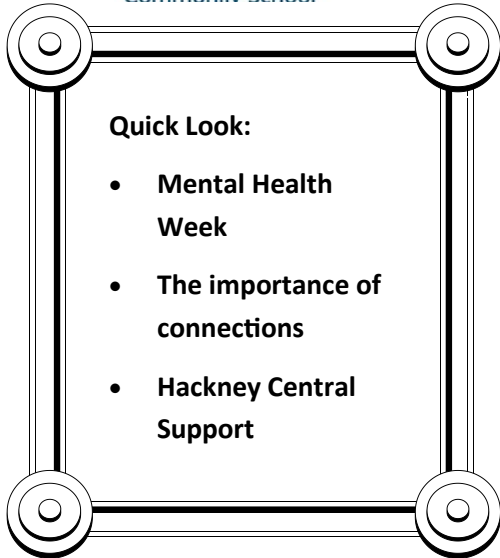


Wellbeing and Mental Health Parent Newsletter

Spring Term 2023



Quick Look:

- Mental Health Week
- The importance of connections
- Hackney Central Support

Children's Mental Health & Wellbeing Week



This year Children's Mental Health week is all about togetherness and connecting with others. We have combined Creative week with Mental health week and planned lots of ways to celebrate our community and working together. This week we looked at the Poem 'Together' by Matt Goodfellow.

Did you know that making and developing connections and friendships and being part of a community is one of the best things you can do to support good Mental health?

Think about which community groups you are part of. Your family group, your friendship group, your class and year group and then the whole school community group. It's great that you are so well connected!

CREATIVE EVENING

Wednesday 22nd February 2023

4-7pm

Come and see the work from creative/mental health week displayed for one night only. Tickets will be available nearer the time

In Mental Health week the children will be reading this poem and then thinking about what they do together to write and publish their own poems.

These will be displayed in the hall during Creative Even-

If you don't connect with others in meaningful ways it is possible that you could feel lonely.

Why is so important to feel connected to others?



The Importance of Human Connection

Human connection is a deep bond that's formed between people when they feel seen and valued. During an authentic human connection, people exchange positive energy with one another and build trust. Human beings are social species, wired to connect. According to Maslow's Hierarchy of Needs, besides food, water, and safety, love and belonging are the most important needs we must fulfill. This includes our desire for interpersonal relationships, intimacy, to connect with others, and to be integrated into a group. When these needs are met, our overall well-being improves, and we live a more fulfilled life. Having a strong support system helps people overcome challenges more easily and maintain a state of mental well-being. Human connection also decreases health risks and improves physical well-being and longevity. Strong social connections strengthen the immune system and increase your chances of a longer life by 50%.

What is loneliness, and what does it feel like?

Loneliness doesn't necessarily mean being alone. Loneliness is a state of mind that occurs when there's a disconnect between one's desire for human connection and their actual level of connection. In other words, it's when our longing for human relationships is unfulfilled. Loneliness can be found anywhere. Someone can have many social interactions but feel lonely because they lack a real connection with those around them. Others have close relationships with friends and family but long for a deeper connection with a partner. While everyone can experience loneliness differently, it often manifests as social isolation, feeling left out, unheard, or not belonging. If left unchecked, it can also have serious effects on your emotional well-being and physical health.

How to cope with Loneliness and make better connections.

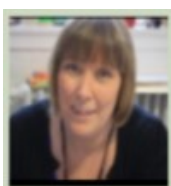
Dealing with loneliness isn't easy. For one thing, it builds on itself. Loneliness accumulates and we convince ourselves that it is huge and insurmountable. It makes you feel strange and off, even to yourself. It can feel embarrassing, as an otherwise functioning adult, to admit, even to yourself, that you are lonely. It can feel hard, almost impossible to break out of the state of loneliness, but it's a state that can be overcome, surprisingly easily. Loneliness is highly susceptible to action.

So what can you do to help yourself to feel better connected?

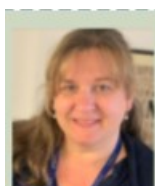
Talk to someone about how you feel - often people around you won't know how you feel. Talking to professionals can help to navigate and overcome feelings of chronic loneliness. To break out of this negative mindset, you have to **take the initiative** and put yourself out there. Be proactive and reconnect with friends and family, or build new relationships. Call an old friend, join a club, or take your colleagues out for a drink. Make your well-being a priority and try new activities to build fulfilling human connections. **Volunteering and giving back to others** is a meaningful way to connect with others, make friends, and feel a sense of purpose in your life. Giving back to those in need also amplifies your sense of gratitude and well-being. The key to overcoming loneliness and living a more fulfilling, happier life is to challenge yourself and look for opportunities to build genuine connections with those around you.

The Millfields Wellbeing Team

For help with any mental health and wellbeing questions please email Debi: dcookhorn@millfields.hackney.sch.uk



Jane Betsworth
Headteacher



Debi Cookhorn
Wellbeing Lead



Kingsley Fry
SENco



Chris Belgrave
Behaviour Lead



Dr Philippa Harbridge
Clinical Psychologist



Jennifer Jones
Mental Health
Practitioner



Finn Neary
Art Therapist

Hackney Mental Health Support For Parents & Children

If you would like attend any of these workshops below please ctrl click on the title and it will take you to an Eventbrite booking page.

Half Term - Monday 13 th February - Friday 17 th February 2023		
23/02/2023	MHST Young Person Workshop: Intro to mindfulness	16:30-17:30
09/03/2023	MHST Young Person Workshop: Drifting off to sleep	16:30-17:30
31 st March – 17 th April 2023 = 2 nd term holidays		
04/05/2023	MHST Parent Workshop: Supporting child's transition to secondary school	10:00-11:00
04/05/2023	MHST Parent Workshop: Supporting your child's transition to secondary school, or parents of children with autism	10:00-11:00
tbc	MHST Young People / Parent group sessions: Tree of life 5 sessions MHST Parent Group: Mindful Parenting	

THE FAMILY COACH SERVICE

WORKING TOGETHER TO SUPPORT FAMILIES TO FEEL EMPOWERED AND MAKE POSITIVE CHANGES HAPPEN

WHO WE ARE

Hello!

We are Emily and Rachel, Family Coach's for Hackney!

We have a combined 20+ years experience working with children and families and are committed to empowering families to realise their potential through coaching.

We look forward to answering any questions you may have and working with you soon!

WHAT WE DO

We act as a connection between family home life, school and community.

We aim to provide coaching and mentoring opportunities;

- To support families to identify and talk about changes they would like to make and then find a way forward in their journey.
- To actively listen to families and identify possible workshop opportunities within communities.
- To provide a non-judgemental and confidential space for families.

WHAT IS COACHING?

Coaching is unlocking a person's potential to maximise their own performance through conversation, goal setting and taking action.

OUR SERVICES

1:1 or Family Coaching
Across the 6 sessions you will be empowered to work towards achieving self directed goals.

These can take place either online or in person. Available to any family living in Hackney

Parent Support Groups
A space for you and a small group of parents work towards a goal you'd like to achieve. We will celebrate successes and problem solve together. Available to any family that has a child attending a school in Hackney.

Drop in sessions
Email us to book a place for a 20 minute drop in session every Monday between 1-3pm.

These take place either online or in person at Hackney Education, 1 Reading Lane, EB 1GQ.

Here you can receive:

- Coaching
- Signposting
- Support

Available to any family that has a child attending a school in Hackney.

FAMILYCOACH@HACKNEY.GOV.UK

WHAT TO DO IF YOU WOULD LIKE SUPPORT

- Speak with your SENCO to be referred for 1:1 coaching and to find out where our support groups are.
- Email us directly if you have a questions, to book a drop in appointment or if you want to receive our newsletter.

WE LOOK FORWARD TO MEETING YOU

Working for every child

Silvercloud

An online support programme for Young people (with parent support) who struggle with anxiety.

The programme provides the education tools for young people to be able to understand and manage their anxiety.

If you are interested in this please email Debi dcookhorn@millfields.hackney.sch.uk



What you will learn...

Parenting An Anxious Child

Empower you to recognise and focus on the helpful sides of anxiety.

Parenting Positively

Learn how to respond more positively when your child is experiencing anxiety.

Changing Anxiety

Learn how to use key CBT skills to help your child make changes which reduce their anxiety.

Problem Solving

Learn when to address your child's worries with effective problem solving.

Changing Thoughts

Promote the use of cognitive restructuring strategies to challenge worries and create more balanced thinking.

Facing Fears

Facilitate recognition of the importance of children facing their fears, rather than avoiding them.

Creating A Plan

Supporting you in ongoing anxiety management planning.

Going Forward

Enhance understanding of the importance of self-esteem and resilience in staying healthy.

Thursday 2nd Feb 2023 2:30pm-4pm

This webinar will explore the key principles and learning from the Children & Young People's Team NHS England's recently published Disordered Eating Guidance. This event is suitable for school leaders, teachers, GP's, youth workers, parents and carers.

Aims of the webinar:

- Raise awareness of Disordered Eating
- Improve understanding of the referral process for Disordered Eating and Eating Disorders
- Improve support for young people and families before, during and after any treatment

To register via Eventbrite click [here](#).

Beyond Equality developed a toolkit for Parents on how to talk to their students about Andrew Tate. Please [click](#) here to access the toolkit document.