

Therapy Newsletter

Bromley Beacon Academy &
Bromley Trust Academy

Summer Term 2017

Edition 1, Volume 1



'shining light on potential'



Dear Parents and Carers,

Thank-you for your support with the therapeutic provision that has been introduced to Bromley Beacon Academy and Bromley Trust Academy this year! It has

once a term focused around particular themes that may be useful to you. We have also included agencies and resources that may

Looking after your own mental, emotional, physical and spiritual wellbeing is key to developing a positive relationship with your child. For more information contact your school therapist:

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Midfield Campus**

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been a year full of growth. We have introduced Dramatherapy, CBT/REBT sessions, counselling /mentoring and Psycho-Educational groups to support the mental health and well-being of the school community. Moving forward, we will be sending out a newsletter

be of support over the break. We wish you a restful, safe and enjoyable summer.

Warmest Wishes,
The Therapy Team

PARENT & CARER SUPPORT GROUP

Please make note of the 2017 Autumn Term Parent/Carer Support Group Dates. We look forward to welcoming you! Facilitated by two creative arts therapists, the confidential sessions offer a chance to meet and connect with other parents & carers within a supportive, relaxed environment. Depending on interest, we do host occasional guest speakers. If you do have a particular interest or session theme that you think could be helpful, please get in touch.

- Friday 30th September 2017
- Friday 21st October 2017
- Friday 25th November 2017
- Friday 16th December 2017

**Location: Bromley Beacon Academy
Orpington Therapy Room
Avalon Road, BR6 9BD
T: 01689820593**



Wellbeing for Parents & Carers

We often hear the word 'wellbeing' but what does it mean? There are many ways of looking at the concept of well-being. How you are feeling and how you are coping with day to day life is a general way to consider your wellbeing. Individual Wellbeing is important - how we feel will affect everything and everyone in our lives, whether we are aware of it or not. It also affects our ability to cope with the ups and downs that we all face on a daily basis.



Tips to improve general wellbeing - you may be able to think of some more or come up with your own list:

- **Connect** – connect with people around you – your friends, family, colleagues and neighbors. Take time to develop these relationships.
- **Be active** – You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you like and make it part of your life.
- **Keep Learning** – Learning a new skill can give you a sense of achievement and new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- **Give to others** – even the smallest act can make a difference, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Be mindful** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.



Guidelines for parents to support Nonviolent Resistance (NVR) at home

Nonviolent communication peacefully addresses violent, destructive and harmful behaviors in children and adolescents. These ideas can support parents with positive parenting and to overcome feelings of helplessness. Nonviolent communication means:

- Taking a firm stand against violence, risk taking and anti-social behaviors.
 - Holding back from physical or verbal violence.
 - Increasing a positive presence in your child's life.

Helpful ways you can respond to violent communication:

- ✓ Stay Calm.
- ✓ Stop and Think.
- ✓ Remain Positive.
- ✓ Give yourself time to plan your response.
 - ✓ Be Non-Judgemental.
- ✓ Tell your child that you are implementing boundaries because you love them.
 - ✓ Be gentle and firm.
 - ✓ Persist.
 - ✓ Resist violence.
- ✓ Believe that things can get better.

Local Agencies, Charities and Support Services

- **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 Drugs and Alcohol Services T: 02082891999

- **Bromley Mencap**



Incorporating Bromley Scope

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 T: 020 8466 0790

- **Bromley Women's Aid**

Support for Domestic violence. 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 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/> T: 0808 802 5544

- **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/>