

Southampton Mental Health Support Team

Primary Schools Wellbeing Newsletter

This week's theme - **Managing Change**

24th June 2020

Welcome to this week's Southampton MHST newsletter, our theme this week is managing change.

This week's Newsletter comes at another time of great change as our communities and society as a whole makes significant moves towards opening up after nearly three months of lockdown. It is normal to have mixed feelings about this, with some feeling excitement or relief and others sitting with worry about the spread of the virus and how safe the easing of lockdown is for them and their families. Many of us may be feeling both excited and worried.

Additional year groups are returning to school, non-essential shops and services like dentists and opticians are also now open. This is good news for society and good news for our children: we know that social interaction is so important for healthy development and long term mental wellbeing in children and young people. That said, it is normal to feel some anxiety about these changes. A few weeks ago we shared some tips for managing anxiety including tolerating uncertainty.

There is still a lot we don't know about what recovery looks like in the coming year and we are likely to have to make other changes in the coming months. In this issue of the Newsletter we will share some helpful tips to support you and your child as you adjust to the next phase of the Pandemic.

Parents Top Tips

Below are some tips and reminders of how you can keep yourself and your child safe and facts to prepare them for this next phase:-

- Things will look very different in shops – much like in the supermarkets, social distancing in other non-essential shops will be maintained by customers adhering to 2m markings and arrows on the floors advising which way to walk. Plastic screens will also be fitted at the tills. Hitting the shops with friends will still have to wait as Government guidelines recommend people should shop alone where possible. Equally, stopping for a coffee or a spot of lunch will be limited because some stores will not reopen their in-house cafes or restaurants. Customers will be asked to keep to a set distance between each other on escalators and only members from the same household will be able to use a lift. Customers will also be discouraged from handling products they are not going to buy. The majority of retailers will close their changing rooms and any goods returned will be quarantined for 72 hours. Queuing may be inevitable as shops will only allow a certain amount of shoppers into the shop at any one time to prevent overcrowding.

Parents Top Tips continued

- Reminders of ways you can keep safe –
 - (i) Wash your hands thoroughly for 20 seconds with soap and running water. Use an alcohol hand gel or sanitiser gel if soap and water are unavailable.
 - (ii) Always carry tissues and use them to catch your cough or sneeze, then throw the tissue away and wash your hands. Ensure good hygiene by promoting the 'catch it', 'bin it', 'kill it' approach.
 - (iii) Avoid touching your eyes, nose and mouth with unwashed hands.
 - (iv) Minimise contact with individuals who are unwell. If you live with someone who has coronavirus symptoms, you will need to self-isolate for 14 days. If you have symptoms, you will need to self-isolate for 7 days.
 - (v) Maintain social distancing.
 - (vi) Face covering should now be worn on all public transport. This will help reduce the risk of transmission when social distancing is not always possible.
- Further advice can be found on the following link;

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Professor Wellbrain

Professor Well-Brain tips for managing worries getting back to life in the community



It is normal to be both excited to get back to 'normal' and to feel stressed or anxious about it. There are many reasons why getting back to this new normal may be anxiety provoking for your child/young person as well as for you as a family. For example; Grief/loss over changes in lifestyle. 'Normal' won't be the same as before Covid-19.

Some things listed below may help your child/young person re-enter the 'outside world' again whether that is returning to school or meeting up with friends:

- Be curious, ask your child/young person about their worries - actively listen to what they are saying will ensure you understand the level of worry they are experiencing. It's important to validate how they feel and to normalise their feelings, letting them know other people feel the same way. They don't always need solutions, just to be heard and understood.
- It can be helpful for a parent to role model with their child/young person your own coping strategies you use when feeling stressed/worried.
- Taking small steps to reintegrate into society for example re-connecting with friends before returning to school - a meet up with one friend at a park as a first step, a quick trip to the supermarket (maybe a smaller one first). Relationships will need rebuilding.
- Create a plan around transitioning. To alleviate some of the anxiety, it is a good idea to have a plan for the first few days or weeks of returning to school.
- If going out to meet friend/s, make sure your young person's mobile phone is fully charged before leaving the house. This is reassuring they can call/message if they encounter any difficulties or begin to feel overwhelmed with being outside.
- Accepting young people and children will need time to adjust to the many changes as a result of covid-19. If returning to school it is most likely they will not be able to quickly switch back to having loads of motivation or energy to do things they did before covid.
- It is okay not to know all the answers, if your child asks a question you do not know the answer to, be honest with them it is a great opportunity to do some research and learn with them.

Good News Story

Unable to leave the house, a 91 year old Great-Grandfather from Bath has found a lovely way to remember family birthdays during the lockdown. An artist by profession, Ivan has put his talents to use to bring smiles to the faces of his Great- Grandchildren by painting them each an original watercolour to celebrate their birthdays. Here are a few examples of his beautiful paintings. How could you use your talents to brighten up someone's day?



Activity of the Week

Social Distancing Games

With more interaction and opportunities to meet up with others outside, we have been having a think about some games which could be played while social distancing:

- Simon Says -Here are some command ideas: <https://empoweredparents.co/simon-says-ideas/>
- Charades
- Sticks (<https://www.asphaltgreen.org/blog/rep-game-sticks>)
- Hide and Seek
- Hopscotch (<https://www.parents.com/fun/activities/hopscotch/>)

The following websites have lots of ideas, some involving equipment, while others don't:

<https://www.twinkl.com/blog/social-distancing-games>

<https://www.asphaltgreen.org/blog/rep-it-out-games-for-social-distancing>



Contact us

If you have any questions or queries for the Southampton MHST Team please email us at;

SouthamptonMHST@Solent.nhs.uk

Or call us on;

0300 1236689

Useful Services and Websites for Parents and Young People

Please see the details of the following services that may also be able to offer you and your child advice and support. Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661. You are also able to contact the Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and a Behaviour Advisor will return your call within 1 week. **Please be aware that in the current situation there may be a slight delay in responding to duty calls.**

The Public Health Nursing (PHN) Service offers support to children, young people and their families who live in Southampton. The team is made up of Nurses, Emotional Health and Wellbeing workers and PHN Assistants; who can offer support for a wide range of health issues such as growth concerns, support with long term conditions, sleep problems, continence issues, general anxiety and much more. They have a confidential text messaging service called Solent Pulse where you can text any health questions and have them answered by a nurse. They are currently offering support through telephone calls, emails, text messages and video calling to comply with social distancing rules. If you would like to contact PHN for support please use one of the methods below:

Phone: 0300 123 6661 Solent Pulse: 07491 163278

Website: <https://what0-18.nhs.uk/solent/school-nursing>

Email: snhs.publichealthnursingsouthampton@nhs.net

USEFUL TELEPHONE NUMBERS:

Southampton Multi-Agency Support Hub: 02380 833336
(Safeguarding advice & parenting support).

Samaritans: Free phone 116 123

Parentline (24 hour advice): 0808 800 2222

Child line: 0800 1111

NHS direct: 111 – non emergency helpline

SANE mental health help line (every day 16.30-22.30) 0300 304 7000

Young Minds help line (Mon-Fri 9.30-4pm) 0808 802 5544

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- **Selected mobile phone 'apps'** to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful Services continued

NO LIMITS ADVICE PROJECT – <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13 The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk
Please contact the service via telephone, email or ‘drop-in’ to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT:

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1> – Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council’s website and type ‘families’ into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

RE:MINDS:

A parent-led support group for families of children with autism or mental health issues.

<https://www.reminds.org.uk/> With a closed Facebook group of over 600 members -

<https://www.facebook.com/groups/reminds>

CHILDREN WITH SPECIAL NEEDS:

[The Buzz Network](#) - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria.

<http://sid.southampton.gov.uk> – type ‘Buzz Network’ into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS <https://www.autismhampshire.org.uk/> -

Autism Hampshire: Information, Advice, ‘Needs Assessment’ and support. Community Access, Southampton Office –1648 Parkway, Whiteley, PO15 7AH, Tel: 02380 766162 Email:

communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES:

- <http://www.theredlipstickfoundation.org/> - The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person’s sudden death.
- <http://www.simonsays.org.uk/> - Tel: 08453 055 744 - Bereavement service for Children.
- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEjw> - National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES:

- <https://www.hamptontrust.org.uk/our-programmes/> - support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.
- <https://www.yellowdoor.org.uk/> - Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.