

PARENTS WELLBEING

**SUPPORTING PARENTS AND CARERS OF
SUFFOLK TO LIVE LIFE TO THE FULL**

HELLO THERE

HELPING YOU LIVE YOUR LIFE TO THE FULL

BY BRANDON (COMMUNITY ADVISOR)

Welcome to Wellbeing Suffolks' Parents Wellbeing newsletter. We have collaborated with many organisations in this edition to ensure that you have a newsletter that is full of resources to help you find the information you are looking for, to support you.

We understand how tough it is to be a parent, especially during these challenging times where you are juggling so many roles such as the classroom teacher, care provider, and the taxi driver.

Sharing your worries will help you feel less anxious or stressed. It's important to look after and be kind to yourself and know you're trying your best in an extremely challenging situation. Wellbeing Suffolk are here to support you through these difficult times. To refer into our service visit:

<https://www.wellbeingnands.co.uk/suffolk/get-support/register-with-our-services/>

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How We Can Help



Wellbeing Suffolk is your local IAPT service. IAPT stands for improving Access to Psychological Therapies and is meant for people with low mood and/or anxiety, and also for people with long term physical health conditions who have low mood or anxiety relating to this. Our services are currently offering support by telephone, video call, instant messaging and webinar. We offer a range of webinars, courses, talking therapies such as cognitive behavioural therapy, counselling for depression, interpersonal therapy and couples counselling, and access to online social events.

Our Peer Support Workers have lived experience of mental health and use this expertise to support your recovery journey. Our service provides support to anyone age 16 or over. For more information please visit our website www.wellbeingnands.co.uk or call: **0300 123 1503**.

"Excellent service, a very positive outcome to a difficult period in my life in delicate circumstances. I now have the skills, mind-set to continue my life, also knowing there is support should I ever need it."

Some People We've Supported So Far

"I was treated at all times with compassion, understanding and professionalism. I was given strategies to deal with my anxiety as well as the understanding of why these thoughts were happening. I am looking forward to returning to my voluntary work which at the start of this illness I wouldn't have thought possible".

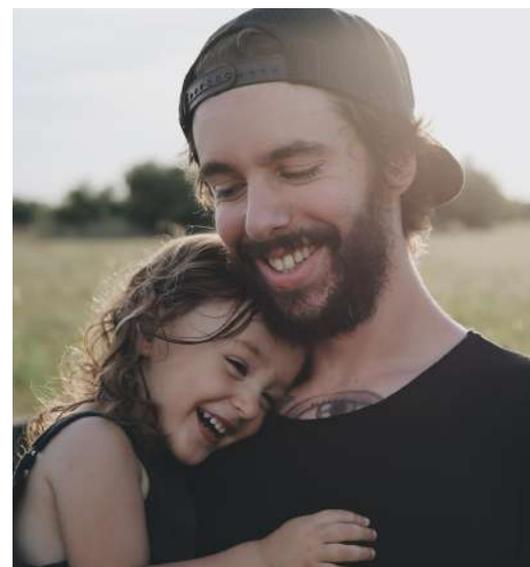
James Duncan

"Excellent service, a very positive outcome to a difficult period in my life in delicate circumstances. I now have the skills, mindset to continue my life, also knowing there is support should I ever need it."

Emily Yule

"I could not have coped with my situation without the help I received. An understanding helpful ear with advice on how to move forward. An amazing service."

Joel Daniels





LIVING WITH LONG TERM CONDITIONS

Living with a long term physical condition can be tough, especially when you are looking after children. It is estimated that 15.4 million people in England live with a long term condition. What might be more surprising though is that many people with a long term condition also suffer with their mental well-being. Depression for example is two to three times more common in people with a chronic physical condition. This depression can go unnoticed because many patients may not want to mention their symptoms for fear of being labelled 'mentally ill'. Long term conditions can be complex and clients who are finding it difficult to cope are more likely to find it a struggle to manage their condition successfully.

Why do I feel Depressed When I have a Long Term Condition?

- **Pain is an obvious issue**
 - Depression is more common in patients with rheumatoid arthritis than in healthy individuals, partly because of the pain they experienced.
- **Fear of the future**
- **Looking after children and wanting to do more for them**
 - If your child has had to take on caring responsibilities to look after you then this could make you feel depressed. To get support for your child if they have caring responsibilities, visit Suffolk Young Carers at: <https://suffolkfamilycarers.org/young-carers/> or refer to page 23 of this newsletter for further support
- **The nature of the interventions**
 - For example, invasive daily treatments like insulin injections or having to modify lifestyle are constant reminders of illness



WELLBEING SUPPORT FOR LONG TERM CONDITIONS

We offer structured long term support when you refer into the Wellbeing Suffolk service. This is more in depth with more clinical support and other treatment options. Our clinicians have received specialized training to help them understand more about the effect that long-term conditions have upon a person's well-being. They can support them with tools and strategies to achieve positive mental health. The course runs for 6 weeks and each session lasts about 2 hours (with breaks). There will be up to 15 people at the course and although you will never be asked to speak, you will get more from the course if you are able to share your experiences of the strategies and techniques that we teach you. We are running the course online using zoom and you will be sent information of how to use zoom prior to the group. Each week there will be home practice tasks to complete which build on the techniques we teach you in the session. To see improvements in your mood these tasks will need to be completed and reflected on.

The 6 week course will cover:

Week 1: Introduction to Cognitive behavioural Therapy (CBT)

Week 2: Setting goals

Week 3: Managing your worries

Week 4: Challenging negative thinking

Week 5: Having a positive outlook and relaxation

Week 6: Planning for the future

Self-Help for your Long Term Condition

We also offer a free online CBT programme called Living Life to the Full covering modules relevant to helping someone to live with a long-term physical health condition as well as helping with low mood, stress and anxiety. This is easy to access via www.LLTTF4Suffolk.com, all they need to do is to complete the mood quiz and register and they can start to use the programme immediately as and when convenient for them. We also offer guided support with the programme, when they have completed the mood quiz they will be given an option to get more support and we will then contact them.



SOCIAL SUPPORT

BY COMMUNITY ADVISORS

The social team are delighted to announce that we have just launched our new way to meet up with the community with our range of Virtual Socials. To check for the latest information on our Virtual Socials please visit

<https://www.wellbeingnands.co.uk/suffolk/social-events/>.

Our Virtual Socials take place on the video chat app called Zoom. If you need help downloading this application simply follow this link here for all the help you will need to get you started to join us on Zoom

<https://www.wellbeingnands.co.uk/suffolk/social-events/how-to-zoom-guide/>.



**PARENTS
WITH YOUNG
CHILDREN**



**PARENTS AND
GUARDIANS**



**A CUPPA AND
A CHAT**

Plus many more to support you...

Parents & Guardians Virtual Social

Join Our New Parents and Guardians Virtual Social

Parents and Guardians is a safe place to discuss all things parenting! Children are welcome. This is not a therapy session but a great place to connect and share.

Join Us Every Thursday Fortnightly at 10:30am

6th August 10:30am-11:30m: Parents and Guardians

Join Us on Zoom: [https://us02web.zoom.us/j/85021390253?](https://us02web.zoom.us/j/85021390253?pwd=cUN3d2l1UFpMbi9GRzd0YnVJS1NkUT09)
[pwd=cUN3d2l1UFpMbi9GRzd0YnVJS1NkUT09](https://us02web.zoom.us/j/85021390253?pwd=cUN3d2l1UFpMbi9GRzd0YnVJS1NkUT09)

Password: 203530

20th August 10:30am-11:30m: Parents and Guardians

Join Us on Zoom: [https://us02web.zoom.us/j/81345142402?](https://us02web.zoom.us/j/81345142402?pwd=ZUJuWW0zTHhOZURNQyt5MUNCRHdQdz09#success)
[pwd=ZUJuWW0zTHhOZURNQyt5MUNCRHdQdz09#success](https://us02web.zoom.us/j/81345142402?pwd=ZUJuWW0zTHhOZURNQyt5MUNCRHdQdz09#success)

Password: 001705

3rd September 10:30am-11:30m: Parents and Guardians

Join Us on Zoom: [https://us02web.zoom.us/j/81345142402?](https://us02web.zoom.us/j/81345142402?pwd=ZUJuWW0zTHhOZURNQyt5MUNCRHdQdz09#success)
[pwd=ZUJuWW0zTHhOZURNQyt5MUNCRHdQdz09#success](https://us02web.zoom.us/j/81345142402?pwd=ZUJuWW0zTHhOZURNQyt5MUNCRHdQdz09#success)

Password: 001705

More dates to come, so keep an eye out on our website:
<https://www.wellbeingnands.co.uk/suffolk/social-events/>

WELLBEING WEBINARS



WELLBEING IN PARENTHOOD



RAISING HAPPY AND RESILIENT CHILDREN



SUPPORTING YOUR CHILD TO SLEEP

We are running regular online webinars to support you through the Coronavirus pandemic. Our courses will help you learn relevant cognitive behavioural therapy (CBT) techniques to help you break out of negative patterns and make positive steps forward. Different courses focus on unhelpful thinking styles, physical symptoms of anxiety and panic, and patterns of responding to thoughts and feelings that can keep us stuck. The strategies you learn will be useful well beyond the duration of the course to prevent and manage bouts of stress, anxiety and depression. Wellbeing Suffolk offer a range of different webinar courses, some which are specifically aimed at supporting parents. Find out more at: <https://www.wellbeingnands.co.uk/suffolk/get-support/courses/>.



HEALTHY FAMILY RELATIONSHIPS



PARENTING THE ANXIOUS CHILD



MANAGING WORRY

We also have many more Webinars to support you...

Domestic Abuse Help and Advice

Help and advice if you or someone you know is the victim of domestic abuse. If you are being abused, threatened, harassed or physically or sexually assaulted by your partner, former partner or someone who is or has been close to you, there are a number of things you can do. Your abuser may blame you and other things like being drunk, pressure of work, unemployment and minimise or deny what they are doing. These things can put a strain on a relationship but are not a cause of abuse.

Get Help

Don't keep what is happening to you a secret. You have nothing to be ashamed of, and the longer the abuse goes on, the harder it gets to take some action.

Talk to someone you trust or contact an organisation for support:

- **In an emergency, always call 999.**
 - Suffolk InfoLink has a listing of local and national domestic violence support services:
<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/results.action?ipsvmore=Domestic%20violence&communitychannel=0&sr=0&nh=10>
-

Don't Feel Alone

Research shows that 1 in 4 women have been in an abusive relationship at some time in their lives; men can also be abused in a similar way. It can happen to anyone at any time of their lives regardless of age, race, gender, sexuality, disability, wealth, income, lifestyle or where you live.

Don't Remain Isolated

Your abuser may be trying to control you physically as well as emotionally in many ways. They may be controlling finances and may be stopping you going out, or making it awkward for you to see family and friends. All these are types of abuse that can keep you locked in the relationship.

Accept You are Not To Blame

You are not responsible for the abuse although the person abusing you may be telling you, or you may feel, it's your fault. You may have tried changing what you do, say and wear to try to pacify and not to antagonise the situation. You may have already noticed that whatever you do makes little difference to the way your abuser reacts and despite your efforts you cannot change their behaviour.

Keep Yourself Safe

Minimising what is happening can put you (and your children) at risk. It's not easy to accept that a loved one can act in this way and you may be trying to make the relationship work. Your abuser may apologise and persuade you that it will not happen again but any sort of abuse is likely to get worse; violence rarely happens only once and will get more and more serious as time goes on.

Only Leave When it is Safe To Do So

You may be considering leaving or may have left before and returned for emotional or practical reasons, this is not unusual. Most people try to get help or leave a number of times before getting the help that's right for them. If you are thinking of leaving making a plan can help you do this as safely as possible.

<https://www.suffolk.gov.uk/community-and-safety/crime-and-public-safety/domestic-abuse-help-and-advice/>

Lighthouse

For a brighter future, free from domestic abuse

Lighthouse is a domestic abuse organisation that provides advice and support for women, men, young people and children of Suffolk. "We are looking forward to a brighter future, to provide services for women, young people and children from all over Suffolk". For more information: <http://lighthousewa.org.uk/>.

For advice call: **01473 228 270**, Domestic Violence Helpline: **0808 2000 247**.



Suffolk Domestic Abuse Champions Podcast

Suffolk's Domestic Abuse Champion Coordinators, Clare Grist and Teri Cudby, talking about Domestic Abuse topics. To access these podcasts visit: <https://anchor.fm/teri-cudby/episodes/Domestic-Abuse-and-COVID-19-ee77ru>

**COVID-19 IS NO EXCUSE FOR ABUSE.
#YOUARENOTALONE**



**ARE YOU CONCERNED ABOUT DOMESTIC ABUSE DURING THIS TIME?
WHEN IT IS SAFE TO DO SO CALL:**

**SUFFOLK DOMESTIC ABUSE HELPLINE – FREEPHONE 24/7 ON
0800 977 5690**

**'ARE YOU HURTING THE ONE YOU LOVE? CHOOSE TO STOP.'
RESPECT PHONELINE CALL 0808 802 4040**



Home-Start in Suffolk is a volunteer-based family support charity based in Suffolk, dedicated to supporting Suffolk families struggling to cope with mental health problems, disability, long term or terminal illness, bereavement, domestic abuse, behavioural issues, isolation, poverty, family breakdowns and so much more since 1999.

Working with parents and children aged 0-12 across the county, fundamentally, our vision is that every child in Suffolk is given the best start in life because of the love, support and guidance they receive from their parents, guardians or the people performing the role of their parents. They focus on the early years because that's where children reap the biggest benefit from parents who are healthy and happy. The organisation is the country's largest Early Intervention family support provider with over 240 active volunteers working with them and they are well respected as a provider in the county working closely with health professionals and Suffolk County Councils child services teams.

Home-Start volunteers are a lifeline that work with the families to prevent them reaching crisis point. Families referred to Home-Start come through statutory services such as GP's, Midwives, Health visitors, Social Services, Early Help Teams and teachers, although families are able to self-refer if they have recognised their need for support.

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Engaging client families where they live, providing fully trained, experienced, volunteers offering the support necessary to give the family the best possible pathway to stability, happiness and cohesion has been proven to have a hugely positive impact on supported families. In the last year Home-Start volunteers supported 1,500 people and this number has continued to grow year on year.



"Before Home-Start, I struggled to leave the house because of my mental health. When support started, I wanted to stop it all, because my mental health almost got the better of me. I stuck with it because I knew I needed it. Thanks to Vikki I can now go out with my children without having to worry. Home-Start is different from other types of help because they only do what you feel comfortable with. They help you so, so much."

If you would like more information about Home-Start in Suffolk call **01473 621104** or visit **www.homestartinsuffolk.org**.



Sophie's Story

My domestic abuse support worker suggested that I might be able to receive support from Home-Start, when we had to move here from Essex.

I was a bit reluctant at first, as that meant having to meet someone else new, which I struggle with as I have anxiety. But I thought I should probably give it a go, not for my sake, but my daughters as we were new to the area and knew no one.

I didn't want to isolate my daughter and I. Our closest family live a 40 minute car journey away, so having someone to support us for a few hours a week was just what we needed.

Lydia and I clicked straight away and my daughter adores her, which was really good. She understood me more than a lot of other people ever have, and she supported me to attend a couple of groups at the children's centre, giving me the chance to meet other mums, but I felt uncomfortable. Lydia understood when I'd had enough and sensed it got a bit too much, so we would leave. But my daughter enjoyed herself, which was the main thing. Lydia didn't push me into doing anything that was out of my comfort zone, she let me do it at my own pace which is what I needed.

Lydia supported me to attend the first session of the Freedom Programme. If she hadn't done that, then I would never have attended, meaning I wouldn't have met another lady in the group, who I've now become good friends with. She has a little boy a few months older than my daughter so now we go on play dates together and visit each other's houses for dinner and chat. The kids love playing together, my little girl now has a little friend to play with while us mums have a natter.

If it wasn't for Lydia, I wouldn't have any of this. It helped just having Lydia here for some company and someone to talk to, someone who actually understands me. Even when she had her own things going on, she still wanted to know what was going on in my head and I thought that was amazing of her.

She helped me get out the house when she thought we needed it, to get fresh air for my daughter and I. I just want to thank Lydia for everything she has done for us, I really hope our paths cross again one day and wish her all the best.

Health Visiting



Do you need to Contact a Health Visiting Team?

Need to change an appointment? Want to speak to a Health Visitor?

For all enquiries, information, advice and guidance, please call our Health Business Centre:

- **Telephone: 0345 607 8866**
- **Email: childrenshealth@suffolk.gov.uk**
- For latest service changes due to COVID-19 visit:
<https://www.suffolk.gov.uk/coronavirus-covid-19/service-changes/health-and-childrens-centres/>

Health Visitors are qualified nurses or midwives with specialist community public health training and can offer families with children aged 0 to 5 years:

- Support for the health and wellbeing of your whole family, providing antenatal visits, a visit after the midwife ends her care once your baby has arrived, and support and advice until your child goes to school
- Advice on healthy choices, e.g. breastfeeding, introducing solids and healthy eating
- Developmental reviews to ensure your child is reaching their full potential
- Advice on the childhood immunisation programme, which ensures your child is protected against disease and infection
- Information about specific difficulties, such as postnatal depression
- Support for your whole family into education, training or work
- Advice and information on wider issues such as housing problems or domestic abuse
- Help with specialist services to support additional needs, e.g. speech and language
- Support for you to feel confident in your parenting skills and to provide the best opportunities for your baby as their grow

For more information: **<https://www.suffolk.gov.uk/children-families-and-learning/childrens-health/health-visiting/>**

Suffolk Health and Children's Centres



Within Suffolk, our Health Visiting Teams are aligned with our Children's Centres, providing a range of services to help you and your family stay safe, happy and healthy.

Health and Children's Centres offer families with young children under the age of 5, a friendly place to go to access a range of activities and support services.

Staff who may help you from your local Health and Children's Centre are:

- Health Visitors
- Healthy Child Practitioners
- Health & Children's Centre Advisers

Each centre runs a different timetable of activities (many are free to join) which may include:

- Child Health Clinics
- Infant Massage Stay & Play
- Parenting Support groups
- Advice about money, training and employment
- Child and family health support such as Infant Feeding Support groups
- Outreach – bringing services to you

To find your nearest Health & Children's Centre refer to the next two pages.

Suffolk Health and Children's Centres



North East Ipswich and Coastal

- **The Oaks:** Grange Road, Felixstowe, IP11 2LA. 01394 694750
- **Caterpillar:** 7 Cumberland Street, Woodbridge, IP12 4AH. 01394 388276
- **Kesgrave:** 22 Bell Lane, Kesgrave, Ipswich, IP5 1JQ. 01473 265833
- **Rendlesham:** Sycamore Drive, Rendlesham, IP12 2GF. 01394 462191
- **Meadow:** Seaman Avenue, Saxmundham, IP17 1DZ. 01728 652110
- **Leiston:** Waterloo Road, Leiston, IP16 4HF. 01728 642930
- **Chatterbox:** School House, Copleston Road, Ipswich, IP4 5HB. 01473 325822
- **Wooden House:** Tudor Road, Sudbury, CO10 1NP. 01787 888666
- **Treehouse:** 251 Clapgate Lane, Ipswich, IP3 0RH. 01473 322055
- **Ravenswood:** 103 Hening Avenue, Ipswich, IP3 9QJ. 01473 714521

South and West Ipswich

- **Hawthorn:** In Chantry Library, Ipswich, IP20QY. 01473 786630
- **Hillside:** Maidenhall Approach, Ipswich, IP2 8NY. 01473 786630
- **Willows:** Magdalene Close, Ipswich, IP2 9UX. 01473 602150
- **Highfield:** Chesterfield Drive, Ipswich, IP1 6DW. 01473 742534
- **Wellington:** 52 Chevallier Street, Ipswich, IP1 2PB. 01473 263900

Suffolk Health and Children's Centres



West Suffolk

- **The Lark:** Recreation Way, Mildenhall, IP28 7HG. 01638 582820
- **Foley House:** 52 Wellington Street, Newmarket, CB8 0HY. 01638 565533
- **Brandon:** The Brandon Centre, Bury Road, Brandon, IP27 0BQ. 01842 816111
- **Cartwheels:** Norton Road, Haverhill, CB9 8NF. 01440 760500
- **Carousel:** St Olaves Road, Bury St Edmunds, IP32 6RW 01284 748355
- **Hardwick:** Steward Road, Bury St Edmunds, IP33 2PW. 01284 733940
- **Bury Library:** Sargeants Walk, St Andrews Street North, Bury St Edmunds, IP33 1TZ. 01284 732266

Central and South Suffolk

- **Eye:** Church Street, Eye, IP23 7BD. 01379 870340
- **High Suffolk:** Gracechurch Street, Debenham, IP14 6BL. 01728 862900
- **Bluebells:** Bury Lane, Stanton, IP31 2DE. 01359 254282
- **Robins:** Bosmere Primary School, Needham Market, IP6 8BP. 01449 723134
- **Acorns:** Violet Hill Health Centre, Stowmarket, IP14 1NL 01449 745185
- **Sunshine:** Stowmarket Community Centre, IP14 2BD. 01449 616091
- **Phoenix:** Tudor Road, Sudbury, CO10 1NP. 01787 888666
- **Cornfields:** Head Lane, Great Cornard, CO10 0JU. 01787 315190
- **Cherry Blossom:** Hadleigh Road, East Bergholt, CO7 6QT. 01206 299467

Suffolk Family Information Service



Offering free and impartial advice to parents about finding childcare, the funded early education entitlement and other family services for 0-19 year olds.

The Suffolk Family Information Service (also known as FIS) can help you:

- find out about funded early education for your 3 or 4-year-old
- find out if your child is eligible to receive the funded 2-year-old early education
- look for a breakfast, after school or holiday club for your child
- think about your childcare options

Our friendly staff can provide:

- detailed childcare searches of childcare providers in the area you are looking for
- a range of services in Suffolk for children, young people and families from our Family Services Directory
- extra help to families who are struggling to find childcare that meets their needs

We provide the following childcare information:

- different types of childcare, for example, childminder, day nursery or pre-school playgroup
- name and contact details of childcare providers
- opening hours
- costs (where available)
- whether the provider has gained a good or outstanding Ofsted rating (where available)

Contact the Suffolk Family Information Service

You can contact the Suffolk Family Information Service to request a childcare search to be sent to you:

- Email: **childcare.planning@suffolk.gov.uk**
- Telephone: **03456 080033** (our helpline offers a call back service Monday to Thursday from 9am to 5pm, and Fridays from 9am to 4:30pm)
- Text: **07624 801060** with your number and we will call you back
- For more information on Suffolk Family Information Service visit: **<https://www.suffolk.gov.uk/children-families-and-learning/childcare-information-and-support-for-parents-and-providers/guidance-for-parents-and-carers/suffolk-family-information-service/>**

Children's Letters to Senior Residents

it is important to keep those young minds busy at home. We feel like we have a great resource to help with that. However, it is much more important than that. During lockdown, many people in residential homes and people living on their own are living experiencing feeling of loneliness, isolation and disconnect.

On the next two pages is a template which your little ones can fill out and send directly to that person in mind. Whether that is a neighbour, person across the street, or maybe a resident in a residential care home.

Just as a disclaimer please check with a residential home before sending anything to them, if they are happy for you to send it by post, or alternatively you could email it to the home. Maybe you could print it off first, get your little ones to fill it in, and then take a picture of it to then email it to the residential home. Just please ensure you have the care homes consent either way first. Also, we ask you please not to include any personal information such as telephone numbers, surnames, DOB, just a first name and a simple answer to the questions.

The most important rule though is to have fun and to connect your community! Thank you for taking part and we hope your children have a lot of fun with this, they are doing something wonderful.

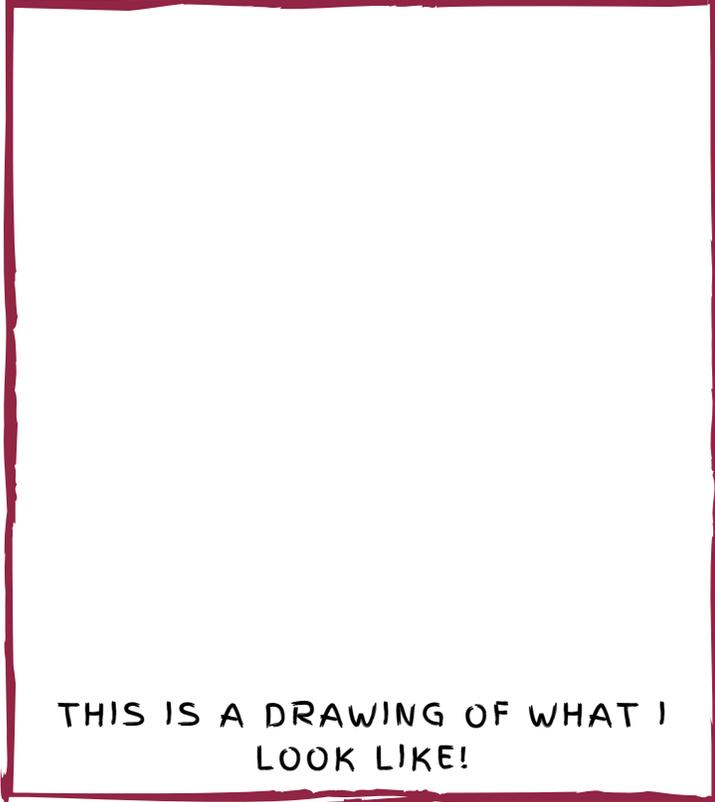




Hello there!

My first name is _____

I am _____ years old!



THIS IS A DRAWING OF WHAT I
LOOK LIKE!

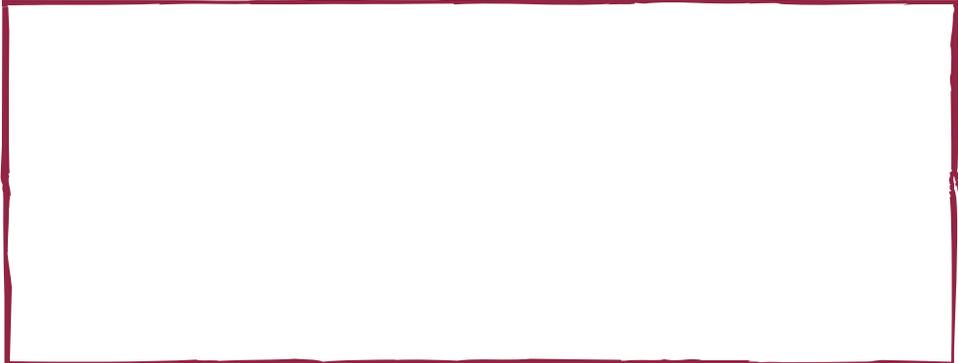
I wanted to write you a letter all about me today and share some of my drawings to let you know that I am thinking about you...

The most special thing about me is _____

My favourite song I like to listen to is _____

My favourite game to play with my friends is _____

My favourite animal



wellbeing

Helping you live your life



When I grow up, I want to be:

A large, empty rectangular box with a dark red border, intended for a child to draw a picture related to their career aspiration.

My favourite hobby is _____

With Love and Well wishes

From your friend _____

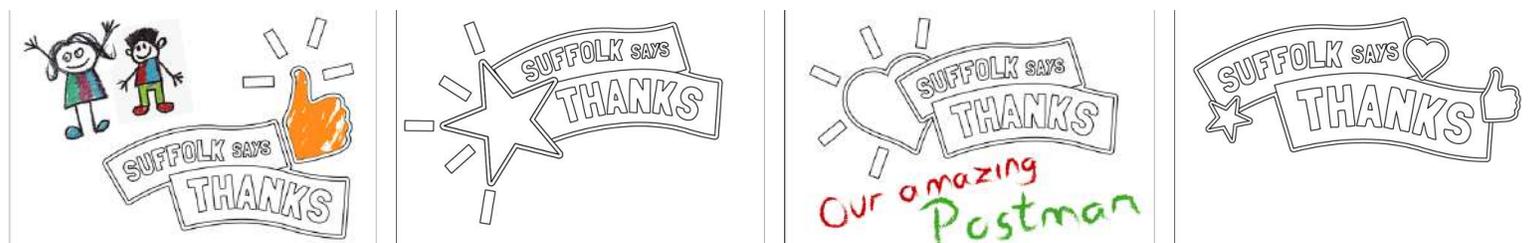


SUFFOLK SAYS THANK YOU – CELEBRATING EVERYDAY ACTS OF KINDNESS

Taking the time to thank someone means a lot; often the small, everyday acts of kindness can make the biggest difference to people's lives. With COVID-19 changing our way of life in virtually every way, it has never been more important to show that we care and value others. The power of saying thank you is the basis of a new, countywide campaign called 'Suffolk Says Thank You' which calls on everyone, of all ages, to send their messages of thanks and appreciation.

From friends, family, neighbours and others in your community, the campaign celebrates everyday acts of kindness. This could include thanking someone who has been getting your shopping, delivering your post, looking out for someone who lives nearby; caring for your loved ones in a care home setting, putting the bins out for a neighbour or displaying one of our posters in your window to thank your 'postie' or refuse collection team. The free fun assets are available to download via the website here and we would encourage you to share them with your communities. Say thank you directly by printing and putting up a poster in your window, or share a card with someone you'd like to thank. It's a community campaign and we're inviting everyone to share their messages so others can see and be inspired to thank others.

Get involved and start sharing your messages of thanks – we'd love to see how you're saying thank you by sharing photos and videos with us and by joining us on social media. You can upload your messages onto the website and who knows, your messages really could make someone's day! A selection of thank you messages will be promoted in partnership with local print and broadcast media with permission. <https://www.suffolksaysthanks.com/>





Support from E.P.I.C. Dad

ENCOURAGER, PROVIDER, INSTRUCTOR, CARER



EPIC Dad is a Community Interest Company committed to supporting fathers, father figures, and families. Recently we have adapted our services to offer more wellbeing and parenting support to dads through phone calls and Zoom meetings. Also, we offer wellbeing walks for dads where they can 'walk and talk' and receive advice and support whilst getting exercise, fresh air, and a change of scenery.

In the coming months we hope to re-open our EPIC Centre in Risby, near Bury St Edmunds and begin to offer dads and children's clubs, parenting courses, drop-in's, and other activities, again. To support dads with babies we are delivering baby packs to families in need across West Suffolk. The packs include things like nappies, wet wipes, formula milk, baby food, etc.

For more information on the work of EPIC Dad, or if we can support you in any way, please contact us on **07717744608** or email **info@epicdad.co.uk**. (Most of our groups, once we are re-open, take place at the EPIC Centre, Risby Truckstop, 117 Newmarket Road, Risby, Bury St Edmunds, IP28 6RD).



Support from Ormiston Families

SUPPORTING CHILDREN, YOUNG PEOPLE AND THEIR
FAMILIES TO SEE A BRIGHTER FUTURE.



We take early and preventative action to support families to be safe, healthy and resilient: all our services help people to build stronger networks, learn from experience and feel in control of their own wellbeing.

Who We Are

Ormiston Families provides a range of services supporting families across the East of England to feel safer, healthier and more resilient and look after their own wellbeing. In Suffolk, it provides support for children and families through its prison visitors centres, and its Breaking Barriers and Engage services.

Engage Service

Ormiston Families works closely with children who are struggling to engage with school. This ongoing 'battle' to persuade their child to go to school can affect the parents and the family as a whole, causing a great deal of emotional and in some cases financial strain. At the same time, the fear or anxiety around going to school every day can have an impact on a child's confidence and self-esteem if not addressed. Our practitioners work with the child and parents/carers to gain an understanding of the issues causing the child to stop engaging with school, and set some goals to reach together, starting small and building up slowly. The practitioners also run courses for parents which provide useful communication techniques, and opportunities to look at the way they currently communicate with their child about school attendance and their worries, and how to improve on this if necessary.

“He will talk to me about school now and is much more confident to ask for help if he feels he is struggling.” Lewis’ mum

For more information on Ormiston Families’ Engage service please visit <https://www.ormiston.org/what-we-do/working-with-communities/engage/> or call **01473724517**.

Supporting Families Affected by Offending

Ormiston Families’ team of experienced practitioners work with families who are coping with the impact of a parent in prison. They can support families to break the news to their children about the imprisonment of a parent and also help children and young people to understand their feelings and break down some of the barriers which may prevent them from maintaining positive ties with their imprisoned family member. The practitioners also work with schools with permission from the family, to ensure the child is feeling supported both at home and by their teaching staff as well as helping improve school attendance.

“Support to manage feelings of sadness and anxiety have helped the girls develop coping strategies, to be reassured and feel secure.” Grandmother of two service users.

Ormiston Families also runs prison visitor centres in Suffolk which provide a safe, welcoming space for families to visit loved ones in prison. The centres offer refreshments and activities and toys for children.

For more information about Ormiston Families’ services for families affected by offending please visit <https://www.ormiston.org/what-we-do/working-with-families-affected-by-offending/> or call **01473 724517**.





Do you know a young carer or sibling carer?

Caring for a family member isn't always 'doing something' to help. The impact of caring for someone can often lead to young people feeling angry, or they may worry about the person or what is happening at home.

We support:

- Young carers- a young person, who is caring for or emotionally affected by a family member who has a physical or mental illness, disability or misuses drugs or alcohol.
- Sibling carers- a young person who is affected by a brother or sister's disability, illness or additional need.
- We have an online space for Young Carers (5-13) and Young Adult Carers (14-25) which includes blogs, tips and information.
- For more information visit: <https://suffolkfamilycarers.org/young-carers/>

Your Space

- Suffolk Family Carers have created a safe online space for Young Carers with a caring role from the age of 5 to 13 which includes blogs, tips and information including information on advice for Young Carers wellbeing
- To access Your Space visit: <https://suffolkfamilycarers.org/category/young-carers/>

For the 16-25 age group our offer consists of:

- 1:1s with an Adviser
- Emotional wellbeing support
- Online and in person respite activities
- Duke of Edinburgh Award Scheme
- Peer support via online community
- Support to balance caring role alongside studies or work
- Access to personal development opportunities
- Wellbeing workshops
- YAC NHS ID Card to support identification to medical professionals
- Access to grants (eligibility criteria)



JOIN US FOR FREE FAMILY FRIENDLY TREASURE TRAILS

Bring on the summer!! Join us for free family friendly Treasure Trails around Newmarket, Mildenhall, Lakenheath and/or Brandon.

How it works:

- Come and find us between 2.00-4.00pm on the dates and venues below
- Pick up your treasure
- trails clues
- Complete the questions as you move around the town
- Once you have completed the questions return to us for your prize and certificate!

Or you could:

- Download the treasure trails from our website to print or follow on your phone.
- Complete the questions as you move around the town
- Once you have completed the questions contact us via our Facebook page, email or phone to let us know you have completed the treasure trail
- Pass on your address to us and we will deliver or send out your prize!
- Download your certificate from our website

You Can Find Us At:

- Newmarket Clock Tower on Thursday 30th July 2020 from 2.00-4.00pm
- Mildenhall Market Place on Thursday 6th August 2020 from 2.00-4.00pm
- Lakenheath childrens play area, next to Lakenheath playing fields (Eriswell Road) on Thursday 13th August 2020 from 2.00-4.00pm Brandon Market Square on Thursday 20th August 2020 from 2.00-4.00pm

*If the weather is particularly wet on the dates above we may not be present, please check our website before you set off if you are not sure.

Things to remember:

- Think Safety First - take care near roads, use pedestrian crossings and keep your children close at all times.
- Keep your distance from those outside of your household and follow the most up to date government guidance <https://www.gov.uk/coronavirus>
- The treasure hunt has been designed with any one way or safety instructions which were in place at the time of design but if these have changed since please do follow the most recent rules.
- There is no time limit on the treasure hunt as this will vary depending on the age and abilities of your children.
- It would be great if you can post your selfies of your treasure hunt on your Facebook page and tag us **@sharingparenting** and add **#Sharingparentingfindthefun**
- You can also add your selfie (or a photo of your child's picture) on our online board





'Fresh Start' is a new project from Sharing Parenting (a Community Interest Company offering parenting courses, groups, and support to parents and carers). For those wanting to build their confidence and skills, as well as exploring job and volunteering opportunities, we seek to support parents looking at the next steps to take in their lives.

The LIFE Aims and Activities of the Fresh Start Project are to:

- **L – Listen**
(Listening to parents' concerns and interests through an initial contact)
- **I – Inspire**
(Inspiring future possibilities through one-to-one meetings)
- **F – Find**
(Finding relevant job and volunteer opportunities through signposting)
- **E – Equip**
(Equipping parents with useful life skills through training courses)

For more information about the new Fresh Start project and how to get involved please contact Rich Keeble on **07717744608** or email to **outreach@sharingparenting.com**.



Active Suffolk focus a large piece of their work on Children & Young People, supporting them and/or those working with this group to value the importance of physical activity, improving their health and wellbeing. From supporting primary schools with PE & Sport Premium to influence some of the youngest, through to a Satellite Club programme that caters for the older end of the scale, the work carried out by the CYP team is diverse and spread across a wide number of projects and interventions, both inside and outside of curriculum time. For more information on any of these projects visit the Active Suffolk webpage by clicking <https://www.activesuffolk.org/children-and-young-people>.

Home exercises for children

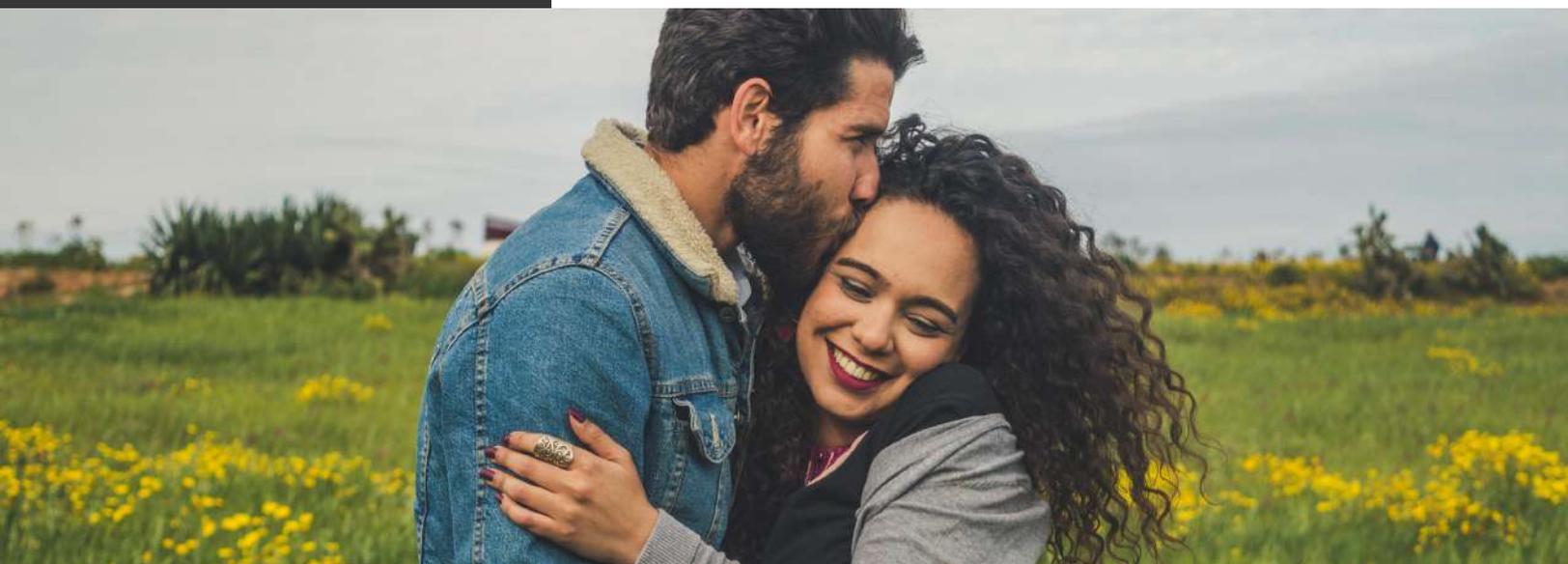
Active Suffolk have recently developed webpages that provide information and resources to support children, young people and their families to be active, especially while some restrictions are still in place – all of these activities can be done from home with very little equipment!

Give it Your Best Go

During the lockdown, the CYP team at Active Suffolk created the 'give it Your Best Go Challenge', with the idea of the challenge not being to compete against anyone else to be the best, but instead to for children and young people to review their own performance of the activity. The challenge took place over 6 weeks, but all of the activity videos have been uploaded so anyone can give it a go at a later time.

Topleader Programme

Topleader is an exciting opportunity aimed at 12-19 year olds, who are currently volunteering or are looking for sport and volunteering opportunities in Suffolk. The programme offers the opportunity to log voluntary hours in return for rewards and recognition. As the new academic year approaches, new rewards are being selected for young people to earn via the Topleader App, these will be shared and announced very soon. As activity clubs start to open back up with restrictions lifting around Suffolk, Topleaders can start logging hours again regularly whilst volunteering in sport and physical activity.



We provide Relationship Counselling, Family Counselling, Sex Therapy and Children's and Young People's Counselling across Suffolk. We are not a free service, with charges per session. However, if you refer through Wellbeing Suffolk they can refer you to us where you will not be charged for session charges.

Relationship Counselling

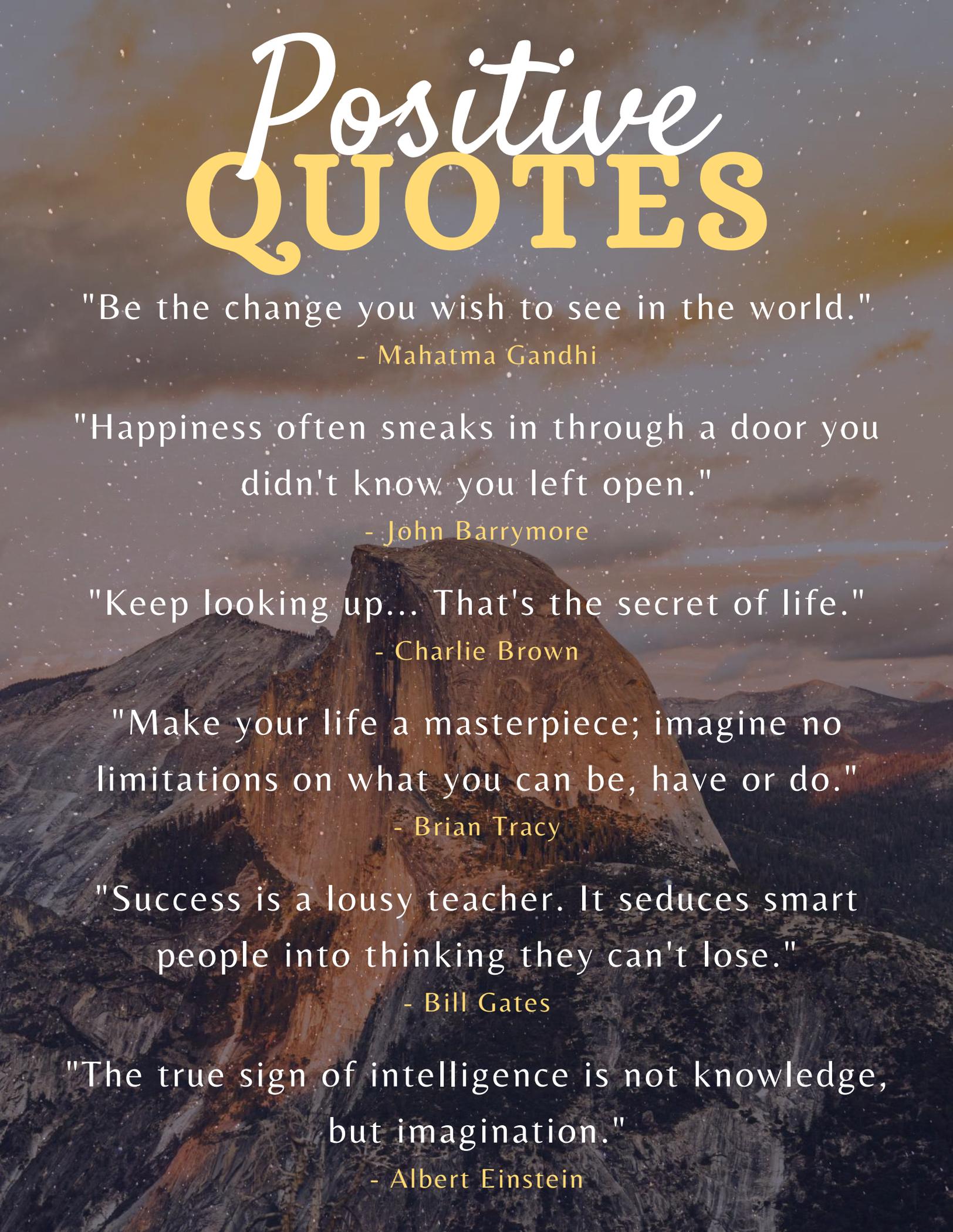
Whether you're having trouble in your relationship or just want to learn to work with your partner better, talking to a counsellor can make a real difference. Relationship Counselling is for everyone. Whether you're married, single, living together or apart, straight or gay - we can help. Counselling offers a caring, supportive and constructive environment in which you and your partner can look at any issues and think about how you might address them.

What is Family Counselling?

Families can be a fantastic form of support and security, but they can present challenges too. If your family is going through a tough time at the moment, you might find it useful to talk to a counsellor about what's wrong. Family Counselling can help with a variety of different issues, from more long-running problems to new ones caused by changes in family situations.

Contact Us

Call us on: **01473 254 118**. You can also visit us at: <https://www.relate.org.uk/norfolk-suffolk>. You can also access Relate services by referring into the Wellbeing service. To refer into our service visit: <https://www.wellbeingnands.co.uk/suffolk/get-support/register-with-our-services/>



Positive QUOTES

"Be the change you wish to see in the world."

- Mahatma Gandhi

"Happiness often sneaks in through a door you didn't know you left open."

- John Barrymore

"Keep looking up... That's the secret of life."

- Charlie Brown

"Make your life a masterpiece; imagine no limitations on what you can be, have or do."

- Brian Tracy

"Success is a lousy teacher. It seduces smart people into thinking they can't lose."

- Bill Gates

"The true sign of intelligence is not knowledge, but imagination."

- Albert Einstein



Mental Health and Parenting

BY NSPCC AND WELLBEING

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. Staying at home more or having to work during a difficult situation can put different pressures on everyone. If you're finding being at home to be tough, it is okay to reach out to Wellbeing Suffolk and others around you for support. Changes to our mental health can sometimes affect children and their Wellbeing.

They may pick up on your anxiety or low mood. This doesn't mean you should hide or minimise your feelings. You can try to explain them using phrases like, "It's ok to get big feelings, everyone gets big feelings but it's still the grown up's job to look after the children" or "If grown-up's get big feelings it's not your fault - we can ask other grown-ups for help with our feelings." When things are different to what we're used to and everyone is going through a big change, it's important to give children reassurance and support. Looking after your own mental health is vital to their well-being so don't be afraid to try new things together or feel worried about doing something for yourself to take care of your own Wellbeing.

To refer to our service follow the link to get started to a happier and healthier you: <https://www.wellbeingnands.co.uk/suffolk/>. For NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



Working from Home While Being a Parent

BY NSPCC

If you're working from home with children, it can be difficult to find balance and feel productive. Speak to your employer about flexibility and if it's possible to work different hours. But remember, it's important for you to not overstretch yourself and take care of your own mental wellbeing. Make sure you know about family friendly policies that can help spread the load.

Find a suitable place to work while being close to your children to supervise them. Having a set work space helps all the family to know you're working. Take regular breaks to rest and relax. Whilst it's important to have routine and structure, be prepared to adapt and be flexible to suit your family needs.

One of the biggest challenges can be supervising children appropriately. Some older children can be left on their own but younger children and babies cannot. When your children need you, take time off and return to your tasks later. Give yourself permission to take care of your family and don't feel guilty for doing so.

For more information visit: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-parents-working-from-home/>

NSPCC Keeping children safe in Suffolk

WHAT'S HAPPENING?



Sexual offences against children under the age of 16 recorded by police in Suffolk last year.

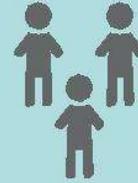
455

children were the subject of a child protection plan.



856

children were in care.



Nearly **One in three** young people have seen something worrying or nasty online.

WHAT WE'RE DOING TO HELP

In 2018/19, our *Speak out Stay safe*, volunteers and staff in Suffolk visited

85 schools

and spoke to

17,703 children

Helping children speak out and stay safe

With your help, over the next 3 years we can visit all **291 schools** in Suffolk.



On average, a child somewhere in the UK contacts Childline **every 25 seconds**

Giving children a voice

In 2018/19 our Childline volunteers delivered over

250,000

counselling sessions to children and young people.

We estimate around

2,700

of those children lived in Suffolk.

We're working with O2 to keep children safe online, via our Net Aware tool and online safety advice helpline.



Supporting the community to change childhoods

Our **resources and guidance**

help coaches, sports clubs and community groups in Suffolk to keep children safe.

In Suffolk we worked with the community to help more parents

talk PANTS

and keep children safe.

171

calls and emails to our helpline asking for advice about keeping children safe in Suffolk last year.

Taking action to protect children



609

referrals were made from the helpline to local agencies such as the police and children's services.

Helping children **recover** from abuse and working with families to prevent abuse.



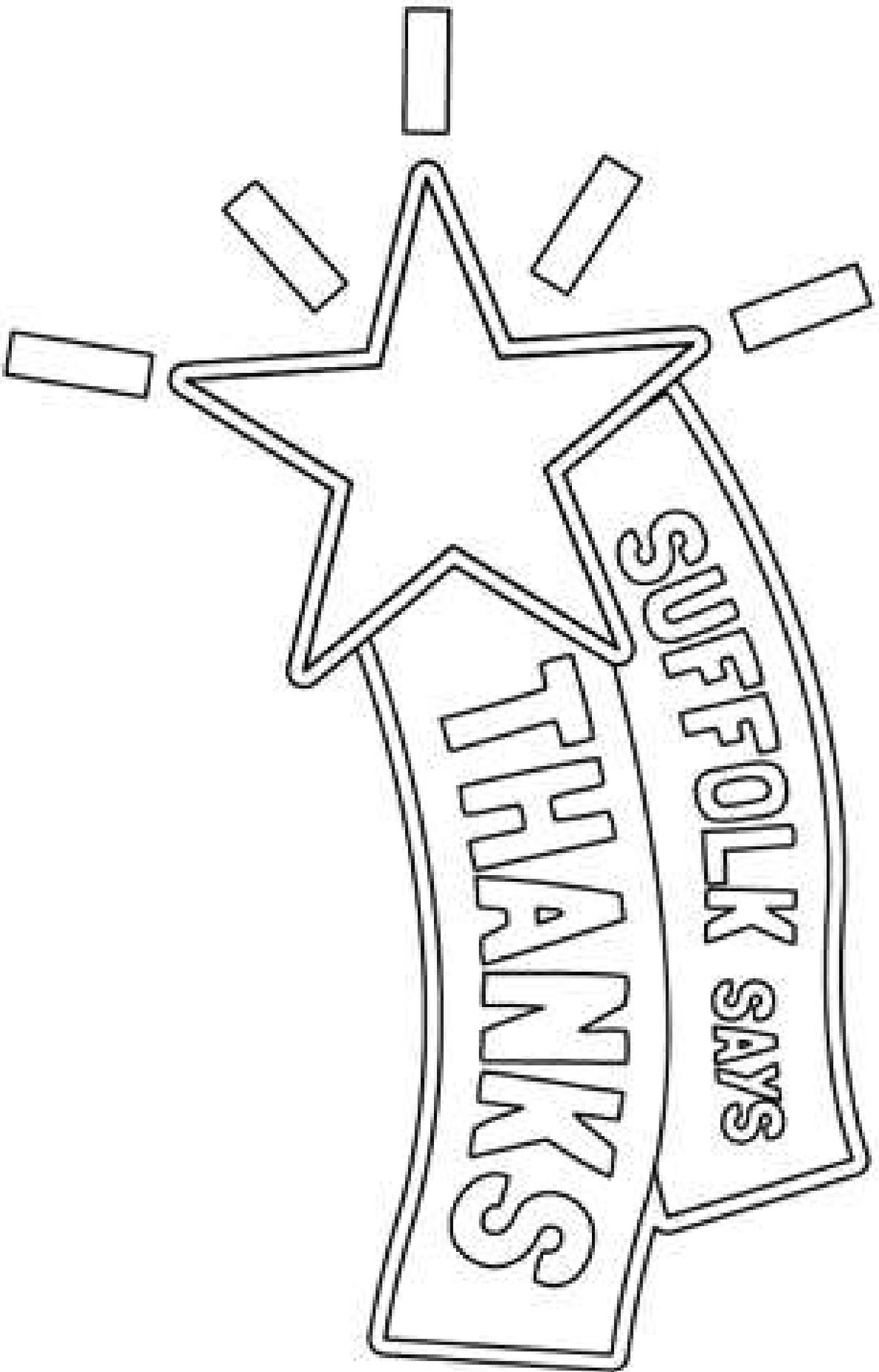
Services like **Letting the Future In** help children rebuild their lives.

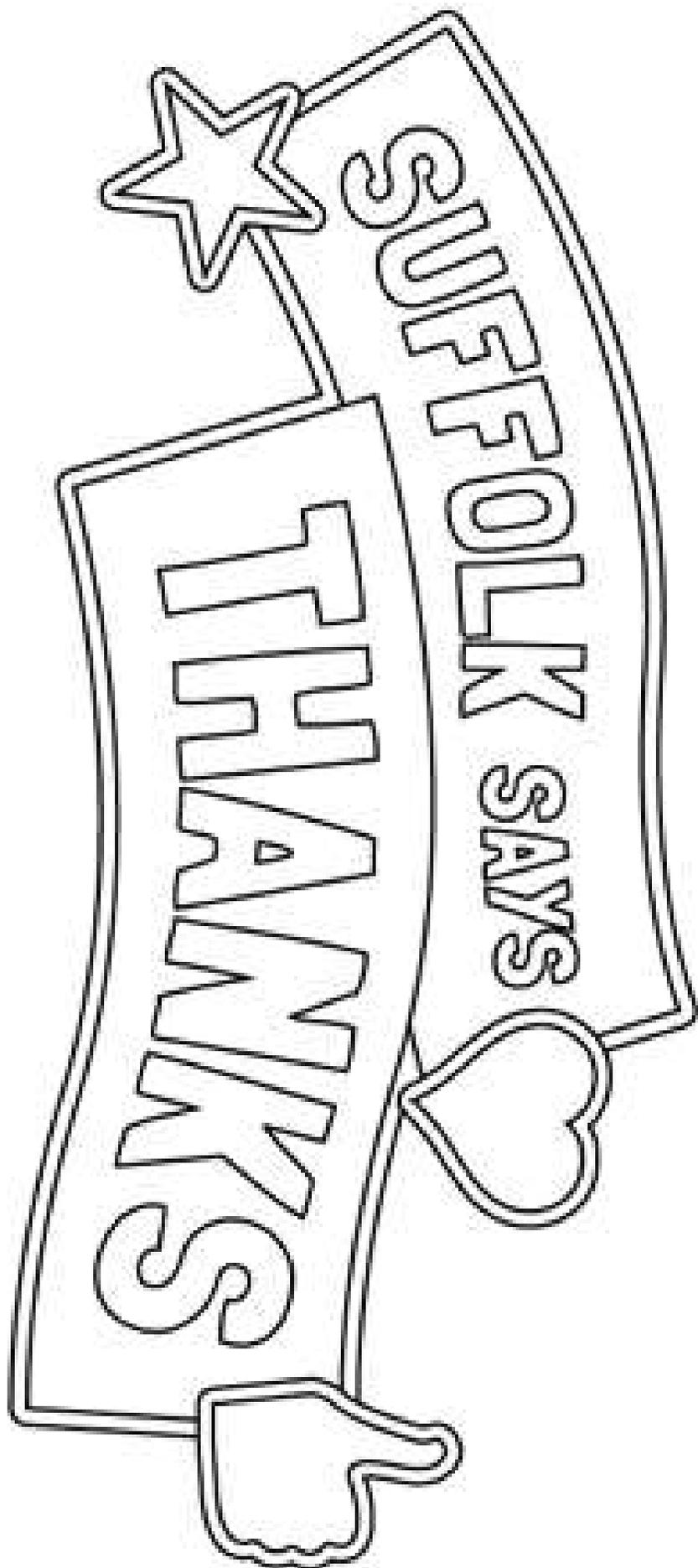
Face-to-face support

We are gathering evidence and sharing the learning from our work with children and families so that other organisations can help more children in communities like yours.

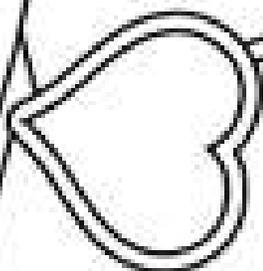
We can only keep doing all this with your support. Find out how you can help at nspcc.org.uk

EVERY CHILDHOOD IS WORTH FIGHTING FOR

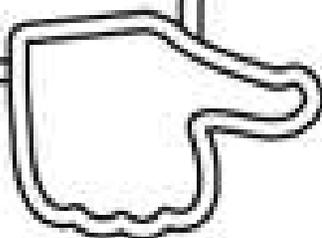




SUFFOLK SAYS



THANKS



Children & Young People's Emotional Wellbeing Hub

Supporting 0-25 years of age

Phone: 0345 600 2090

Monday-Friday 8am-7:30pm

Information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years.

The Emotional Wellbeing Hub provides:

- a team of Emotional Wellbeing Practitioners for expert information, advice and support
- an online referral form for anyone concerned about a child or young person's emotional wellbeing and mental health. Young people can also self-refer
- a consultation helpline for emotional wellbeing and mental health issues relating to children and young people

The Emotional Wellbeing Hub is funded by NSFT (Norfolk and Suffolk Foundation Trust) which is the same as for Wellbeing Suffolk. However, Wellbeing Suffolk support people aged 16+. If you are concerned about the mental wellbeing of someone under 16 we recommend you get in contact with Suffolk's Children & Young Peoples Emotional Wellbeing Hub who will provide the support you need. It provides a simple process for families, young people, and professionals to make a referral or get advice about wellbeing and mental health services.

Child and Young Person referral form:

<https://gateway.mayden.co.uk/referral-v2/0f00194a-73be-424c-b4fa-50d8438a0d3a>

Parents Carers and Professional Referral Form:

<https://gateway.mayden.co.uk/referral-v2/2703a180-2ff7-4779-8b6b-6de81ecd8b1b>

wellbeing

Helping you live your life



Please note Wellbeing Suffolk Supports people 16 years of age and older. To find out more about who we are and how we can help please visit:

www.wellbeingnands.co.uk/suffolk/

For any general enquiries or to register with the service, please call:

0300 123 1503*

Lines open Monday to Friday (excluding Bank Holidays) 8am to 8pm

*Depending on your provider call costs from a landline or mobile will vary.

Or if you would to self-refer to our service please visit:

www.wellbeingnands.co.uk/suffolk/ and click on our self-refer page



NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response

Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

Making a referral into the Wellbeing Service is quick and easy. It is a great first step on your journey to a better and happier you.