



CYP PRIMARY MENTAL HEALTH SERVICE PRESENTS

LIGHTBULB MOMENTS

ISSUE NO.33
OCTOBER 2026

INSIDE THIS ISSUE:

Talking to your children about worries

The kindness day challenge



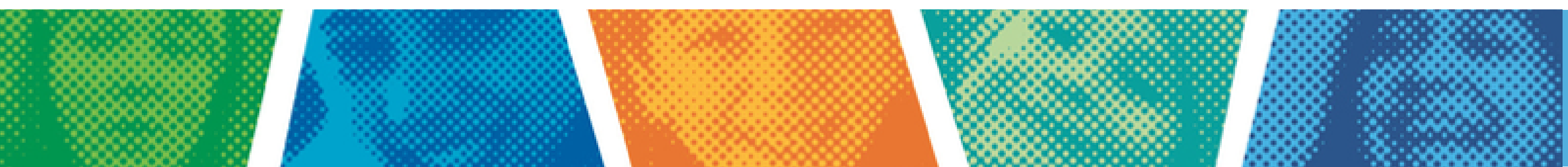
Welcome to our Autumn edition of Lightbulb Moments! As the days become shorter and the new term settles into routine, we are pleased to continue supporting children, young people and families throughout the season. We look forward to sharing helpful resources, advice and updates to support positive emotional wellbeing and mental health.

Lightbulb moments is a space to stay connected, informed and inspired by the work happening across our service and local community.

From school based support to wider initiatives, we'll share updates, insights and highlights that matter. Helping us to stay aligned in supporting children and young people's wellbeing.

lightbulb moments

the CYP Primary Mental Health Service newsletter





Dates for Your Diary



October

ADHD Awareness Month (all month)

October is ADHD Awareness Month, helping to increase understanding of Attention Deficit Hyperactivity Disorder (ADHD), challenge misconceptions, and promote support for children, young people and adults affected by ADHD.

<https://www.adhdawarenessmonth.org/>

10th October - World Mental Health Day

World Mental Health Day encourages people to talk openly about mental health, reduce stigma, and promote wellbeing for individuals, families and communities.

<https://www.who.int/campaigns/world-mental-health-day>

Depression Awareness Month (all month)

Depression Awareness Month raises awareness of the signs and symptoms of depression, encourages people to seek support, and helps reduce stigma surrounding mental health difficulties.

<https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/depression>



November

Movember (all month)

Movember encourages conversations about men's mental health, suicide prevention, prostate cancer and testicular cancer, helping men to seek support when they need it.

<https://uk.movember.com/p/info/mens-health/mental-health>

2nd-6th November - Stress Awareness Week

Stress Awareness Week raises awareness of the impact of stress on physical and mental health while promoting practical strategies for managing stress and improving wellbeing.

<https://isma.org.uk/isma-international-stress-awareness-week>

13th November - World Kindness Day

World Kindness Day celebrates the importance of kindness and encourages simple acts of compassion that can make a positive difference to individuals and communities.

<https://www.randomactsofkindness.org/world-kindness-day>



Family Focus



This month our family focus will be about:

Speaking to your child about worries



Children don't always have the words.

Children don't always have the words to explain how they're feeling.

Sometimes worries come out as irritability, avoidance, physical complaints or simply saying, "I don't know."

The good news is that you don't need to have all the answers. Small, everyday conversations can help your child feel listened to, understood and supported.



Things you could try with your child...

1. Get curious, not critical

Instead of asking lots of questions at once, try gentle prompts such as "What was the trickiest part of your day?" or "What do you think was worrying you about that?"

2. Acknowledge the feeling (and encourage your child to NAME it)

Try saying, "That sounds really difficult" or "I can see why you felt nervous." You don't have to agree with every thought your child has to show that you understand their feelings. Try to encourage them to name their emotions and discuss how they feel physically too.

3. Help them take one small step

When something feels overwhelming, break it into manageable steps. If your child is worried about school, this might mean preparing their bag together, talking through the morning routine or identifying a trusted adult they can speak to.

4. Notice what helps

Ask, "What helped you feel a little better?" This helps children recognise their own coping strategies and build confidence for next time.



Parent Talk

Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.



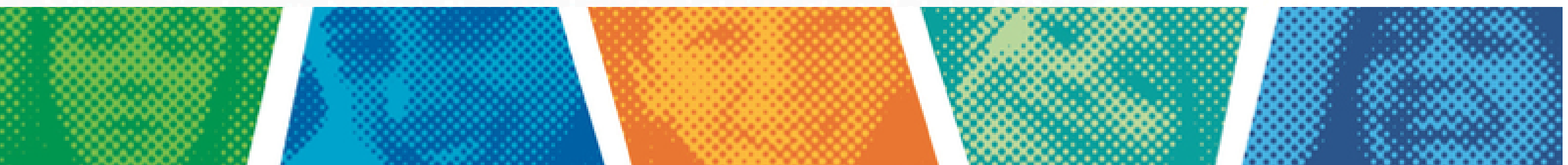
A mindful moment

5-4-3-2-1 grounding walk

Walk slowly and notice:
5 things you can see,
4 things you can feel,
3 things you can hear,
2 things you can smell,
and 1 thing you are
grateful for.



Pause. Breathe. Notice.



Service Spotlight

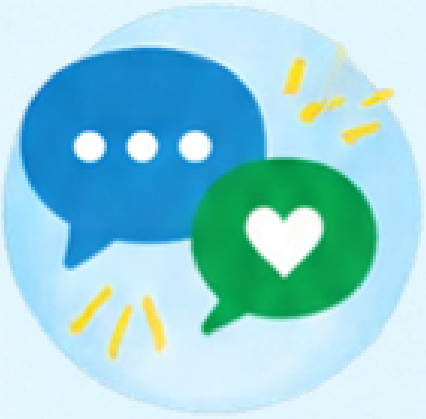
Helping families feel confident online

The NSPCC Online Safety hub provides practical, trusted guidance to help you keep your child safer online. Find advice on social media, gaming, privacy settings, harmful content and online wellbeing.



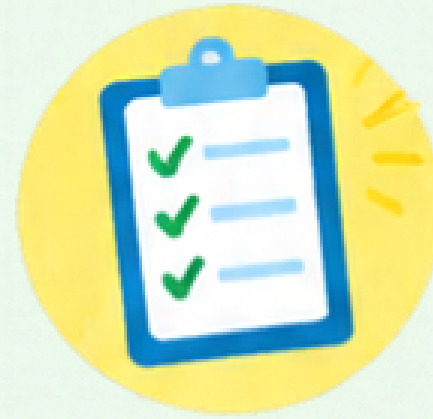
NSPCC | Safer happier brighter online

Meet Techosaurus, our new online safety dinosaur!



Talk little and often

Keep the conversation going. Regular, open chats help your child feel safe to come to you.



Set boundaries together

Agree on healthy limits for screen time, apps and content, and review them as they grow.



Stay calm if something goes wrong

Your child is more likely to reach out if you stay calm, listen and reassure them.



Know where to get help

Use trusted sources like the NSPCC Online Safety hub and our Helpline for expert advice and support.



Explore the NSPCC Online Safety hub

nspcc.org.uk/keeping-children-safe/online-safety/



NSPCC Helpline:
0808 800 5000

A safer online world for brighter tomorrows

LOCAL SUPPORT FOCUS

Entwined
minds

Entwined Minds is a participation group, bringing together children and young people who have accessed mental health services and want to help shape and improve them for others. Through shared experiences, feedback, campaigns and social media, members have the opportunity to influence service development, raise awareness of mental health issues, and ensure that the voices of young people are heard in decisions that affect their care and support. The group also shares information, advice and practical strategies to support emotional wellbeing and positive mental health.



Meet like minded people

Help design and create content and resources

Participation Group

Are you passionate about mental health and wellbeing?

Would you like to connect with others and have fun along the way?

Help decide who we employ

Do you want to use your voice to make positive changes to Children's Mental Health Services?

From age 11+

Learn new skills

If the answer is YES then why not come along to the Entwined Minds Group!

WYRE

Date:
The first Wednesday of every month

Time: 4:30pm till 5:30pm

Location:
Fleetwood Youth Hub
Youth Hub,
Hospital, N Albert St,
Fleetwood
FY7 6AR



BLACKPOOL

Date:
The first Wednesday of every month

Time: 4:00pm till 5:00pm

Location:
CAMHS
WhitegateHealth Centre
150 Whitegate Drive
Blackpool
FY3 9ES

Please contact us if you would like to attend

[@cyp_primarymentalhealthservice](https://www.facebook.com/cyp_primarymentalhealthservice)

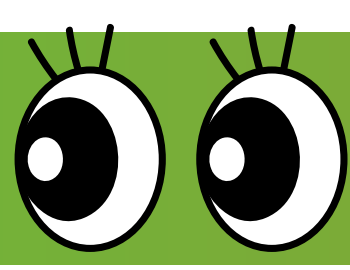
 **0800 121 7762 (Option 4)**  bf.wh.entwinedminds@nhs.net



Children and Young People's Primary Mental Health Service

BLACKPOOL PMHW COMMUNITY DROP IN CLINIC

Where to Find Us Each Week?



 **Every Monday**
Revoe Children's Centre
Gramsere Road, FY1 5HP

 **1st Tuesday of the Month**
South Family Hub
207 St Anne's Road, FY4 2AP

2pm - 4:30pm



 **1st Wednesday of the Month**
Moor Park Library
Bristol Avenue, FY2 0JG

 **2nd Tuesday of the Month**
(Term Time ONLY)
Devonshire Primary
Devonshire Road, FY3 8AF

2pm - 4:30pm



 **3rd Tuesday of the Month**
North Family Hub
31 Dingle Avenue, FY3 7NX

2pm - 4:30pm

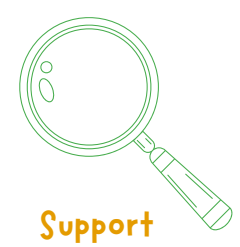
 **3rd Wednesday of the Month**
Virtual Attend Anywhere
(Link to join in QR code below)

3:30pm - 5:30pm



 **4th Wednesday of the Month**
Mereside Primary Academy
FY4 4RR

8:30am - 11am



 **4th Thursday of the Month**
Norbreck Primary Academy
FY5 1PD

9am - 11:30am

All welcome, families, young people and professionals

Scan for the Link



Scan the QR
code to
FYI Directory
& Attend
Anywhere
Virtual Link

Contact Us



If you have any further questions, do not hesitate to contact us directly and one of our team will respond.

-  0800 121 7762 (Option 4)
-  bfwh.cyppmhs@blackpool.nhs.net

Follow us

-  @cyp_primarymentalhealthservice
-  @Blackpool PMHW

DROP IN SESSIONS

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

With our Primary Mental Health Worker Team

Where?

Garstang Library
PR3 1EX

Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

Including information around signposting and best services that meet your Mental Health needs

3rd Thursday of every month

2:00PM - 4:30PM

17 th September 2026	18 th February 2027
15 th October 2026	18 th March 2027
19 th November 2026	15 th April 2027
17 th December 2026	20 th May 2027
21 st January 2027	17 th June 2027
	15 th July 2027

DROP IN SESSIONS

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

With our Primary Mental Health Worker Team

Where?

Lytham Library
FY8 5JY

Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

Including information around signposting and best services that meet your Mental Health needs

2nd Thursday of every month

2:00PM - 4:30PM

10 th September 2026	11 th February 2027
8 th October 2026	11 th March 2027
12 th November 2026	8 th April 2027
10 th December 2026	13 th May 2027
14 th January 2027	10 th June 2027
	8 th July 2027

DROP IN SESSIONS

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

With our Primary Mental Health Worker Team

Where?

Poulton Library
FY6 7DH

Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

Including information around signposting and best services that meet your Mental Health needs

1st Thursday of every month

2:00PM - 4:30PM

3 rd September 2026	4 th February 2027
1 st October 2026	4 th March 2027
5 th November 2026	1 st April 2027
3 rd December 2026	6 th May 2027
7 th January 2027	3 rd June 2027
	1 st July 2027

DROP IN SESSIONS

NHS
Lancashire &
South Cumbria
NHS Foundation Trust

With our Primary Mental Health Worker Team

Where?

Knott End Library
FY6 0AU

Aimed at Parents, Children and Young people and professionals seeking advice around Mental Health

Including information around signposting and best services that meet your Mental Health needs

4th Thursday of every month

09:30AM - 12:00PM

24 th September 2026	25 th February 2027
22 nd October 2026	25 th March 2027
26 th November 2026	22 nd April 2027
No Drop-in: December	27 th May 2027
28 th January 2027	24 th June 2027
	22 nd July 2027

USEFUL WEBSITES

Reliable information at your fingertips.

Explore trusted websites offering mental health advice, wellbeing resources, self-help tools and guidance to support you and your family whenever you need it.



WWW.YOUNGMINDS.ORG.UK

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they deserve.



THESLEEPCHARITY.ORG.UK

Whether it's advice, education or support for children, teenagers, adults, workplaces or professionals, we are on hand with expert knowledge and practical resources



WWW.AUTISM.ORG.UK

Our advice and guidance section has a wide range of information about autism. There are 24 different topics, including diagnosis, behaviour, communication, sensory differences, mental health, and more.



WWW.ADHDNORTHWEST.ORG.UK

ADHD North West is a charitable organisation providing support, advice and practical guidance for children, young people, adults and families affected by ADHD. They offer training, peer support, information and resources, helping individuals better understand ADHD, build strengths, access support, and improve everyday wellbeing and outcomes.



SOLUNA BY KOOTH

Soluna by Kooth offers free, safe confidential mental health support for young people aged 10 to 25.

Soluna is available as web-version and a mobile-app (for over 13s), which can be accessed at: <https://solunaapp.com/uk> or via the App Store/Play Store.



WWW.CHILDBEREAVEMENTUK.ORG

Child Bereavement UK supports children, young people, parents and families when someone important has died or when a child is facing bereavement. They provide free confidential support, information and guidance, helping families understand grief, build resilience and navigate loss with compassion, understanding and practical help.



WWW.CHILDLINE.ORG.UK

Childline is here to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.



WWW.ANNAFREUD.ORG

Anna Freud is a world-leading, mental wellbeing charity, here to benefit children, young people and families.



WWW.THEMIX.ORG.UK

We connect young people to experts and their peers to talk about everything from money to mental health, homelessness to jobs, break-ups to drugs and more. No topic is out of bounds, and we are completely non-judgemental.



PARENTS.ACTIONFORCHILDREN.ORG.UK

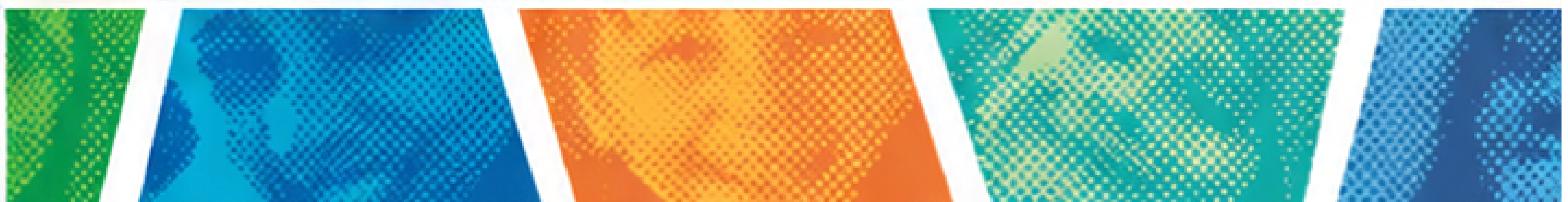
We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, or small.



WWW.BEATEATINGDISORDERS.ORG.UK

Eating disorders are serious mental illnesses, and if you think you may have one, you deserve help to get better. Learn more about how to ask for and what to expect from treatment, as well as how we can support you.

NATIONAL OUT OF HOURS EMOTIONAL HEALTH AND WELLBEING SUPPORT





Self Referrals from Young people, Parents and Carers

Do you
worry ?

Do you have
feelings
of stress ?

Do you have
problems
sleeping ?

Have you got
low Mood ?

Are you feeling
anxious?

Do you have
feelings
of panic ?

Fylde Coast SHINE MHST supports children and young people, currently attending education settings, noted below.

We support with mild to moderate mental health difficulties through evidenced based interventions.

SHINE MHST is not an urgent response service



Support and Help IN Education
Fylde Coast Mental Health Support Team

If you attend the following schools we
accept Self Referral's

- AKS Lytham
- Armfield Academy
- Athena School
- Baines School (High)
- Blackpool Aspire Academy
- Blackpool & Fylde College
- Blackpool Sixth Form
- Brookfield School
- Carr Hill High School
- Cardinal Allen Catholic High School
- Fleetwood High School
- Garstang Community Academy
- Great Arley School
- Highfield Leadership Academy
- Highfurlong SEN School
- Hodgson Academy
- Kirkham Grammar High School
- Lytham St Anne's High School
- Millfield Science and Performing Arts College
- Montgomery Academy
- Park Community Academy
- Pear Tree School
- Pegasus
- Redmarsh School
- Saint Bedes Catholic High
- South Shore Academy
- St. Aidans Church of England High School
- St. Mary's Catholic Academy
- St George's Church of England Academy
- The Maple School
- Unity Academy Blackpool
- Woodlands School

How to self refer to the Team

Call us directly to self-refer, and our administration team will arrange for our duty practitioner to make a consultation call to parent/carer/young person and complete a self-referral form to establish whether SHINE is the best service to offer support to the young person.



0800 121 7762 (Option 4)

If you have any further questions, do not hesitate to contact us directly and one of our team will respond to you.

Why not follow us on social media ?



@cyp_primarymentalhealthservice

