



Mental Health and Wellbeing Newsletter January 2024



Welcome to St Mary's Catholic Primary School January 2024 mental health and wellbeing newsletter !



Our Bodmin wellbeing groups

▶ **Bodmin Garden Group - Wednesdays am/pm.** Set in a beautiful walled garden, this gentle group offers opportunity to meet others, get some support, learn new skills and link in with the community.

▶ **Bodmin Music Group. Tuesdays 2.30 - 4.30pm.** We offer 12 fortnightly sessions with the opportunity to play different genres of music with others, share ideas about music and be part of making live music.

If you don't read music don't worry, but you will need to be able to play your instrument independently.

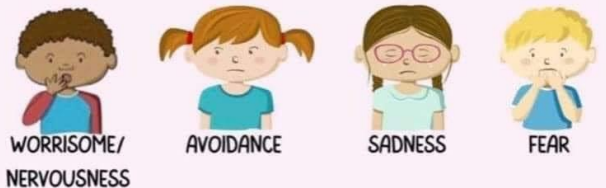
▶ **Open Mind Music Sessions. Tuesdays 2.30 - 4.30pm.** These sessions are an opportunity for people to come and join us to share and play their own music and meet other musicians.

▶ **Bodmin Hearing Voices Group - The first Wednesday of every month 2 – 4 pm.** Talking about your voices in a safe space with people that might be experiencing something similar, can help you feel more valued, understood, and help you realise you're not alone.

To join any of our groups, just fill in the referral form on our website - <https://t.ly/v3For>

ANXIETY IN CHILDREN

HOW WE EXPECT ANXIETY TO PRESENT:



HOW ANXIETY ALSO PRESENTS:



This May Help

THIS MAY HELP Website

This May Help has been created for parents and carers to help manage their child's mental health.

The subjects covered on this website have been chosen by parents and carers just like you, and in consultation with young people who have gone through their own mental health issues. What helped them may also help you.

On each page you'll find text for every topic along with more support films and links to other resources.

Find the website via this link:

https://thismayhelp.me/?fbclid=IwAR268Cs1WrbfukWPCje8CHuDT2Tc4_6DBLIx3DMzGNsile78rQiCxKqnnl

Happier January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Learn something new and share it with others	1. Find three things to look forward to this year	2. Make time today to do something kind for yourself	3. Do a kind act for someone else to help brighten their day	4. Write a list of things you feel grateful for and why	5. Look for the good in others and notice their strengths	6. Take five minutes to sit still and just breathe
2. Eat healthy food which really nourishes you today	7. Get outside and notice five things that are beautiful	8. Get moving. Do something active (ideally outdoors)	9. Thank someone you're grateful to and tell them why	10. Switch off all your tech at least an hour before bedtime	11. Connect with someone near you - share a smile or chat	12. Take a different route today and see what you notice
3. Try out something new to get out of your comfort zone	13. Put away digital devices and focus on being in the moment	14. Contribute positively to your local community	15. Be gentle with yourself when you make mistakes	16. Get back in contact with an old friend	17. Focus on what's good, even if today feels tough	18. Go to bed in good time and allow yourself to recharge
4. Ask other people about things they've enjoyed recently	19. Plan something fun and invite others to join you	20. Write down your hopes or plans for the future	21. See how many people you can smile at today	22. Decide to lift people up rather than put them down	23. Choose one of your strengths and find a way to use it today	24. Challenge your negative thoughts and look for the upside

ACTION FOR HAPPINESS Happier · Kinder · Together

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 5-11 FEB 2024

This year the theme is "My Voice Matters"

Resources and advice for parents and carers are available on their website <https://www.childrensmentalhealthweek.org.uk/>





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Cornwall's Children's Mental Health Team and putting on a number of workshops to help support parents and carers with their children's wellbeing and mental health. These are free and you sign up via the links below.

The Mental Health Support Team invites you to book your place on our Introduction to Anxiety Workshop



A single, hour-long workshop aimed at providing psychoeducation around What is worry and Why does my child worry? We also aim to provide practical strategies for supporting your child with managing their worries.

Upcoming Sessions:

- Monday, 22nd January at 10:00 AM and 4:00 PM
 - Wednesday, 24th January at 4:00 PM
 - Thursday, 25th January at 9:30 AM and 5:00 PM
- Further Anxiety courses will run w/c 4th March 2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/cAknWmy2N3>



Sign up will close on Thursday 18th January



The Mental Health Support Team invites you to book your place on our Sleep Workshop

A single, hour-long workshop aimed at providing psychoeducation around the importance of cultivating healthy sleep habits, including why we sleep and what might impact sleep. The session aims to help identify ways you and your child could develop good sleep hygiene and includes some strategies you can both use to do this.

Upcoming Sessions:

- Monday, 15th January at 10:00 AM and 4:00 PM
 - Wednesday, 17th January at 4:00 PM
 - Thursday, 18th January at 9:30 AM and 5:00 PM
- Further Sleep courses will run w/c 26th February 2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/ZBJ9Lcp6mA>



Sign up will close on Thursday 11th January

The Mental Health Support Team invites you to book your place on our Introduction to Resilience Workshop

This is a single, hour-long session aimed at parents. The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Upcoming Sessions:

- Monday, 5th February at 10:00 AM and 4:00 PM
 - Wednesday, 7th February at 4:00 PM
 - Thursday, 8th February at 9:30 AM and 5:00 PM
- Further Resilience courses will run w/c 18th March 2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/W4hqrSM68q>



Sign up will close on Thursday 1st February





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Cornwall's Children's Mental Health Team are putting on a number of workshops to help support parents and carers with their children's wellbeing and mental health. These are free and you sign up via the links below.

The Mental Health Support Team invites you to book your place on our Decider Skills Workshop

Decider Skills are a set of life skills based on cognitive behaviour therapy (CBT). The skills are aimed at helping young people to recognise and understand their emotions, and promote positive mental health. They also include basic problem solving and conflict de-escalation skills, and have a strong focus on supporting children in regulating their own emotions.

Upcoming Sessions:

- Monday, 19th February at 10:00 AM and 4:00 PM
- Wednesday, 21st February at 4:00 PM
- Thursday, 22nd February at 9:30 AM and 5:00 PM

Further Resilience courses will run w/c 18th March 2024

To request a place, complete the online form or scan the QR code provided:
<https://forms.office.com/e/YepS04KNBz>



Sign up will close on Thursday 15th February



The Mental Health Support Team invites you to book your place on our Behaviour as Communication Workshop

This workshop introduces the concept of behaviour as communication, and aims to teach parents the reinforcement and attention rule.

The workshop will give parents practical strategies for developing more positive behaviour at home. It will also support parents to create an action plan moving forward to support their child to manage their behaviour in helpful and happier ways.

Upcoming Sessions:

- Monday, 29th January at 10:00 AM and 4:00 PM
 - Wednesday, 31st January at 4:00 PM
 - Thursday, 1st February at 9:30 AM and 5:00 PM
- Further workshops will run w/c 11th March 2024

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/3DPu9JHD7>





Support for Mental Health And Wellbeing links



CAMHS

CAMHS is used as a term for all services that work with children and young people who have difficulties with their emotional or behavioural wellbeing. Children and young people may need help with a wide range of issues at different points in their lives. Parents and carers may also need help and advice to deal with behavioural or other problems their child is experiencing. Parents, carers and young people can receive direct support through CAMHS.

Telephone: 01872 322277

<http://www.cornwallft.nhs.uk/services/childrens-services/camhs/>

Cornwall Mind

Cornwall Mind is based in Bodmin and provides support and advice for those experiencing mental health difficulties.

Cornwall Mind
2A Hamley Court
Dennison Road
Bodmin
PL31 2 LL



01208 892 855

www.cornwallmind.org

Download this image onto your phone for **when you might need help**

<p>Samaritans: Emotional support to anyone in distress, struggling to cope, or at risk of suicide.</p> <p>116 123</p> <p>Shout: Text service, free on all major networks, for anyone in crisis anytime, anywhere.</p> <p>• If you're over 18, text the word SHOUT</p> <p>• Under 18s, text YM</p> <p>Text: 85258</p>	<p>Cornwall's 24/7 NHS mental health support</p> <p>Call for free, any time day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone service will listen to you and determine how best to help.</p> <p>0800 038 5300</p> <p>If you, or someone else, is in immediate danger call 999</p> <p>Call now</p>
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www.cornwall.gov.uk/mentalhealth

24/7 NHS Mental health response line

For support and advice. Call free any time, day or night if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone response line will listen to you and determine how best to help. t: 0800 038 5300 (free) 24 hours a day

Samaritans

Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. t: 116 123 24 hours a day e: jo@samaritans.org

NHS Cornwall and Isles of Scilly Talking Therapies

NHS talking therapies (previously Outlook South West) for people with anxiety and depression – call 01208 871905 for people aged 16+ years.

Suicide Liaison Service

A service delivered by Cornwall Partnership NHS Foundation Trust to provide support to adults over 18 years old who are bereaved by suicide - www.cornwallft.nhs.uk/suicide-liaison-service

Man Down

Supporting men's mental health in Cornwall - www.mandown-cornwall.co.uk

'We are with you'

For support with alcohol, drugs or mental health call 01872 263001 or visit <https://www.wearewithyou.org.uk/services/cornwall-truro/>.

Shout

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text: 85258

Safer Futures

Call 0300 777 4777 or visit <https://saferfutures.org.uk/> if you or someone else is affected by domestic abuse, sexual violence and those demonstrating abusive behaviours.

Young Minds

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25.

Parents Helpline – 0808 802 5544

<http://www.youngminds.org.uk/>

ChildLine

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

Helpline: 0800 1111

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

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111