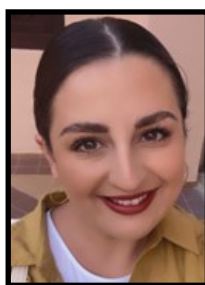


Welcome to the Spring 2024 Wakefield Future in Mind Mental Health Support Team - Family Newsletter



Coming to a primary school near you.....

Mood Boosters with Charlotte and Marisol!



Charlotte



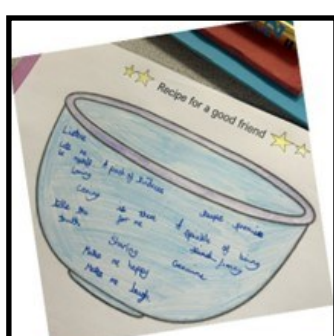
Marisol

“Since the beginning of the academic year, schools have shown great interest in our Mood Boosters’ sessions.

Children of all ages at primary school, from all over the district have **blown us away with their enthusiasm and engagement** in the session

Many have shared with us the benefits of trying at home what they’ve learnt in sessions with us. We are looking forward to doing many more sessions on **emotions and building up resilience!**”

Sol and Charlotte – Mood Booster Hero's!



Mood boosters is a programme of four sessions, delivered by practitioners, **Charlotte and Sol**, from the Future in Mind Mental Health Support team.

The sessions include creative and mindful activities and games to promote **understanding around feelings and build resilience**.

These sessions are running in primary schools across the district, in years 1 to 6.

“I loved doing these activities and highly recommend it to other kids!” (primary school child)

Who is Lumi Nova for?

Lumi Nova is for 7-12 year olds facing difficulties with anxiety, including:

- Phobias e.g. Being afraid of spiders or insects, heights, being near dogs, or the dark.
- Social anxiety e.g. Feeling worried about making new friends, going to social events.
- Separation anxiety e.g. Unable to sleep alone, worried about being away from parents, going to school.



Lumi Nova includes two of the most effective parts of Cognitive Behavioural Therapy (CBT) that are proven to help **beat fears, worries and anxiety**. You can find out more about Lumi Nova via this short introduction video <https://bit.ly/lumi-nova-video>

Lumi Nova Discovery Session for Parents – Thursday 4th April 24, 12:00-12:30pm, and the first Thursday of every month (times vary see link [Lumi Nova Discovery Session for Parents](#))

Free 30-minute webinar, parents can learn how Lumi Nova can support their child / young person aged 7-12 to tackle their fears and worries and build lifelong skills.

You can find the link to self-sign up registrations via our **CAMHS Web Page** [Child and adolescent mental health service \(CAMHS\) in Wakefield – South West Yorkshire Partnership NHS Foundation Trust](#)

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

5-11
FEB
2024

Children's Mental Health Week 2024

[Children's Mental Health Week
\(childrensmentalhealthweek.org.uk\)](http://childrensmentalhealthweek.org.uk)

Practitioners from the Future in Mind Mental Health Support team were busy in Children's Mental Health Week last month, delivering workshops, class based sessions and assemblies in schools across the district.



Senior Practitioners
Charlotte & Aidan told us:

"During children's mental health week we attended coffee mornings along with other local services and enjoyed a cuppa and catch up with parents and carers at Jerry Clay Academy and Outwood Primary Academy Kirkhamgate.

We also spent lots of time having fun exploring worries & big emotions and the benefits of a good nights sleep with children at Horbury Primary, Outwood Primary Ledger Lane and Wakefield St John's CE school."



Parent / Carer Workshops



The Future in Mind Mental Health support team (FIM MHST) practitioners provide lots of **workshops and information sessions** for **parents and carers** in schools across the **district**.

We currently offer the following **parent / carer workshops**:

Primary school offer:

- Understanding emotional wellbeing and mental health in my child
- Wellbeing super stars – how you can support your child through primary school and beyond
- Promoting wellbeing potential in your primary aged child
- Next steps – transitions and emotional wellbeing
- Managing big emotions – how to support your child to manage big emotions
- Worry warriors – managing worries and anxiety
- Sleep success
- Ditching devices for emotional wellbeing

Secondary school offer:

- Understanding and coping with self harm
- Tremendous teens – how you can support your child through the teenage years and promote their wellbeing potential
- Sleep success

To find out more speak to **your child's class teacher**, the **SENDco** or the **school's Senior Mental Health Lead**.

What is WF Happy Healthy Holidays?

WF Happy Healthy Holidays aims to keep children and young people active during the School Holidays by providing free activities and healthy food. WF Happy Healthy Holidays is for school age children (Reception to year 11) who receive

income-related free school meals.

Happy Healthy Holidays Easter activities will be taking place between 25th March and 5th April.

You can book a place using the following link [Wakefield Council \(coordinate.cloud\)](http://Wakefield Council (coordinate.cloud))

As a team we like to support local charities such as **The Clothing Bank**

The Clothing Bank collect **good quality pre-loved clothing** and **re-home it to those who need it and who can benefit from the donations, to help stop clothing poverty.**

Our team will be taking part again in arranging a team collection to donate in the coming weeks.



If you feel you would like to **donate any pre-loved clothing or shoes**, you can find out more about the clothing bank by visiting their website The Clothing Bank or their Facebook page.

You can also find local drop off points DROP OFF POINTS | The Clothing Bank

if you need support you can also find information on the website

The BIG Change - FIM MHST Staffing Update

2024 is another **EXCITING** year for the Future in Mind Mental Health Support Team (MHST) as we continue to grow and develop.

We are pleased to share that we have **expanded** the team recruiting an additional **14 clinical staff**: **six** Senior School Practitioners and **eight** Trainee Education Mental Health Practitioners (EMHPs)

Our new clinicians will bring additional capacity into the district and our vision would be for each mainstream setting to have an EMHP or Trainee EMHP attached to work alongside the school link Senior Practitioner.

We have had lots of new starters join us in the last few months, and we look forward to more joining us in the coming months.



Some schools have been allocated a temporary Senior Practitioner, just whilst we await the start of our new team members. This is so we can maintain continued contact and support.

We do have some remaining vacancies in the team which include the EMHP and Associate Practitioner roles which we are busy advertising and recruiting into.

2025 also looks set to be another exciting year. We have recently been advised that we will have further funding to grow the team even further.

Watch this space for further updates!

The Education Mental Health Practitioner Offer

Thank you to Claire Taylor and Karen Ross (EMHPs) for this article!

Claire Taylor



Within the Mental Health Support Team we have various roles. One of these roles is an Education Mental Health Practitioner (EMHP).

An EMHP offers support to young people, families and schools to improve young people's mental health and wellbeing. They deliver evidence-based interventions to young people or their parents or carers mainly for:

- **low mood**
- **worries**
- **anxiety**
- **panic**
- **sleep**
- **And some phobias**

The support they offer varies depending on the child / young person's difficulties however most interventions are between 6-8 weeks for around 45 minutes each week and generally take place in school. We can provide, mental health awareness training, signposting to further help and support, and low intensity cognitive behavioural therapy (CBT).

Every day is different, we could be delivering an assembly on anxiety in the morning, have a 1:1 session with a young person struggling with low mood and a group on sleep hygiene in the afternoon.

The role allows us to liaise and work alongside many other professionals from schools and other services across the Wakefield district so we can collaboratively support families. It always feels like a privilege to meet with children / young people and their families to discuss the mental health difficulties that they are facing and how we might be able to help.

If you feel that your child would benefit from some support in school from an Education Mental Health Practitioner, speak to your child's school's class teacher, SENDco or Senior Mental Health lead.

Please note - As our team is growing, we do have new Trainee EMHP's who will be shadowing our qualified EMHP's during interventions. This is to help support them in their university and work experience journey.

Karen Ross



Co - Regulation

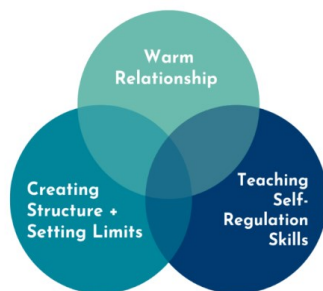
Thank you to Tracey Jones (EMHP) for this article!

We all have a two-way system of communication between our brain and body that helps us to recognise our emotions and take care of them.

Our emotions come with different levels of intensity that change throughout the day, depending on what is going on around us, who we are with and our own unique brain and body connection.

We may feel relaxed and happy at home with trusted adults, alert and excited playing a favourite game or distressed and sad about falling out with friends at school and sometimes even overwhelmed and scared about being bullied at the park.

3 pillars of co-regulation



That's a big range of emotional intensity and it can be hard to deal with if we don't yet understand those brain body messages and what to do with them. At a very basic level, our brain makes predictions about how safe and loved we are and we respond to that with different amounts of mental, physical and emotional energy or reactions. Sometimes our reaction will match an activity or situation, e.g. distress at being bullied. Sometimes it won't e.g. sadness at a party. When our energy matches the activity, that is called being regulated.

Co-regulation is what we do to support someone towards matching their energy to the activity or situation.

While the children in our care are still learning and growing, the most helpful thing we can do is to step back, observe their behaviours and be curious about what is going on for them. How are they experiencing their different environments and the relationships around them? How do we as adults make sure all children feel safe, understood and accepted enough to match their mental, physical and emotional energy to the activities and situations we create for and put them in?

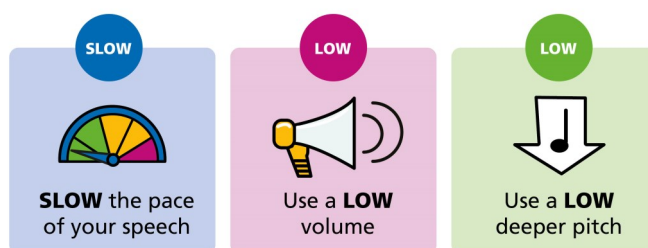
If you would like to know more about co-regulation, you can start with these resources:

Book for caregivers at home and school to read - *Beyond Behaviours* by Mona Delahooke

YouTube video by Pooky Knightsmith Mental Health *6 Steps to effective co-regulation* - https://www.youtube.com/watch?v=GGCnf6AZ_uw

Slow-Low-Low

Techniques for calming things down



Co Regulation Strategies

Helping our children to manage big emotions



Be the swan!

Imagine a swan, they are paddling away under the water but to all appearances they are strong, calm and in control.

When our children are struggling with their emotions it is really helpful if we can remain calm, slowing our breathing and sitting alongside them, ready to listen and support when your child is ready. We might be feeling quite distressed or emotional ourselves if our child is upset. This is the time to “Be the Swan”. This demonstrates to your child that you are a safe foundation for them and by slowing your breathing and remaining calm your child will slowly start to regulate their emotions too, with you by their side.

Using
Slow-Low-Low
to calm things
down

Slow-Low-Low!

We tend to speak more quickly and loudly when emotions are running high.

When your child is upset, angry, scared or emotional it is helpful if we, as parents / carers can show through the speed, tone and pitch of our voices that we are calm by slowing the speed of our speech, and lowering the pitch/volume and tone. This will reassure your child rather than escalate emotions and help your child, and you to regulate your emotions. It's also helpful to think about body language – kneel down to your child's level or sit alongside them, showing that you are ready to help.

[VIDEO: Using Slow-Low-Low to calm things down – Dr Pooky Knightsmith](#)



A final note..... less is more! Using fewer words with your child is also helpful especially when your child is emotional.

OUR YEAR
Wakefield District 2024

Our Year is a year-long project which will bring events and activities to every resident.

With communities at its heart, this year will inspire creativity. 2024 is Our Year to try something new!

It's time for 366 days of activities for everyone across the Wakefield District. Our Year will encourage more people to visit, putting Wakefield on the map. For residents it is a chance to explore all the amazing things happening on their own doorsteps.

Our Year features non-stop things to do in your community. From events, festivals and walks, to volunteering opportunities, community projects and more. Find out more visit the [Our Year Website](#)

[Our Year | Experience Wakefield](#)

Self Care for Parents / Carers

Most importantly, as parents / carers we need to prioritise our own self care.

Being a parent is a tough job and for us to be the best we can for our families we must take care of ourselves.

What do you do for your own wellbeing?



Here are some of the ways that the team look After their wellbeing.....

Getting a good night's sleep

Long walks and meditation

Making "me time"

Having "no expectation" days

Being by the sea

Having a cuppa!

Talking to people I trust

Enjoying nature

Playing board games

Listening music and spending less time on social media

Practicing gratitude

Regular exercise, setting myself achievable goals

Spending time with family and friends

Exams, Assessments & Tests

As parents/ carers -what can we do to support our children?

Whether your child is about to do their year 6 SATS or their exams at secondary school or college, it can be stressful not only for your child but also for you as a parent / carer.

Here's some tips on how you can best support your child through this time:

- No. 1 - **be there for your child**. Be available and make time for your child. Encourage your child to come to you if they need you.
- Ask your child "What, **if anything**, would you like me to do to help you during your exams?" Allow your child to tell you what would help them rather than assuming you know.
- **Support** them with planning. (If this is something that they say they would find useful)
- Ensure, where possible, that they have a **quiet place** to revise.
- **Reduce the pressure!** - putting pressure on your child to do well may increase their stress levels.
- **Reward** and **encourage** their efforts.
- Provide **regular healthy meals** and **snacks** and remind your child to keep **hydrated**.
- Prompt your child to take breaks when they are revising, encourage some **down time** too.
- **Spot the signs** of exam or assessment stress. Look out for changes in mood, complaining of physical symptoms, changes in eating or sleeping patterns.
- And very importantly... Look after **yourself** as a parent / carer. When we look after ourselves we are more able to take care of others, including our children. Not only that, but it's also great to **model** to our children the **importance of self-care**.

For further information:

[Exam and assessment stress \(mentallyhealthyschools.org.uk\)](https://mentallyhealthyschools.org.uk)

[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

Where to get extra help!

If a child or young person needs to talk they can call **Childline** Open 24/7. Chat to a counsellor online at www.childline.org.uk. Call them on **0800 111**.

If a young person or adult needs to talk to someone they can call the **Samaritans** on **116 123**. It's open 24/7.

If a child, young person or parent/carer needs to talk to someone at night time they can call **Night Owls** (between 8pm and 8am) on **0800 1488244** or text **07984392700**.

If you need to access help from a **food bank or other services** you can find more information about what's available here wakefield-food-aid-guide2-copy.pdf (wordpress.com). You could also ask school if they know about other local practical support in your area.

Welcome Spaces are places in your local community where people can gather for free in a warm welcoming space and enjoy a drink and some food. Find out more here: [Welcome Spaces - Wakefield Council](#)

If you need free confidential and impartial advice you can call **Wakefield District Citizens Advice** on **0800 1448848** (freephone) or visit Wakefield's Citizens Advice Bureau (wakefielddistrictcab.co.uk)

Growing Healthy 0-19 Service App

Parents, grandparents, carers and young people in the Wakefield district can now download the new Growing Healthy 0-19 Service App, designed to support the health development and wellbeing of children, young people and their families.

The app provides information including videos on a wide range of topics such as antenatal care; infant feeding, diet and nutrition, child development; perinatal, infant and child emotional health; children with special educational needs; and making sure your child is ready for school.

The app provides information on accessing the service, including family and youth hubs, local support groups and activities available across the Wakefield district.

The app is interactive so that users can provide feedback on their experience of the Growing Healthy Wakefield 0-19 Children's Service. The app can be downloaded for **free** from the **Apple App Store** or **Google Play** by searching for 'Children's Health Service-HDFT'.

Scan the QR code or search for 'Children's Health Service HDFT App'
www.hdfchildrenshealthservice.co.uk



Changing Our Direction

<https://www.kids.org.uk/>

The Kids Changing Our Direction service supports families of young people aged **11-16 years of age in the Wakefield** area who are presenting with **self-harming behaviours**.

They offer a variety of **supportive courses** that are available **to any adult** who has responsibility for bringing up the young person, including the following:

The Families Learning About Self-Harm Programme

(FLASH) is delivered over 10 two hour sessions in a small group setting enabling emotional peer support alongside the practicalities of the programme. FLASH aims to enhance communication and personal relationships between parent/carers and young people. It includes exploring what self-harm is, the risks and functions of self-harm, managing self-harm within the family environment and coping strategies for parents whilst looking at how self-harm can impact on parenting and ways to manage under stressful circumstances.

SHIP R

is an adapted recorded version of FLASH which gets sent out to parents/carers on a weekly basis for parents to access at an individually convenient time if they are unable to attend the in person workshop and include a booking system in which parents can book in time for regular support calls with our Changing Our Direction practitioners.

SHIP parent/carer workshop

is a one off half day workshop that aims to include practical support including self-harm risks and functions, boosting self-esteem and resilience, linking the feeling to coping strategies, first aid information including signposting and how to create a safety plan.

Once a referral has been made to the Changing Our Direction service, the family will receive a triage call to discuss their situation and how best the service can support and meet their individual needs.

Referrals can be made by parents or professionals. The Changing our direction referral form can be located on the **Wakefield SEND local offer website**.



Getting Support in a Mental Health Crisis or Emergency

Important Information for Children and Young People

A mental health crisis is when a person is currently safe but needs **urgent** mental health support. They could be feeling like they may seriously harm themselves or others or be suicidal.

What can I do in a mental health crisis?



If you already get mental health support from the NHS or another organisation, please contact the service that helps you



Book an emergency appointment with your GP practice. Outside of normal hours you can still phone your GP, but you will usually be sent to an out-of-hours service



Contact Night OWLS (West Yorkshire only). Call free on 0300 2003900, text on 07984 392700 or chat online: www.wynightowls.org.uk from 8pm–8am every day



Call NHS 111, a 24-hour helpline for help and advice



If you don't currently use mental health services, you can contact Single Point of Access (SPA) teams:

Barnsley: 01226 644829

Calderdale: 01422 300001

Kirklees: 0300 304 5555

Wakefield: 01977 735865

Charities can also help:

- **Childline:** Free, confidential support, available any time. Call 0800 1111
- **Papyrus:** Support 9am to midnight every day on 0800 068 4141 or text 07860039967
- **Samaritans:** Free to call, 24/7, 365 days a year. Call them on 116 123
- **Shout:** Text SHOUT to 85258 for free, confidential, 24/7 support
- **The Mix:** Text THEMIX to 85258 for free, 24/7 crisis support
- **YoungMinds:** Text YM to 85258 for free 24/7 support if you need urgent help.



SCAN ME