



Welcome

Welcome to our latest family newsletter. We hope that you are enjoying the first signs of Spring and taking the opportunity to get out and about with your children. Spending time outdoors is amazing for boosting mood and a great opportunity to connect with each other and green spaces, whether that be in the forest, by the sea or in our local park. For more ideas about fun things to do as a family, particularly if you have younger children, take a look at “**50 things to do before you are five**”, which details ideas for local activities for children up to the age of 11, promoting less screen time and more playtime!

<https://www.50thingstodo.org/>

The Future in Mind mental health support team offers early support for mental health and emotional wellbeing for children and young people.

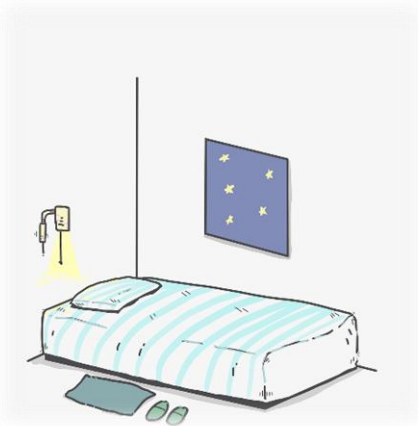
FINISH READING ON PG. 2



We are growing!

2

FINISH READING ON PG. 2



A sleepy day at Normanton All Saints Infants school.

Kath Thomas, Senior Practitioner & Laura Hayton, EMHP from FIM MHST Sleep Day

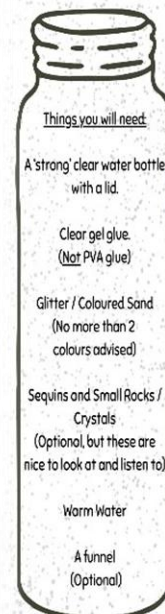
FINISH READING ON PG.3

Mood Boosting Near You

4

FINISH READING ON PG.4

How to make a Calm Bottle



- Things you will need:
- A 'strong' clear water bottle with a lid.
 - Clear gel glue. (Not PVA glue)
 - Glitter / Coloured Sand (No more than 2 colours advised)
 - Sequins and Small Rocks / Crystals (Optional, but these are nice to look at and listen to)
 - Warm Water
 - A funnel (Optional)

1. Pour a generous amount of glitter and sequins into the bottle. (No more than 1/8 full).
2. Pour a good dollop of the clear gel glue into the bottle. (No more than 1/4 full).
3. Fill the rest of the bottle with warm water, up to the neck of the bottle.
4. Securely screw the lid onto the bottle (Use super glue if you wish for added security) and SHAKE!
5. Keep shaking until the glitter, glue and water have all combined together.

And there you have it... your very own Calm Bottle to shake it out and to have a mindful moment afterwards!

M E N T A L

H E A L T H



Who We Are & What We Do

Staff from the team visit all mainstream schools and colleges across the Wakefield district. As well as providing one-to-one and group work support, we also run class-based sessions and assemblies for students, and workshops for parents/carers and staff members about common mental health and emotional wellbeing difficulties.

You can find out more about the Future in Mind Mental Health Support Team by visiting this link <https://www.youtube.com/watch?v=31SB4i7ETXc>

If you feel that your child would benefit from support from our team you can contact your child's class teacher or the school's Senior Mental Health Lead for further information about our service.



Our team is growing..



Increased funding for the Future in Mind Mental Health Support Team means that we have an expanding team!

We welcome **Alex** who has joined us in the role of **Senior Practitioner**, **Kate**, as **Team Manager**, **Beth**, **Rachel**, **Kerri**, **Emily** and **Coreen** as **Trainee EMHP's**

Coreen *"It has been such a positive experience joining the Wakefield MHST. Everyone has been so welcoming and genuinely supportive and it is reassuring to know there is always support there when needed. It is clear there's a shared passion for making a difference and I am really looking forward to contributing to the ongoing change and to support the mental wellbeing of children and young people alongside such a dedicated team"*

Beth *As a new member of staff/trainee I've felt incredibly welcomed since joining the team. Everyone has been so supportive, approachable, and generous with their time which has made settling into a new role much easier. It's clear there's a strong sense of teamwork and shared purpose, and I'm really looking forward to contributing and continuing to learn from such a dedicated group of people! Thank you!*

A big **congratulations** to **Becky** who is now in post as **Clinical Lead** after being a Senior Practitioner with the team for several years.

Out & About with Future in Mind MHST

4.

A Sleepy Day at Normanton All Saints Infant School

Kath, Senior Practitioner and **Laura**, Education Mental Health Practitioner (EMHP) from the team had a wonderful day with **children** and **staff** at **Normanton All Saints Infants school** sharing information with children, staff and parents and carers on **sleep**.

Kath told us *“I just wanted to let you all know about a recent sleep day Laura and I helped with last term at Normanton All Saints Infants.*

*We all arrived at school in our pyjamas and comfy slippers. The day started with a parent information session about sleep; the parents and carers were very invested in sharing hints and tips with each other and with learning some new ideas about sleep to try out at home. We talked about the use of ‘**sleep diaries**’ to help families to see where small changes can be made that can help to make a big difference to sleep.*

*We all know that if a child isn’t sleeping well, it can affect the whole family’s sleep and that sleep deprivation has a **big impact** on a child’s ability to learn and retain information.”*

Kath and Laura went on to tell us *“We followed on with **sleep classroom sessions**. The children were very open about any sleep difficulties and were keen to learn tips to help them sleep better. Teachers and staff said they enjoyed the day and even learnt some tips for themselves too.”*

Kath said, *“As a sleep practitioner I was amazed and really pleased to hear how interested the children were about sleep.”*

Laura told us that *“All parents and carers were provided with information about sleep and advised about the Children’s Sleep Charity website <https://thesleepcharity.org.uk/> which has some great resources and a helpful telephone service that can be contacted directly by parents and carers.”*

Easter at Kendal Drive Family HUB

Senior Practitioners **Chrissie** and **Leanne** and **Claire**, EMHP enjoyed spending time with local **families** and **professionals** at the Kendal Drive family HUB Easter event

Claire told us *“What an opportunity to be a part of Kendal Drive’s Healthy Happy Holidays event the energy, curiosity and community spirit were infectious. We loved meeting so many families and being part of a day that truly celebrated wellbeing and togetherness.”*



Mood Boosters Coming to a School Near You!

Karen, Associate Practitioner and **Shelley**, EMHP described their Mood boosters sessions at **Simpsons Lane Academy** as a **truly heartfelt experience**.

Karen told us “These year 1 children, (just five and six years old), eagerly engaged with our Future in Mind Emotions Toolkit Classroom sessions, an important part of the Mood Booster program. She went on to say “Their eyes shone with curiosity and excitement as they learned simple, helpful ways to talk about their feelings and handle those tricky, confusing emotions that can catch us off guard. Seeing their genuine enthusiasm inspired me deeply. I watched with pride as the whole class happily recounted all the things we had learned over last few weeks in our sessions including recognising feelings, taking a few deep breaths to calm down, and then bravely asking for help.”

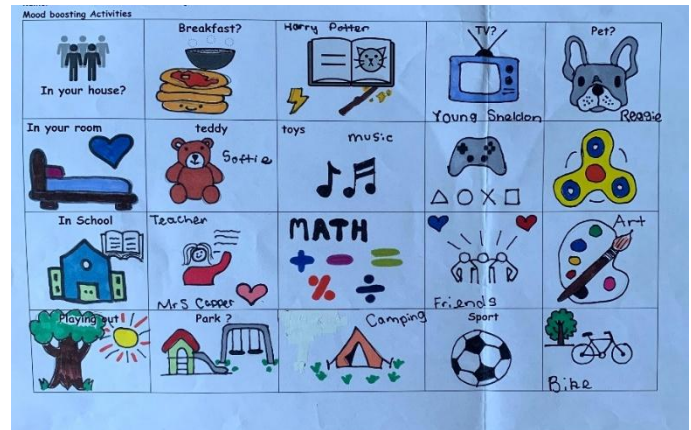
The children really enjoyed making their own Moodboosting menus too.

Mood boosters is a programme of **three to four sessions**, delivered by Associate Practitioners, **Charlotte** and **Karen**, from the Future in Mind Mental Health Support team.

The sessions include **creative, engaging and mindful activities and games to promote understanding around emotions and feelings and build resilience**.

These sessions are running in primary schools across the district, in years 1 to 6.

An example of a activity sheet designed by Joey – thanks Joey, age 11, for sharing this with us.



Name:

Mood boosting Activities

In your house?	Breakfast?	Harry Potter	TV?	Pet?
In your room	teddy	toys		
In School				
Playing out	Park?	Camping	Sport	

Where to get extra help!

If a child or young person needs to talk they can call **Childline** Open 24/7. Chat to a counsellor online at www.childline.org.uk. Call them on **0800 111**.

If a young person or adult needs to talk to someone they can call the **Samaritans** on **116 123**. It's open 24/7.

If a child, young person or parent/carer needs to talk to someone at night time they can call **Night Owls** (between 8pm and 8am) on **0800 1488244** or text **07984392700**.

If you need to access help from a **food bank or other services** you can find more information about what's available here wakefield-food-aid-guide2-copy.pdf (wordpress.com). You could also ask school if they know about other local practical support in your area.

Wakefield CAMHS in the event of an urgent mental health enquiry about a child / young person you can contact Wakefield Single Point of Access (SPA) **01924 316200**

If you need free confidential and impartial advice you can call **Wakefield District Citizens Advice** on **0800 1448848** (freephone) or visit Wakefield's Citizens Advice Bureau (wakefielddistrictcab.co.uk)

Early Years Fest

Sara (Practice Development Lead) and **Kath** (Senior Practitioner) from the team enjoyed meeting lots of **parents, carers and little ones** at the recent **Early Years Fest** held at **Pontefract Racecourse**. The **free event**



focused on providing **parents and carers** with all the information they need to best **support** their child in their **first five years**. Sara and Kath are both **Sleep Practitioners** so were able to provide lots of information for on sleep and also on children's

mental health – two topics that often go hand in hand. After all when our children aren't sleeping well it impacts on their day-to-day wellbeing and on their parents' and carers too.