



PMHW Newsletter

JUNE

"A GOOD NIGHTS SLEEP IMPROVES YOUR ATTENTION AND CONCENTRATION"

SLEEP AND WELLBEING

It's no surprise that getting a good night's sleep can help to keep your energy levels up. But plenty of rest can also help to keep your mind from wandering, and maintain your attention throughout the day.

Not sleeping properly can mean that both your body and brain don't function properly the next day. It could affect your attention span, concentration, strategic thinking, assessment of risk and your reaction times.

Not only does sleep allow your body the time it needs to rest, repair and rebuild, but it does the same for your mind too. As you sleep, your brain begins to organise and process all the information you've taken on during the day. It converts your short-term memories into long-term memories. This helps you to learn and means that when you wake up, you can often see things more clearly.

It's no secret that a bad night's sleep can leave you feeling grumpy, while getting enough good sleep can help to put you in a positive headspace. And when you're feeling good, it's likely to be felt by the people around you.



Sleep Tips

20 TIPS FOR A BETTER SLEEP



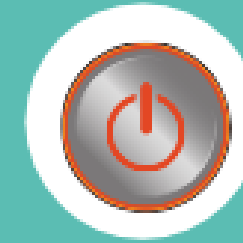
Set an alarm
to go to bed



Resist the urge
to snooze



Keep your
bedroom dark



Power down devices
an hour before bed



Cut caffeine out
by the afternoon



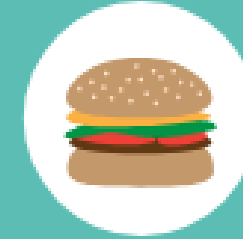
Exercise
regularly



Ban pets from
the bed



Make sure your
mattress fits



Avoid heavy meals
when it's late



Reduce your
alcohol consumption



Nap
wisely



Take deep breaths
(meditate)



Try
aromatherapy



Write down what's
bugging you



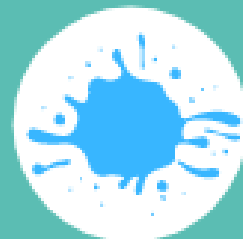
Get checked for
sleep apnea



Take a
hot bath



Combat
snoring



Paint your bedroom
a tranquil colour



Try a
new pillow



Avoid drinking too many
liquids before bedtime



Website Of The Month

The Sleep Foundation

Creating A Healthy, Well-Rested World.

We work under the premise that sleep is a pillar of health and that quality information about sleep promotes overall wellness. At SleepFoundation.org you'll find comprehensive health information drawn from high-quality sources and reviewed by experts in the field. Our goal is to create dependable resources to help you take charge of your health and get the sleep you need and deserve.

[CLICK HERE FOR MORE INFORMATION](#)

APP for June



Bedtime stories fuelled by sleep science, meditations, white noise, and sleepy music to help your child relax and fall asleep. Social-emotional stories help you raise your child through emotional moments as they grow up. We publish four new stories each month. You can also record your own bedtime stories with your own voice, so that your kid(s) can enjoy your presence even when you can not be there next to them.



The Stages of Sleep

In stage 1, you’ve just dozed off and started transitioning to stage 2, which involves further slowing of activity in the brain and body. It’s much easier to be awoken during these early stages of the sleep cycle.

Stage 3 is the deepest part of NREM sleep. In this stage, your muscles and body relax even more, and brain waves show a clear pattern of slowed activity that is markedly different from waking brain activity. It is believed that deep sleep plays an important role in recuperation of the body as well as effective thinking and memory.

Stage 4 is the only stage of REM sleep. During this time, brain activity picks up significantly, and most of the body — except the eyes and breathing muscles — experience temporary paralysis. Although dreams can happen during any stage, the most intense dreaming takes place during REM sleep.

The structure of a person’s sleep stages and cycles is known as their sleep architecture. While deep sleep and REM sleep involve more profound changes in activity levels, experts believe that each stage plays a part in a healthy sleep architecture that generates quality sleep.

Category of Sleep	Sleep Stage	Other Names	Normal Length
NREM	Stage 1	N1	1-5 minutes
NREM	Stage 2	N2	10-60 minutes
NREM	Stage 3	N3, Slow-Wave Sleep (SWS), Delta Sleep, Deep Sleep	20-40 minutes
REM	Stage 4	REM Sleep	10-60 minutes

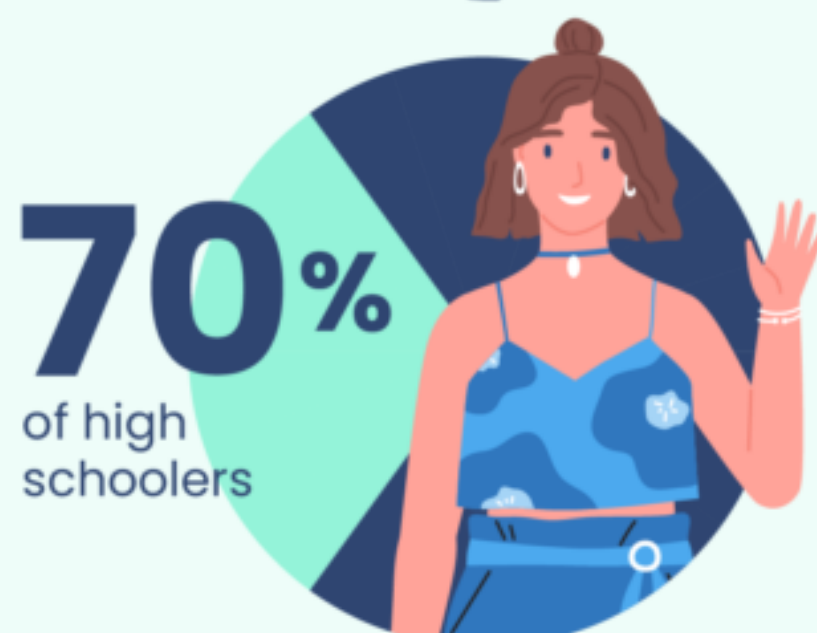
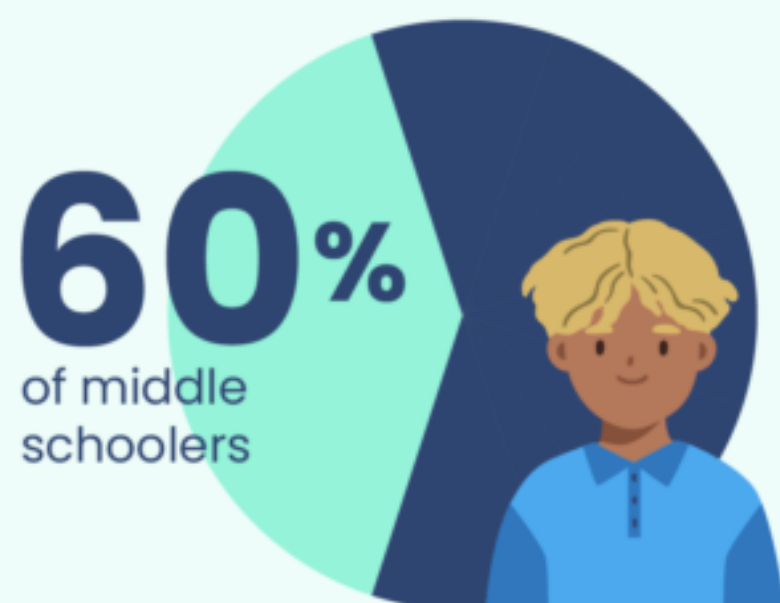
CLICK HERE TO WATCH A VIDEO ON
HOW SLEEP WORKS.

Useful links



Improve Your Child's School Performance With a Good Night's Sleep

Teens need between
8 and 10 hours
of sleep a night,
but polls show most teens get much less



report **inadequate sleep on school nights**

A major problem that confronts adolescents is a biological change to their sleep timing that begins around the start of puberty. This change pushes back their internal clock, often by around two hours, making teens inclined to be "night owls."

Because they go to bed later, many teens are unable to get enough sleep if they have to wake up early in the morning for school or other activities. As a result, average nightly sleep decreases by 40 to 50 minutes between the ages of 13 and 19.

Without enough rest, teens are more likely to suffer from the cognitive, behavioral, and physical effects of sleep deprivation that are detrimental to school performance. In addition, because they often feel most alert later in the afternoon or evening, many teens struggle with classes and exams early during the school day.

Virtual tour of CAMHS at Whitegate Drive

The purpose of the film is to provide reassurance to children, young people and their families – a link to the film will be included in appointment letters so that it can be viewed prior to attending appointments. With this in place, transition into CAMHS, familiarity of the building and an understanding of the building will help to ease people's minds when attending their first appointments.



This is a project driven
by the young people
from Entwined Minds
at Blackpool CAMHS



June is the Month of Pride



Blackpool Youth Pride is a fantastic opportunity for like-minded young people to come together and express themselves authentically in a welcoming and nurturing environment designed to build confidence, encourage new connections and offer young people a safe space to thrive.

The Blackpool Youth Pride committee work independently to design their own protected space within the larger Pride event for young people and families to come along, enjoy the space and have access to a variety of activities and information.

If you want to be part of Youth pride please get in touch
deborah.terras@twguk.org Love is love!



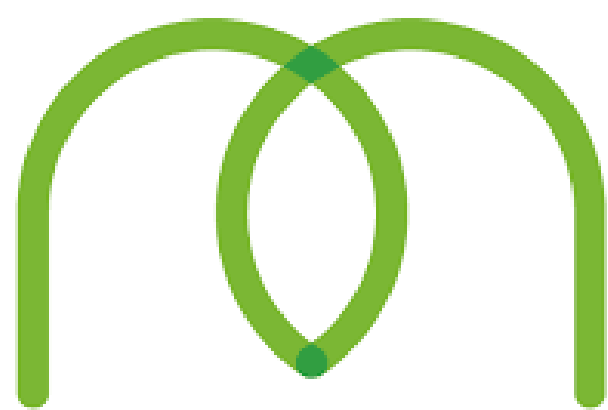
Click on the logo for more information



Youth Mental Health First Aid

Our Youth Mental Health First Aid (MHFA) courses are for anyone who works with, lives with or supports young people aged 8-18.

We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.



MHFA England

YMH Champions
1 DAY
Dates available:
22 June 2023

YMHFA 2 Day
Dates available:
June 2023

1 day course

2 day course

I found this course very informative, it was well set out and delivered, good resources also received to assist with future help.

Delivered well and good use of interactive activities to enhance learning. Support offered throughout if needed. Good resources including a workbook.

Options4CYP

CONTACT UPDATE

Any previous numbers will no longer be in use

Tel: 0800 121 7762,

Option 1 CAMHS,

Option 2 CASHES,

Option 3 YouTherapy

Option 4 MHST

bfwh.options4cyp@nhs.net



PMHW Workshops

AVAILABLE FOR PEOPLE WORKING WITH CHILDREN AND YOUNG PEOPLE

eventbrite

JUN
14



PMHW Workshop: Early Signs of Low Mood and Depression in Young People

Whitegate Health Centre

Wednesday, June 14, 2023 at 4:00 PM BST

JUL
13



PMHW Workshop: Raising Awareness of Risk in Young People for Professionals

Whitegate Health Centre

Thursday, July 13, 2023 at 4:00 PM BST



MindEd
elearning to support healthy minds

If you are unable to attend our training please do cancel your ticket as we now have a waiting list for most of the courses. Thank you



Caring • Safe • Respectful

Youtherapy

Drop in service

What's it about?

Our drop in service gives you the opportunity to discuss what issues you maybe facing at this current time. We offer a 20 minute session to have a chat and let you get a few things off your chest.

Drop in is not an equivalent to on going therapy sessions.



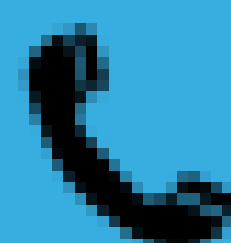
Every Wednesday from
15:00 - 17:00

Location:

**26 Talbot road
Blackpool
FY1 1LF**

Face to Face

**Over the phone - 0800
121 7762 OPT-3**



A big warm welcome
to Jo!! Jo joins the
PMHW team with
vast amounts of
experience and
knowledge.



**pmhw
Shout
Out!**

Very friendly staff wanting
to help with lots of
information to share with
parents"

I'm really happy with
the services of the
PMHW and everything
they offer

"Lovely and so helpful and
supportive"

PMHW Social Media



Don't forget to follow us on social media.
We post regular updates about our drop in's,
self-care ideas and so much more!

INSTGRAM @Blackpool_PMHW

TWITTER @BlackpoolPMHW

FACEBOOK Blackpool PMHW



BLACKPOOL PMHW

OPTIONS4CYP

0800 121 6672

Option 1 CAMHS,

Option 2 CASHES,

Option 3 Youththerapy,

Option 4 MHST

