



Wellbeing

Welcome to our May Wellbeing Newsletter. This month, we focus on how diet and exercise can boost your wellbeing and how it can help reduce feelings of anxiety, worry and stress. Next week is Mental Health Awareness Week, and with the chosen theme of anxiety, there is a wealth of support, information and ideas on how you can take charge of your own wellbeing. In this newsletter, we look at a variety of ways you can support your mental health and the mental health of your child / children. Whilst it's important to understand how to recognise the symptoms of anxiety, it's equally essential to have knowledge, of tried and tested strategies and skills which can help manage those feelings. In addition to our newsletter, Anna Freud have produced a child friendly guide which will help you to make conversations about mental health a normal part of life.



Anna Stroud, Senior Mental Health Lead & Vicki Conway, Family Link Worker

Talking to Children

Anna Freud have produced a child friendly guide which will help you to make conversations about mental health a normal part of life: [tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf](https://www.annafreud.org/tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf) ([annafreud.org](https://www.annafreud.org))



What is mental health?

- ★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.
- ★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.
- ★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



SURREY HEATH MENTAL HEALTH SUPPORT TEAM (MHST)

If you would like to find out more about the MHST at Frimley, send an email to: LetsTalk@frimley.surrey.sch.uk

Proud to be part of
Mineworks Surrey
the children and young people's emotional wellbeing and mental health service

NHS
Surrey and Borders Partnership
NHS Foundation Trust

Save the Date

Thursday 8th June 2023

9-10 am in the school hall.



The children and young people's emotional wellbeing and mental health service



Surrey and Borders
Partnership
NHS Foundation Trust

Supporting your child with the move to secondary school



What does the workshop cover?

- Changes in emotions your child may experience when moving school
- Common anxieties and worries experienced, and how to support your child with these
- Having positive conversations about change
- Supporting your child to build independence and self-esteem

The workshop is delivered in presentation format by the Mental Health Support Team

We allow time for questions at the end, and encourage questions throughout



The workshop will be one hour

Feedback from previous workshops

'Helpful suggestions on how to turn negative thoughts into positive'

'All the information was easy to understand'

'Learned strategies to help calm the worries and the wording to use'

Jordan
Senior Clinician



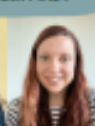
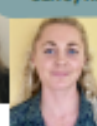
Laura
Clinical Lead



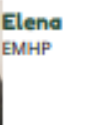
Charlotte
EMHP



Surrey Health MHST



Elena
EMHP



How can physical activity help my mental health?

There are many studies which have shown that doing physical activity can improve mental health. For example, it can help with:

- **Better sleep** – by making you feel more tired at the end of the day
- **Happier moods** – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- **Managing stress, anxiety or intrusive and racing thoughts** – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times
- **Better self-esteem** – being more active can make you feel better about yourself as you improve and meet your goals
- **Reducing the risk of depression** – studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression
- **Connecting with people** – doing group or team activities can help you meet new and like-minded people, and make new friends.

Further information: [About physical activity - Mind](#)

Free Exercise Guides

In addition to his app, which is offered at a reduced price for adults who work in education or the NHS, Joe Wicks also offers a wealth of short workout videos **free** on YouTube. His videos are pitched at a variety of levels from ultimate beginner to those wanting a harder workout, and are easily accessible from your living room.

For children, he is currently offering free 8-minute workout challenges with an accompanying video on Twinkl: [Joe Wicks 8-Minute Workouts - PE with Joe - Twinkl Move](#)

Joe Wicks: Active 8-Minute Workout 1

View the linked video content [here](#) to see Joe demonstrate the workouts.

Please check that the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.



These cards have been created to illustrate the exercises demonstrated by Joe in the workout video. Each exercise is performed for 35 seconds, with a 25-second rest in-between. However, this can be changed to suit your class. The cards can be used with or without the video to support children who need help performing each movement; to create workouts of different lengths or to complete their exercises outdoors.



How are diet and mental health linked?

The relationship between our diet and our mental health is complex. However, research shows a link between what we eat and how we feel.

Eating well can help you feel better. You don't have to make big changes to your diet, but see if you can try some of these tips.

- **Eat regularly:** This can stop your blood sugar level from dropping, which can make you feel tired and bad-tempered.
- **Stay hydrated:** Even mild dehydration can affect your mood, energy level and ability to concentrate.
- **Eat the right balance of fats:** Your brain needs healthy fats to keep working well. They're found in things such as olive oil, rapeseed oil, nuts, seeds, oily fish, avocados, milk and eggs. Avoid trans fats – often found in processed or packaged foods – as they can be bad for your mood and your heart health.
- **Include more whole grains, fruits and vegetables in your diet:** They contain the vitamins and minerals your brain and body need to stay well.
- **Include some protein with every meal:** It contains an amino acid that your brain uses to help regulate your mood.
- **Look after your gut health:** Your gut can reflect how you're feeling: it can speed up or slow down if you're stressed. Healthy food for your gut includes fruit, vegetables, beans and probiotics.
- **Be aware of how caffeine can affect your mood:** It can cause sleep problems, especially if you drink it close to bedtime, and some people find it makes them irritable and anxious too. Caffeine is found in coffee, tea, cola, energy drinks and chocolate.
- [8 tips for healthy eating - NHS \(www.nhs.uk\)](https://www.nhs.uk/eatwell/eatwelltips/)
- [Children - British Nutrition Foundation](https://www.bnf.org.uk/children/)



How to get your children involved in choosing and preparing their own packed lunch

Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

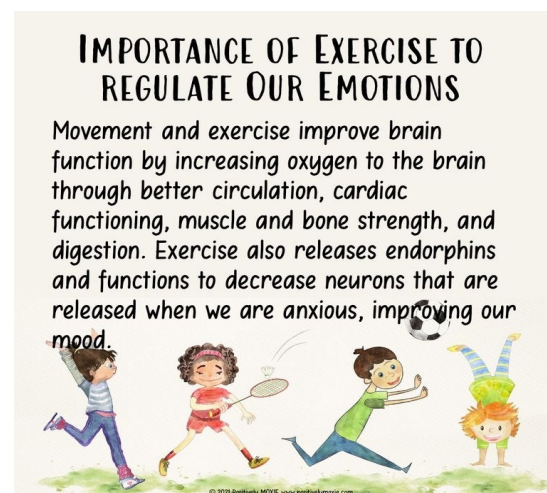
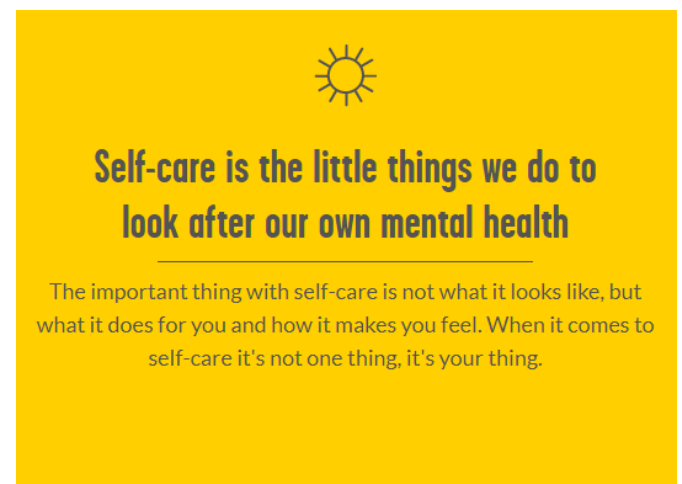


Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.

[How to pack a nutritious lunch for your child | Nuffield Health](#)

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](#)



Mental Health Awareness Week 2023 - Parent Webinars

As a Mental Health Support Team, we are offering a variety of webinars this mental health awareness week. Each webinar will take place online, via Microsoft Teams and last approximately one hour. To sign up, and receive the meeting link, please click or scan the QR code or click on any of the descriptions below to complete the sign up form. Please note, sign up closes on 12th May at 4pm, when invites will then be sent.

Click or scan
the QR code



The Teenage Brain & Emotional Regulation: Monday 15th May, 9.30am, 6.30-7.30pm.

- Changes in the teenage brain
- How this affects emotional wellbeing, behaviour and regulation

Managing big emotions and anger: Monday 15th May, 9.30am, 6.30-7.30pm

- Why our children struggle to manage big emotions
- Supporting your child with big emotions

Anxiety: Tuesday 16th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of anxiety
- Supporting your child with anxiety

Low Mood: Wednesday 17th May, 9.30am, 6.30-7.30pm

- Symptoms and signs of low mood
- Supporting your child with low mood

Body image and self-esteem (Secondary): Thursday 18th May 9.30am 6.30-7.30pm

- Pressures young people face
- Supporting your child's self-esteem and body image

Friendships, self-esteem and confidence (Primary):

Thursday 18th May 9.30am, 6.30-7.30pm

- Importance of friendships
- Supporting your child with positives friendships and challenges

Children's health in the digital age: Friday 19th 9.30am

- Social media and emotional wellbeing
- Sleep and healthy eating

Webinars for children: We are also offering a webinar Mon-Thursday for secondary school age children. Please see the offer here:

<https://forms.office.com/e/sTWkms43T4>



Helpful Advice

Cost of Living Support

- Check to see whether you are eligible for benefits—[Cost of Living Payment 2022 - GOV.UK \(www.gov.uk\)](#)
- Support from Surrey CC—

[Cost of Living financial support available - Surrey County Council \(surreycc.gov.uk\)](#)

- Surrey Health and Welfare Support—[Health and welfare support - Surrey County Council \(surreycc.gov.uk\)](#)

If you can't find the support you need on these pages, the Community Helpline Team will be happy to signpost you to the relevant local help and support that may be available to you:

- Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm.
- SMS 0786 0053 465 for deaf and hearing impaired residents only (Monday to Friday from 9am to 5pm).



Drug & Alcohol Addiction Support



Surrey and Borders Partnership
NHS Foundation Trust

[Getting Help : Surrey and Borders Partnership
NHS Foundation Trust
\(surreydrugandalcohol.com\)](#)

Are you one of the people affected by someone else's drinking?

Get help today ▶

[Al-Anon](#)



Our free Children and Young People's Crisis Line is available 24 hours a day for young people 6 years old and over, parents and carers who are experiencing emotional and mental health crisis.

**Please call 0800 915 4644
selecting option 1**



Scan me to visit our website
www.mindworks-surrey.org

Parenting Smart is a hub of short, useful articles written by **Place2Be's** parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics:

- Difficulties at mealtimes
- Safe social media use
- Sibling rivalry
- Co-parenting following a separation or divorce
- Peer pressure
- Arguments and conflicts

[Place2Be: Parenting Smart: Articles](#)