



The Merton Primary School
To be the best we can be.

Wellbeing Family Forum



Outcomes:

- Develop an understanding of where to gain support as a parent to help your children to develop emotional wellbeing.
- Advice on how to recognise and support a child who may have emotional wellbeing and/or mental health difficulties.



The Merton Primary School
To be the best we can be.

What is Emotional Wellbeing?

“Emotional and psychological well-being affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.”

MentalHealth.gov
Let's talk about it.

YOUNGMiNDS

“The strength and capacity of our minds to grow and develop, be able to overcome difficulties and challenges and make the most of our abilities and opportunities.”

The 3 Tiers of Support:

Universal needs: The needs of the majority of pupils are met through quality first teaching. Areas of need are identified and addressed through targeted PSHE (Personal, Social and Health Education) lessons. Children are also given opportunities to develop a sense of well-being through our positive whole school ethos and focus on developing our 'Character Muscles.'

Additional needs: If children are identified as having additional needs that can be supported in school regarding their well-being, targeted small groups or 1:1 are led by our pastoral support manager.

Targeted needs: Parents can access targeted support through agencies on this website, or will be signposted or referred to appropriate support.

Our Pastoral Support Manager

Mrs Hopkins, our pastoral support manager, has had years of experience supporting children with social or emotional needs. Her aim is to remove any barriers to wellbeing and to have happy, healthy pupils. Through her work, Mrs Hopkins will help children learn to understand their emotions and respect the feelings of those around them.

Areas that may be targeted include:

- Loss and bereavement
- Parent separation
- Support through an illness
- Self-esteem
- Social skills
- Emotions
- Friendship issues
- Anger management
- Behaviour
- Anxiety

In School Support...

We aim to meet the needs of individuals in a supportive manner

Recognise that everyone experiences life challenges that can make them vulnerable and that, at times, they may need additional emotional support.

We promote positive school ethos

Our positive and caring ethos is promoted through our values. We ensure all pupils feel a sense of belonging.

Staff Training

Staff are trained to look out for signs that pupils may require emotional support.



Where else can you find help as a parent?

- The School Nurse
- G.Ps
- Paediatricians.
- Educational Psychology services.
- Family support workers.
- Social workers
- Counsellors/therapists.
- CAMHS (Child and Adolescent Mental Health Service)



What are the signs of anxiety?

Young people with anxiety problems have ‘anxiety thermostats’ that are over-sensitive and ‘out of sync’ with the reality of the threat presented or remain on all the time’

– Carol Fitzpatrick, Helping Young People Manage Anxiety

In anxiety, the main feelings are of insecurity or fear.

As well as unpleasant feelings, anxiety can affect children in other ways such as:

- Hyperventilating
- Rapid heart rate
- Dizziness
- Trembling
- Nausea or stomach aches
- Head aches
- Bed wetting
- Difficulty sleeping or nightmare
- Tics
- Difficulty concentrating



Childhood Depression

Depression occurs when sad feelings do not go away. They overwhelm a person and stop them from doing the things that they normally do. Children and young people may show it in a different way to adults.

The defining characteristic of depression, and what sets it apart from anxiety (and grief), is lowered self-esteem.

Signs of depression may include:

- Marked loss of interest in activities
- Irritability and moodiness beyond the normal range/ tearfulness
- Defiance or violent outburst/disruptive behaviour at school
- Lack of confidence; low self-esteem; blaming themselves if things go wrong
- Becoming withdrawn
- Self-injury
- Sleeping very little or too much.



What can I do to help my child with common problems like anxiety or anger?

Be prepared to allow time for them to work things through

All children go through stages of feeling anxious or angry and they can show this in lots of ways, for example: tantrums, crying, sleeping problems or fighting with siblings. They might be adapting to a change in the family or in their school life, or just trying out new emotions, and will generally grow out of worrying behaviour with family support.

Spend time talking about feelings and behaviour

Talk to your child: Even young children can understand about feelings and behaviour if you give them a chance to talk about it. Take it gently and give them examples of what you mean, for example, 'When you can't get to sleep, is there anything in your mind making you worried?'

Be consistent

Try and sort out how to deal with the behaviour with the child's other parent together so you are using the same approach, and can back each other up. Children are quick to spot if parents disagree, and can try and use this to get their own way.



YOUNGmINDS

Parent Helpline:

0808 802 5544





Teaching Resilience...

How to bounce back when life delivers you a set back

- Stress is normal emotion that we all experience and is a basic function of survival. Stress helps us to avoid dangerous situations and enables improved performance in many areas of life e.g. a bit of adrenaline is good to enable high performance in sports /exams
- Problem solve and help to develop coping strategies for times when things are not going well
- Help your child to recognise their strengths
- Actively listen to them
- Encourage rehearsal for how they would manage a stressful situation
- Teach relaxation techniques



Useful Contacts

	<p>UK Charity committed to improving the wellbeing and mental health of children and young people.</p> <p>Helpline for parents Tel: 0808 802 5544</p>
	<p>Beat is the UK's eating disorder charity. They help people with eating disorders and provide support for those with emotional overeating and difficulties with food, weight and shape. Beat provide helplines, chat rooms and message boards as well as information and resources.</p> <p>Helpline Tel: 0800 801 0677</p> <p>Youthline Tel: 0800 801 0711</p> <p>Studentline Tel: 0808 801 0811.</p>
	<p>Cruise is a UK charity for bereaved people in the UK, offering support, advice and information to children, young people and adults when someone passes away. Cruise offers face to face, telephone, email and website support. There is a free helpline and a website specifically for children and young people. Services are provided by a network of 5,000 volunteers and are free and confidential.</p> <p>www.hopeagain.org.uk</p> <p>National Helpline Tel: 0800 808 1677</p>
	<p>NHS Choices is the UK's biggest health website, providing a multichannel service for every one engaging with the NHS and social care. The website provides comprehensive health information through articles, videos and tools to help people make the best choices about health and lifestyle. The mental health section includes information about a range of problems, including bereavement, relationships, talking to children about feelings, depression, anxiety, raising self esteem. The Mood Zone section provides tips and advice to boost mental health, self help and treatments and where to go for additional help and treatment.</p>

Useful Contacts



Local NHS website that brings together interactive and informative content for primary school children, their parents and teachers, including content on health and wellbeing

<https://www.healthforkids.co.uk/>



MindEd

e-learning to support young healthy minds

- Educational resources available for online training in children's mental health.
- There are many modules in different areas to help develop understanding and provide strategies for dealing with children's mental health issues. Each module is organised into age appropriate sections.
- Certificates are awarded following completion of a module. Users will need to register (for free.)
- There is also a help section for parents and an area for dealing with digital risks (for example cyberbullying)

HELPLINES CONT:

Childline Tel: 0800 1111	Free help line for Children or Young People in trouble or danger
National Bullying Helpline 0845 2255787 / 07734 701221	Advice and Support for Parents and Children See also www.bullying.co.uk
NSPCC Tel: 0808 800 5000	Free 24 hour service for anyone concerned about a child at risk of ill treatment or abuse.
Lesbian, Gay and Bisexual Centre 0116 254 7412	Advice, Support and a Youth Club facility. http://www.leicesterlgbtcentre.org/

In some situations where parents present with concerns about children's behaviour, the most useful first intervention is to ensure parent's own needs are met. Useful sources of support include:

Domestic Violence Helpline: Tel: 0300 123 0918 enquiries@safedvs.co.uk UAVA (Domestic & Sexual Violence) Tel: 0808 80 200 28	Advice/ Support available to people affected by abusive or intimidating relationship. Support and advice to anyone affected by an abusive relationship. www.uava.org.uk/
Free from Violence and Abuse www.freeva.org.uk Sexual Abuse helpline 0300 333 6533 www.respect.uk.net 0808 802 4040	Work with perpetrators of abuse to help them address their behaviour. Also Support to Victims and training to professionals
Alcohol Advice Tel: 0116 222 9545 Drug Advice Tel: 0116 222 9555	Leicestershire Community Projects Trust Self referral system.
Leicester Counselling Centre Tel: 0116 255 8801	Offers individual counselling (aged 16 years and above)..
Home-Start Horizons (City, Charnwood & Melton/Rutland) Tel: 0116 249 5062	Bases in all areas. See telephone directory for contact numbers
Relate Leicestershire 83 Aylestone Road, Leicester LE2 7LL Tel: 0116 254 3011	Relationship Counselling for Couples. Also some Children and Families Counselling.
Coping with Cancer Tel: 0116 2230055	Support, including parent support, for people with cancer
Let's Talk Wellbeing - Psychological support and advice (Accessed via G. P or self-referral.)	Quick access to Mental Health Support for adults. 16+ years https://www.nottinghamshirehealthcare.nhs.uk

Produced by the Primary Mental Health Service (CAMHS), Valentine Centre, Gorse Hill Hospital Site, Anstey Lane, Leicester. LE7 7GX TEL: 0116 295 5050

Services designed to support Children and Families with Emotional & Behavioural Difficulties

Summary of Services to assist Parents & Carers

Nov 2019

PRESENTATION	SUGGESTED SOURCE OF HELP
Advice to Parents/Carers regarding management of children Behaviour problems, e.g. sleep, tantrums, (for children under 5 years old). Emotional and behavioural difficulties (including bedwetting) in school-aged children.	Health Visitors (contact local surgery) Text: 07520 615381 (City) 07520 615382 (County) School Nursing Service (contact via children's school) Text : 07520615385 (City) 07520615387 (County)
Advice, Information and Support to Parents/Carers regarding Behavioural and Emotional Difficulties at home. Children's Centres & Family Support Services https://mychoice.leicester.gov.uk/ Family Information Directory www.leicestershire.gov.uk/education-and-children/social-care-and-supporting-families/family-information-directory Links with all relevant agencies	Leicester City Children's Centres Early Help at Children Centres. Go to https://www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/early-help/referral-for-early-help-support/ or ring . 0116 4541004 Leicestershire County Council Early Help Services A range of services are available for all age groups. Ring 0116 3050005 or go to https://resources.leicestershire.gov.uk/education-and-children/child-protection-and-safeguarding/early-help-to-find-out-more . Rutland Early Help Services Ring 01572 758407
Support and Advice to Parents with children with complex care needs	Parent Carer Forum (County) Tel: 07840 154114 www.leicestershire.gov.uk/education-and-children/pecial-educational-needs-and-disability/find-a-social-care-health-and-other-support-services-provider/leicestershire/C2%A0parent%20carer-forum

Young People and Families Mediation Service (ages 11-19) County Only	Talk2Sort - The Bridge http://www.thebridge-eastmidlands.org.uk/talk2sort
Counselling for Young People: On-line Counselling available free of charge to young people in Leicestershire via www.kooth.com	Secondary Schools often provide their own Counselling Services. Otherwise private services are available via websites.
Young Carers Service: for Children and Young People caring for parents with a physical or mental health problem. http://www.barnardos.org.uk/carefree	Barnardos Care Free Tel: 0116 286 7182 Fax: 0116 2752481 West Point, Fildspar Close Enderby, Leicester LE19 4SD
Youth Work: The Yes Project – aims to transform the future of young people Engage – helps young people to re-engage in education or find work Love4Life – working with 11-19 year old females to build confidence & make positive choices in their relationships, health & education	TwentyTwenty www.twentytwenty.org.uk Tel: 0300 111 2020 Also See: https://youngleicestershire.org.uk/youth-clubs-in-leicestershire/
Sexual abuse: Post sexual abuse intervention for children. Also, input provided for carers of these children. Tel: 0116 2168334	Family Action Fosse Neighbourhood Centre Mantle Road Leicester LE3 5HG
School attendance problems: Contact via child's school	Education Welfare Service
Emotional/ Behaviour problems in school: (Including School Anxiety) Contact via child's school	Behaviour Support Team Educational Psychology Service
Bereavement issues: For any child affected by bereavement http://thelauracentre.org.uk/	The Laura Centre 4 Tower Street, Leicester LE1 6WS Tel: 0116 254 4341
Protecting Children from becoming involved in anti-social behaviour: https://leics.police.uk/advice-and-information/kids-and-teens	Youth Support Services County Youth Offending Service-0116 305 0030 City – Use Early Help via https://www.leicester.gov.uk/schools-and-learning/support-for-children-and-young-people/youth-services/targeted-youth-support/
Support to Families affected by ADHD Support groups and training	ADHD Solutions Tel: 0116 2610711 www.adhdsolutions.org.uk
People coping with the effects of crime www.catch-22.org.uk/services/victim-first	Victim Support Victim First – 0800 953 9595

Advocacy for Parents and Carers of children with Special Educational Needs	SENDIASS/ Parent Partnership City – Tel: 0116 257 5027 County -Tel: 0116 3055614
Combating Fire Setting- Preventative work with children involved in fire setting http://www.leicestershire-fire.gov.uk/your-safety/kids-youth/firecare/	Fire Care Leicestershire Fire Service – early intervention for children setting fires. Tel: 0116 287 2241
Drug and Alcohol Advice and Support for Young People (18 years and younger)	Turning Point Tel: 0330 303 6000 www.wellbeing.turning-point.co.uk/leicestershire
Support for Parents/Carers through short courses/groups: www.funandfamilies.co.uk	The Centre for Fun and Families 177/179 Narborough Road Leicester LE3 0PE Tel: 0116 2234254
Information on Services, Activities and Support for Disabled Children (Leicester City, county and Rutland)	Local Offer- Leicestershire https://www.leicestershire.gov.uk/education-and-children/special-educational-needs-and-disability/about-the-local-offer Local Offer- Leicester City https://mychoice.leicester.gov.uk/Categories/362
Support for families with Children on the Autistic Spectrum	See www.leicestershireautism.org.uk Or call the Leicestershire Autistic Society on 0116 2916958

There are also a number of telephone help lines / Websites which can be useful for parents, professionals, children and young people.

Gingerbread: Tel: 0800 018 4318	Advice / support for single parents.
Young Minds Parents Information Service: https://youngminds.org.uk/ Tel: 0800 018 2138	National Service offering professional advice to parents on concerns relating to their children's mental health.
Parentline Tel: 0808 800 2222 www.familylives.org.uk	Advice on parenting. Specialises in divorce and separation issues.
Connexions (Leicester City) Prospects (Leicestershire) www.connexions-leics.org	Information and careers advice for young people. See Phone directory or website for telephone numbers. Most advice begins in Schools and Colleges
Website information for children Covers a range of issues including mental health	Leicestershire Partnership NHS Trust www.healthforteens.co.uk (11-18 years) www.healthforkids.co.uk (5 – 11 years)