

# MENTAL HEALTH

SPRING  
TERM 2023



## SUPPORT TEAM (MHST)

## TERMLY NEWSLETTER

FOR PARENTS,  
CARERS +  
STUDENTS

Welcome to Alliance MHST's second parent, carer and student newsletter!

Our newsletter will be distributed each term to keep parents, carers and young people up to date with what we have been up to and provide you with key information and support from our Mental Health Support Team.

### PARENT/CARER FORUMS

A group of parents and carers of children aged 0-25 with additional needs work alongside local authorities, education, health services and other providers to make sure services which are planned, commissioned and delivered will actually meet the needs of children and families. They meet directly with parents to talk about their needs and experiences of services and organisations.

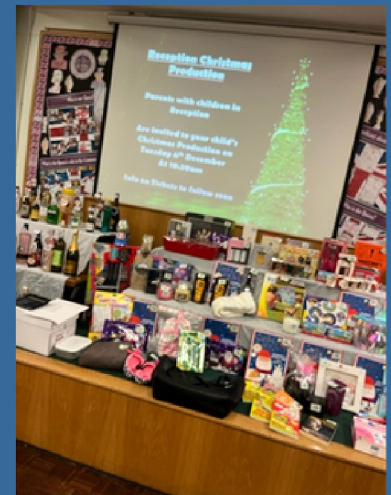
You can contact them directly if you would like to be involved and be informed of the dates of future meetings.

Hartlepool - One hart, one mind,  
one future  
01429 283095  
tracie.bestford@hartlepoolcarers.org.uk  
<https://www.1hart1mind1future.co.uk/about-us/>

Stockton Parent Carer Forum  
07985 245668  
info@stocktonparentcarerforum.co.uk  
<https://stocktonparentcarerforum.co.uk/>

### SCHOOL EVENTS

This Christmas we have enjoyed supporting schools with Christmas preparations, attending Christmas Fayres and talking to parents about the support we offer in school.



### CONGRATULATIONS!

We are very fortunate to be working in partnership with Jude Marie Rose who won Nurse Leader of the Year 2022 at the prestigious Nursing Times Awards.

Jude, who works for Tees, Esk & Wear Valleys NHS foundation Trust as a Community Nurse and Psychological Parenting Therapist, was nominated for the award for her commitment to providing patient/carer-centred care and for supporting and developing staff.

Jude provides clinical supervision and guidance to our Therapeutic Parenting Practitioners, enabling our MHSTs to deliver high quality evidenced based support to parents and carers.

Congratulations Jude, we are super proud of you!

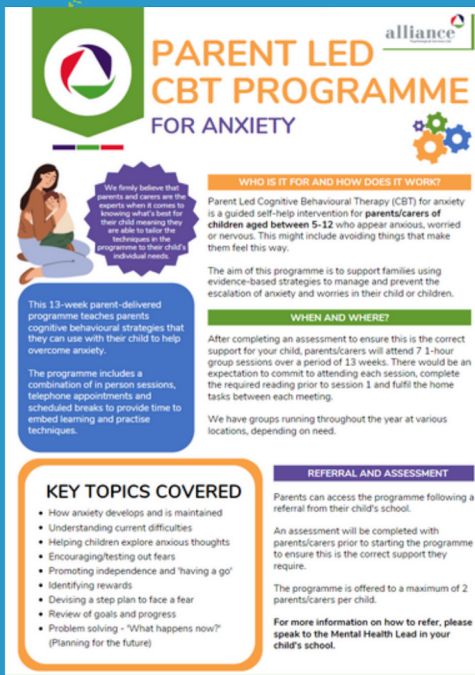


# PARENT LED GROUPS

As well as offering one-to-one work with our dedicated practitioners, we also offer direct support to you, particularly if your child is showing signs of anxiety or challenging behaviours.

Research suggests that not only are parents more effective at tailoring strategies to their child's individual needs, but they are also able to deliver them in the moment difficulties arise. We appreciate that you are the experts when it come to your children and therefore feel you are the best people to be able to support them in times of distress.

We offer several programmes which offer tools and techniques that you can practise between group sessions with your child including:



**PARENT LED CBT PROGRAMME FOR ANXIETY**

**WHO IS IT FOR AND HOW DOES IT WORK?**  
Parent Led Cognitive Behavioural Therapy (CBT) for anxiety is a guided self-help intervention for **parents/carers of children aged between 5-12** who appear anxious, worried or nervous. This might include avoiding things that make them feel this way.

**WHEN AND WHERE?**  
After completing an assessment to ensure this is the correct support for your child, parents/carers will attend 7 1-hour group sessions over a period of 13 weeks. There would be an expectation to commit to attending each session, complete the required reading prior to session 1 and fulfil the home tasks between each meeting.

**KEY TOPICS COVERED**

- How anxiety develops and is maintained
- Understanding current difficulties
- Helping children explore anxious thoughts
- Encouraging/testing out fears
- Promoting independence and 'having a go'
- Identifying rewards
- Devising a step plan to face a fear
- Review of goals and progress
- Problem solving - 'What happens now?' (Planning for the future)

## PARENT LED ANXIETY GROUPS

For parents of children aged 5-12 who are displaying signs of anxiety such as seeking reassurance or are worried and scared to do new things. This programme will provide parents with the skills and tools needed to support their child in the moment it is needed.

We have groups starting this month at various venues and locations:

- Billingham Family Hub – starting Thursday 26th January 10:15am - 11:45am
- Thornaby Family Hub – Starting Wednesday 25th January 10:00am - 11:30am
- Hartlepool Lynnfield Primary School – Thursday 26th January 1:00pm - 2:30pm

## PARENT LED FOR CHALLENGING BEHAVIOUR

For parents of children aged 4-10 who are displaying challenging or difficult to manage behaviours, such as refusal to follow instructions or stick to routines and becoming angry easily.

Our next programme is due to start 8th February, running over Teams for 7 weeks and ending 29th March.

Please visit our website for further information and to express your interest in any of our programmes. Once we receive your interest, one of our clinicians will be in touch to talk to you in more detail and advise you about next steps.



**PARENT LED CBT PROGRAMME FOR BEHAVIOUR**

**WHO IS IT FOR AND HOW DOES IT WORK?**  
Parent Led Cognitive Behavioural Therapy (CBT) for behaviour is a guided self-help intervention for **parents/carers of children aged 4-10** who are demonstrating challenging behaviour.

**WHEN AND WHERE?**  
After completing an assessment to ensure this is the correct support for your child, parents/carers will attend a 1-hour group session every week for 7 weeks. There would be an expectation to commit to attending each session and complete the required home tasks between each gathering.

**KEY TOPICS COVERED**

- Learning about your child and their behaviour
- Embracing your relationship and supporting children's communication
- Building self-esteem and improving behaviour
- The importance of routines and boundaries
- Reducing problematic behaviour through the withdrawal of attention
- Supporting children to regulate their emotions through the use of 'calm time'
- Managing non-adherence to commands in children over 5 years



Parents can also access additional support on our website or complete an expression of interest via this QR code.

Additional dates for these groups will be announced later this year.

# TIPS AND RESOURCES

The '5 Ways to Wellbeing' are a great way to improve mental health and are comprised of the following areas:



In each of our MHST newsletters, we will focus on one of these areas and provide tips and techniques for both adults and children to help improve their mental wellbeing.

This term's focus is 'BE ACTIVE' – This time of year can be hard for a lot of people, with cold weather, dark mornings and being back at work after festive holidays. It is, however, still important that we look after both our mental health and our physical health. We can do this by using exercise and keeping active.

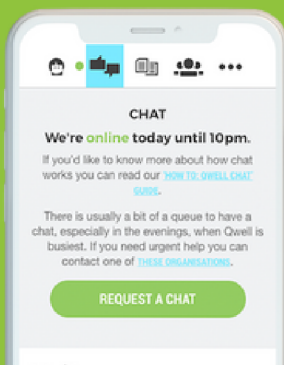
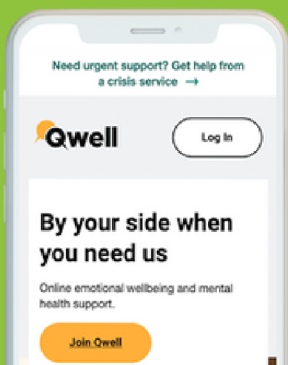
Easy ideas for keeping active:

- **Walking** - On your own, with your family or with the dog, getting off a stop earlier from the bus, taking a break for a few minutes if we have been sitting for a long time. Walking is easy and it's free! It is a great form of exercise for increasing positive thoughts and alertness.
- **Yoga** - Even squeezing in just 5-10 minutes of yoga can reduce anxiety and make you feel more relaxed.
- **Swimming** - Aerobic exercise can improve your psychological wellbeing, improve your sleep and reduce stress levels.
- **Dance** - This can be done anywhere and anytime, so put on your favourite song and bust a move or two. Dancing helps to boost your mood and can also improve your overall heart health.
- **Rest** - As with many things in life, balance is important, so it is great to find a few minutes to rest when you can.



Qwell provides free, safe and anonymous mental wellbeing support for adults across the UK.

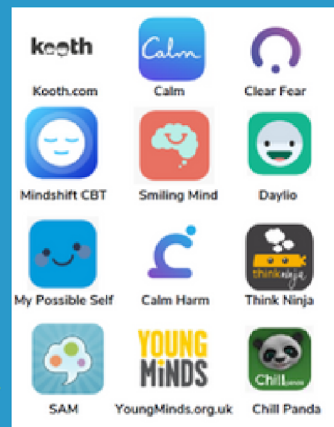
Visit <https://www.qwell.io/> to talk anonymously to an online professional



If you're a young person and experiencing some difficulties with your mental health, you can talk to someone in your school about getting support from your MHST. If you are 13 or over, you can make a request for help by scanning this QR code.



## USEFUL SELF-HELP APPS AND LINKS



**impact**  
on Teesside

When a parent becomes emotionally or mentally unwell, it can be difficult for them to explain to their child what is happening and for the child to make sense of their parent's behaviour. Children and young people can feel isolated and unsupported when their parent is unwell, which can increase distress and anxiety across the family.

If you feel you are struggling with your own mental health and would like to talk to somebody, Impact on Teesside may be able to help.

More information can be found online at <https://www.impactonteesside.com/support/> or you can contact the team on 01642 573924 / [admin@impactonteesside.com](mailto:admin@impactonteesside.com)

# LOCAL SUPPORT NETWORKS

## FAMILY HUBS

Family Hub services are available to everyone living in Hartlepool and Stockton. Families can refer themselves by phone, email or Facebook but can also give a professional consent to call on their behalf by providing their contact details and the service they require.

Services include antenatal programmes, health visitor drop-in clinics, relaxation programmes for parents, baby massage and yoga, support for sleep for the whole family, activities and play sessions for children under 5, youth activities, parenting programmes, home safety and first aid.

**Facebook (Stockton)** <https://www.facebook.com/SOTfamilyhubs>

**Facebook (Hartlepool)** <https://en-gb.facebook.com/hartlepoolcommunityhubs/>

## STOCKTON FOOD POWER NETWORK

People of Stockton can access food and toiletries for free, or for a small donation, from SFPN Community Pantries and other Eco Shops. They also offer other help such as healthy eating advice, cooking workshops and community cafes.

For more information, visit <https://www.stocktoninformationdirectory.org/kb5/stockton/directory/advice.page?id=bj2pUUuSx6U>



## FOODBANKS

Foodbanks can be accessed for support when things are feeling a little tough and can help with the essentials like food, toiletries and cleaning supplies.

For information about foodbanks in your area, visit:

**Stockton:**  
<https://billinghamstocktonborough.foodbank.org.uk/locations>

**Hartlepool:**  
<https://hartlepool.foodbank.org.uk/locations/>

## SMART HUBS

Stockton Multi Agency Response Team (SMART) is a new early response hub providing a one-stop shop for children, families and professionals seeking help and support. It acts as an access gateway for both families and services.

If you are a parent in Stockton, you can contact the SMART team independently, by speaking to your child's school and requesting to speak with their school support advisor. Alternatively you can contact SMART directly on [SMARTAdminMailbox@stockton.gov.uk](mailto:SMARTAdminMailbox@stockton.gov.uk) / 01642 528808  
If you are a parent or carer in Hartlepool, you can contact Early Help directly for advice on 01429 292444 / 292555



## WARM HUBS

Warm hubs are places within the community where people can go to find a safe and warm place to enjoy refreshments and social activity, as well as information, advice and guidance.

Visit their website for information about their latest offers including free cinema tickets for the ARC on a Saturday, discounted leisure sessions with Tees Active and free courses with Stockton learning skills:

**Stockton:** <https://www.stockton.gov.uk/article/9627/Warm-Spaces-offer-extended-to-include-free-cinema-tickets-this-winter>

**Hartlepool:** <https://www.hartlepoolnow.co.uk/pages/home/warm-hubs/become-a-warm-hub>



THANKS FOR  
READING!