



PMHW Newsletter



KEY DATES:

- NATIONAL STRESS AWARENESS DAY - 2 NOV**
- REMEMBRANCE DAY 11TH NOV**
- WORLD KINDNESS DAY 13TH NOV**
- CHILDREN IN NEED - 17TH NOV**
- ANTI-BULLYING WEEK 14TH - 18TH NOV**



November 13th is **World Kindness Day!** Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these simple ideas:

- Compliment the first three people you talk to.
- Say good morning/afternoon as you walk past people.
- Make a cup of tea for a friend or family member
- Send an inspirational quote to a friend

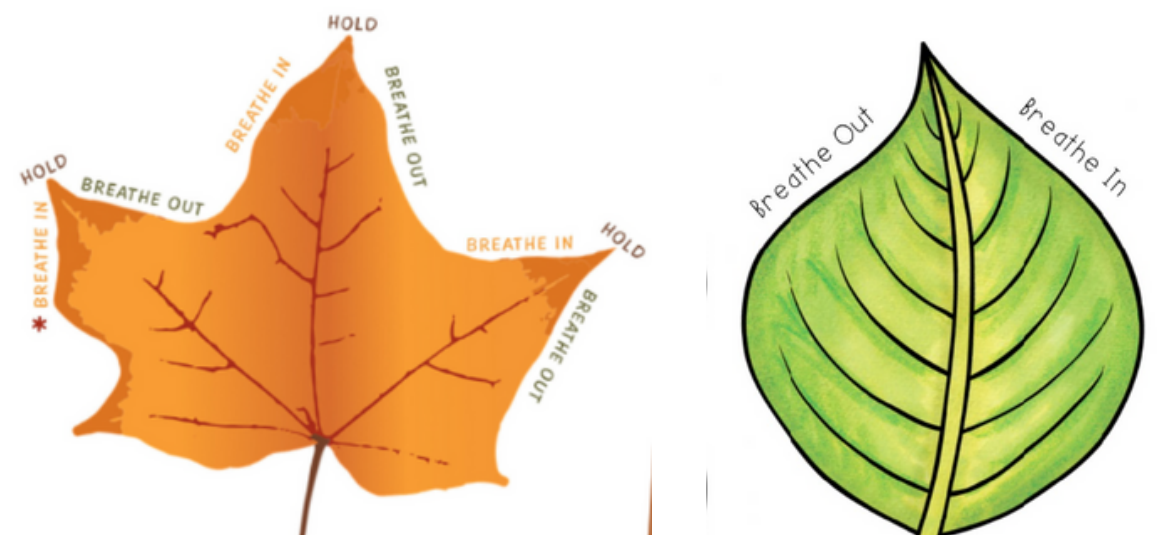


This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November. The week will be kicked off with Odd Socks Day on Monday 13th November, where adults and children wear odd socks to celebrate what makes us all unique.

Wellbeing Tip: Spend time in Nature!

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress.

This calming leaf breaths activity for children is a soothing, nature inspired, shape breathing technique. This mindful breathing activity, helps children to learn deep breathing, using a visual cue. Its' especially calming as they can trace their finger around the shape, as a focal point that can help them to focus and feel calm.



Slowly trace the leaf. Breathe in while tracing the right side, and breathe out while tracing the left side.





We Celebrated World Mental Health Day on the 10th October.

We spent the day talking about mental health and showing everyone that mental health matters. It was also a day to let people know that it's okay to ask for help, no matter what you're going through. We welcomed services from across Blackpool, Fylde and Wyre who support children and young people. We would like to thank all those who were involved in the day and to everyone who came to find out how to support our young people.

Thank You

What did the young people said about the event?

I thought it was going to be boring but it was well good!

Everyone was welcoming all the people at the stalls were nice and I liked the freebies :)

I liked talking to the helpers getting more advice



[Blackpool SEND local offer directory](#) < Click here

The Blackpool SEND local offer directory has information about organisations and services available locally for children and young people with special educational needs and/or disabilities and their families.



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



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.

THE READING AGENCY

Free at your library

READING WELL

for children

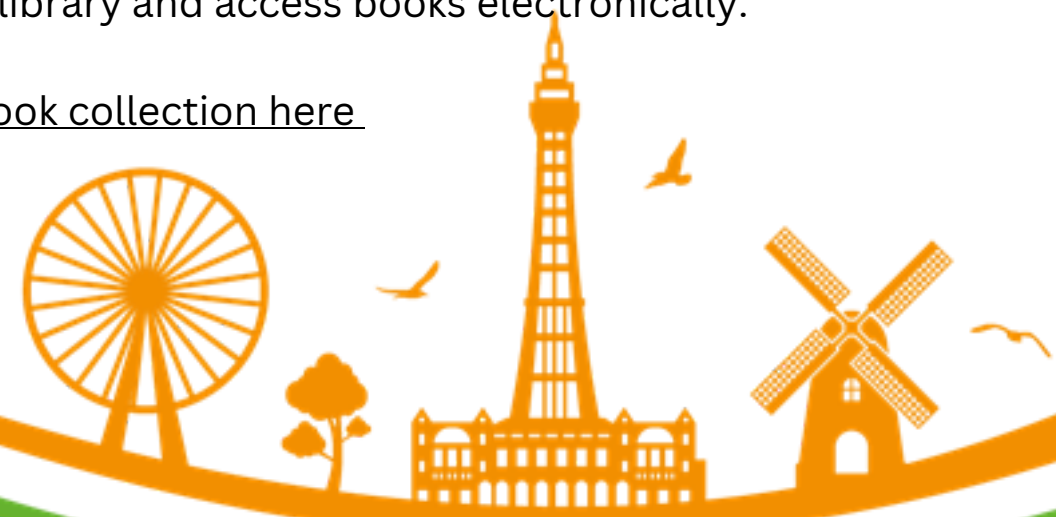
Books to help you feel better

All books are recommended by children and health professionals

reading-well.org.uk

Reading Well for children provides quality-assured information, stories and advice to support children's mental health and wellbeing. Books have been chosen and recommended by leading health professionals and co-produced with children and families. The booklist is targeted at children in Key Stage 2 (aged 7-11), but includes titles aimed at a wide range of reading levels to support less confident readers, and to encourage children to read together with their siblings and carers. The books are available to borrow from your local library. Selected titles are also available to borrow as e-books and audiobooks. Visit your local library website to find out how to join the library and access books electronically.

[You can download our guide to the book collection here](#)



Parents, Carers and Families



📣 It couldn't be a better time to become a Borrow It Blackpool member, our inventory is constantly expanding and you will be able to sign up to our upcoming DIY, Decorating, Sewing and cooking workshops!

👉 You can become a member here for just £10 for one year! - [#https://www.borrowitblackpool.co.uk/product/membership/#borrowit](https://www.borrowitblackpool.co.uk/product/membership/#borrowit) #blackpool #becomeamember #member #joinus

Visit our website: www.borrowitblackpool.co.uk



Our A-Z guide gives you advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events. We'll also show you where you can get help.

For information and advice on the cost-of-living crisis, including where to find financial support for you and your family, read our guide to money and mental health.

Parents' A-Z mental health guide



Please see below our Parent and Carer Pack to help you bring Anti-Bullying Week and Odd Socks Day to life at home. The resources will help you start the conversation about bullying no matter the age of your child and give you other ideas about anti-bullying at home.

You can download the pack here



✦ Reminder that our timetables for October - December are now LIVE! ✦

Pop into your local Family Hub to pick up a physical copy, or check out the online version

→ <https://bit.ly/3EvAj3T>



App of the month

FINCH: SELF CARE PET

Meet your new self care best friend! Finch is a self care pet app that helps you feel prepared and positive, one day at a time. Take care of your pet by taking care of yourself! Choose from a wide variety of daily self care exercises personalized for you.



YOUTH CLUB

CLUB FOR 10-14s

WEDNESDAYS 4.30-6.30PM

INCLUDING A MEAL

FREE ENTRY

The Salvation Army, Dorset St, FY4 3BB
blackpool@salvationarmy.org.uk

The Salvation Army registered Charity No. 214779 and in Scotland SC009351
Social Trust Registered Charity No. 215174 and in Scotland SC03769

Free entry

Messy Church

@ The Salvation Army Raikes Parade

Light Party

Saturday 21st October, 3-5pm
for families of all ages, under 15s must bring an adult

Get messy ~ Enjoy a meal
Explore faith together

Blackpool Salvation Army

Blackpool Citadel
Raikes Parade
Blackpool
FY1 4EL
blackpool@salvationarmy.org.uk

The Salvation Army is a Church and registered Charity No. 214779 and in Scotland SC009359

KIDS' COMMUNITY CHOIR

FROM MONDAY 25TH SEPTEMBER

MONDAYS 5-6PM

CALLING KIDS OF ALL AGES TO JOIN US IN SINGING AT OUR KIDS COMMUNITY CHOIR (PARENTS WITH UNDER 5s NEED TO STAY ON SITE)

FREE ENTRY - JUICE PROVIDED

The Salvation Army, Raikes Parade, Blackpool FY1 4EL (front entrance)
Contact us on blackpool@salvationarmy.org.uk or 01253 626114 for more details





pmhww Shout Out!

First time we've been
and was given some
really helpful
information



I THINK THE
DROP INS ARE
AMAZING

Very kind and
welcoming!

I actually felt
listened too

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!

TWITTER @BlackpoolPMHW
FACEBOOK Blackpool PMHW



OPTIONS4CYP 0800 121 6672

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

