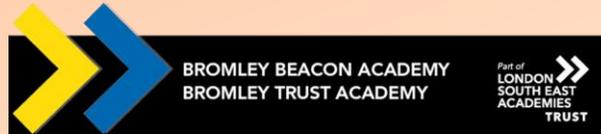


# Therapy & Wellbeing Newsletter

Bromley Beacon Academy &  
Bromley Trust Academy

Autumn Term 2018

Edition 3 Volume 1



Dear Parents & Carers,

This term, we have been taking part in a campaign called 'Time to Change' which has been aimed at reducing stigma and increasing discussion of mental health. 'Mental Health' is a term we increasingly hear, however there can be misunderstanding and fear about it. Like our physical health, everyone has

wellbeing. Alternatively, people may have no diagnosis but experience periods of low wellbeing and low mental health.

This term, we have held assemblies and activities, discussed mental health in lessons and fundraised for

**1 in 4 people will experience a mental health problem this year – MIND, 2018**

**For more information, resources or support, contact your school therapist:**

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**Bromley Trust Academy Hayes**

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mental health. Our state of mental health may change throughout our lives based on things that happen to us, our genetics and/or biology. With or without a mental health diagnosis, we can have a high or low sense of wellbeing. For example, some people may be diagnosed with a mental health condition such as depression or anxiety and learn strategies, have medication or therapeutic support which means that they have a high sense of personal

Charlie Waller Memorial Trust who delivered a staff training. This newsletter aims to provide further information and resources to improve understanding, acceptance and ability to take care of our mental health. We would invite you to discuss mental health with your family, friends and/or healthcare professionals and keep the conversation going!

Warmest Wishes,

The Therapy Team

## PARENT & CARER SUPPORT GROUP



Please make note of the upcoming Parent/Carer Support Group Dates for the rest of this academic year. We look forward to welcoming you! Facilitated by creative arts therapists, the confidential sessions offer a chance to meet and connect with others within a supportive, relaxed environment.

**Friday 18th January 3:30-4:30 p.m.**

**Friday 01<sup>st</sup> February 3:30-4:30 p.m.**

**Friday 08<sup>th</sup> March 3:30-4:30 p.m.**

**Friday 22<sup>nd</sup> March 3:30-4:30 p.m.**

**Friday 03<sup>rd</sup> May 3:30-4:30 p.m.**

**Friday 17<sup>th</sup> May 3:30-4:30 p.m.**

**Friday 14<sup>th</sup> June 3:30-4:30 p.m.**

**Friday 28<sup>th</sup> June 3:30-4:30 p.m.**

**Location: Bromley Trust Academy, Hayes Campus, BR2 9EA**

**T: 020 8290 0274**

# MYTHBUSTERS

There are many myths about mental health problems and they often contribute to the stigma that people face. It is important that we continue to challenge myths so that we can understand mental health and know how we can support our children and young people.

## Myth

Mental health difficulties are very rare.

## Fact

Mental health difficulties affect one in four people.

## Myth

People with mental health difficulties aren't able to work.

## Fact

Children and young people who have diagnosed mental health needs can do well at school and go on to work and live healthy lives. When young people inform their schools and employers about their mental health needs they are able to put in additional support.

## Myth

People with mental health difficulties don't face discrimination.

## Fact

Sadly, nine out of ten young people with mental health needs experience stigma and discrimination.

## Myth

If I'm sad and worried that means I'm depressed.

## Fact

We all experience a wide range of emotions, including sadness, joy, anxiety, worry, anger and excitement. All these feelings are normal. They become problematic – and may indicate a mental health problem – when feelings like sadness or

worry makes day to day life difficult.

## Myth

It's easy for young people to talk to friends about their feelings.

## Fact

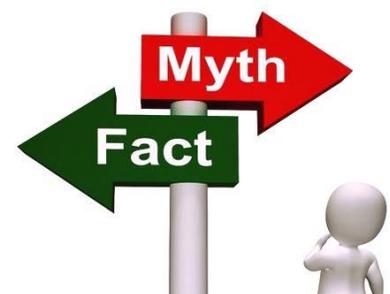
Nearly three in four young people fear the reaction of friends when they talk about their mental health problems.

## Myth

ADHD and ASD are mental health problems.

## Fact

ADHD and ASD are neurological problems which relate to how we process information, for example being sensitive to sounds.



Our mental health may change throughout our lives. We may have periods of good or poor mental health.

Some evidenced ideas to increase our wellbeing...

### Practice Gratitude

Keep a daily journal of 3 things you were thankful for that day (it doesn't matter how big or small!)



### Talk

Be open and honest –  
"It's ok to not be ok"

### Sleep, Exercise, Eat Well

Good physical health improves our mental health

### Practice Calming Techniques

Practicing breathing exercises when you are calm will help you remember to use them when you are struggling.

### Plan self-care

Make a conscious decision to do something for yourself. What can you do for 10/20/30mins a day to help boost your mental health?



### Engage all 5 senses:

- Sound: make a self-care playlist
- Sight: is there a calming picture or landscape?
- Smell: is there a scent that relaxes you?
- Taste: what food do you enjoy? Eat it and savour the taste and texture.
- Touch: hugging those we love has been shown to reduce stress, benefit heart health, and our connection with others



London South East Academies Trust are offering monthly talks for all our parents and carers. These supportive and friendly get-togethers are aimed at offering practical techniques to build confidence and improve relationships across the whole family. Come and join us for a cup of tea and a free talk given by the Bromley Children's Project held at BTA Midfield Campus every 3rd Thursday of the month at 1.30pm. For more information contact the therapy team at your school.

<b>Thursday 13th December</b>	<b>Xmas informal get together and The challenges Christmas can bring</b>
<b>January 2019</b>	<b>Children and their feelings</b>
<b>February 2019</b>	<b>Going through hard times</b>
<b>March 2019</b>	<b>Life through the eyes of a child</b>
<b>April 2019</b>	<b>Parenting styles</b>
<b>May 2019</b>	<b>Developmental considerations</b>
<b>June 2019</b>	<b>Why praise works</b>

**time to change**

## Resources:

### Mental Health support and help

**time to change**  
let's end mental health discrimination

Changing the way we changing how we all think and act about mental health problems. <https://www.time-to-change.org.uk/>



Mind provides advice and support to empower anyone experiencing a mental health problem. [www.mind.org.uk](http://www.mind.org.uk)



At Charlie Waller Memorial Trust they offer tools and free resources to support mental wellbeing [www.cwmt.org.uk](http://www.cwmt.org.uk)

### Book lists for Children, parents and carers



These books were selected to offer caregivers some insight and guidance to support your child's development List of books for parents/carers and families.

<https://www.standard.co.uk/lifestyle/books/mental-health-awareness-week-best-self-help-books-a3838511.html>

[https://www.aacap.org/AACAP/Resources for Primary Care/Information for Patients and Their Families/Books/Home](https://www.aacap.org/AACAP/Resources_for_Primary_Care/Information_for_Patients_and_Their_Families/Books/Home)

<https://www.infantmentalhealth.org/book-lists/books-parents-caregivers>

## Local Organisations

### Bromley Parent Voice



**Bromley Parent Voice** Bromley Parent Voice is a forum that aims to be a voice to inform service providers of the need of children and young people with a disability or additional need and their families in the London Borough of Bromley. <http://www.bromleyparentvoice.org.uk/> 07803 287838

### Bromley Changes - Drug & Alcohol Service



A social care and health charity that supports adults, young people and families whose lives are affected by substance misuse, homelessness, poverty, unemployment, domestic abuse, mental health issues and offending. <https://www.changegrowlive.org/what-we-do> T: 02083131107

### Bromley Mencap



Bromley Mencap is an award winning, user led service which offers free support across a range of areas for families with a child who has social/communication or learning difficulties. [www.bromleymencap.org.uk](http://www.bromleymencap.org.uk) T: 020 8466 0790

### Bromley Women's Aid



Support for Domestic violence. [www.bwaid.com](http://www.bwaid.com) T:02083139303

### Welcare in Bromley



Welcare is a family-focused charity dedicated to helping children and families overcome challenges and build towards a better future [www.welcare.org](http://www.welcare.org) T:020 7820 7910

### Young Minds



YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people. The website also has support for parents and carers. <http://www.youngminds.org.uk/>

### Oxleas NHS



Support booklets for parents looking at Family relationships, violent behaviour, and gang affiliation. <http://oxleas.nhs.uk/advice-and-guidance/children-and-young-peoples-services/nvr/parent-booklets/>