

GHPS Wellbeing Newsletter

Welcome to our wellbeing newsletter. Below are ideas with helpful web links to support your child's wellbeing while they are at home.

Giving

You might be wondering what 'Giving' has to do with mental wellbeing. It has a lot to do with it! The NHS say it can help with positive feelings. By doing something nice for others, it can give us a sense of achievement or reward. It also can help by giving us a sense of purpose – that we can accomplish things in life and it helps connect us to other people. These are all really important when it comes to thinking about our mental wellbeing. Overall, it is a way of spreading joy and positivity and can really help put a smile on someone else's face, as well as your own.



When we talk about giving being a good thing, we might feel like we have to give our belongings or our money. We are talking about a bit more than those things. There are many things we can give, and most of these will not cost a penny:

<i>Time</i>	<i>Words</i>	<i>Kindness</i>
We can give our time by offering to help people. This could be helping the adults in our home with washing up, etc. There are lots of ways we can give our time! How can you help someone in your family?	More specifically – good words! By speaking positive and encouraging words to people, we can help them feel better and spread joy into their world.	Random acts of kindness are great ways of giving. This could be something like leaving kind post-it notes around your home, or sharing some chocolate with a sibling or anything like that! It will definitely put a smile on someone's face.



Make a worry jar to help contain your child's worries

Ask members of your family what they are worrying about and then get them to write down their worries on a piece of paper or on a post-it-note (you can write down the worries for younger children). Together fill up the jar with your worries.

When you have finished put the lid on the jar to stop the worries getting out again.

You can leave the jar out with pieces of paper and a pencil so the worries in the jar can be added to if needed. If you notice any new worries going in the jar then you can read them and address them with your child.

A good way of opening a conversation about worries with your child is beginning with "I am wondering if you..."



Five Day Kindness Challenges: Kind to Our Friends

Day 1	Set aside time to do something with your friend – talk over Skype, on the phone, play an online game together, or anything else.
Day 2	Think about why you like and miss your friends. What would you do with them now if you could? Write down five reasons why your friends are good friends and five things you like to do together.
Day 3	Write a letter about what makes you a good friend. Remember to be kind to yourself – make the letter about you, not about your friends.
Day 4	Write a postcard to your friends. Use the reasons you wrote down on Day 2 as a guide for what you should write to them – and remember to send the postcard or letter to their address, as a nice and kind surprise for them.
Day 5	Write a Friend acrostic poem and then send it to one of your friends:



Places to go for Support and Advice

This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>



Talking Therapies is an NHS service providing support to the people of Berkshire including NHS staff and carers, experiencing distress at this unprecedented time. They are there to support those aged 17+ struggling with mild-moderate low mood, stress, sleep difficulties, worry and bereavement.

You can self-refer by calling 0300 365 2000 or by completing an online form <https://talkingtherapies.berkshirehealthcare.nhs.uk/make-a-referral/self-referrals/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>



The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>



Any of our families with autism may be interested to know that Autism Berkshire continues to offer services to families wherever possible. They are moving things online as well as keeping the helpline and contact email address live.

You can contact them by phone: 01189 594 594 or email contact@autismberkshire.org.uk

The Autism Group are offering telephone support service for parents who live in East Berks. Also, they have extended their service at the moment to offer evening calls as well. Call Tricia Kempton (Charity Manager) on 07423 636339 or email: info@theautismgroup.org.uk for further information.



Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email to ghpsoffice@maidenerleghtrust.org



Keep safe and well,

Mr Ferris, Mrs Watson and all at Great Hollands Primary School