

# 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.

## Parent/Carer Consultation with an Educational Psychologist from Bracknell Forest

As a result of the current situation, Bracknell Forest Educational Psychologist service are implementing a new initiative, offering parent/carers telephone consultation sessions to increase access to professionals during this uncertain time.



Parent/Carer Telephone Consultation Sessions are for parents/carers of

Bracknell Forest children and young people (0-25) to share and explore any concerns or issues, with an Educational Psychologist (EP). It is a stand-alone session, so this means that there is no follow-up beyond the 30 minute

telephone consultation. The aim of this session is to provide parents/carers with an opportunity to discuss concerns and collectively think through how to move forward with the situation.

The sessions are completely free (no cost)

- Priority will be given to those who have not accessed a previous EP Telephone Consultation Session on a first come, first served basis.
- This is a consultation session for **parents/carers only**.
- A record of consultation that outlines the key discussion points and outcomes will be completed following the session. This record will be sent to the parent/carers and also stored by Bracknell Forest EPS.



For more information and booking details, please click [here](#).



## Be Hopeful and Optimistic

Some children may experience a loss of trust in the world after a global pandemic; they may believe that because a terrifying thing has happened, they can no longer dare to hope that life can be happy and safe again.

Modelling optimism and encouraging them to see the strengths and coping skills they have and encouraging them to notice acts of courage and kindness will help develop a sense of personal positivity for the future. It is not uncommon for children and young people to have a less optimistic view of the future after events such as these. Reminding them of their strengths and providing opportunities for setting small goals and achieving them will help them to take a positive view of their lives.



## Five Day Kindness Challenges

Theme – Music & Kindness

Day 1	Music is a wonderful thing – but it's very easy to get stuck to listening to the same kind of music. Today, go to <a href="http://www.randomlists.com/random-songs">www.randomlists.com/random-songs</a> and give at least five different songs a chance. You may be surprised by what you find!
Day 2	Do you know the favourite songs of everyone in your household? Today, find out everyone's favourite song, and then make a playlist out of them! If your household is small, ask everyone for 2 or 3 songs, so that you get a playlist that doesn't repeat too often.
Day 3	Music is an essential part of all cultures. Every country and people around the world have their own type of music. This is usually called a 'genre' – and today, go to <a href="http://www.musicgenreslist.com">www.musicgenreslist.com</a> and find at least two music genres that you've never heard of before. Once you've found your two genres, try and find songs from that genre and listen to them
Day 4	We listen to music nearly every day. But we also make music every single day – whether that's a beat from tapping on the desk when you're bored, whistling in the shower, or simply breathing out at a certain tempo! Today, record a short song of your own. You can sing, play, or make any kind of noise you want, as long as you have a song around a minute long at the end.
Day 5	Today, spend some time looking up and finding songs that you think your friends will like, and send them to them! Sharing music can be an amazing way to connect with other people, and your friends will definitely appreciate it if you send some good music their way!

## Places to go for Support and Advice

The Every Mind Matters 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 completing an online form

<https://talkingtherapies.berkshirehealthcare.nhs.uk/make-a-referral/self-referrals/> or by calling – 0300 365 2000



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>



Young Minds – <https://youngminds.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](mailto: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](mailto: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 well-being, 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](mailto:ghpsoffice@maidenerleghtrust.org)



Keep safe and well,

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