



Archbishop Cranmer C of E Primary Academy Mental Health and Wellbeing Newsletter



November 2021 – Autumn Term

Welcome to our Mental Health and Wellbeing newsletter, a space to share some of the amazing resources that are available to support the mental wealth of our school community.

Mental Health Support Team

At Archbishop Cranmer we work with the Rushcliffe Mental Health Support Team (MHST) to enable early intervention mental health and wellbeing services which provide children, young people and families around low-level emotional wellbeing needs, such as anxiety, low mood, managing emotions and sleep. The team work directly with Nottinghamshire Child and Adolescent Mental Health Services (CAMHS) teams and provide free in-school sessions which promote positive mental health. As our mental health and wellbeing lead, Mrs Hodgson liaises with the MHST to access training, networking, workshops for children and referrals to provide support as required. For more information or if you would like to enquire about the referral process, please see Mrs Hodgson.



MENTAL HEALTH SUPPORT TEAM

Information for Parents

Nottinghamshire Healthcare
NHS Foundation Trust

<p><i>Who are we?</i></p> <p>A low intensity NHS Mental Health service who work with 5-18 year olds in selected Nottinghamshire schools.</p> <p><i>What do we do?</i></p> <p>Promote the wellbeing of all pupils in our schools by providing pupils, families and staff with Cognitive Behavioural Therapy (CBT) based input and strategies.</p> <p><small>CBT: The idea that how we think, feel and act are all connected. By noticing patterns and making small changes to thoughts and behaviours, we can reduce feelings of distress, anxiety and low mood.</small></p>	<p><i>How do we do this?</i></p> <p>FOR EVERYONE</p> <p>Promoting school-wide wellbeing through assemblies, workshops and groups about managing:</p> <ul style="list-style-type: none"> Anxiety Exam Stress Mood School Transitions Self-care Basic Self-Esteem Sleep 	<p><i>Referral Information</i></p> <p>If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourself...</p> <p>FOR INDIVIDUALS</p> <p>Working with parents is the best way to help primary school aged children who need individual wellbeing support.</p> <p>We offer parent groups for:</p> <ul style="list-style-type: none"> Anxiety (Including Emergent School Refusal, Excessive Worry, Mild Phobias, Panic Symptoms & Separation Anxiety) Mild Behavioural Difficulties Sleep 	<p>Follow this QR code for the online self-referral form.</p> <p>Select that you are a Parent/Carer of a child at an MHST school and specify your child's school from the list further down.</p> <p>Find out more on our webpage: https://bit.ly/37xsn1P</p>
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MHST Sleep Workshop for Parents and Carers

Sleep is key for brain development, growth and our immune systems. To support parents and carers with encouraging good sleep hygiene in children, the MHST have created online video sleep workshops for parents and carers of both primary and secondary children. The session focuses on how much sleep children of different ages need and why, how sleep works and ways in which you can help your child to sleep better. Access the primary aged workshop here: https://www.youtube.com/watch?v=lcbj_qPO6Tw&t=4s



Kids' Kindness Club

Being kind is the best thing that you can be! Charity '52 Lives' have created a Kindness Club just for kids, designed to help create a kinder world.

If you join the club you'll get access to fortnightly Kindness Club emails, games and activities, quizzes and polls, competitions, kind stories and videos. There is also a 'Show and Tell' section where Kindness Club members share some of the acts of kindness they have been showing.

NottAlone

NottAlone is a new website with local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place. The website contains information, advice and where to go to get help locally for people aged under 25, parents, carers or professionals that support young people. Visitors to the NottAlone website can search according to the specific mental health issue they need help with and there are different versions of the information for young people, parents and carers, and professionals with links to services that can help.

The **NEW** website offering local mental health advice and help for young people in Nottingham and Nottinghamshire, all in one place.

nottalone.org.uk

You can find a brief overview video of the site here: <https://www.youtube.com/watch?v=qAfOwKVpZBY>

Self-Care Toolkit

Learning how to look after ourselves and our emotions is crucial to our wellbeing. Developing good self-care skills means that in times of difficulty, we have a set of strategies that we know work for us and will improve our wellbeing. Self-care is not a substitute for seeing a mental health professional and accessing outside help if needed. However, self-care is a useful skill that we can learn and develop throughout their lives and should be encouraged early in our children.

- Sheffield Children’s NHS have created a Self-Care Kit full of ideas and activities for children, including mindful colouring, breathing exercises, emotional check-ins, a self-soothe box and more. Download your copy [here](#).
- Encourage children to find the positives: positive thinking can help us to feel better, and prevent us from getting into patterns of negative thinking. Reassure children that having negative thoughts or low moods is perfectly normal, but that positive thinking can be a useful self-help technique.
- Mentally Healthy Schools have created a Mindfulness Calendar with five minute activities to find moments of reflection in your day. Download it [here](#).

NHS Recommended Wellbeing Apps



Calm Harm

Designed to help people resist or manage the urge to self-harm.



SafeSpot

Promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.



Catch it

Helps people manage feelings like anxiety and depression and improve mental wellbeing.

Find more NHS recommended apps to help manage health and wellbeing [here](#).

Chapters of Chill

Churchill have created a series of children’s audiobooks with mindfulness at the heart of every story. Written by Sue Pickford and narrated by author, podcaster and I’m a Celebrity... Get Me Out of Here! Winner, Giovanna Fletcher, each short story aims to entertain and relax your children. Each story last between 8 – 12 minutes and are a great way to calm children’s minds.

Listen to the audiobooks here: <https://www.churchill.com/chapters-of-chill>



Healthy Family Teams
Contact Details

Advice Line
0300 123 3387 (OPTION 4)

ChatHealth TEXT ONLY 07507 329952 (11-19 YEAR OLDS)	Parentline TEXT ONLY 07520 619919
Health for U5s WWW.HEALTHFORUSS.CO.UK	Family Nurse Partnership 01623 484829
Health for Kids WWW.HEALTHFORKIDS.CO.UK	Health for Teens WWW.HEALTHFORTEENS.CO.UK

www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams



You talk, we listen, we help.

Turning Point Nottinghamshire
Mental Health Helpline

0300 555 0730

9am - 11pm, 7 days a week

www.turning-point.co.uk/nottingham-helpline



For more links, resources and support, please see our school website:

<https://www.archbishopcranmer.co.uk/health-and-wellbeing-guidance/>

If you come across any useful links, resources or organisations which could feature on our future newsletters, please contact Mrs Hodgson via the school office. Thank you.