

Southampton MHST

Newsletter – Primary

25th April 2022



Welcome to our first Summer term newsletter! We hope you had a fantastic break, spending time with loved ones and enjoying some time away from school!

In this newsletter we are focusing on how to support your child when they experience stress, in particular around SAT's. We have included relaxation techniques to talk about with your child- or perhaps to test out yourself!

Are you concerned about your child's stress levels? Are they finding it tough to control worry about day-to-day things?

Our team offers parent-led work to give you the skills to support your child with challenges in managing worry. Please contact your Schools Mental Health Lead to discuss the referral process, if you feel this might be helpful for your child.

Recently, we have also began offering one off sessions in Primary schools across Southampton City for both Key Stage 1 & 2 children on managing worry and reducing anxiety. Please do talk with your Schools Mental Health Lead to hear more about these sessions and find out if we have an upcoming session scheduled for your school.

Contact us:

If you have any questions or queries for the
Southampton MHST

Tel: 0300 1236689

Email: SouthamptonMHST@Solent.nhs.uk

Helping your child cope with SATs stress:



The build-up to SATs in primary school can cause feelings of anxiety and unease in children and it can also be a tense time for parents too. The best way to alleviate some of that stress is to be prepared, we have included some tips below for coping with exam stress and a link to a website which includes more detail.

Top tips:

1. Talk about the SATs. Ask how your child is feeling and engage in conversation about these feelings. Normalise that it can be stressful but also make sure they know you're there to help.
2. You can buy test papers and work through them with your child. There are a wide range available to buy and some schools send them home too. For additional free Maths papers you could look at what Third Space Learning have to offer.
3. During the SATs week, whilst keeping to normal timetable, try to avoid late nights, as children will find sitting the tests tiring. Try to make sure your child has some fresh air when they come home from school on test days.

See more information: [How Can Parents Help Their Children Prepare For SATs? \(teachertoolkit.co.uk\)](https://www.teachertoolkit.co.uk/how-can-parents-help-their-children-prepare-for-sats/)



Relaxation Techniques:

- Try breathing exercises
- Listen to a song and write down how it makes you feel
- Go for a walk and acknowledge as many different colours as you can find



Benefits of walking:

Whether you're just walking around the block, going on urban adventures, or venturing to the countryside to be among nature, walking and hiking has had an incredibly positive impact on our health – and not just our physical health.

Walking is an amazing tool to help your mental health. The simple act of going for a walk can help to reduce stress, regulate anxiety, and help you to feel more positive about the world around you. So, it's no wonder that many people are making walking a permanent fixture in their lives, even now that lockdowns have ended.

Why is walking so good for mental health? Studies have shown that walking helps your mental health in different ways and have shown that outdoor walking boosts energy and that a brisk walk can improve your focus and sharpen your reaction times.



Walks to do in Southampton:



There are lots of different walks you could try around Southampton. Below is a link with different walks and roughly how long they take.

<https://www.alltrails.com/england/hampshire/southampton>

If you wanted to challenge yourself you could try to walk a certain distant to raise money for Mental Health UK, see details below:

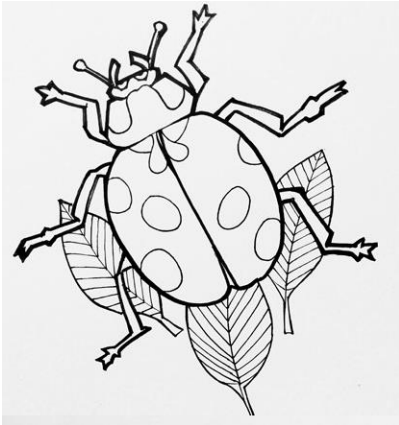
<https://www.timeoutdoors.com/challenges/UK/Virtual/Mental-Health-UK-Step-By-Step>

Mindful Drawing!



Colouring helps to reduce the thoughts of a restless mind. Drawing generates mindfulness and quietness, which allows your mind to get some rest after a long day at school!

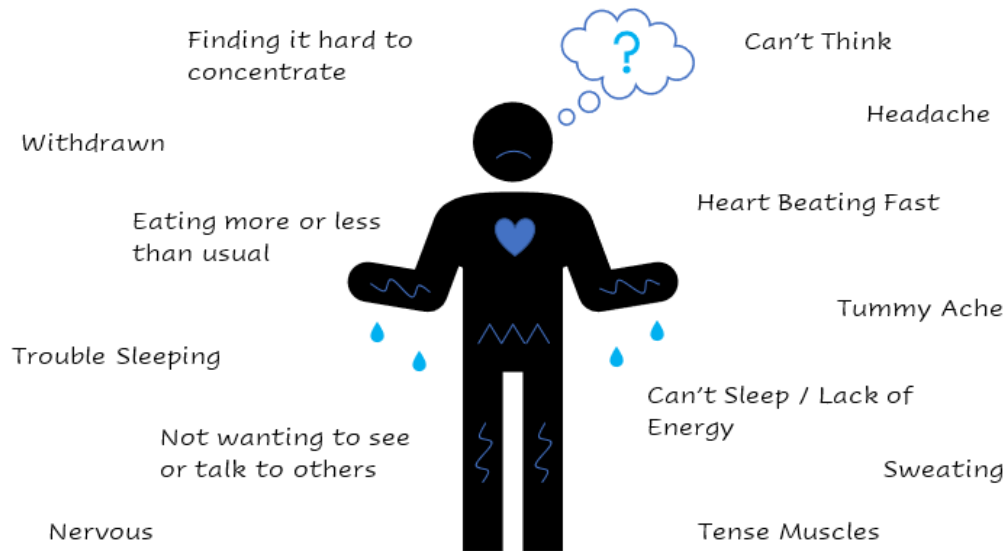
The below cartoons can be coloured in, so have a go and see how you feel!



How our bodies respond to stress:

SIGNS

SYMPTOMS



Top Tip!

When you are feeling stressed, take deep breaths and try to change the focus of your attention by thinking 5, 4, 3, 2, 1.

Notice 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

This helps you to calm down by distracting your mind.

Stress is a very common feeling that everybody experiences at some point in their life. Stress can sometimes be helpful, in ways such as motivating you, preparing you for situations or events, and improving your performance, alertness and memory. However, if stress begins to interfere with your everyday life, this can have a negative impact on many areas, including your mood, your social life, and your academic performance.

The Stress Bucket

Everyone experiences stress, but it can be tricky if we aren't sure of how to manage this.



Here are some ideas for things you could do to turn on the tap and empty some stress from your bucket.

- Write in a diary
- Go for a walk / Exercise
- Watch my favourite movie
- Spend time with my friends and family
- Practice breathing and relaxation exercises

Can you think of any more ideas?

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=CMmGptiMktMCFYWRGwoduC0Ejw> 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.