

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.



The Autism Group Zoom Talks for Parents

The Autism Group are commissioned by the NHS East Berks CCG to support parents whose children are either awaiting an autism assessment or who have a diagnosis.

The group are now adding three more Zoom "Talks with TAG" for parents as they are still unable to deliver face to face sessions.

The sessions give parents a thirty-minute talk about the topic (see below) with some useful tips followed by an interactive thirty-minute question and answers session so the session is finished in the hour.

If you would like to book one of the sessions please contact Becky in their admin department to reserve a place: admin@theautismgroup.org.uk.

Zoom sessions available:

10.00 - 11.00am, Wed 24 June **Communication Differences and Difficulties**

10.00 - 11.00 am Tues 7 July **Girls and Autism**

10.00 - 11.00 am Tues 21 July **Adolescence**

The Autism Group are still offering 1-1 support and, although they are unable to carry out home visits, they can phone or zoom, spend time answering any concerns and discuss some autism tips and strategies. If you would like to book a 1-1 session with one of their home visit support workers please contact Tricia Kempton by calling 07423 636339 or by emailing tricia@theautismgroup.org.uk

The Autism Group also have other events:

<https://www.theautismgroup.org.uk/calendar/>

Autism group updates are also posted on

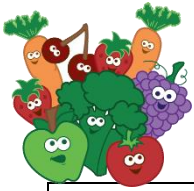
Facebook: <https://www.facebook.com/theautismgroup/>



What is Anxiety?

Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe. Everyone has feelings of anxiety at some point in their life e.g. you may feel worried and anxious about sitting a test, going to a new year group, having an injection, a job interview etc.

The pandemic and lockdown may impact on children's mental health in many different ways. Children may be experiencing increased anxiety and struggling to understand how they are feeling. There is a really useful series of illustrations on The Priory website that may help you to discuss with your child why we become anxious and how it makes our bodies feel. This can be found here: <https://www.priorygroup.com/young-peoples-services/how-to-explain-anxiety-to-your-child>



Five Day Kindness Challenges: Healthy Eating

Day 1	What does it mean to eat healthy? Although we know that certain foods are good for us, and other foods are bad for us, how much do we really understand? Today, take a look at the NHS Eatwell Guide : https://www.nhs.uk/live-well/eat-well/the-eatwell-guide to learn more about a healthy, balanced diet.
Day 2	Whether because of allergies, ethical concerns, sustainability, culture, and many other reasons, all over the world, people eat different kinds of food. Look into at least three alternative diets (vegan, dairy-free, or anything else) and write down three things that make the diet unique.
Day 3	Fast food is amazingly convenient and is usually very tasty. But do you know that eating it more than once a week is considered bad for you? Today, google your favourite fast food meal and find out how it compares to the Eatwell Guide you looked at on Day 1.
Day 4	Healthy eating has an enormous effect on your mental wellbeing. If you eat healthy, your mood and energy levels improve, and you think much more clearly. Today, record everything that you eat and drink to see if you're getting all the nutrition you need from the Eatwell Guide. Make sure you don't miss anything, even if it is a little snack or a glass of water.
Day 5	What did you learn from recording your food and drink yesterday? Did you miss out on anything important? Did you eat too much of something? For today, improve your diet based on what you learned yesterday. You do not need to achieve this balance with every meal, but try to get the balance right over the whole day.

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 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



Keep safe and well,

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