

'Kind Minds' Newsletter

March 2021

This newsletter has been produced by several partner organisations across Staffordshire, with the aim of pulling together useful information about children & young people's mental health and emotional wellbeing.



Top tips for good mental health and wellbeing

Youth Mental Health Ambassador, Dr Alex George has shared his 'top five tips' for young people's good mental health and wellbeing. This is live on the Department for Education's [YouTube channel](#).

Dr Alex has given advice to young people on how to improve their mood and look after themselves by eating well, getting plenty of sleep and natural light during the daytime.



Boloh – The Black, Asian and Minority Ethnic Family Covid-19 Helpline



Barnardo's has launched a COVID-19 helpline and webchat for those age 11+.

Call us on 0800 151 2605 or chat to us online at <https://helpline.barnardos.org.uk/>

Are you a Black, Asian or Minority Ethnic child, young person, parent or carer, affected by Covid-19? You can speak to us about your worries, problems and stresses during this time, and we can provide emotional support, practical advice and signposting to other organisations who can provide further help.

We are available to talk Mon-Fri, from 10am- 8pm, and Sat-Sun 10am-3pm.

What are the Five Ways to Wellbeing?

The **Five Ways to Wellbeing**, developed by the New Economics Foundation (NEF), are a set of evidence-based actions which promote people's **wellbeing**.

Evidence suggests there are five steps we can all take to improve our mental health, enabling people to feel happier, more positive and to get the most from life. They are: **Connect, Be Active, Take Notice, Keep Learning** and **Give**. These activities are simple things individuals can do in their everyday lives.

Wellbeing is when you feel good and enjoy day to day life. The things that we do and the way we think affects our wellbeing. Each of the five ways to wellbeing can make a positive difference to the way we feel. Being aware of and combining these will make a difference.



Connect... With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Be active... Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take notice... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



Give... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

HappyMaps⁹

Happy Maps – new resource

A website for parents, carers and professionals. Reliable and up-to-date resources on emotional health for your children. For all ages, from babies to young adults.

Worried about your child's behaviour or mental health? Not sure where to start looking for help? Happy Maps has information and resources to help you and your child of different age groups, comprehensive help directory and information for professionals.

There are also resources for children or teenagers with special educational needs (SEN) or disabilities, who often experience issues with mood, anxiety, poor sleep and other problems.

Visit Happy Maps at: www.happymaps.co.uk



Better Health – Every Mind Matters: Make Inside Feel Better

When things aren't so good out there, make inside feel better! Create your own ['Mind Plan'](#) to get tailored tips and advice for you.

[Every Mind Matters](#) has lots of information and resources to support you during the Covid-19 outbreak, including a [Covid-19 hub](#) that includes tips on how to deal with change, cope with money worries and job uncertainty and how to look after your mental wellbeing whilst staying at home.

There are practical tips and videos from experts on dealing with [stress](#) and [anxiety](#), boosting your [mood](#), [sleeping](#) better and what you can do to help others – including advice for [parents](#) and for [children and young people](#).

Visit <https://www.nhs.uk/oneyou/every-mind-matters/>

Training Opportunities



Psychological First Aid: Supporting Children and Young People

[Public Health England](#) has launched a new Psychological First Aid e-learning on supporting children and young people in emergency and crisis situations via the [Future Learn](#) platform. This programme is aimed at professionals (including education staff), volunteers and members of the public interested in supporting the psychological wellbeing of children and young people during and after the pandemic and other potentially traumatic or stressful incidents.

It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required.

Visit <https://www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people> for more information and to enrol.



Youth Mental Health: Helping Young People with Anxiety

University of East Anglia and [Future Learn](#) offer an introductory course to managing anxiety disorders in teenagers. Learn how to identify and help with anxiety in young people, understand 'stigma' related to mental health and develop your ability to help a young person experiencing debilitating anxiety.

It is free, takes about three hours to complete (split into three sessions that the learner can complete at their own pace) and no previous qualifications are required.

Visit <https://www.futurelearn.com/courses/youth-mental-health> for more information and to enrol.

