

Welcome to our Wellbeing Newsletter.

After an incredibly difficult year, many of us are looking forward to Christmas.

Whether you're putting up your tree earlier than usual, going all out with decorations or trying to plan for how many hungry mouths you'll have to feed - there are still some uncertainties about how Christmas might work amid the coronavirus pandemic.

If Christmas is a hard time for you, it's important to remember that you are not alone, and there are things you can try that may help. Below are some tips which may help you over the festive period.

Focus on kindness - try to divert your attention away from what you can't have and instead focus on what kind things you can do for others.

Be there for each other - try to have conversations with family and friends about how you are feeling, listen to how others are coping and act with empathy and understanding.

Take time to be grateful - appreciate the joyful little moments. Reflecting on all you have to be grateful for can really lift your mood.

Stick to the rules - if you're feeling under pressure from friends or family to break the rules, remember why we are in this position. It is for the safety of everyone, including ourselves, to stick to government guidelines. By following the rules, we all contribute to a healthier society.

Please do continue to email us at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice in January's newsletter.

Kind regards
Mrs Thomas
Head of Student Services

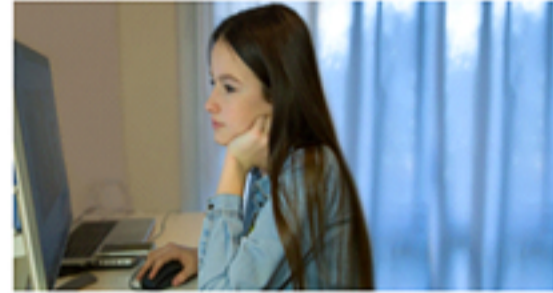
'Every Mind Matters, Every Person Counts'



How to celebrate special occasions during lockdown

Schools may be open this time, but it's still not possible for young people to mark special occasions in the same way as before the pandemic. It's important that they aren't left feeling like their lives have been put on hold again. For some advice on how to provide a few hours of light relief during a stressful time [Click Here](#)

Supporting Your Child's Mental Health During Lockdown.



You may be particularly concerned about the effect a second lockdown will have on their child's mental health - whether or not they have experienced problems before. For some advice on how to support a child's emotional wellbeing at a time of uncertainty [Click Here](#)



Hampshire Child and Adolescent Mental Health Service

Child and Adolescent Mental Health Services (CAMHS) are an NHS service that aims to help young people up to the age of 18 who are finding it hard to manage their emotional and psychological health, and who are suffering with acute, chronic and severe mental health problems.

Helping with emotional wellbeing and mental health

CAMHS have community teams of staff across the Hampshire area that have expertise in working with children/young people with complex mental health difficulties and their families/carers. Our staff also have expertise in working with children and young people from vulnerable groups and their networks. This includes children in care, young people involved with the criminal justice system, children with learning disabilities and those with eating disorders. There is likely to be a clinic near you.

If you are worried about a young person please refer to the specific guidance on the website in relation to the different mental health difficulties that they may be experiencing. This will give tips, help and guidance on whether a referral to CAMHS may be helpful. [Read More](#)



You are never alone with your eating disorder. Beat Eating Disorders is here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

[Read More](#)

YOUNG MINDS

Anxiety

It's really common to develop anxiety at some point. Find out here what causes it and what you can do to feel better. [Read More](#)

Useful websites



<https://www.childline.org.uk>

<http://evcs.co.uk/>

<https://youngminds.org.uk>

<https://hampshirecamhs.nhs.uk>



Recognising and Responding to Anxiety

The prospect of being around others may be daunting for your child after the experience of another lockdown. Some, whether adult, teenager or child, may have spent some periods shielding, isolating from their friends and family. Even those who view this time as exciting and with anticipation may also suffer with underlying fears about anxiety. Anxiety is not always easy to spot and can be masked by other emotions and behaviours and we may not recognise the fears that sit beneath. Some common things to look out for....

What is CAMHS?

CAMHS stands for Child and Adolescent Mental Health Services. CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, child and adolescent psychiatrists (medical doctors specialising in mental health), support workers and social workers, as well as other professionals.

[Find Your Nearest CAMHS Service](#)



Supporting your child with reporting unwanted content online

You may already have regular conversations with your child about what they do when they go online. Perhaps you have even agreed upon suitable websites for them to explore. But, as it is not possible to control all the content that is posted online, it is important that your child feels confident about what to do if they come across harmful content online – or something they (or you) think could be illegal.

One of the first steps is to report what has happened. Here is some advice from NCA-CEOP – the Child Protection Command of the National Crime Agency – on where and when to report content and how your child can seek support online. [Read More](#)



Ways of Responding

- Notice, describe and wonder aloud - "It seems like it's really important for you to feel like you're in control of things right now, I'm wondering why that might be?"
- Offer supportive care - "What could you do that would be helpful right now?" "Would it be helpful if...?"
- Accept and validate the perspective of the individual, even if this is different from your understanding of events - "so you are letting me know just how awful you are feeling about this, I can understand why you would feel that way"
- Avoid distracting, minimising or problem solving for the individual
- Offer opportunities to move, teach self regulation strategies and practice these together
- Offer a lower stimulus environment - a quieter area with fewer people, a space outside
- Show genuine interest - "can you help me understand how this is for you?"
- Be consistent of your own breathing and body language - make it visible and slow it down, stay steady and regulated
- Teach the neuroscience of how the body and brain responds to fear - this helps to normalise and remove any shame
- Be warm, empathic and non-judgemental
- Hold limits and boundaries whilst maintaining connection - gentle on the individual, firm on behaviour and expectation
- Offer sensory breaks and sensory diet if appropriate to support regulation

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Further help and information

- **Samaritans** - is available 24/7 for free on 116 123 (UK) and whatever you're going through they're here to face it with you.
- **Step Change** - is a charity that provides free, impartial debt advice over the phone. Call them on 0800 138 1111.
- **BEAT** - is the UK's eating disorders charity. They have a helpline available 365 days of the year, 9am - 8pm Mon to Fri and 4pm - 8pm on weekends and bank holidays. Call them on 0808 801 0677 (UK).
- **Talk to Frank** - provides free practical drug advice, You can call Talk to Frank's helpline on 0300 123 6600 (UK) or text them on 82111 (UK), they're available 24/7.
- **Drink Aware** - provides advice, information and support on drinking and alcohol misuse. They have a free, confidential helpline for anyone who is concerned about their drinking, or someone else's. Call them on 0300 123 1110 (UK) weekdays 9am to 8pm and weekends 11am to 4pm.