



Welcome to the Winter 2024 Family Newsletter

Have Your Say! What do you think of the family newsletters? What would you like to see more of? and how do you find the length of the newsletter? Please get in touch and let us know what you think using the link or QR code <https://forms.office.com/e/aPdJXwLGB7>



The FIM MHST Offer for Children / Young People and Families



The Future in Mind Mental Health Support Team provides early support for mental health and emotional wellbeing for children and young people, as well as helping staff in schools and colleges to provide a consistent “whole school approach” to mental health and wellbeing for students, families and the education staff team.

We do one to one and small group work with children and young people and carry out evidence-based interventions for mild to moderate mental health and wellbeing issues such as **worry management**, **simple phobias**, **low mood**, and **sleep difficulties**.



We also offer our Whole School Approach activities which can include:

- Classroom based intervention
- Staff info sessions
- Parent / carer workshops
- Assemblies
- Promotion of awareness days / campaigns & resource sharing
- Parents evening & coffee mornings

If you would like to find out more or if you would like to discuss any concerns you may have about your child's mental health and wellbeing you can speak to your child's **class teacher**, **year lead** or **Senior Mental Health Lead** in school for further information and or to give permission for your child to be discussed at the next **Team Around the School** meeting or consultation.

Look out for information about forthcoming parent/carers workshops in your child's school, on their website / in the school newsletters.

WF Happy Healthy Holidays



WF Happy Healthy Holidays programme provide a winter holiday of free activities and food for school age children (reception to year 11) who are eligible for income related free school meals throughout the district.

This will be taking place on the **23rd and 24th December and 2nd-3rd January**.

To find out more and book free activities visit:
www.wakefieldfamiliesaltogether.co.uk/community-support/happy-healthy/holidays/

Children's Mental Health Week - 3rd - 9th February 2025



The theme of next year's children's mental health week is **“Know yourself grow yourself”** and they have partnered up with the Inside out 2 characters to explore this theme!

There are lots of great resources for parents and carers on the website including tips on how to talk to your child about mental health, and conversation starters and activities to prompt conversations about self-awareness and expressing emotions. Find out more <https://www.childrensmentalhealthweek.org.uk/>





Continued Support

As a team we have been supporting The Clothing Bank for some time now, this hasn't stopped for

Christmas!

Our Project Manager, Nic and Team Secretary, Donna took some well needed donations over to The Clothing Bank HQ.

The team decided to not only donate another car full of preloved clothing, we also supported the Christmas Donation Appeal they currently have running

Their aim is to gift every child / young person that they help with a new outfit and PJ's for Christmas, so we have supported this by picking up just one extra item of clothing whilst shopping!

There are lots of schools joining The Clothing Bank community and supporting putting an end to clothing poverty. Please check with your schools! Sue and Sally do a fabulous job running all of this behind scenes and we have been fortunate to see how it all works!

If you would like to support by donating preloved clothing, or if you need support please visit The Clothing Bank's website [Home - The Clothing Bank](#) or Facebook Page for more information. **Massive thank you to our team for continued support.**



Laura

Managing BIG Emotions - Parent Carer Session!

Thank you to Laura Hallas for this article!

Laura Hallas, Senior Practitioner shared with us that herself and Karen Ross Education Mental Health Practitioner delivered an informative **Managing Big Emotions** parent carer session. Here's what Laura had to say.

" As a part of our role within Future in Mind we run workshops with Parents and Carers, looking at different areas of how to support our young people with their Mental Health. Recently, we ran a workshop in **St Michael's CE Academy** on helping to manage big emotions. We were thrilled to have an **amazing turnout** for this, with about **30** carers and a **School Governor** attending this session - some having to take a seat in the mezzanine to **squeeze into the room!** Lots of thanks need to be given to the **Head Teacher, Faz Islam**, for promoting this so well within the School community and to the families for engaging so well. Faz has shared that this **workshop was received positively**, and we will be looking at putting further sessions on in the future"



Karen

Wakefield Recovery & Wellbeing College

Free Wellbeing Focused Courses and Workshops

Wakefield Recovery and Wellbeing College provides short, free-of-charge, wellbeing-focused courses and workshops to any member of the public aged 16+ who want to improve their own wellbeing and/or the health and wellbeing of someone they care for or support.

They offer a huge variety of topics and activities that are changing and being added to, on a monthly basis, but these can be broadly grouped in to:

Understanding and managing mental health and wellbeing

Understanding and managing physical health and wellbeing

Physical activity

Hobbies, skills and craft activities

The Recovery College follows the CHIME values in all of the work they do:

- * **C**onnectedness – Having a sense of community and being connected to others with positive relationships.
- * **H**ope & optimism - A belief in recovery, using positive thinking, motivation to change and having dreams and aspirations
- * **I**ntity – Rebuilding and retaining a positive sense of self, overcoming stigma
- * **M**eaning - Living a meaningful and purposeful life defined by you (not others) in mental health experience, social roles and social goals
- * **E**mpowerment – Having control over your life, focusing on strengths and taking personal responsibility.

**Wakefield
Recovery and Wellbeing College**
Home of the Discovery College



To find out more about the Recovery College, the courses on offer, the resources we have available to all or to enrol, simply head to www.wakefieldrecoverycollege.nhs.uk, email the team at wakefieldrecoverycollege@Swyt.nhs.uk or call on 01924 316946.

The Children's Bed Charity – We're on a mission to *end child bed poverty*

Zarach's mission by 2027 will be to end child bed poverty in England by providing 1000 beds per week alongside family engagement support. They provide a range of products including bed frames, mattresses, bedding and pyjamas.



Sleep deprivation has an impact on both our physical and mental health. Those **who have not slept well** may

- | | |
|---|---|
| * struggle to concentrate | * be tearful |
| * get distracted easily | * be anxious & low in mood, |
| * have a short fuse & become angry easily | * And Short term memory may be impaired |

Beds have become a luxury item for hundreds of thousands of families, who face the devastating decision to pay for food and fuel, or to buy their child a bed.

Bed poverty exists when a family doesn't have the sleeping arrangements they need for their children due to a lack of financial resources. For children in this situation, it has a significant impact on their education.

For more information <https://zarach.org/>
Schools can refer using this link <https://zarach.org/school-referral-process/>

Wellbeing for Everyone During the Festive Season

Thanks to the “**Autistic Teacher**” for some of the tips.

The holiday season at Christmas can be a lovely time of year but it can also bring lots of challenges.

It can be quite overwhelming for some children and adults.

The lights, decorations, visitors, events, music, different foods and smells.

Some people may struggle with sensory differences and worries around food.

It is helpful to have food at Christmas that you are comfortable with – even if this means having chicken nuggets for Christmas dinner!

Presents can also be quite overwhelming.

How about

- * Reducing the pressure by opening presents without an audience
- * Staggering presents throughout the day
- * Or for some children the build up of this may be too much, and the best option may be to open them all at the same time.

Surprises around presents may also be overwhelming so for some having an idea beforehand and expecting certain items may reduce unpredictability.

Family visits and events may be difficult.

Maybe consider fewer family visits. It can be helpful to have a safe quiet space at home to feel safe and calm. When out and about ear defenders or whatever you or your child need to bring to feel more comfortable, may help.



Although visits to see Santa and his elves may be a festive tradition, don't insist that your children make this visit as it may also be quite distressing.

Afterall They don't know him!

A final tip, add events and visits to a calendar so everyone knows what is happening ahead of time and can feel more prepared.

Finally, and most importantly.

We don't have to go by society's Christmas expectations.

What's important for you and your family is to have a festive period that works for you!



A Festive Thought!



A **Festive Thought** from Helena Ho, EMHP with the FIM MHST . The Christmas holidays can be **A LOT**. There are often high expectations, a few disappointments (more fluffy socks and LYNX body sets anyone?) and too much food!

If you are struggling to get into the festive spirit and stressing about making sure everything is perfect...just know, **you are not alone!** There are many people out there who feel the same...

Here are some key points to remember:

- * You **don't** need matching PJs to be happy
- * You don't need **a million photos** on social media with Santa at different venues to have a good Christmas
- * You **don't need** to provide children with Christmas Eve Boxes to have a magical Christmas Eve!
- * Children need **PRESENCE** more than **PRESENTS**
- * Colour co-ordinated decorations mean nothing to our little ones, they just want to see the flicking of the beautiful lights
- * The size of your present pile **isn't a reflection** on you as a parent/carer
- * Your children will grow up and only remember the **LOVE** and **LAUGHTER** at Christmas, not what they received...

Candy Cane Breathing



Start at the top of the candy cane

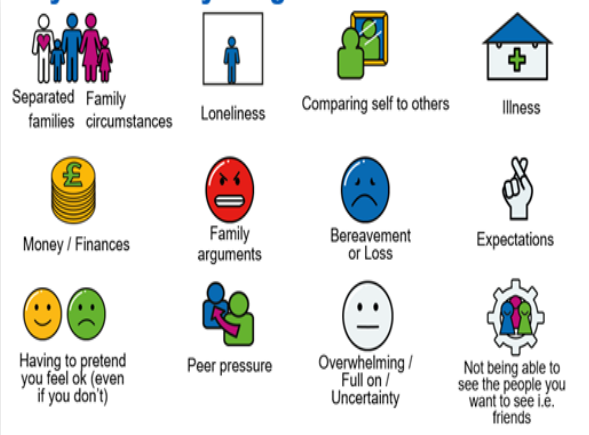
Trace the candy cane from the top whilst breathing in.

Hold for 3 counts, when you reach the bottom of the cane. Then breath out slowly as you trace back to the top.

Repeat

Thanks to Helena Ho, EMHP FIM MHST, for these festive tips and activities

Why the holidays might be difficult...



Future in Mind Mental Health Support Team Top Tips!



How we can look after ourselves over the festive period

- * "Spending time with friends and family, resting, eating good food and sharing highlights of the last year" 😊 Rachael M.
- * "Make time to get outside with nature everyday. Even if its freezing cold or raining, get wrapped up and breath in that beautiful fresh air 😊 Leanne S
- * "Reduce expectations of yourself, don't put too much pressure to make sure everything is perfect 😊
- * "Plan a full day of no commitments or pre plans. The busy-ness of Christmas can feel quite overwhelming so space for some calm to see what the day brings will hopefully help to recharge the batteries a little. Gemma M 😊
- * "By next December, your children won't remember what they got this year for Christmas so don't put pressure on yourself to spend more than you can afford! They will remember the family traditions, e.g. leaving a carrot for Rudolph and a mince pie for Santa. Amanda B 😊
- * "Choosing a day between Christmas and New Year to have a Pyjama day . Everyone gets to choose their favourite activity. "Bitty Tea" at home (think carpet picnic), left overs and no washing up Karen M 😊

What is positive about school holidays?



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 a child / young person or adult needs to talk to someone they can text **Shout** on **85258** free, confidential, 24/7 text messaging service for anyone who is struggling to cope.

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.

If you need to access help for clothing you can contact The Clothing Bank <https://theclothingbank.org.uk/>

Wakefield CAMHS in the event of an urgent mental health enquiry about a child / young person you can contact Wakefield Single Point of Access (SPA) 01977 735865

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 (wakefelddistrictcab.co.uk)

Free & Low-Cost Christmas Events December

21/12/2024 & 22/12/24

Scarborough Lights @ Scarborough South Bay

Christmas Nutcracker Trail @ Keighley

York Nutcracker Trail @ York City Centre

10:00 am Christmas in Haworth @ Haworth

10:00 am Leeds Christmas Market @ Leeds City Centre

10:00 am Christmas Market @ The Piece Hall

10:00 am York Christmas Market @ York City Centre

10:00 am Sheffield Christmas Market @ Sheffield City Hall

10:00 am Christmas Trees, Christmas Shop, Crafty Art Space and Silly Christmas Photo Time at Newburgh

Christmas Trees @ Newburgh Priory Estate

10:00 am Santa's North Pole Post Office @ Skipton High Street

10:00 am Ripon Museums Christmas Trail @ Ripon Market

11:00 am Christmas Crafts @ Castleford Museum

11:00 am 12 Days of Christmas Trail @ Cannon Hall Museum & Parkland

4:00 pm Saltiare Living Advent Calendar @ Saltaire Village

23/12/2024

Christmas Nutcracker Trail @ Keighley

York Nutcracker Trail @ York City Centre

10:00 am Sheffield Christmas Market @ Sheffield City Hall

10:00 am Ripon Museums Christmas Trail @ Ripon Market

4:00 pm Saltiare Living Advent Calendar @ Saltaire Village

23/12/2024

Knaresborough Outdoor Nativity @ Knaresborough

Christmas Nutcracker Trail @ Keighley

York Nutcracker Trail @ York City Centre

10:00 am Sheffield Christmas Market @ Sheffield City Hall

10:00 am Ripon Museums Christmas Trail @ Ripon Market

4:00 pm Saltiare Living Advent Calendar @ Saltaire Village

**“Wishing you a relaxing and rejuvenating break.” from the Future
In Mind Mental Health Support Team**