



BLACKPOOL PMHW

# PMHW Newsletter

OCTOBER 2023

## Dyslexia Awareness Week

Celebrate being  
Uniquely You  
#DAW23

Dyslexia Week  
2nd Oct to 8th Oct 2023

Organised by the British Dyslexia Association, Dyslexia Week is an annual event to raise awareness of dyslexia. Every year BDA produce resources and share information with teachers, employers and the public to highlight different dyslexia-related themes.  
<https://www.bdadyslexia.org.uk/dyslexia>

World Smile Day  
5th Oct 2023

A day started by Harvey Ball, creator of the smiley, as a day which is dedicated to smiles and kind acts throughout the world.  
<https://www.worldsmileday.com/>

World Teachers Day  
5th Oct 2023

UNESCO day which provides the occasion to celebrate the teaching profession worldwide, to take stock of achievements, and to address some of the issues central for attracting and keeping the brightest minds and young talents in the profession.

[https://www.edhelper.com/World\\_Teachers\\_Day.htm](https://www.edhelper.com/World_Teachers_Day.htm)

World Mental Health Day  
10th Oct 2023

World Mental Health Day is an international day for global mental health education, awareness and advocacy against social stigma.

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>





# Autumn Self Care

Autumn is the season of change and an important time to practice self care because the days are getting shorter, colder and it can become pretty miserable.

### What is Self Care?

Self care is a general term that describes everything you do deliberately for your mental, physical, and emotional well-being. As easy as it sounds, many of us pay little attention to self care and add it to the bottom of our to-do-lists. Yet it is crucial that we take better care of ourselves!

Are you wanting to prioritise yourself but don't know how? It starts from the simple acts like not checking emails at night when you know it affects your sleep to more important decisions like taking holiday leave or booking a spa day when you need one.

30-DAY SELF-CARE CHALLENGE:

Fall Edition

Bake Fall Treats	Use A Pumpkin Face Mask	Wear Cozy Pajamas	Create & Listen To A Fall Playlist	Channel Inner Child & Jump In Leaves	Invest In A New Skincare Routine
Paint & Carve Pumpkins	Read Inspirational Gratitude Quotes	Read A Cozy Book	Listen To A Seasonal Podcast	Drink Hot Coffee/Chocolate	Watch Seasonal Movies
Get Creative With Fall-Themed Makeup	Use Apple Cinnamon Scented Candles	Put Up Fall-Themed Décor	Host A Potluck	Savor The Present Moment	Use Guided Journal Prompts
Declutter Summer Wardrobe	Use Autumn Scented Essential Oils	Treat Yourself To Seasonal Flowers	Create A Fall-Themed Moodboard	Unplug From Technology	Go On A Hike
Make A Gratitude List	Cuddle With Pets/Loved Ones	Have A "Lazy" Day	Eat Your Favorite Halloween Candy	Watch The Leaves Fall	Meditate To The Seasonal Sounds

# Youth Mental Health First Aid

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.

You can apply to the following email expressing your interest in YMHFA 2 or 1 day, with date and they will assign them a place:

HR Organisation & Workforce Development [owd@blackpool.gov.uk](mailto:owd@blackpool.gov.uk)



2 day YMHFA  
Weds 8th & Thurs 9th November 2023  
Wed 31st Jan & 1st Feb 2024  
Wed 15th & Thurs 16th May 2024  
Wed 26th & Thurs 27th June 2024

1 Day YMHFA Champion  
Thursday 28th September 2023  
Thursday 29th February 2024

This course was incredibly useful for my current role and I have learnt a great deal. Fantastic instructors, they were very friendly, professional and answered any questions myself or the group had.

## kooth

**Free online counselling support for young people!**  
Discover everything Kooth has to offer





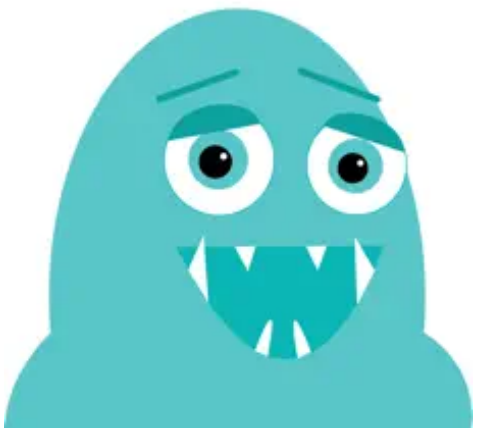
# USEFUL APPS

These days so many of us use apps in our everyday life from shopping to entertainment to travel, but have you considered using them to look after your wellbeing and mental health?



## EQUOO, THE NEXT GENERATION 12+

The Ultimate Emotional Health Adventure Game. Transform your emotional well-being and level up your life by combining the power of psychology, gamification, and interactive storytelling.



## ROOTD - PANIC ATTACK RELIEF 6+

Anxiety and panic attack relief in your pocket. Understand, and overcome anxiety & panic attacks with panic button, guided deep breathing, anxiety journal, soothing visualizations, emergency contact, and lessons.



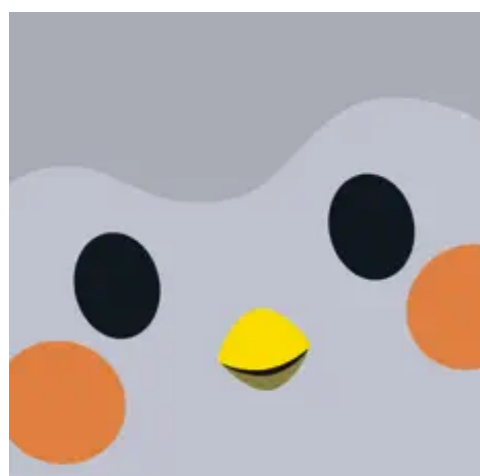
## MOLEHILL MOUNTAIN 12+

For young people with autism, it provides daily tips on how to understand and manage anxiety. Track worries and the situations that trigger anxiety.



## CLEAR FEAR 11+

Helps you change anxious thoughts and emotions, alter anxious behaviours and calm fear responses. It also has helpful descriptions of the different ways in which anxiety presents.



## FINCH: SELF CARE 6+

Finch is a virtual pet-keeping app designed to help the user practice their self-awareness and self-care skills. Features quizzes the user can take centred around depression, anxiety, body positivity, and other self-care related topics.



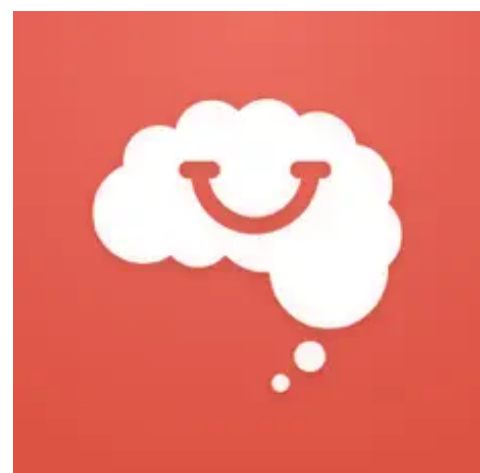
## CHILL PANDA 7+

Learn to relax, manage your worries and improve your wellbeing. It helps children and their carers understand different emotions, and skills to help regulate including breathing techniques and calming games.



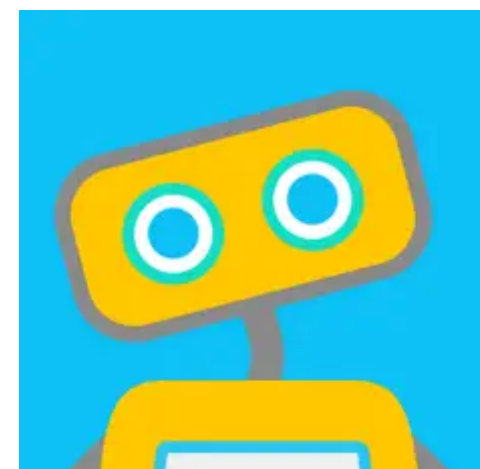
## MEET OLLEE 7+

Ollee supports conversations between children and carers. They can pick a subject they want to talk about, with prompts such as, "I feel lonely". Ollee gives children supportive advice about that subject and how they feel.



## SMILING MIND: MEDITATION APP 5+

Learn and practise the skills to build mental fitness and improve your mental health anytime, anywhere. Find programs tailored for children, young people and adults.



## WOEBOT: YOUR SELF-CARE EXPERT 12+

Woebot is your very own coach who chats with you and offers insights and skills to help you grow into your best self. You can chat with Woebot as much or as little as you like.



## CALM HARM 12+

Provides techniques to help break the cycle of self-harm behaviours and explores triggers and provides an opportunity to journal and reflect. It provides signposts to help.

## APPS FOR CBT BASED SKILLS



my possible self  
the mental health app



BLACKPOOL PMHW

Updated August  
2023: Blackpool  
PMHWs

### Disclaimer

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



# Options 4 CYP Services



## World Mental Health Day Celebration

A Chance to meet Children & Young Peoples  
Services from across the Fylde Coast

**Tuesday 10th OCTOBER 2023**

**9.30am - 17.00pm**

**Blackpool Winter Gardens**

Scan the QR Code, to confirm your **free** ticket at our  
celebration event, .



**Note:** This is an open event and walk-ins on the day are welcome.

Professional updates, Music & Entertainment provided throughout the day



**Rockateurs.**  
4 piece rock band



**Blackpool sixth Music**



**Park Brass Band**



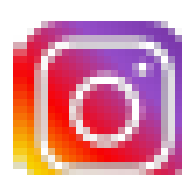
**Robert Ellams**  
'Magician'

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

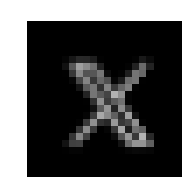


**0800 121 7762 (Option 4)**

Did you know you can follow us on social media ?



**@Blackpool\_PMHW @shine\_mhst @youtherapy**



**@blackpoolpmhw @shine\_mhst @youtherapybpool**



# Parents, Carers and Families

## Teen Sleep Hub

The one stop shop for all you need to know about sleep. If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all here.

[Find out more](#)

Are you a teen?  
Check out our advice and resources for  
Teens & Young People. Videos,  
downloads and news and updates.

## parentzone

It's not easy being a parent in the digital age. It can be daunting to feel you have no life experience to fall back on, because your child explores online spaces you could have never imagined at their age.

But the good news is you already have a lot of what you need to be a parent in the digital world. You can afford to be confident.

Confident in your parenting skills and confident in your instincts. Because when it comes to your child and technology, it's still just that - parenting.

It's not always easy - but Parent Zone has tools and resources that can help.

### You & Your Young Person

**FREE Virtual Workshops  
for Parents & Carers**

**You and Your Young Person** - Fully funded, evening sessions, 25th October & 21st November, delivered virtually. Supporting a child or young person's mental health can be challenging. This workshop provides a safe place for parents and carers to share experiences and learn from each other, as well as our experienced trainers. We focus on normalising mental health, recognising the signs of poor mental health, support techniques, and self-care to look after your own wellbeing.

.Register now here:  
<https://ow.ly/rpEn50PNPEL>

For more information contact:  
[training@lancashiremind.org.uk](mailto:training@lancashiremind.org.uk)

**mind**  
Lancashire



**Anna Freud**  
building the mental  
wellbeing of the  
next generation

For many parents and carers, finding time for yourself can be a challenge as you juggle family and relationships with your home and work life. This can be especially true if you are supporting a child or young person with their mental health.

With the practicalities of day-to-day life, it can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. Factoring in regular time or activities for yourself will hopefully allow you to enjoy the good moments in life more and to find strength during difficult times.

The following advice about the importance of self-care has been created with the Centre's Parent Champions.





## Help With Money & Bills

Don't tackle money worries alone.  
Support is available to help you take  
control of your finances.

# Blackpool Council

→ The Household Support Fund helps  
vulnerable Blackpool residents who are  
struggling with rising living costs.

Find out more and apply: [www.blackpool.gov.uk/HouseholdSupport](http://www.blackpool.gov.uk/HouseholdSupport)

→ The Blackpool discretionary support scheme can help vulnerable people who need short term  
emergency support or help. For more info, visit: [www.blackpool.gov.uk/DiscretionarySupport](http://www.blackpool.gov.uk/DiscretionarySupport)

→ StepChange is a charity providing free debt help, budgeting advice and help with loans. Phone  
them on 0800 138 1111 or visit [www.stepchange.org](http://www.stepchange.org)

For more info about money, debt and all the cost of living help available, visit →

[www.blackpool.gov.uk/Together](http://www.blackpool.gov.uk/Together)

#BlackpoolTogether



**FAMILY  
HUBS**

Supported by  
Blackpool Council

**FREE**

[www.bfcct.co.uk](http://www.bfcct.co.uk)

GAME OVER



## The Programme

The Hubs run on **Tuesday** and **Thursday** from 4-6pm in  
the North Stand Community Hub at Bloomfield Road  
Stadium. We have activities, crafts, gaming consoles,  
an area to complete homework and something to eat.  
The Family Hubs are free and open to anyone as long  
as adults accompany children.



# pmhww Shout Out!

They gave me  
some really  
useful advice

They have helped me  
to support my child  
in understanding  
their feelings and  
questions to ask.

They have  
helped our staff  
write stronger  
referrals

I felt listened to  
and supported

## PMHW Social Media



BLACKPOOL PMHW

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!

INSTAGRAM @Blackpool\_PMHW

TWITTER @BlackpoolPMHW

FACEBOOK Blackpool PMHW



**OPTIONS4CYP 0800 121 6672**

**Option 1 CAMHS, Option 2 CASHER, Option 3  
Youtherapy, Option 4 MHST**

