



Mental Health Awareness Newsletter

Children's Mental Health Week 5-11th Feb 2024

This year's **Children's Mental Health Week** is about empowering young people to use their voices, share what matters to them, and encourage those around them to hear their voices.

The NOW Festival takes place during Children and Young People's Mental Health Week every year.



Schools, community

groups, and organisations working with children

and young people across Merseyside will

participate in the city's ninth annual NOW Festival

during Children's Mental Health Week. Alsop

were proud to participate in the festival on

Tuesday 6th February 2024. This year's event took place in The Liverpool Lighthouse and it was an amazing night. This year, we revisited the theme of ACEs – Adverse Childhood Experiences; there have been many developments in Liverpool since the last ACEs-themed NOW Festival five years ago.

With an estimated 1 in 5 young people having some form of diagnosable mental distress and 1 in 8 of us living with four or more ACEs, the NOW Festival provides a platform to raise awareness, challenge stigma, and explore ways of building resilience and improving mental health. It allows young people to discuss, learn and explore mental health whilst gaining a fantastic amount of experience. The festival is underpinned by the Liverpool CAMHS Partnership's ethos, 'In Liverpool, Children and Young People's Mental Health is Everybody's Business'.


This year's festival, there were some outstanding acts. Thank you to all who come down to support our students. Our students worked really hard, put a lot of time and effort into the performance and we are thrilled that we won 'Best Performance for Hope'. This is an amazing achievement in our first year of participating... imagine what we can achieve next year! ***Please check out our website and keep eyes peeled as we will be posting our performance video soon.***





ALSOP HIGH SCHOOL

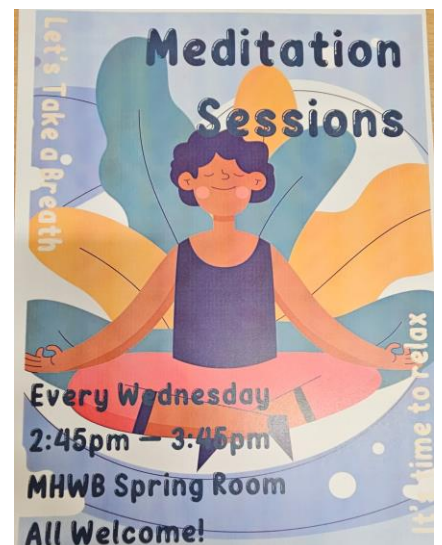
'What we carry with us'



Life is full of ups, downs, and everything in between. We create so much space for positive memories, flicking through holiday pictures, looking back to better days and reminiscing of times gone by with the people closest to us. But not often enough do we create the space to reflect on how the bad things in life have made us feel, how they manifest in our daily lives and impact on us

moving forward, nor do we find it easy to share it with people who care about us. This piece is a reflection on how adverse childhood experiences can have such an unseen impact on somebody's life, exploring the feelings that come with facing these challenges and the ways in which we find strength and comfort. But ultimately the message is that you are not alone and finding the courage to share your story might be the beginning of you overcoming it.

To promote Children's Mental Health Awareness we will be running a meditation group every Wednesday throughout the month of February after school in the Mental Health & Wellbeing Hub (MHWB). Come along and let's take a breath, let's take time to relax!!! These sessions will run from 2:45pm to 3:45pm including drinks and snacks to start followed by a 30 minute guided meditation, with time at the end to reset before going home. It will take place in the spring room which will be set up with ambient music, calming lights, bean bags and pillows, creating the most relaxing experience.



We will also be running a Monday session for staff to participate in also after school 3-4pm.

After half term, we will be running a competition asking students to 'Express Themselves' in the form of short stories, art, poems, comic strips, monologs, picture displays, cooking etc and the best piece will win a prize. Use half term productively to come up with your best ideas to express yourself creatively and all entries are to be submitted by Friday 23rd February 2024.....May the best piece win!!



As we enter a new term, the next few months will be stressful for some of our older students as they approach their final few weeks here at Alsop, before moving onto pastures new in September. Everyone can feel a little stressed sometimes and some will appear to be more stressful as exams approach. It is important that we are supporting our young people as best as we can. It is important to be aware of your own mental health and understand when you are struggling and need a little bit of help.....Learning how to ask for help is a really important

skill you will need to be successful in life.... So when do you know its time to ask for help? Here are some tips to help your mental health.....

New data from leading mental health charity YoungMinds reveals that the number of open referrals to Children and Young People's Mental Health Services is the highest on record.

Mental Wellness Matters!

- Journal your feelings.
- Practice writing gratitude lists.
- Take a social media break.
- Go outside and get active.
- Establish a bedtime routine.
- Try breathing exercises.
- Share your feelings with someone you trust.

@girlscouts



Anxiety isn't just 'worrying'. It can show up as:

- difficulty concentrating
- eating more or less
- needing the toilet more or less
- feeling tense or fidgety
- sleep problems
- having panic attacks

Solidarity with everyone struggling with anxiety right now.

SMALL ACCOMPLISHMENTS TO BE PROUD OF

- Ate breakfast
- went outside
- checked in on a friend
- Got out of bed
- Did a house chore
- Drank water
- Found a good song
- Moved your body
- Finished a good book
- Took a shower

Innsightful @innsightful_

Support Available During Half Term



Merseyside Youth Association's mental health promotion team (RAISE Team) deliver a range of FREE bite-size courses covering a range of mental health issues that impact children, young people and their families.

Bitesize Bite-size sessions coming up in February, delivered via Zoom unless otherwise stated:

Post Traumatic Stress Disorder - 01/02/2024 10:00 am - 11:00 am [Book here](#)

Managing Child Worry - 01/02/2024 4:00 pm - 5:00 pm [Book here](#)

Behaviour as Communication - 19/02/2024 10:00 am - 11:00 am [Book here](#)

Body Image - 22/02/2024 4:00 pm - 5:00 pm [Book here](#)

ACE-Aware - 27/02/2024 9:30 am - 10:15 am [Book here](#)

Eating Disorders - 28/02/2024 10:00 am - 11:00 am [Book here](#)



Whole School Approach to mental health



Make a referral to CAMHS online

Children, young people, parents and professionals can make self-referrals into partnership mental health services and get support from Liverpool CAMHS.

CAMHS Crisis Line - 01512933577

Crisis Care Freephone - 08081963550

Fresh CAMHS - 01512933662

Autism Post-Diagnosis Programme Summer & Autumn 2023 Dates

Alder Hey NHS Trust, or from either Axia ASD Ltd or Healios via Alder Hey NHS It's aim is to support and empower parents and carers in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support the child/young person.



*Places for age-specific sessions can be booked via the links in their newsletter.
Please see website for more information*



Neurodiversity Clinic

Neurodiversity 1:1 sessions

Every Tuesday, 1:30 pm - 2:30 pm at Clubmoor & Ellergreen Children's Centre (free to access, however, booking is required).

Supporting your ND child - Strategies for Grandparents and Carers

Aimed at Grandparents and Carers in Liverpool to help support their neurodivergent children. Working alongside Positive Futures, we are offering **face-to-face workshops** to build skills and knowledge around neurodiversity.



Parents and carers can access the three-part "Understanding and supporting my child's ADHD" programme, which explores different aspects of living with ADHD and strategies to support it.

The programme is delivered as live-streamed online sessions, with sessions available on various dates and times, including evenings and weekends.

Referrals for the programme can be made by CAMHS, Local Authorities and Paediatrics. However, families can also self-refer to the service by completing our online referral form.

HAVING THOUGHTS OF SUICIDE?
THERE IS HELP AND HOPE

HOPELINEUK

0800 068 4141

07860 039 967

pat@papyrus-uk.org



PAPYRUS – Prevention of Young suicide - Text: 07860 039 967

HOPELINEUK – HOPELINEUK - 0800 068 4141 is a suicide prevention helpline, free and confidential space to openly talk about thoughts with trained advisors by phone, text, email or webchat.

APP- staying alive – free suicidal app to help stay safe with thoughts

SHOUT 85258 - 24/7 text service. Under 18s text GREEN to the number and Over 18s text HEAL to that number

YOUNGMINDS
fighting for young people's mental health

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www.youngminds.org.uk

support for young people
and parents/carers for
mental health, urgent
help and lots of resources
and support.





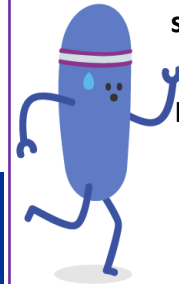
Everton In the Community run a food market Every Thursday 10am -12pm £3.50 for roughly £25 worth of fresh meat, fruit/veg. Also has Riverside Housing for housing advise and information, CAB – debt advise as well as other services. Registration is required before you can access food market and will need to bring proof of address in form of a bill etc.

stemming teenage mental illness
supporting teenage mental health

www.stem4.org.uk

support for teenage
mental health.

Has information on
useful apps to
support what your
worried about etc



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 12th - Fri 23rd February 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

TRAVELodge & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



Place2Be

Sponsored · 🌐

Are you a parent or carer of children aged 4-11? Interested in improving your parenting skills with advice from our children's mental health experts?

Sign up for our parenting email updates to receive insight and tips to help you support your child's wellbeing and strengthen your relationship.

Children's mental health advice for parents



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ALL COURSES NOW AVAILABLE VIA THE MOBILE PHONE APP - COMPLETE A COURSE AT YOUR OWN PACE – ANYTIME

These evidence-based guides written by the Solihull Approach (NHS) will show you how your child develops from the womb right through to early adulthood. Liverpool parents, carers and grandparents can use these guides to understand their child and learn how to build lasting, positive relationships with them, benefiting the whole family.



If you live in Liverpool * then you are eligible to free, lifetime access to these online guides. Visit and enter the following access code: PURPLEBIN

Fresh Plus Parent/Carer Support Group

January - March
'24



Open to all parents/carers who have a child/children who have ever attended or are attending a CAMHS service (Liverpool & Sefton), or are on the waiting list.



Set up by parents/carers to provide other parents/carers with a safe, non judgemental place to find advice and support.



Know that you are not alone.

January	February	March
Monday 8th Jan 9.30 - 11 am Zoom (MHST focus)	Monday 5th Feb 9.30 - 11 am Zoom (MHST focus)	Monday 4th March 9.30 - 11 am Zoom (MHST focus)
Thursday 11th Jan 6.30 - 8 pm Institute In The Park	Thursday 8th Feb 6.30 - 8 pm Institute In The Park	Thursday 14th March 6.30 - 8 pm Institute In The Park
Thursday 18th Jan 11.30 am - 1 pm Southport Centre for Health & Wellbeing	Monday 19th Feb 7 - 8.30 pm Zoom	Thursday 21st March 11.00 am - 1.2.30pm Southport Centre for Health & Wellbeing
Monday 22nd Jan 7 - 8.30 pm Zoom	Thursday 22nd Feb 11.00 am - 12.30 pm Southport Centre for Health & Wellbeing	Monday 25th March 7 - 8.30 pm Zoom



For further information and details visit our website www.freshplusgroup.org.uk/SupportGroup or scan our QR code!

WHEN:
TUESDAYS (TERM TIME) 10:30 - 12 MIDDAY
ELLERGREEN COMMUNITY CENTRE, ELLERGREEN ROAD, LIVERPOOL L11 2RY.

OUR AIM:
Our aim is to support anyone who needs support with their child's behaviour/ issues.
Our Mentors are parents who have experienced this themselves, they will empower and educate families on crime and consequences of actions leading to the criminal Justice system.
We also offer support with parents with a loved one in prison by sharing experiences and coping strategies in a non-judgemental environment.

LEAN ON ME:

- Speak to our friendly mums who have suffered themselves but, are relatable and can share their own lived experiences
- Learn about early warning signs / triggers of child's behaviour
- Safety planning / Action plans
- Criminal exploitation – notice the signs
- Support with dealing with challenging behaviours
- Learn about the realities of crime and related consequences
- Free confidential advice on issues affecting you and your family
- Meet new People who may be facing similar issues to yourself
- Get involved and volunteer to train as a mentor or family worker.

LEAN ON ME
FAMILY SUPPORT GROUP
Empowering families affected by crime

STARTS:
TUESDAY
20TH FEB



TELEPHONE: SHAUN 07841 870927 MANDY 07740 190634

YPAS

Young Person's Advisory Service

CRISIS DROP-IN'S

Across 3 Community Hubs



YPAS North Hub
Croxdale Road West,
L14 8YA



YPAS Central Hub
36 Bolton Street,
L3 5LX



YPAS South Hub
Lyndene Road,
L25 1NG

See website and social media for times

We can support you through times of crisis

- STRUGGLING WITH YOUR MENTAL HEALTH?
- YOU OR YOUR CHILD ARE IN A CRISIS?
- FEELING LONELY & ISOLATED?
- NEED A LISTENING EAR?
- NEED A SAFE SPACE?



The Lodge
WELLNESS CENTRE

UPCOMING EVENTS

For adults and children with SEND (age 10+)

FREE mental health and wellbeing day
12pm - 4pm

JAN
13th

FREE mental health and wellbeing day
12pm - 4pm

FEB
10th

FREE mental health and wellbeing day
12pm - 4pm

MAR
9th

BOOKING IS ESSENTIAL:
07355 448 522

What's included for both you, and your child:

- Relaxation/meditation/sound therapy
- Mini treatments including Indian head massage/reflexology
- Child's sensory play
- Refreshments available for a small charge/donation

The Lodge Wellness Centre, St Vincent's School, Yew Tree Lane, West Derby, Liverpool, L12 9HN
The Lodge Wellness Centre is a trading style of The Lodge Holistic and Beauty Spa CIC