



Wellbeing

Welcome to our June Wellbeing Newsletter. Last week, 3 members of staff (Mrs Stroud, Mrs Eaton, Miss Hill) at Frimley attended a one-day training course to become a Youth Mental Health First Aider Champion. The course equipped us with a greater understanding of common mental health issues and the skills and language needed to support children and adults within our school community.

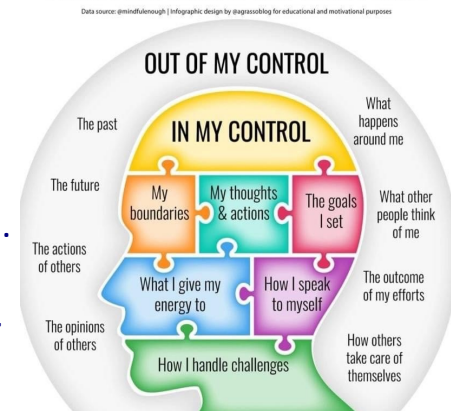


This course deepened our understanding of the mental health continuum framework, which describes the range of mental health experiences people may have in their daily lives. The model suggests individuals can move along the continuum in response to life events by looking at what can and cannot be controlled. This model emphasises the importance of taking a positive, strengths-based approach to mental health rather than just focussing on the absence of negative symptoms.



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

What I can control and what I can't



The Fantastic Fred Experience at Frimley

Last week, we were fortunate enough to have The Fantastic Fred Experience visit us at Frimley Junior School. Each year group took part in the live experience which gave the children a greater understanding of how to stay healthy and happy.



FOOD

Eating the right foods

REST

Getting enough sleep

EXERCISE

Being active

DEVICES

Managing time on digital devices

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
Mindworks Surrey
the children and young people's emotional wellbeing and mental health service



Frimley Family Support, Health and Well-Being Fair

1868

**Monday 3rd July
2-4pm**

**Frimley Church
of England
School
Main Hall**

As part of our open afternoon, we have invited a large number of local services and charities that can support the health and well-being of the whole family. Frimley Junior School welcomes you to come along for refreshments and an informal chat or to just take a look at what support is available to you. You are welcome to come with or without your children to meet and find out about local services available to families in a friendly and supportive environment.

Some of the services and groups we are lucky enough to have joining us include:

- Surrey Family Information Service
- Home Start
- Family Voice Surrey
- Citizens Advice
- Surrey Heath Family Centre
- National Autistic Society
- School Mental Health Team
- Surrey Young Carers
- The Hope Hub
- Active Surrey
- Camberley Besome
- Saint Andrew's Church

Surrey Heath Family Guidance

parenting drop ins are run by the Surrey Heath Family Centre. They cover all aspects of parenting including how to co-parent when parents are separated/divorced and have differing views.



Parenting Drop-in

Every Thursday
1-4pm

Surrey Heath Family Centre

Drop-in to speak to a Family Support Worker for support and guidance on all aspects of family life.

For more information call: 01276 462897

Believe in children
Barnardo's

Surrey Heath Family Centre,
Kingston Road, Camberley, Surrey,
GU15 4AF

Podcast



Supporting Children and Young People's Mental Health – An insight for Parents, Caregivers and Teachers

In this 'In Conversation' podcast, **Dr. Mei Simmons** discusses some of the factors that affect children and young people's mental health and wellbeing and provides an overview of her recently published book 'A Guide to the Mental Health of Children and Young People: Q and A for Parents, Caregivers and Teachers.

[Supporting Children and Young People's Mental Health – An insight for Parents, Caregivers and Teachers - ACAMH](#)

Jump Back Up July

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Take a moment to breathe. It's okay to feel overwhelmed.	2. Ask a friend for support. You don't have to do it alone.	3. Be silly. Laugh. It's a great way to release stress.	4. Find a quiet space to sit alone. Reflect on what you've achieved.	5. Get out there. Go for a walk. Feel the sun on your face.	6. Phone a friend. Let them know how you're feeling.	7. Write your thoughts down. It's a great way to process them.
8. Practice deep breathing. It's a simple way to calm down.	9. Put a positive message on your wall. Remind yourself of your strengths.	10. Think back to a happy memory. It's a great way to feel better.	11. Take a break from social media. It's a great way to feel more in control.	12. Listen to music. It's a great way to feel more energized.	13. Get out there. Go for a walk. Feel the sun on your face.	14. Practice deep breathing. It's a simple way to calm down.
15. Take a moment to breathe. It's okay to feel overwhelmed.	16. Ask a friend for support. You don't have to do it alone.	17. Be silly. Laugh. It's a great way to release stress.	18. Find a quiet space to sit alone. Reflect on what you've achieved.	19. Get out there. Go for a walk. Feel the sun on your face.	20. Phone a friend. Let them know how you're feeling.	21. Write your thoughts down. It's a great way to process them.
22. Practice deep breathing. It's a simple way to calm down.	23. Put a positive message on your wall. Remind yourself of your strengths.	24. Think back to a happy memory. It's a great way to feel better.	25. Take a break from social media. It's a great way to feel more in control.	26. Listen to music. It's a great way to feel more energized.	27. Get out there. Go for a walk. Feel the sun on your face.	28. Practice deep breathing. It's a simple way to calm down.
29. Take a moment to breathe. It's okay to feel overwhelmed.	30. Ask a friend for support. You don't have to do it alone.	31. Be silly. Laugh. It's a great way to release stress.	32. Find a quiet space to sit alone. Reflect on what you've achieved.	33. Get out there. Go for a walk. Feel the sun on your face.	34. Phone a friend. Let them know how you're feeling.	35. Write your thoughts down. It's a great way to process them.

[Jump Back Up July | Action for Happiness](#)

How Parenting Puzzle Workshops have helped other parents

"So helpful to have ways of dealing with situations that happen on a daily basis"

"Wonderful! Could do this every day"

"Better than expected, made me think differently about toddler behaviour"

"It was a completely new experience for me but after the first week I was completely relaxed"



check out familylinks.org.uk

The Nurturing Programme Parenting Puzzle workshops

where:
Online via Zoom with Michelle Tucker of www.familiesthrivingtogether.org.uk

when:
4 weeks
Tuesdays 4th-25th July 2023
1900-2030

contact details:
oria.stieger@surreycaretrust.org.uk
07593 438142 or
helen.placito@surreycaretrust.org.uk
07593 438137

FAMILY LINKS
The Centre for Emotional Health
familylinks.org.uk

FAMILY LINKS
The Centre for Emotional Health

Parenting Puzzle Workshops

Information for parents and carers



Meltdowns in June

JUNE: THE MONTH OF 'MELTDOWNS'



WHY YOUR CHILD
MIGHT BE MORE
EMOTIONAL RIGHT NOW

@dr_rebecca_quin

Family Factors

- **End of year burnout:** can prevail in many families as parents (and children) need a break from the constant school activity/homework/extracurricular activities.
- **State exam stress:** can also take hold of a family if there is a child sitting the leaving or junior cert.
- **Child care stress:** can also set in as parents desperately try to figure out childcare plans for the summer.
- All of the above factors can impact a child's emotion regulation.



Psycho-social Factors

- **Increased social pressures:** end of year parties; school tours; sports days; graduations.
- **Winning and Losing:** can be a real trigger for children during sports days/fun days.
- **Exam/test stress:** standardised assessment can trigger worry or anxiety in many children.
- **Less predictability & routine:** school day typically changes which can create anxiety.
- **Transition:** summer holidays can be exciting for many, but they are still a transition, which can be difficult for many children who crave routine.
- **Farewells:** end of term means goodbyes to teachers & classmates: this can be so hard!
- **New experiences:** school tours; class trips can be anxiety provoking for some children.

Physical factors



- **The heat:** causes physical discomfort such as sweating, restlessness & increased heart rate, which contribute to destabilising the amygdala (emotion brain), leaving a child more prone to 'big' emotions.
- **Sleep Disruption:** brighter nights and mornings often mean less sleep and more emotions!
- **Changes in appetite:** often occur as a result of the above two factors, which can trigger big feelings!
- **Dehydration:** significantly impacts brain functioning (our brains are approx. 80% water).
- **Constipation:** often increases due to dehydration & this then affects mood.
- **Sensory sensitivities:** e.g., sunscreen; different texture clothes; skin is more exposed; sun is too bright; small flies/insects touching skin & making noise; increased noise in school; more exposure to crowds (e.g. school tours).

Free Online Evening Family Learning Workshops in August



To find out more and book your space on these free, high quality, interactive Family Learning workshops click on the link or scan the QR code.

Workshops go live for booking from 11th July

Free Online Workshops for Parents/Carers

- **Help your Child Manage Anxiety**
Tuesday 1st August or Thursday 17th August
7.45 pm– 9.45 pm
- **Helping your Child to Develop Positive Relationships**
Tuesday 8th August or Thursday 24th August
7.45 pm–9.45 pm
- **Developing Children's Self-Esteem**
Thursday 10th August or Tuesday 22nd August
7.45 pm– 9.45 pm
- **Building your Child's Resilience**
Tuesday 15th August or Thursday 31st August
7.45 pm –9.45 pm



Click this [link](#) or scan the
QR code to book from
11th July



Web: www.surreycc.gov.uk/familylearning
Email: family.learning@surreycc.gov.uk
Tel: 0300 2001044



Helpful Advice

Cost of Living Support

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

[Cost of Living financial support available - Surrey County Council \(surreycc.gov.uk\)](https://surreycc.gov.uk/cost-of-living-financial-support)

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



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
\(surreydrugandalcohol.com\)](https://www.surreydrugandalcohol.com)

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

Get help today ▶

[Al-Anon UK | For families & friends of alcoholics](https://www.al-anon.co.uk)



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

Help and Support

National Gambling Helpline:
Freephone 0808 8020 133
Web chat via www.gamcare.org.uk

GamCare's Young People's Support Service:
YoungPeopleService@gamcare.org.uk

Dedicated information for young people:
BigDeal.org.uk
Follow us: @BigDealUK

