



Wellbeing

Welcome to our Spring Wellbeing newsletter which focuses on developing resilience.



Frimley's Vision

Love your neighbour as you love yourself

Luke 10:27

Resilience is the ability to recover from a challenge and to use that challenge as a learning opportunity. In the classroom, resilience can mean solving problems, facing challenges head on and bouncing back from making mistakes. Resilience is not an individual trait or characteristic, but a range of different processes which can be grown. It is:

- The ability to allow yourself to recognise when you need to slow down or say no
- How we recharge, not how we endure
- How we adapt when challenges come our way

Resilience is not a personality trait. Innate characteristics play a part, but resilience is something that can be promoted and developed, through the provision of support and opportunities for growth.

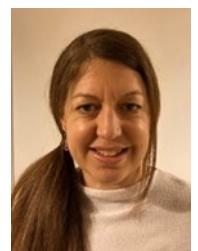
In this newsletter, we look at ways to build resilience through positive self talk, teaching delayed gratification, the importance of reframing a child's day to promote moral gratitude through finding the positives.

Emotionally Available Adults at Frimley

One way to help develop resilience is to give children an opportunity to reflect on what is making them feel anxious or worried. Asking a child questions can help them to challenge their own thoughts and support the realisation that they will be able to cope with a situation. We now have 15 adults in Frimley who wear yellow badges to indicate they are part of the Frimley Mental Health Team and are always available for a chat.

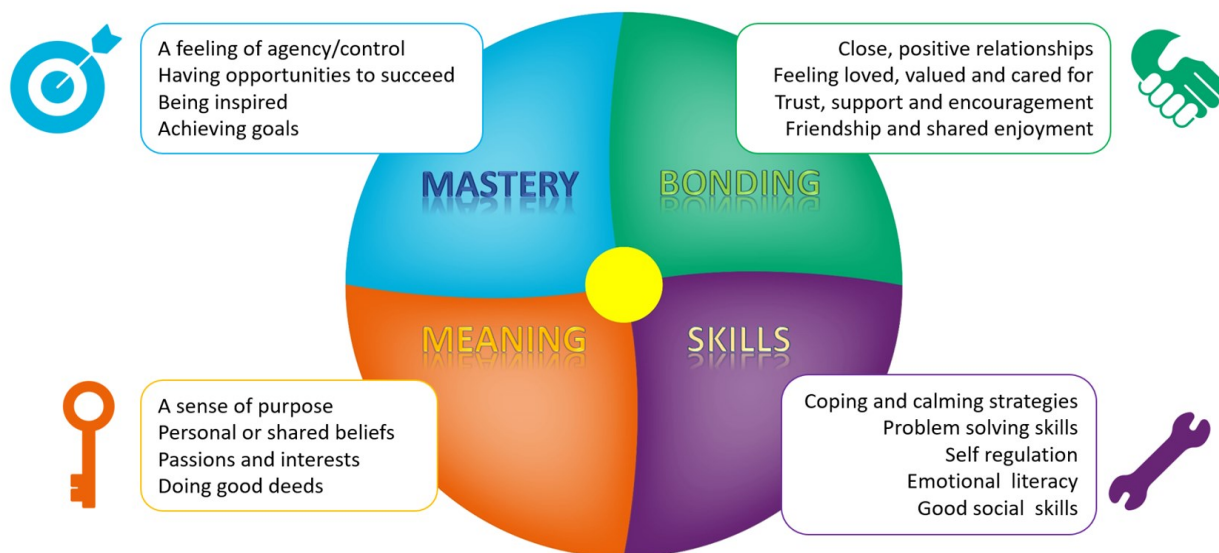


Anna Stroud, Senior Mental Health Lead & Vicki Conway,
Family Link Worker



Advice from the Mental Health Support Team

The staff at Frimley, have recently been trained by the MHST to use the Resilience Ball to support children in school. This evidenced informed tool has helped us to think about resilience in a different way and presents practical ways in which to boost resilience. This tool can also be used at home by parents / carers, as the book (see below) provides examples of resource tools to use.



Remember the basics...

sleep

food

housing

exercise

feel safe



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

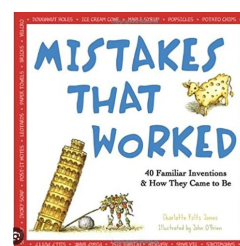
www.childline.org.uk

The Mix

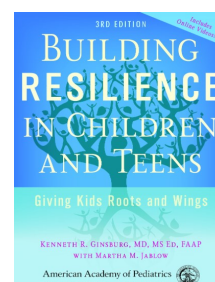
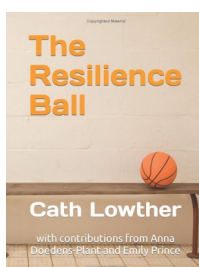
www.themix.org.uk

YOUNGMINDS
fighting for young people's mental health

THE MIX
Essential support for under 25s



Book



Rec-

Delayed Gratification

Part of developing resilience is to understand that you can't always have what you want, as soon as you want it. This is an important concept for children to learn in the age of Amazon Prime, Netflix, Gaming etc. "Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without the ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing. "

One of the best ways to teach this is to play board games. Playing games involve developing emotional regulation, the ability to take turns and flexible thinking.

Modelling Gratitude

By reframing your questions after school, you can help your child to focus on the positives of their day. For example, instead of asking 'How was school?' 'What did you do today?', you could play a conversational game, whereby everyone in the family answers these questions:

- 1) What did someone do to make you happy today?
- 2) What did you do to make someone happy?
- 3) What have you learned?



These questions help to reaffirm the importance of kindness and nurtures optimism and gratitude. [Six ways to raise a resilient child | Family | The Guardian](#)

HOW TO BUILD RESILIENCE

| | | |
|---------------------------------|--------------------------------------|--------------------------------|
| Embrace change | Focus on what you can control | Keep things in perspective |
| Minimize catastrophizing | Don't dwell on negative thinking | Take action & be proactive |
| Establish a support network | Remain hopeful | Practice gratitude |
| Ask for & accept help | Manage emotions healthily | Know your strengths |
| Learn from your experiences | Practice self-care | Set goals |
| Have a sense of humor | Believe in yourself | Keep it up! |

HOPEFULPANDA.COM

How To Help Build A Child's Confidence!

@lelise_counselor
Empowering Kids Media

| | | |
|------------------------------------|---|--|
| Accept them for who they are | Celebrate efforts & accomplishments | Treat them with kindness & respect |
| Talk about & validate feelings | Be understanding about mistakes | Model positive self-talk |

Spring Self-Care

Things to remember if you're having a bad day...

selfcareexpress



SPRING SELF-CARE



SELF-CARE FOR SPRING

@everglownutrition

Routine



- elevate your skincare routine
- take your coffee outside
- bring plants into your workspace
- spring clean your to-do list

Quiet



- listen to instrumental music
- create a spring reading list
- go for a walk without headphones
- do a digital detox

Creative



- arrange fresh flowers
- make a seasonal recipe
- start a DIY project
- make candles

Social



- enjoy an outdoor picnic
- visit your local farmer's market
- do a random act of kindness
- walk & talk with your BFF

Physical



- deep clean and declutter
- get outside daily
- garden
- add 10 minutes of stretching

Spiritual



- practice daily gratitude
- read a daily devotional
- watch the sunrise or sunset
- call someone you love

daily affirmations

I believe in myself.

I love my uniqueness!

I am learning each day.

I can choose to be happy no matter what!

I am always doing my best!

I can do hard things.

Everything will work out.

My voice matters.

Good things are happening.

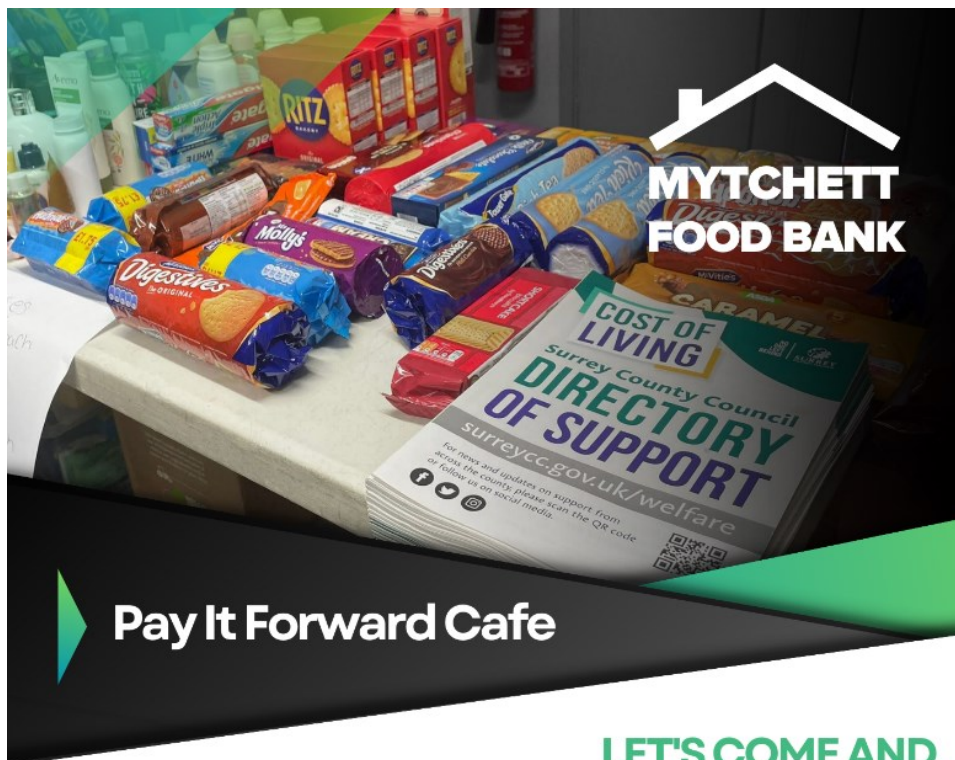
I am unstoppable!

I don't give up.

I am enough.

Today is going to be amazing!

I am loved!



Pay It Forward Cafe

Foodbank

The food bank is open on alternate Fridays from 12.30 - 2pm. Anyone living in Mytchett and the surrounding areas is welcome, no referral needed. Please just bring proof of address and photo ID.

Pay It Forward Cafe

No one is ever asked to pay, there is a donations box on the counter for anyone who is able to pay. Suggested donation is £2 for a toastie and drink or cake and drink

LET'S COME AND SPREAD THE LOVE

Every Friday 
1230 - 1400

Donations needed

- Non perishable goods such as tins & dried food ☒
- Toiletries & feminine hygiene products ☒
- Cleaning products ☒

The Mytchett Centre
140 Mytchett Road, Mytchett,
GU16 6AA



**GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?**

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.



**FIND OUT
MORE**

info@andysmanclub.co.uk
www.andysmanclub.co.uk

#ITSOKAYTALK

ANDYSMANCLUB WOKING

WOKING

Parkview Centre for
the Community,
Blackmore Crescent,
Sheerwater, Woking
GU21 5NZ

**EVERY MONDAY
AT 7PM EXC.
BANK HOLS**

ANDYSMANCLUB LTD is a
Registered Charity in England
and Wales (1179647) Scotland
(SC054185) and a Company
Limited by Guarantee, registered
in England and Wales (11118153)

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



[Helplines and listening services - Mind](#)

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
matters



 **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



COST OF LIVING

NO ONE LEFT BEHIND



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