

Autumn 2023



South Worcestershire's WEST

newsletter

Important Dates
for the diary:

Welcome to WEST

WEST is an early intervention service that is integrated into education settings to promote children and young people's emotional well-being keeping the child's voice at the heart of what we do. We work with young people on a 1:1 basis, in groups or through parents to deliver support for common mental health difficulties like low mood and anxiety. We also work on the whole school approach to mental health which includes staff training and working with parents and carers. We have loads of practical tips and advice on our website, as well as further information about what we do. <https://camhs.hacw.nhs.uk/west>

5th November	Guy Fawkes Night.
12th November	Remembrance Sunday.
13th November	Odd Socks Day
13th-17th November	Anti-Bullying Week.

CHECK OUT OUR
WEBSITE FOR MORE
INFORMATION:



Herefordshire and Worcestershire
Health and Care

NHS Trust

**Anne Champion and Fiona Yoward
at The De Montfort School.**

*WEST delivering our #Helloyellow
assembly to the sixth form for World
Mental Health Day!*



**Lois Barden and Helena Tombs at St.
Joseph's Primary School.**

*They delivered a looking after your
wellbeing assembly to KS2 and received
some great ideas from the children!*



WEST'S WALK OF FAME...

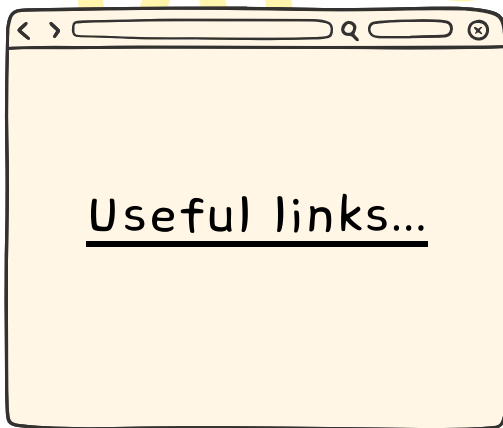
**Mrs Denby, Westlands First
School.**

*This is Mrs Denby's morning
check in poster that her children
use every day. The top
favourites are a hug and a DJ
move! Mrs Denby also uses her
trauma-informed training with
her regulation stations that can
be found in all classrooms
around the school!*



Here are our parenting workshops we do. Don't hesitate to get in touch with your child's school.

Workshop		Content
1	Building resilience in your child.	What is resilience and what contributes to it. Strategies/ideas parents and carers can use to support building resilience of their child.
2	General mental health awareness for parents.	Information about anxiety and low mood. Signs and symptoms. What to do if concerned.



<https://camhs.hacw.nhs.uk/west/>

<https://camhs.hacw.nhs.uk/reach4wellbeing/>

<https://www.startingwellworcs.nhs.uk/>

<https://www.yss.org.uk/worcestershire-young-carers>

<http://www.westmerciawomensaid.org/services/c-yp-services>

<http://www.hwsendiass.co.uk/sendiasworcestershireshireandherefordshire/info/3/children-young-people>



Check out our website via the QR code



Scroll down below to see this month's themed, wellbeing pages...

HALLOWEEN SPOOKS AND SCARES: SUPPORTING CHILDREN THAT ARE FEARFUL

TOP tips

- Don't minimise your child's fears. Let your child know you take their fears seriously, even if they don't seem scary to you. For example, instead of, "that wasn't scary!" try, "Wow, it sounds like you were scared!" Once they feel reassured, you can talk about how you can work together to help them to manage their feelings.
- Show children that Halloween masks are just pretend.
- Let them choose costumes that are fun and not scary.
- Choose activities based on your child and what they will like (not too scary for those that are fearful).
- Practise the strategies on the next page to help your child to manage difficult feelings - practise these when they feel calm, so that they are more able to use them when they feel distressed.

baking can be a great self care activity!

SPOOKY COOKIES TO TRY IN THE HALF TERM

STEP 1

Heat the oven to 180C/160C fan/gas 4, and line two baking sheets with baking parchment. Beat the butter and sugars together with an electric whisk until light and fluffy. Add the vanilla and egg and beat again to combine. Stir in the flour and baking powder with a wooden spoon until you have a stiff dough, then fold in the chocolate chips.

STEP 2

Divide the dough into 20 pieces and roll into balls. Arrange on the prepared baking sheets, well spaced out so there's space for spreading (you may need to bake them in batches). Press the tops of the cookies down very slightly using the palm of your hand or the bottom of a glass. Bake the cookies for 10-12 mins until golden around the edges, then leave to cool on the baking sheets for 10 mins. Transfer to wire racks and leave to cool completely.

STEP 3

To make the spider cookies, lay 10 of the cooled cookies out in front of you. Spoon the melted chocolate into a piping bag and the royal icing into another, then snip off the ends using scissors. Pipe a dot of royal icing onto the back of two Maltesers, and arrange these onto one of the cookies to create the head and body of the spider. Repeat with the remaining nine cookies and the rest of the Maltesers. Pipe eight spider legs around the bodies of the spiders using the chocolate. Pipe two small dots of royal icing onto the heads to create eyes, then pipe very small dots of chocolate over the eyes to create pupils. If you like, decorate the bodies with the royal icing.

STEP 4

To make the bat cookies, lay the remaining 10 cookies out in front of you. Separate the cream-filled chocolate sandwich cookies, and carefully scrape the cream filling off the chocolate cookie pieces. Cut the chocolate cookie pieces into semicircles using a small serrated knife. Stick a caramel-filled chocolate onto the middle of each cooled cookie using the royal icing, then use a little more to stick a chocolate cookie semicircle on either side of the chocolates to make the bat wings. Pipe eyes onto the chocolates using the royal icing and melted chocolate.

source: <https://www.bbcgoodfood.com/recipes/easy-halloween-cookies>

Ingredients
150g butter, softened
50g caster sugar
100g light brown soft sugar

1 tsp vanilla extract

1 large egg

250g plain flour

¼ tsp baking powder

100g milk or dark chocolate chips

To decorate

60g dark chocolate, melted

60g royal icing sugar, mixed with 2 tsp water

20 Maltesers

5 cream-filled chocolate sandwich cookies

10 caramel-filled chocolates



How many pumpkins can you count on this page? _____

SOMETHINGS I CAN DO WHEN I AM FEELING DISTRESSED:

😊 Positive self-talk

For example, tell yourself:

"I can get through this, I've done it before."

"I'm stronger than I think I am."

"This will pass."

"I can do this."

😊 Visualise

Imagine breathing in blue or green and breathing out red or black.

Picture yourself in an imaginary outdoor peaceful place.

😊 Distract

Distract yourself by putting all of your focus of attention onto an engaging activity. Do what you'd be doing if you weren't distressed.

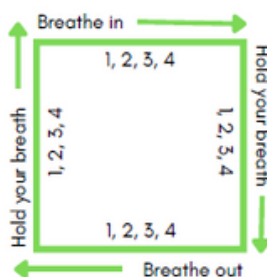
Or try some of these ideas:

- Go for a walk
- Listen to music
- Watch a movie
- Phone a friend
- Do something active
- Draw something
- Play with a pet
- Read a book

REMEMBER, EVERYONE IS DIFFERENT, SO CHOOSE THE ACTIVITY THAT FEELS RIGHT FOR YOU!!

GROUNDING CARDS TO TRY AT HOME

Square Breathing



Draw a square in the air, on your leg or on a piece of paper whilst doing this.

Hot Chocolate Breathing

Pretend you are holding a mug of hot chocolate.

Breathe in to smell the hot chocolate...1, 2, 3, 4, 5. Breathe out through your mouth to cool the hot chocolate...1, 2, 3, 4, 5.

Repeat until calm.



CUT THESE OUT IF YOU WANT!
PRACTISE THEM WHEN YOU ARE CALM AND THEY WILL BE EASIER TO USE WHEN YOU ARE NOT!