



Monthly Round up - October 2021

Contact us: spnt.mhst.earlyhelpse@nhs.net

Happy October from your Mental Health Support Team (MHST!)

We hope this newsletter finds you all well and settled comfortably into the new school term.

Don't the Summer holidays feel like a long time ago now! Have you noticed the nights closing in earlier already and the change in the temperature? For some people Autumn and Winter are times of year they really look forward to and for others, the lack of sunshine and warmth make things feel more difficult.

However you feel about the changing weather and seasons, remember that it is normal for this to affect your mood. It is important for you to keep check on this and notice if you are starting to find things harder to manage. What could you do to keep active in the colder months of the year?

As lockdown restrictions have lifted we are now able to see more of you face to face in schools, however, we will continue to offer virtual appointments also if you feel this is better suited to your needs.

If you would still like to know more about our role, please take a look at the short video below

<https://www.youtube.com/watch?v=0DzCxUcfNs8>

A reminder of what the MHST can support you with

Sleep difficulties Anxiety Worry Phobias
Panic Low Mood Single Event Trauma OCD



We know that being active and outdoors in nature is good for both our mind and body. Why not go on an Autumn nature hunt and see how many of the following items you can find:

- An acorn
- 5 different coloured leaves
- A pumpkin (bonus point for this one!)
- A fir cone
- Funghi (make sure you don't pick it!)
- A conker
- A squirell
- Berries (again - no picking!)
- A tree that has lost all of its leaves

SOME HELPFUL TERMINOLOGY

EMHP-Education Mental Health Practitioner, these are people who help children and young people in schools with some difficulties they are experiencing such as worries or feeling low.

CBT- Cognitive Behaviour Therapy, this is a talking therapy that helps you to learn skills to cope with difficult thoughts and feelings. High intensity CBT therapists are also part of the Mental Health Support Teams in schools who may help you with some of the difficulties you experience.

Suitability Assessment- This is the name of the first appointment you would have with an EMHP or CBT therapist to see if this therapy is the right way to support you. Our help is not always the most suitable option for you and so we may direct you to other support services.



WHAT'S BEEN GOING ON THIS MONTH?

Courses

We have been busy getting ready to offer group support to you and other schools in your area. We have already been in touch with some of your schools and are hoping to roll these out very soon!

Early Help Wellbeing Day

While we encourage you to take care of your wellbeing, it is also important for us to take care of ours, after all - you can't pour from an empty cup! The whole of the Early Help Team from CAMHS met up a couple of weeks ago to join in with some fun activities, including a quiz, a book game and enjoying a very tasty picnic! Everybody went home feeling relaxed, refreshed and with full stomachs!

Year 7 workshops

We have visited some of the secondary schools in your area and had the pleasure of meeting some of the new Year 7s, completing a Transition Workshop with them. They all looked very smart in their new uniforms and seemed to be enjoying their new schools. We look forward to hopefully meeting some of you for our workshops next year!

Celebrating our differences 🌟

Everybody is different, this makes us unique and we all deserve to be accepted and included. In this section we celebrate some of our amazing differences each month.

Dyslexia Awareness Week 4-10 October

This dyslexia week the focus is on Invisible Dyslexia, to explore the theme of visibility within the community. This will look at the importance of mental health, increase visibility of underrepresented groups, and raise issues of dyslexia being overlooked within certain settings.

Find out more here: <https://www.bdadyslexia.org.uk/support-us/awareness-events/dyslexia-awareness-week/dyslexia-week-2021>

October Celebrations 🍁

1st Oct to 31st Oct 2021 – Black History Month

Black History Month is a month-long observance throughout October, devoted to education about the history of Black people and the celebration of their contributions to history.

4th Oct 2021 - World Dyslexia Day

A day for awareness of the issues faced by those with dyslexia.

5th Oct 2021 – World Smile Day

A day started by Harvey Ball, creator of the smiley, as a day which is dedicated to smiles and kind acts throughout the world.

7th Oct 2021 - National Poetry Day

A day for celebrating poetry's power to bring people together.

21st Oct 2021 – Trafalgar Day

A celebration of Lord Horatio Nelson's victory at the Battle of Trafalgar.

31st Oct 2021 – Halloween

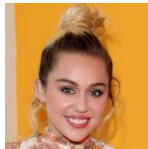
The world-wide celebration of all things spooky and scary.

https://www.eparenting.co.uk/celebrations/celebrations_and_events_in_october.php

Mental Health Heroes 🦸

We all have people that we look up to in life. This may be family, friends or celebrities. We are encouraging you to think about your Mental Health Heroes this month and to let us know who they may be!

This month our Mental Health Hero is **MILEY CYRUS**



During the Covid-19 pandemic, Miley Cyrus recognised how this was affecting people's mental health, including her own. She wanted to open up about her own struggles and also encourage other people to get help if they needed it and so recorded a call that she had with her therapist and shared it on Instagram, (if you didn't know, she has about 100 million followers!) Following this, Miley created a new show where she spoke to guests about how they were looking after their wellbeing and mental health during the pandemic.

Image: <https://www.biography.com/musician/miley-cyrus>

ChildLine- Call 08001111 9am- Midnight Everyday - Free telephone support for children to discuss any concerns or worries.

Shout— text SHOUT to 85258 - 24/7 Free and Confidential TEXT service for anyone in a crisis.



How might you decorate your pumpkin this Halloween?



<https://www.countryliving.com/diy-crafts/g1350/pumpkin-decorating-1009/>



<https://www.goodhousekeeping.com/holidays/halloween-ideas/g238/pumpkin-carving-ideas/>

Why not try something different this Halloween?

There are so many different ways to decorate your pumpkin - try some of the ideas below:

- Pumpkin painting (you could use glow in the dark paint!)
- Pumpkin sensory painting (paint inside a clear plastic bag so that you don't get messy!)
- Pumpkin carving (which ideas haven't you tried yet? Maybe you could carve your favourite animal or a spooky word?)
- Pumpkin stamp painting (use cut-out parts of your pumpkin as stamps for your paint!).
- Pumpkin collage - what interesting things can you find to decorate your pumpkin with?
- Make a pumpkin fairy garden or graveyard.
- Carve out your pumpkin and use it to store treats for all of those trick-or-treaters!





MHST Newsletter

