

Children and Young People's Newsletter



Happy October everyone! In this edition we are going to be focusing on World Mental Health Day and how we can talk about our mental health before taking a look at our 4 brand new SEND Parent workshops!

World Mental Health Day

World Mental Health Day is celebrated on the 10th October every year and is all about raising awareness of mental health and driving positive change for everyone's emotional wellbeing. It's also a chance to talk and think about mental health, how we look after our own mental health and how we can be there for others if they are struggling with their mental health. Talking is one of the best things we can do when looking after our mental health. However talking can be quite a challenging thing to do and sometimes it can be difficult to know where to start. We have come up with some tips and tricks of how you can start that conversation with somebody else and for yourself.



1. Find a good space to talk without distractions

If you're worried about someone, try to find a place where you know you can have a conversation where they feel comfortable and you know you won't get distracted. Make sure to give them your full attention. It might help to switch off your phone.

2. Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you're actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you're actively listening. But make sure the questions are relevant to what they're saying, and not changing the subject.

3. Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with going and talking to a teacher, help at school, or just for you to keep things normal and chat about what's going on in your life.



Who can I talk to?

When it comes to talking about our own mental health, it can be difficult to know who exactly we can talk to. This is where you can use 'My Hand Network'. This exercise helps us to create our own support network using just our hands. Each finger represents a person, so when you are feeling anxious, low, or any other negative emotion, you can look at your hand and think about who you can go to for support.



1 Minute of Mindfulness

Whenever you go to pass through a door and enter a new space take a minute to check in with yourself, breath and slow down. Give yourself a chance to notice how you're feeling before entering that new space - especially if you're going into that room to do something difficult or challenging. We call this a Door Reset.

New SEND Workshops for Parents/Carers

As part of our work with the SEND and Inclusion Hub in Wandsworth, we are pleased to announce 4 brand new workshops, working with parents and carers of children with special educational needs and disabilities. These workshops aim to discuss specific challenges, help with coping strategies as well as raise awareness and education surrounding mental health and the challenges children with additional needs might face.

The four workshops focus on:

Helping your young child sleep

Wellbeing of parents/carers of children with additional needs

Encouraging positive behaviour in children

Supporting your child with anxiety

If you want to find out more about these workshops, please speak to your class teacher, SENCO or Designated Mental Health Lead.

Autumn Term Forums

See below the dates and times of this Autumn Term's Forums. The forums are a great way to share your experiences and contribute to the future development of our service. For more information or to show your interest regarding the forums, contact our Whole School Approach Advisors: **Isaac** (irowan@bwwmind.org.uk) and **Iris** (ifernandez@bwwmind.org.uk).

Staff Forum:
22/01/2024
@4:30pm

Parent and Carer's Forum:
15/11/2023
@4:30pm

CYP Forum:
16/11/2023
@4:30pm

Meet Our Team Corner

In this issue I am happy to introduce Cherie. She is an Educational Mental Health Practitioner in the Mental Health Support Team.

Meet Cherie:

I was born in Hong Kong and moved to the UK when I was 13. I did my undergraduate in Psychology and postgraduate degrees in Child Studies and Mental Health Studies in London. I was always passionate about mental health. I was working with adults with complex mental health needs in the NHS for over a year, but I wanted a new challenge and work with children, and then I ended up here in BWW Mind! As a clinician, I learnt that prevention is key. It is important for children and young people to access mental health support from a young age, where they learn key skills to look after their wellbeing and know how to access help if they need it. I have recently completed my training as an Education Mental Health Practitioner at UCL, I look forward to supporting and working with more children, young people, and parents this year!

A few things Cherie likes:

I've got 2 golden retrievers at home, which means I spend a lot of my time looking after them and giving them lots and lots and lots of attention. If I'm not spending time with my dogs, I'll either be cooking or baking in the kitchen, I've brought a lemon drizzle cake into schools before! One of my biggest accomplishments is that one of my retrievers is a therapy dog!

Cherie's perfect day:

My perfect day would start by waking up by the beach, and then going on a lovely hike with my dogs. After that, we will head off to a busy food festival, trying lots of different cuisines for lunch. With a full belly, I would want to relax at a spa, with a couple of treatments included! And lastly, my evening will be cosy, I would want to stay at home with my dogs, we'll put a movie on and order a takeaway!



Thank you for reading!