

Children and Young People's Newsletter



Happy December everyone! In this month's jam packed newsletter we look at how to plan for the festive period, what new additions we have made to the service thanks to your feedback, as well as revealing our brand new staff forums!

Planning your Festive Holidays

The festive period can be a really exciting time for a lot of people! No school, no work, spending time with family, and even a visit from Father Christmas himself! However, for some it can be quite a challenging time. With the world almost grinding to a halt for 2 weeks, it can be difficult to adjust to this temporary way of living. That's why we have put together 3 top tips on how to look after yourself during the festive period!

1

Have a planned routine

Before the festive holidays begin, plan a routine that's going to keep you busy and give you some sense of normality.

2

Use the time to relax

Whether or not you celebrate Christmas, this is a great time to kick back, take a well deserved break, and recharge!

3

Talk to people

Sharing our thoughts and feelings can help make us feel less alone and you might be surprised to find others feel the same way!

“You said, we did,,”

Your feedback is the best way for us to keep improving as a service, so when you say you want something, we will always do our best to do it!

You Said:

Students would benefit from a social skills group in our primary schools.



We did this:

The students shared that it was helpful. They learned how to be assertive and how to have positive social interactions.



1 Minute of Mindfulness

Sit or lie down in a comfortable position. Close your eyes and focus on your breath. Using your imagination, slowly scan your body from head to toe, noticing any areas of tension or discomfort. Take a deep breath and release any tension as you exhale.

This is called 'Body Scan' and you can start practicing at any time of the day.

Staff Forum

We are very excited to be hosting our next Staff Forum on Monday 22nd January at 4:00pm for half an hour on MS Teams.

We are running the staff forums slightly differently this year and we wanted to give you the opportunity to learn about different parts of our service as well as other services that are available to you.

We are really excited to announce that we will be joined by a very special guest speaker from Kooth and Qwell. They will be giving a talk on how they can help support not only our children and young people but also staff and parents too!

This is an amazing opportunity to learn more about a new service and continue building the support we can provide for everyone in school!



Support over the festive period



The service will be taking a break from all clinical work over the festive period from 18/12/2023 - 02/01/2024.

If you require any urgent help during this time, you can contact:

- www.kooth.com
- Childline - call on 0800 1111
- Samaritans - call on 116 123
- <https://www.crisistextline.org/>
- SHOUT Crisis team - Text 'SHOUT' to 85258
- Papyrus HOPELINEUK - call on 0800 068 4141 or text 07860 039967
- CAMHS Urgent Advice Line - call on 0800 023 4650 (24 hr line - Westminster residents only)

Meet Our Team Corner

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

Meet Aramide:

I am a newly qualified Educational Mental Health Practitioner working in the Mental Health Support Team. I was born and raised in London. Since I was a child, I have always had the aspiration to support others, so a lot of my academic background involves the social sciences, and Masters in both Sociology and Psychology of Education. During this time, I worked in primary and secondary schools as a learning mentor and as a Team Leader within children services for disabled children and young people. It was through these experiences, my passion for working with children and young people flourished. It began my journey in beginning to learn about some of the mental health challenges children, young people and their families experience day to day. Therefore, I felt like I wanted to make more of a difference and be better equipped to support mental health difficulties, but most importantly promoting mental health and well-being that moves away from it being stigmatising. I have been so fortunate to begin to do this through being part of the team and I look forward to supporting more children, young people and their families moving forward.

A few things I like:

I love taking long walks surrounded by nature, cooking and trying new food with friends, and winding down to some Latin Jazz. I have recently got back into the habit of reading and playing tennis.

My perfect day:

A perfect day for me always starts off with a good cup of coffee, and that's coffee with oat milk by the way. I would probably have something sweet with it like a cinnamon spiced doughnut. Yum! Then I would grab a couple of friends to go on a peaceful and quiet nature trail. After that, eat some Mexican dishes like gorditas or tacos. The evening would most likely end with Netflix and chill or a games night with friends.



Thank you for reading!