

## Welcome to our Wellbeing Newsletter.

As we settle back into school we would like to carry on our communications around wellbeing with our families as we are aware that we need to continue to support each other in these times. We are proud, as a school, to be able to always look to find new and inclusive techniques to enable our students to thrive and also provide important support for parents and carers.

In this newsletter you will find advice, guidance, signposting and links to numerous different agencies, websites and charities on a whole range of different topics and needs which we would encourage you to visit and use.

If there is a certain type of support or area that isn't included here please just email me at [wellbeing@wildern.org](mailto:wellbeing@wildern.org) and we will look to include it in the next newsletter.

I really hope that this is useful for you and I look forward to hearing from you.

Kind regards  
Mrs Thomas  
Head of Student Services

## 'Every Mind Matters, Every Person Counts'



Young people who identify as LGBTQ+ or are unsure often feel isolated and alone with their sexuality or gender identity. At Breakout Youth, you will find a group of likeminded young people that you can socialise with safely.

• [Read More](#)



But victims are from both genders - it doesn't just happen to women. Men and children can be victims too.

And some people may experience domestic abuse from other members of their family.

Stop Domestic Abuse is an innovative and unique provider of all services to those affected by domestic abuse. • [Click More](#)



If you are concerned and looking for advice or support regarding your child's health and well being then please

• [Click More](#)



If you are finding things hard emotionally right now, you're not alone...

MIND - Coronavirus and your wellbeing • [Read More](#)



No Limits Parent information Sessions

All sessions are 7pm - 8:30 pm with informal questions at 8:30

Sessions delivered by Zoom Online cybersafety Oct 6th

Children's mental health concerns (coping strategies and resistance) Nov 3rd

Supporting your child's friendship issues (Primary and secondary school) 1st Dec

All sessions are £10.00, once paid you will be emailed the link.

To book a place [Click Here](#)

## Difficulty Sleeping?



Sleep is a vital, often neglected, component of every person's overall health and well-being.

Sleep is important because it enables the body to repair and be fit and ready for another day.

If you or your child have difficulty sleeping or want to improve your sleep, try following these healthy sleep habits. Talk to your doctor if your sleep problem persists. • [Click More](#)



Where can I find support for my children's emotional wellbeing at this time?

ChatHealth for young people - 07507 332160

Chat Health for parents - 07507 332417

## Talk 2 Service

Service type: Mental health

Talk 2 Service is a confidential service for children and young people aged 0-19 that provides support for mental health and wellbeing that is child directed, systems focused, strengths based and outcome informed • [Read More](#)

## See, Hear, Respond Support Hub

We are living in extraordinary times right now and it can sometimes feel or be overwhelming. The Hub is an interactive central space for parents, carers and young people to access a range of materials, resources and much more to help deal with some of the challenges the pandemic has presented. [Click Here](#) to find out more.



## See, Hear, Respond

will ensure vulnerable children, young people and families who are at risk, don't slip through the cracks.

[www.barnardos.org.uk/see-hear-respond](http://www.barnardos.org.uk/see-hear-respond)



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