotional support and signposting to parents about a child or young person. You'll get through to a trained adviser who will listen and talk through your concerns in complete confidence. Your adviser will help you to understand your child's behaviour and give you practical advice on what to do next.

Their website is fantastic!
www.youngminds.org.uk

They have a wealth of brilliant ideas including the following, which is all about what to do if your child is struggling:

If your child tells you they're struggling, it's important to make sure they feel seen and heard. If you're worried about something that's come up in conversation, be honest and clear about how you see things and how you want to support them. When responding, it helps to:

- *Validate their feelings. You could say 'it's really understandable that you're feeling...' to let them know that their feelings are okay.*
- *Thank them for sharing what's going on and be encouraging about the way they've opened up.*
- *Let them know that you love them, you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.*
- *Ask them if there's anything you could do that they would find particularly helpful.*
- *Spend time together thinking about what's making them feel this way. It could be something at home or school, a relationship with a friend or something else.*
- *Let your child know about the helplines that are available. Young people can find it difficult to talk and worry about upsetting their parents, so reassure them that it's okay to open up to other people.*
- *Remind your child that this is temporary. Reassure them that things can change and they can feel better.*
- *Avoid conversations at the height of distress. It's important to be there for them, but it can be more helpful to talk about the causes when things are feeling calmer.*

If you think your child needs professional support, speak to us, as well as their GP, and consider whether professional counselling or therapy might help.

Rethink Mental Illness Advice Line

Call: 0300 5000 927 (9.30am – 4pm Monday to Friday)
Email: advice@rethink.org

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs Rethink services and groups across England.

For more information: <http://www.rethink.org/about-us/our-mental-health-advice>

Action for Children



www.actionforchildren.org.uk

Voices in the Middle – for young people when parents split up

<https://www.voicesinthemiddle.com>

CAMHS - The Child and Adolescent Mental Health Service (CAMHS) is a specialist service offering mental health assessment and intervention to children and young people

<https://www.leicspart.nhs.uk/service/child-and-adolescent-mental-health-services-camhs/>

Resources

<https://bridgesupport.org/anxiety-panic-attack-pocket-guide/>

NHS Mental Health Helpline

NHS urgent mental health helplines are for people of all ages. You can call for:

- 24-hour advice and support
- help to speak to a mental health professional
- an assessment to help decide on the best course of care

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Find out about NHS mental health support services for children and young people.

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/>

[Children and young people's mental health services \(CYPMHS\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/)