



## Welcome to the Summer 2024 Family Newsletter

# Spectacular Donation!



Following the success of our first team donation back in December 2023 to local charity - The Clothing Bank, our team have decided to continue supporting the amazing work Sally and Sue tirelessly do to help stop clothing poverty.

So when our project manager, Nic White was asked if she would do another donation collection, she jumped at the chance vowing to take more bags of pre loved clothing than the last time!

Our team donated a fabulous 30 bags of clothing, bags and shoes, however Nic wanted to do more! So put out a plea in her local area for any further donations. She was happily inundated with support! Nic played **bag Jenga**, loading **60 bags** of pre loved clothing and **2 bags** of toiletries in to her car and managed to **squeeze** herself and team secretary, **Donna Watson** in to drop it all off at The Clothing Bank HQ!

Both Nic and Donna had the privilege of going behind the scenes at The Clothing Bank HQ, thanks to Sally! It was truly amazing to see the time and dedication that is put in to helping stop clothing poverty by Sally, Sue and their volunteers! Nic is already planning the next donation station with plans to **go bigger!**



If you would like to know more about The Clothing Bank, you can visit their website [The Clothing Bank](#) or their [Facebook page](#). Any donations of preloved clothing, bags, shoes and toiletries can be taken to any of the volunteer drop off points [DROP OFF POINTS | The Clothing Bank](#) and would be greatly received. If you or anyone you know may need the support of The Clothing Bank you can reach out via the website.

## Thank You to School Staff

We receive lots of lovely feedback from parents, carers, children and young people about the work that we do.

We also hear from staff members in schools about how well we support them. It's important to remember that when education staff are looked after too, they are better able to support their students.

We recently received feedback from a teacher at a local school saying: ***"It's been great being able to get things off my chest in a safe space to someone who understands the pressures we face. Our work focuses so much on our children, it's too easy to forget about ourselves. We appreciate our MHST so much."***



Thank you for helping me



How about at the end of this summer term, **asking your child** which **adult in school** they really **appreciate and why?** This might be their **class teacher**, **learning mentor**, **lunchtime supervisor** or the **caretaker**, and then let them know just how appreciated they are!

# Family Slow Down



Marisol

Thank you to Sol, Associate practitioner, FIM MHST for these words of wisdom on slowing down.

**6.30 am** and the **alarm clock** goes off. My bare feet hit the floor and in a **blink**, everyone is out the door feeling that it is going to be another day of races against the clock!

Sometimes this crazy life makes me feel I am falling behind in so many areas, but I don't think that it is much different for our children. We are their **role models** and we teach them to go through life **100 miles per hour**, as fast as you can. To be productive, to be successful, to achieve, all those great things, **but at what cost?** Sleep – work- eat – repeat!

**It can be different.** We **can** learn to **slow down**. We can teach our children the importance of self-care, of finding the beauty of the **“here and now”**, of the power of intentional breathing. The pandemic left us with sad memories of the loss of loved ones, but it also gave the whole world the opportunity to **slow down**. Many of us promised ourselves never to go back to the “race tracks” but failed in the process. I haven't given up yet. I encourage you to keep on trying, for you and for your children and the children to come.

**Things you can start trying are simple:**

- \* **S**hare a meal together
- \* **S**hare 3 things you are thankful for today at the end of the day
- \* **P**ut less things in your diary
- \* **P**ractice relaxed breathing daily, even if you think you don't need it
- \* **T**reat your family to spend time in nature



Wakefield Educational Psychology Service

## “Return to School Support”

- \* **Do you have worries about your child's return to school in September?**
- \* **Would you like strategies on what you could do to try to help your child?**
- \* **Would you like to speak to somebody and get advice on what could be done to help?**

If you have answered “**yes**” to any of the above, then the “**Return to school support**” service is available for parents and carers throughout the school summer holidays.

There are **Educational Improvement Teachers (EITs)** available to take your call to listen to your worries and provide support, signposting and impartial advice.

To speak to an EIT, please call the **Educational Psychology Service** on **01924 307403**. The **EITs** are available to take phone calls **every Tuesday** from **6<sup>th</sup> August** until the **17<sup>th</sup> September** between **9.30am** and **12pm**.



Karen

## How Do you Sleep!

Thank you to Karen Ross for this article!

Our Education Mental Health Practitioner (EMHP) Karen, delivered an enjoyable and informative **Sleep Group** to a number of children and their parents from **Snapethorpe Primary School**.

The group enjoyed learning lots of facts about **sleep**, thinking about their **bedtime routine**, how they **use their devices**, their **bedroom environment** and trying new **sleepy foods**! They celebrated their work by **making a lovely dreamcatcher** to hang above their bed at home. Lots of fun was had by everyone who attended.

More information on sleep can be found on the following site:

[Home - The Sleep Charity](#)



Fabulous art work

## What's Your Summer Plan?

The Future in Mind Mental Health Support Team attended a local primary school's "Big Picnic event" which was very well attended. Members of the team were able to **share resources and advice** with families on mental health and wellbeing. **Mayor of Wakefield, Darren Byford**, spent time with the team, to hear about the valuable work being delivered across the Wakefield district. **Look out for us** at the **Happy Healthy Holidays** Summer events, where we will be raising awareness on **mental health** and doing **fun family activities** to boost your **wellbeing**. You never know, you might meet Batman, Elsa or a sleepy banana!



We will be **continuing** all of our **one to one** and **small group work** sessions **through** the **summer holidays**. These will be in community bases or online as schools will be closed.

You can find out more about what your Family Hubs offer and locations [Family Hubs – Wakefield](#)

[Families Together](#)

## Summer Parent / Carer Virtual Session



Come along to our **virtual information sessions** to hear more about how you can support your child's **mental health and wellbeing** through childhood, the teenage years and beyond!

The sessions are for **parents and carers** across the **district**.

### Wellbeing Superstars :

**Thursday 25th July - 12:00 - 1:30pm and**

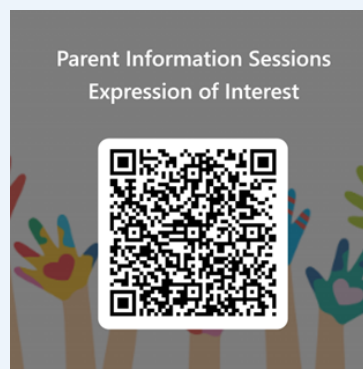
**Thursday 8th August - 12:00 - 1:30pm**

Learn about common childhood worries, how to support the early warning signs that your child may be struggling and gain strategies and tips on how you can support your child's wellbeing.

**Thursday 1st August 12:00 - 1:30pm – Sleep Success**

Learn all about children's sleep and the amazing benefits of sleeping well for your child now and as they get older. Learn helpful practical strategies to ensure that your child (and you) gets a better night's sleep.

To book your place, **Scan Me**



## What is WF Happy Healthy Holidays?



WF Happy Healthy Holidays aims to keep children and young people active during the School Holidays by providing free activities and healthy food. WF Happy Healthy Holidays is for school age children (Reception to year 11) who receive income-related free school meals.

**Happy Healthy Holidays Summer activities will be taking place between 29th July - 23rd August 24** Places can be booked using the following link [Wakefield Council \(coordinate.cloud\)](#) once they become available

Part of **Our Year** a yearlong celebration of culture and creativity for everyone, everywhere in Wakefield district!

- **Impact Gamers** - BAFTA award-winning Impact Gamers and discover the world of game making in beginner-friendly sessions!

**Music Production** - Unique opportunity to experience the inner workings of the music industry. Under the guidance of a musical mentor from Fanfare Music, you will spend the time immersing yourself in the creative process.

Information about where and when these activities are happening including age ranges, can be found at the **summer s'cool website: [www.wfdsummers.cool](http://www.wfdsummers.cool)**

## Summer s'cool is back for 2024!



- **Podcasting** - In this programme, delivered by Storytrails, children will be empowered to let their voices be heard! They'll learn the basics of storytelling, scriptwriting, audio production, and voice acting - creating an entire podcast episode from start to finish.

**Digital Explorers** - Create and learn with professional teaching artists, Rob Young and Anna Spratt. Develop exciting new skills along the way, while celebrating wonderful things about where you live.



## Exam Results Day

Whether your child / young person got the grades they expected or not, there are lots of options available to them.

### Top Tips!

- Listen
- Give your full attention
- Be available
- Be aware of your own feelings and emotions



**A Level** – Thursday **15<sup>th</sup> August**  
**GCSE** – Thursday **22<sup>nd</sup> August**

### Useful Links

[Exam results: supporting your child with GCSEs or A Levels \(actionforchildren.org.uk\)](https://www.actionforchildren.org.uk)

[Parent's guide to exam results | National Careers Service](#)

[Exam Stress | How To Deal with Exam Stress | YoungMinds](#)

## 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](http://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) 01977 735865

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 \(wakefelddistrictcab.co.uk\)](http://wakefelddistrictcab.co.uk)

## Growing Healthy 0-19 Service App

Parents, grandparents, carers and young people in the Wakefield district can now download the new Growing Healthy 0-19 Service App, to support the health development and wellbeing of children, young people and their families.

The app provides information including videos on a wide range of topics along with information on accessing the service, including family and youth hubs, local support groups and activities available across the Wakefield district.

The interactive app that users can provide feedback on their experience of the Growing Healthy Wakefield 0-19 Children's Service.

The app can be downloaded for **free** from the **Apple App Store** or **Google Play** by searching for 'Children's Health Service-HDFT'.

Scan the QR code or search for 'Children's Health Service HDFT App'

[www.hdftchildrenshealthservice.co.uk](http://www.hdftchildrenshealthservice.co.uk)



**“Wishing you a relaxing and rejuvenating break.” from the Future In Mind Mental Health Support Team**

