



Well-Being

LESSONS *from* Autumn

@POSITIVELYPRESENT



National
Trust

Free Visit

A breath of crisp air. The crunch of leaves underfoot. That feeling of winding down. From startling murmurations and bold displays of colour to conkers, fruit and fungi, autumn is full of wonder – and it offers us a refreshing escape. Everyone needs nature, so for a limited time the National Trust are offering you a **free visit** to a place we care for this autumn. Where will your escape take you?

If you're already a member, you can use your free visit to bring along a friend or family member.



Optimistic October



The 'Optimistic October' calendar is packed with ideas to help you become a realistic optimist. To download the calendar go to:

[Optimistic October | Action for Happiness](#)

Alternatively get daily updates and join the conversation using the **FREE Action for Happiness app**.



FIVE MINDFULNESS ACTIVITIES TO DO WITH KIDS



EMOTIONAL EXPRESSION PAINTING

Have your child create a painting to represent how they are feeling. Use a color code! Each color symbolizing a different emotion.



MINDFUL MUSIC

Instruct your child to put a pair of headphones and play a variety of songs. As they listen, tell them to write down how each song makes them feel.



CREATE A MANTRA

Building a personalized mantra will help them with their struggles, promote mindfulness, and allow them to express their creativity while being mindful!



MINDFUL DANCE PARTY

Yes, a dance party is totally mindfulness! Let loose, be creative, be expressive, and be mindful of how you feel as you dance.



PAINT KINDNESS ROCKS

Paint rocks with words of kindness on them! Tell your child to write words that mean a lot to them. Leave the rocks in a place to be seen by others.

makingmindfulnessfun.com

Free Parent Podcasts: Child in Mind

Anna Freud have produced a series, of helpful podcasts presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent. Access the *Child in Mind*, podcasts by clicking onto this link:

[Child in Mind | Podcast on Managing Children and Family Mental Health Problems | Anna Freud Centre](#)

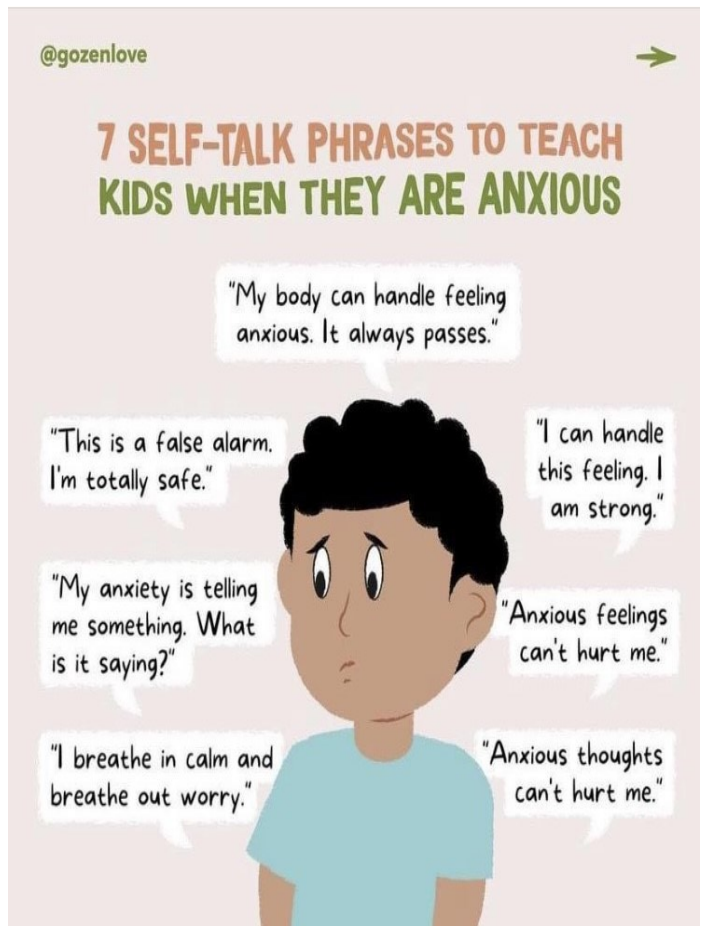
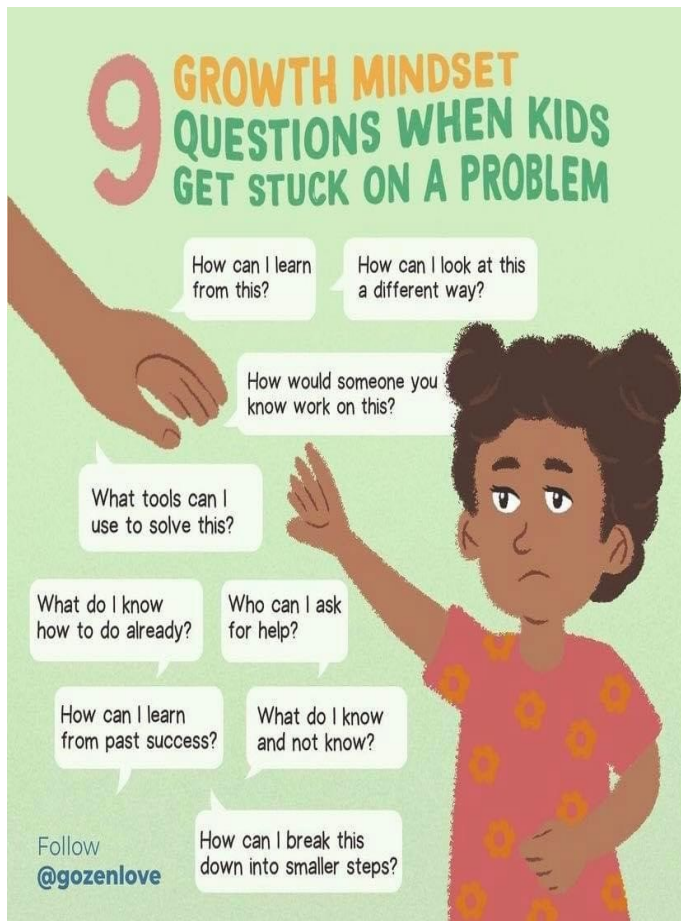
Using Creative Writing for Self-Care

Creative writing can help you to become more self-aware and will help to clear your mind of worries and negative thoughts: [4 Ways to Use Creative Writing for Self-care \(happiful.com\)](#)

Dr Daisy Fancourt speaks about on the effect arts have on our wellbeing and mental health.

[Arts and Public Health — Daisy Fancourt / Serious Science - YouTube](#)







Cookery Courses For Parents



FREE COURSES

FREE courses for parents and carers of children age 4-11

Grab this wonderful opportunity for you and your child to have some quality time together... having fun, being healthy and learning new cookery skills.

HOW DO I BOOK

Click the link or use the QR code to check dates and book your space.



Check Out Our Available Courses!

How to Create a Healthy Lunchbox

Exciting Soups and Perfect Puds!

Get Ready for a Yummy Halloween

Fakeaway V Takeaway

For The Love of Brownies

Christmas Biscuits to Make and Decorate



SCAN ME



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




SAL
FAMILY LEARNING

You can still enrol on courses starting in October and November. We have plenty of courses to help support you and your family. Please see the available courses and workshops below.

[Helping your child manage anxiety](#)

[Exploring behaviour strategies](#)

[Developing children's self-esteem](#)

[Building children's resilience](#)

[Cooking and baking](#)

[English for parents/carers as an additional language](#)

[Applying for a primary school](#)

These are government funded courses for parents and carers who would most benefit from FREE tailored courses.


Mindworks
Surrey

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

Helpful Advice

NHS
Surrey and Borders
Partnership
NHS Foundation Trust

FREE WELLBEING SUPPORT FOR DADS



Online Fathers Wellbeing Group
Counselling
Cognitive Behavioural Therapy (CBT)

Self-refer online to access our free NHS service:
www.mindmattersnhs.co.uk

mind
matters
surrey

kooth

Kooth is here, year round.
Even when schools are out.



Find support for your mental wellbeing,
no matter what's on your mind.

Visit kooth.com today

Local Support for Teens

The **Green Hub Project for Teens** supports young people—aged 13-18—who are struggling with mild to moderate stress and social anxieties. Things like on-line pressures, exam stress, bullying etc. The Green Hub Project offer a safe and enjoyable space away from the pressures of everyday life. Operating on a 12 week programme, teens go along for 1.5-2hrs every week on a Saturday. For more information, go to: <https://greenhub.org.uk/>

Mineworks
Surrey

Helpful Numbers

**Crisis line for support during a
mental health crisis**

Open 24/7

Call 0800 915 4644

For children, young people and parents

**Neurodevelopmental helpline for parents
of children with ADHD and autism**

Open 5pm to 11pm every day

Call 0300 222 5755

For parents

Place2Be have an amazing **Parenting Smart** website which includes practical tips and videos to support children's wellbeing and manage behaviour. Mental health experts have teamed up to develop a range of resources which cover topics such as sibling rivalry and difficulties with homework [Place2Be: Parenting Smart: Articles](#)

