



# Staff Newsletter



Theme: Self-care

October 2020

WORLD  
MENTAL  
HEALTH  
DAY



## World Mental Health Day - Saturday 10th October

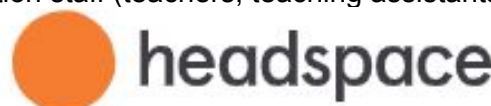
It's been a difficult year so far for everyone. That's why it's more important than ever to make your mental health a priority. Do one thing today to look after your mental health. For ideas follow this link:

<https://www.mentalhealth.org.uk/sites/default/files/How%20to...mental%20health.pdf>

## Staff wellbeing in schools is important - here's what you can do!

Education Support UK run a free and confidential helpline, accessible by anyone in education. It has trained counsellors ready to listen 24/7. Call 08000 562 561 for emotional support and information or find them on Twitter @EdSupportUK.

Download the Headspace app - membership is FREE for all school education staff (teachers, teaching assistants and support staff). Access guided meditations, mindfulness techniques, sleepcasts, relaxation support, workouts and more.



For wellbeing webinars, the latest news on health and wellbeing for school staff and more visit

The General Teaching Council for Scotland at: <https://gtcsnew.gtcs.org.uk/News/news/health-wellbeing.aspx>

## What to do if you have concerns about a pupil's mental health

Speak to your school's SENDCO or Designated Lead for Mental Health who will have a copy of our referral form and criteria. If you're unsure as to whether to make the referral, would like more information on what we offer or how we can support the staff and pupils in your school you can speak to a member of the Mental Health Support Team.



## Walk your way to well-being for Walk to School week

Walk to School week starts 5th October. Register your school for Walk to School Week to access resources at: <https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week>

FACT: Walking can help to clear your mind, reduce fatigue, improve mood and help with sleep.



## Changing Lives Service - Mental Health Support Teams

Phone: 0300 303 4663

Email: [dracs.adminchanginglives@nhs.net](mailto:dracs.adminchanginglives@nhs.net)

Bakewell: [dracs.adminchanginglivesladymanagers@nhs.net](mailto:dracs.adminchanginglivesladymanagers@nhs.net)

Bolsover: [dracs.adminchanginglivesbolsover@nhs.net](mailto:dracs.adminchanginglivesbolsover@nhs.net)

Derby City: [dracs.adminchangingliveskingsmead@nhs.net](mailto:dracs.adminchangingliveskingsmead@nhs.net)

Ilkeston: [dracs.adminchanginglivesoiea@nhs.net](mailto:dracs.adminchanginglivesoiea@nhs.net)

We offer support for children and young people aged 0 - 17 (18 - 25 SEND/Care leaver):

*Low mood / Anxiety / Simple phobias*

*Panic / Sleep / Worry / Transitions*

*Managing stress / Parent-led work*



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# Young People's Newsletter



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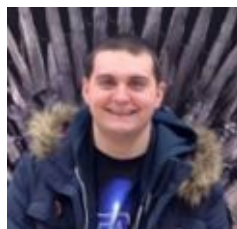
## World Smile Day Sunday October 4th 2020

Do an act of kindness. Help one person **SMILE!**

It can be as simple as smiling at someone, giving them a compliment or getting in touch with someone you haven't seen in a while.

For more information go to: [www.worldsmileday.com](http://www.worldsmileday.com)

## Meet a member of the team: Michael



*This is what people appreciate about me ...*

**I am a good listener**

**I am very patient**

**I am always willing to help**



## ThinkNinja app to support your mental health



The **ThinkNinja** app has been created for young people aged between 10 and 18. It offers a range of support for stress, anxiety, low mood, and unhelpful thoughts.

It is currently free to everybody and is available on both the apple store and Google Play. Watch this video for more information! [https://youtu.be/2pY36\\_kxIB0](https://youtu.be/2pY36_kxIB0)

## How do you look after you?

For ideas on how to look after your mental health visit: <https://youngminds.org.uk/find-help/looking-after-yourself/>



## Are you aged 16 or over and want support with your mental health?

You can request support from our teams (self-refer) to help with anxiety, low mood, sleep and stress. To do this simply call 0300 303 4663 or email: [dr.cs.admin@changinglives.nhs.net](mailto:dr.cs.admin@changinglives.nhs.net)



# Parent's/Carer's Newsletter



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## Mental Health Support Teams in Schools

Your school has a team ready to support children and adolescents experiencing difficulties with their mental health. We accept referrals from parents, carers and professionals and can offer support with low mood, anxiety, worry, sleep, panic, simple phobias and parent-led work. See our contact details below.

## Have your say on mental health support in schools!

The Mental Health Support Teams are keen to consult with parents and carers to gauge their views on support for mental health in schools. We have developed a brief survey. To take part follow the link below:

<https://www.surveymonkey.co.uk/r/LK2JMFV>

## How to support your own mental health



Head on over to One You, take the quiz and get personalised results on what you can do to look after yourself  
<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

Need support for your own mental health? Try Qwell and access professional support with a great community at: [www.qwell.io](http://www.qwell.io)

## Is your child struggling to regulate their emotions?

You could try creating a calm box, which is a collection of items that can help children self-regulate when their emotions get too much for them. A good old shoebox does the trick or any medium size box. Involving your child and getting them to decorate it can be fun and makes it more personal to them. Choose things relevant to your child's age and development. With the right things even older children can benefit and it doesn't have to cost much - you might already have some of these things. A calm box can include:

- A worry monster or soft toy and fidget toys such as a tangle or a squishy
- A colouring book and a book to read
- A glitter jar or sensory bottle (wash out an empty jam jar, add water and glitter)
- Playdough to squeeze (or make your own angel dough with scented hair conditioner and cornflour)



For older children, try a gratitude journal or a blank book for them to write or draw in.

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# MENTAL HEALTH SUPPORT TEAMS ARE ACCEPTING REFERRALS



Your school has a team ready to support children and adolescents experiencing difficulties with their mental health. We accept referrals from parents, carers, professionals and young people (aged 16 and over).

**We can support:**

- low mood
- anxiety
- worry
- parent-led work
- sleep
- panic



**0300 303 4663**



drcs.adminchanginglives  
@nhs.net



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