

Southampton MHST

Newsletter – Secondary (Wave)

December 2021



Welcome Parents, Carers, Children and Young People

We know that this time of year can be challenging for some people even amongst the festivities as the weather gets colder and the nights darker. The theme of this newsletter is giving, because of the benefits to our wellbeing and sense of connection with others that giving provides. We hope the information and activities that follow help you to have a peaceful holiday period.

[Mental Health in Schools Team Update](#)

We are the Mental Health in Schools Team (MHST). We provide targeted support for anxiety, low mood and/or behavioural difficulties. In Secondary Schools we primarily provide 1:1 support with young people using evidenced-based interventions based on Cognitive Behavioural Therapy (CBT). If you feel your child or pupil would benefit from support from our service, you can speak to School who will discuss with you and send a referral into our service.

If you would like to know more about the role of the MHST, please take a look at the short video below:

<https://www.youtube.com/watch?app=desktop&v=BALKNvAnDXg>

Contact us:

If you have any questions or queries for the
Southampton MHST

Tel: 0300 1236689

Email: SouthamptonMHST@Solent.nhs.uk



Professor Wellbrain

A Time for Giving....

Humans are social animals, so it is no surprise that we are wired to help one another. In our complex modern society, there are many ways to 'Give' and the good news is that we now understand that both the giver and receiver benefit from the relationship. [Neuroscience](#) has demonstrated that giving is a powerful pathway for creating more personal joy and improving overall health.

When most people think of giving, they may have to narrow a focus. All giving works wonders, not just cash given once or twice a year. How can you help others? Is there a cause you support? A friend that needs help? A stranger that needs a random act of kindness? You should fill every day with small acts of giving, as this is an effective way to bring happiness to yourself and others. Even just smiling at someone is an act of giving and will brighten both of your days.

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/><https://www.psychologytoday.com/gb/blog/vitality/201404/the-neuroscience-giving>



December Kindness Calendar



Action for Happiness have created a kindness calendar with ideas for how we can try and give to others and ourselves during the month of December.

Why not give it a try to find out how giving to others has a positive impact your wellbeing, and the world around you.

It doesn't matter if you miss a day - just try the idea for the next day, and remember that this is about giving kindness to yourself as well as others!

December Kindness 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|--|
| 5 Give a gift to someone who is homeless or feeling lonely | 6 Leave a positive message for someone else to find | 7 Give kind comments to as many people as possible today | 1 Spread kindness and share the December calendar with others | 2 Contact someone you can't be with to see how they are | 3 Offer to help someone who is facing difficulties at the moment. | 4 Support a charity, cause or campaign you really care about |
| 12 Be generous. Feed someone with food, love or kindness today | 13 See how many different people you can smile at today | 14 Share a happy memory or inspiring thought with a loved one | 8 Do something helpful for a friend or family member | 9 Notice when you're hard on yourself or others and be kind instead | 10 Listen wholeheartedly to others without judging them | 11 Buy an extra item and donate it to a local food bank |
| 19 Contact someone who may be alone or feeling isolated | 20 Help others by giving away something that you don't need | 21 Appreciate kindness and thank people who do things for you | 15 Contact an elderly neighbour and brighten up their day | 16 Look for something positive to say to everyone you speak to | 17 Give thanks. List the kind things others have done for you | 18 Ask for help and let someone else discover the joy of giving. |
| 26 Get outside. Pick up litter or do something kind for nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy | 22 Congratulate someone for an achievement that may go unnoticed | 23 Choose to give or receive the gift of forgiveness | 24 Bring joy to others. Share something which made you laugh | 25 Treat everyone with kindness today, including yourself! |
| 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why | 31 Plan some new acts of kindness to do in 2022 | 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciate them and why | 31 Plan some new acts of kindness to do in 2022 | 31 Plan some new acts of kindness to do in 2022 |

ACTION FOR HAPPINESS Happier · Kinder · Together

Activity – Gingerbread biscuits

You will need

Saucepan
Mixing bowl
Sieve
Baking tray, lined with greaseproof paper
Rolling pin
Cookie cutters, you could use festive shapes like trees or stars
If you don't have cookie cutters you can use an upside down glass
Oven gloves (be careful when using the oven, you can always ask an adult to help you!)



Ingredients

100g soft light brown sugar
100g golden syrup
50g unsalted butter or margarine
230g plain flour, plus extra for dusting surfaces and rolling pin
1 tsp bicarbonate of soda
1 tsp baking powder
½ tsp salt
2 tsp ground ginger
½ tsp cinnamon
1 tsp of mixed spice and 1 of nutmeg (optional)

Method

1. Add the butter, sugar and golden syrup to a saucepan and heat on a low heat and stir until the butter had melted and all the ingredients have combined together
2. Take the pan off the heat and leave to cool whilst you sieve the dry ingredients (flour, bicarbonate of soda, baking powder, salt and spices) into a large bowl
3. Mix the butter mixture into the dry ingredients and mix with your hands to make a dough
4. Place the dough in the fridge for 30 minutes
5. Preheat the oven to 180°C/160°C fan
6. Lightly dust a worktop and rolling pin with flour
7. Take the dough out of the fridge and roll to the thickness of about ½ a cm
8. Stamp out shapes with the cookie cutter and place on the lined tray
9. Place into the oven for 10-15 minutes, and leave on the tray for around 10 minutes once out of the oven to cool
10. (Optional) Decorate with icing however you like- you can buy icing or make some with 50g of icing sugar and 10ml of warm water

Parent top tips – dealing with stress during the holidays

The holidays can be busy and stressful, especially when we are focused on looking after those around us and making sure everybody else is having a good time. Looking after ourselves and finding ways to manage emotions can help us cope with the holiday period, so we have some top tips for you to try:

Focus on the positives and celebrate small achievements and moments

Have a break from social media and try to not compare yourself to others – remember that social media is just the highlights real!

Share tasks with others, for example by giving children some small responsibilities and encouraging their independence

Plan ahead of time and spread festive celebrations out if you can to try and avoid pushing all events into a small window of time in December

Think about what really matters to you, and it's ok to say no to things that don't fit with your priorities

Good news story



Arctic reindeer are under threat due to climate change, but did you know that reindeers are thought to have once been native to the UK?

Reindeers lived in Scotland until around 800 years ago when they were hunted to extinction. They were reintroduced in 1952 and since then a free-range herd in the Scottish highlands has grown from 8 to 150 reindeer.

The Cairngorm Reindeer Herd is now run as a visitor attraction, bringing people from all over the world to appreciate these gentle animals. “You can easily walk among them, even though they have big antlers on their heads. You’d be surprised how relaxing it is”, says Lotti Brooks, one of the reindeer herders.

If you want to read more about how this project is encouraging those working to save an at risk species, you can go to: <https://www.positive.news/environment/the-scottish-reindeer-offering-hope-for-an-imperilled-species/>

Useful services and websites for parents and young people

Please see the details of the following services that may also be able to offer you and your child advice and support. Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661. You are also able to contact the Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and a Behaviour Advisor will return your call within 1 week.

Please be aware that in the current situation there may be a slight delay in responding to duty calls

The Public Health Nursing (PHN) Service offers support to children, young people and their families who live in Southampton. The team is made up of Nurses, Emotional Health and Wellbeing workers and PHN Assistants; who can offer support for a wide range of health issues such as growth concerns, support with long term conditions, sleep problems, continence issues, general anxiety and much more. They have a confidential text messaging service called Solent Pulse where you can text any health questions and have them answered by a nurse. They are currently offering support through telephone calls, emails, text messages and video calling to comply with social distancing rules. If you would like to contact PHN for support please use one of the methods below:

Phone: 0300 123 6661 Solent Pulse: 07491 163278

Website: <https://what0-18.nhs.uk/solent/school-nursing>

Email: snhs.publichealthnursingsouthampton@nhs.net

USEFUL TELEPHONE NUMBERS:

| | |
|--|------------------------------|
| Southampton Multi-Agency Support Hub: (Safeguarding advice & parenting support). | 02380 833336 |
| Samaritans: | Free phone 116 123 |
| Parentline (24-hour advice): | 0808 800 2222 |
| Child line: | 0800 1111 |
| NHS direct: | 111 – non emergency helpline |
| SANE mental health help line (every day 16.30-22.30) | 0300 304 7000 |
| Young Minds help line (Mon-Fri 9.30-4pm) | 0808 802 5544 |

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- Selected mobile phone 'apps' to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful services continued

NO LIMITS ADVICE PROJECT <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13 The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk

Please contact the service via telephone, email or 'drop-in' to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1>

Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council's website and type 'families' into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

RE:MINDS

A parent-led support group for families of children with autism or mental health issues.

<https://www.reminds.org.uk/> With a closed Facebook group of over 600 members -

<https://www.facebook.com/groups/reminds>

CHILDREN WITH SPECIAL NEEDS

The Buzz Network - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria. <http://sid.southampton.gov.uk> – type 'Buzz Network' into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS <https://www.autismhampshire.org.uk/>

Autism Hampshire: Information, Advice, 'Needs Assessment' and support. Community Access, Southampton Office –1648 Parkway, Whiteley, PO15 7AH, Tel: 02380 766162 Email:

communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES

- <http://www.theredlipstickfoundation.org/> The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person's sudden death.

- <http://www.simonsays.org.uk/> Tel: 08453 055 744 - Bereavement service for Children.

- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEiw> National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES

- <https://www.hamptontrust.org.uk/our-programmes/> support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.

- <https://www.yellowdoor.org.uk/> Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.