



Wellbeing

Welcome to our February Wellbeing Newsletter. At Frimley Junior School, we have been supporting **Children's Mental Health Week** with a number of activities, from Just Dance every breaktime to wellbeing activities in the classroom at



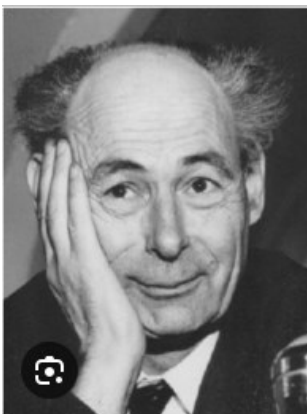
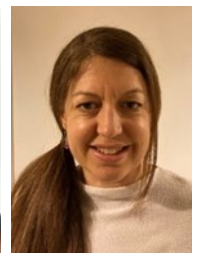
Frimley's Vision

*Love your neighbour as you love
yourself*

Luke 10:27

lunchtime. The theme : 'My Voice Matters' has been shared with the children during our weekly Worship. The children at Frimley understand that it's important that every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. As adults, we should empower children and young people, and provide them with time, space, and opportunities to express themselves. We must also ensure they have opportunities to influence aspects of their worlds that directly - or indirectly - affect their wellbeing. Empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem. They also have a greater sense of community – and as people become empowered, they can work together to create positive changes for themselves and for others .

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



In order to really understand, we need to listen, not reply. We need to listen long and attentively. In order to help anybody to open his heart we have to give him time, asking only a few questions, as carefully as possible in order to help him better explain his experience.

— Paul Tournier —

AZ QUOTES

Advice from the Mental Health Support Team

Ask “What happened to you” rather than “what’s wrong with you?”

- **STOP:** what you're doing, pay attention and listen
- **RESPECT:** the person’s story, no judgement
- **BE PATIENT:** wait until their finished before speaking
- **IMAGINE:** how you would feel if it was you
- **ACKNOWLEDGE:** the feeling behind the behaviour

[Brené Brown on Empathy vs Sympathy \(youtube.com\)](#)

[It's Not About The Nail \(youtube.com\)](#)



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Young Minds (has a parent help line)
www.youngminds.org.uk

Anxiety UK -
www.anxietyUK.org.uk

NHS Choices
<https://www.nhs.uk/conditions/anxiety-disorders-in-children/>

Childline
www.childline.org.uk

The Mix
www.themix.org.uk

Book Recommendations



Helping Your Child with Fears and Worries – Cathy Creswell and Lucy Willets. A self-help guide for parents

Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People
Book by Paul Stallard



Helping Your Anxious Child: A Step-by-step Guide for Parents
By Ronald Rappee

Starving the Anxiety Gremlin for Children: A CBT Workbook on Anxiety Management by Kate Collins-Donnelly
There are two age versions to this book, 5-9 and 10+
Also part of a series:
Starving the self-esteem thief
Starving the anger gremlin



My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES


These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCG18

For secondary children: bit.ly/3LBD2wk

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



TOP TIPS FOR CHILDREN from Place2be

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breathers or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

Beano Characters: A Beano Studios Product ©DC Thomson Ltd (2023)

BEANO



Amplify

presents...

Young People, Big Voices

Have your
voice
heard!

Surrey Wellbeing Festival

Join us for...

Treasure
Hunt

Stalls run by
Mindworks
wellbeing services

Giveaways

Focus
Groups

Arts and
Crafts

Performances

...And so much more!

Thursday 15th February 2024

10am – 4pm

(10am–11am quiet hour for those with sensory sensitivities)

Rosebery School, Epsom, KT18 7NQ

A FREE family friendly event!

Tell us what you'd like to see by filling in our survey.



Need privacy? Leave this website now

   @mindworkssurrey



Support poster

**Emotional & mental health crisis line for
children, young people and parents.**

Free to call and open 24/7.

Call: 0800 915 4644

**Neurodevelopmental helpline for
parents of children with ADHD and/or
ASD. Open 5pm to 11pm every day.**

Call: 0300 222 5755

**Scan me for other
helpful support**



**Scan me to visit
My Safety Plan**



Mindworks website
www.mindworks-surrey.org



Helpful Advice

 **Surrey County Council** 20 Sep · 🌐


Cost of Living financial support is available to all Surrey residents

Read to find out more <https://orlo.uk/BZ9c2>

You can also call the Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm

#SurreyMatters #CostofLiving



 **Surrey County Council** 4 h · 🌐


Help to reduce energy bills this Winter.

Grants of up to £25,000 are now available for eligible Surrey residents to help make their homes warmer and more energy efficient.

People living in hard to heat homes and on lower incomes could receive grants between £10,000 and £25,000 to improve insulation and install renewable technology such as solar electricity panels, which help reduce energy costs.

Check if you are eligible by visiting the Action Surrey website - <https://orlo.uk/yly9q>, or by calling an Advisor on 0800 783 2503.

#SurreysGreenerFuture



Warm welcome venues

How to find Warm Welcome venues near you



There are currently 76 Warm Welcome venues across Surrey in a variety of community spaces including community and church halls, libraries and leisure centres.

All you have to do is show up! Come inside, warm up, enjoy a hot drink and receive energy advice and much more.

[Warm Welcome venues return in Surrey - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.uk)

[Warm Welcome Venues in Surrey - Surrey County Council \(surreycc.gov.uk\)](https://www.surreycc.gov.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