



Schools Pathway Newsletter

Welcome

Welcome to our first team newsletter!

Each term we will be sending out a newsletter to cover information, tips and ideas to support the wellbeing of staff and students as well as their families.

We hope you are all keeping safe and well in the current lockdown.



We know that you are all working really hard and we want you to know that we are still available to work with young people and families as well as school staff virtually over the current time.

We know it is difficult with the current lockdown but it is really important that you all take some time to look after your own wellbeing.

Remember its ok to not be ok. Check in with yourself and your feelings and make time for some self-care.

Mental Health Support Team

Volume 1, Issue 1

Feb 2021

Signposting

- ☺ Free online yoga classes for children aged 5–13years at starshine yoga
- ☺ @wearebeyond have a range of interactive talks, information and wellbeing advice
- ☺ Head over to Bedford Local Offer to find out what is available for young people in your local area
- ☺ YoungMinds have a range of information, advice and support for young people during lockdown



EXPRESS YOURSELF



This week 1st - 7th Feb, is Children's Mental Health Week. And we couldn't think of a better week to start our newsletter.

The theme this year is 'express yourself' it's all about sharing ideas, thoughts and feelings through creativity.

Ideas of ways you can express yourself:

Art

art, craft, painting, drawing



Music

Singing, dancing, play an instrument, listen to music



Exercise

Yoga, dance, walking, running



Words

Talking, writing, poetry, reading, podcast



Through you

Your hair, clothes, accessories, body language



Video

Youtube, tik tok, games, photography



Being creative and expressing yourself can help you to relax and de-stress. This can generate "feel-good" endorphins which can lift your mood, help you feel empowered, and create a sense of identity and achievement.

Head over to [place2be](#) for a range of ideas, resources and virtual sessions.



Self Care Tips

Its really important to take some steps to look after ourselves. Particularly at the moment.

We've collated a number of different ways you can spend a short time to check in with your self and your wellbeing.

1. Do something every day that brings you joy
2. Daily exercise - go for a walk, run - produce some endorphins
3. Seek out something new - new activities, hobbies, skills or even just listening to a new podcast, reading a book or researching something of interest
4. Check in with yourself - start a journal or just spend 5 minutes reflecting on your day, what did you enjoy, what made you smile or laugh. What might be different tomorrow?
5. Be kind to yourself. Positive self talk, I can do this, I am strong enough, remember the time will pass.

CAMHS Parent Talks

Award winning parent information and wellbeing sessions. These sessions are designed to provide advice, strategies and wellbeing tips to support the wellbeing of children and young people.

Head over to twitter and follow



@camhs wellbeing_1

to find out more information on our parent information talks. These are open to anyone. You do not have to be receiving support to access.

See below for the current timetable of upcoming talks.

February - Eating Disorders

March - Managing Emotions & Self Esteem

Keep an eye out on twitter for further details and upcoming talks.

CHILD & ADOLESCENT
EMOTIONAL WELLBEING
PROGRAMME
NOW AS ONLINE WEBINARS & AVAILBLE
IN BEDFORDSHIRE & LUTON

A PROGRAMME FOR PARENTS & CARERS TO GET ADVICE AND
STRATEGIES TO SUPPORT CHILDREN & YOUNG PEOPLE WITH THEIR
EMOTIONAL WELLBEING

**MANAGING EMOTIONS &
SELF-ESTEEM**

DAYTIME SESSION • EVENING SESSION
WEDNESDAY 10TH MARCH 2021 WEDNESDAY 24TH MARCH 2021
10.00AM - 11.30AM 6.00PM - 7.30PM

FOR FULL DETAILS CLICK ON THE FOLLOWING LINKS
DAYTIME SESSION
EVENING SESSION
OR FOLLOW US ON TWITTER @CAMHSWELLBEING1