



# South Worcestershire's WEST newsletter

## Welcome to WEST

We have loads of practical tips and advice on our website, as well as further information about what we do. Check out our website for more information using the QR code:



### Keep Reading for:

- WEST's walk of fame - pg 2
- What support WEST can offer to parents and Starting Well Partnership - pg 3
- Get moving - pg 4
- Gay Pride Month and how you can get involved - pg 5
- Exam stress, top tips and ways to cope - pg 6

## Important Dates for the diary:

|                |                                    |
|----------------|------------------------------------|
| June 2024      | PRIDE Month & LGBTQ+ History Month |
| 5th-11th June  | Carer's Awareness Week             |
| 19th-25th June | Learning Disability Week           |
| 3rd-9th July   | Alcohol Awareness Week             |

WEST Team Meeting recently took place at the Countryside Centre - dogs invited - as part of the Mental Health Awareness Week theme Get Moving!!



## WEST'S WALK OF FAME...

Westlands Worry management Group.

Starting a new group can be daunting for children but those at Westlands have made the sessions a fun and safe space to explore thoughts and ideas and form new friendships.



# WEST Parent Workshops: get in touch with your child's school if you would like more information.



|   |                                              |                                                                                                                                              |
|---|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | Building resilience in your child.           | What is resilience and what contributes to it.<br>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.<br>Signs and symptoms.<br>What to do if concerned.                                                   |

## Starting Well Partnership, South Worcestershire Parenting and Community Teams

Free online courses for parents!!

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>Starting Well Partnership Website</b></p> <p>For information on all of our service and Family Hubs go to the <a href="https://www.startingwellworcestershire.nhs.uk">Starting Well Partnership</a> website: <a href="https://www.startingwellworcestershire.nhs.uk">https://www.startingwellworcestershire.nhs.uk</a> or scan this QR Code</p>                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| <p><b>Starting Well Partnership (SWP) Facebook page</b></p> <p>For lots of local information, tips and advice follow our <a href="#">Facebook</a> page: <a href="#">Starting Well Partnership - South Worcestershire   Worcester   Facebook</a> or scan this QR Code</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |
| <p><b>Parenting Courses</b></p> <p>We offer a wide range of <b>FREE</b> courses to support families within Worcestershire. Working in partnership with families to offer support for parents &amp; children in Worcestershire. View our range of courses by scanning the Trybooking QR code. Or request support using the link below or QR code</p> <p><a href="https://startingwellworcestershire.nhs.uk/request-support">https://startingwellworcestershire.nhs.uk/request-support</a></p>                                                                                                                                                                                                                                                                                                    |  |
| <p><b>trybooking</b></p> <p>Visit our ticket website to book a place on a <b>free</b> virtual parenting discussion workshop or one of our local face to face Parenting groups. <a href="http://www.trybooking.com/uk/event/131/startingwellpartnership">www.trybooking.com/uk/event/131/startingwellpartnership</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <p><b>Chat Health</b></p> <p>Chat health is a confidential text messaging service that enables young people aged 11-19 in Worcestershire to contact a School Health Nurse. They can discuss a wide range of issues including bullying, emotional health, relationships and wellbeing. For more information, please go to: <a href="https://chathealth.nhs.uk">https://chathealth.nhs.uk</a></p>                                                                                                                                                                                                                                                                                                                                                                                                 |  |
| <p><b>Parent Talk</b></p> <p>Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing: <a href="https://parents.actionforchildren.org.uk/">https://parents.actionforchildren.org.uk/</a></p>                                                                                                                                                                                                                                                                                                                                                                             |  |
| <p><b>SWANS</b> (South Worcestershire Additional Needs Support)</p> <p>A friendly, nurturing support group for parents, family members and carers of children with Additional Needs, covering ALL of South Worcestershire. They meet to discuss your SEN journey as well as having presentations from time to time from professionals in the SEN field. They meet face to face at Worcester Countryside Park and virtually via Teams to enable people to access the group as and when they can; we know not every time suits everyone. Find us on facebook, <b>SWANS</b> (South Worcestershire Additional Needs Support) or scan the QR code here. Email Hollie for more information on: <a href="mailto:hollie.carter@actionforchildren.org.uk">hollie.carter@actionforchildren.org.uk</a></p> |  |

**Note: Scan the QR codes with your mobile phone or tablet to open these links (you may need to fold this paper to isolate a specific QR scan code from others)**

Provided by:



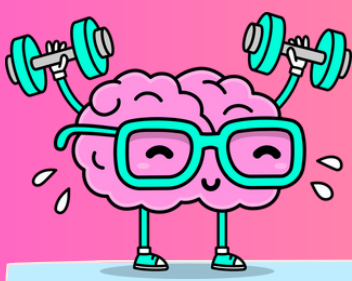
In partnership with:



## The Mix Counselling Service

The Mix Counselling service is suitable for you if you are looking for short-term help with your mental health and emotional wellbeing. Our Telephone and Webchat counselling service is available to young people aged 25 years old and under. Our counsellors aim to support by listening to your problems and helping you find ways to cope in a confidential, safe space.

You can head to their website if you'd like more information:  
<https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>



## Get Moving

### Push-ups

1 ARM WORKOUT

- Start on your hands and knees, with hands slightly wider than shoulder-distance apart.
- Walk your hands forward several steps while keeping your back as straight as a board.
- Use your arms to lower your chest down as far as you can, or until your chin almost touches the floor, keeping your belly tight and back straight.
- Push your chest up to return to starting position.
- Easier Option: Perform same movement leaning against a wall.



REPEAT 5-15 TIMES

### Crab Walks

1 FULL BODY WORKOUT

- Begin seated with your feet and hands flat on the ground, knees pointing up.
- Lean back and use your arms to lift up off the floor.
- Walk forward or backward.



30-60 SECONDS

### Squats

1 LEG WORKOUT

- Stand with feet hip-width apart.
- Lower down as if you were about to sit, keeping your back straight and pushing your bottom out behind you.
- Raise arms straight in front of you for balance, making sure you can see your toes over your knees.
- Hold position for one second after thighs are parallel to the floor.
- Return to standing position.



REPEAT 5-15 TIMES

### Butterfly Kicks

1 ADDITIONAL WORKOUT

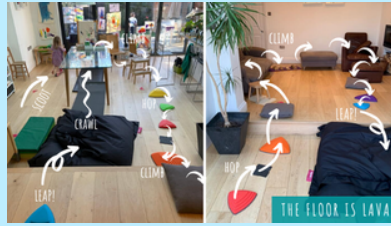
- Lie on your back with arms by your sides, palms down.
- Lift heels about 6 inches off the ground.
- Make small up and down scissor movements with legs, fluttering like butterfly wings.
- Be sure to keep your back on the ground.



30-60 SECONDS

Better Health healthier families

## Get Creative



Regular movers reported 12-23% lower levels of mental health problems.

Movement is important for your mental health. It can increase your energy, reduce stress and anxiety, and boost your self-esteem.

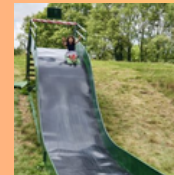
Aim for 60 minutes of daily physical activity for children ages 6-17, and 30 minutes for adults.



Wyre Parkour Gym 1

Worcester University  
Worcester, WR2 6AJ

3 sessions £26.25  
Group ages 5-10 & 10-14



Haberley Trail

Low Haberley,  
Kidderminster, DY11 5RF.  
£10 per person

## HOW TO MAKE: PURPLE POWER SHAKE

### Ingredients-

Makes 1-2

- ½ cup of blueberries or blackberries, fresh or frozen
- 1 tablespoon of chia seeds
- ½ medium banana
- 1 cup of chilled water or milk of choice

### Method

- Add all the ingredients above to your blender.
- Blend on high for 30-60 seconds or until smooth.
- Pour into cups, and serve with a straw. (Optional: Top with some blueberries or blackberries and chia seeds.)



1/2 a cup of blueberries has been found to increase reaction times and memory in children making it a perfect pre-exam boost!

# PRIDE MONTH JUNE 2024



2024 theme - Medicine  
#UnderTheScope

To find out about about  
LGBTQ+ History Month follow  
the link below:

[lgbtplushistorymonth.co.uk](http://lgbtplushistorymonth.co.uk)

55% of LGBT+ 11 to 18  
year olds are worried  
about their mental  
health on a daily basis

Support them  
to seek help

Listen to  
their  
experiences

Show them  
you care

## Push against a wall

Place palms on the wall, bend elbows, and plant feet firmly on the floor. Push against the wall for ten seconds.



## Rainbow Breathing

Trace your finger along the rainbow whilst taking a deep breath in through the nose until you reach the middle. When you reach the middle, begin to exhale through the mouth as you trace to the end of the rainbow. Repeat for each colour of the rainbow.



## Useful Links

### The Proud Trust

The Proud Trust is an LGBT+ youth charity empowering young people to be proud of who they are. Primary and Secondary teaching resources available.

[www.theproudtrust.org](http://www.theproudtrust.org)

### Action for Children

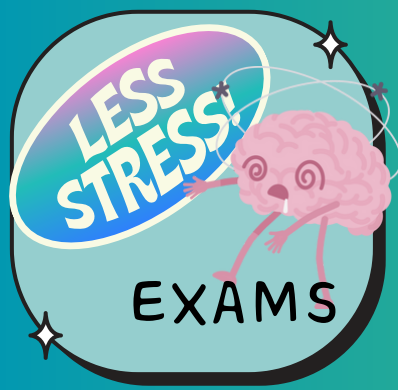
Everyone's Welcome - Gender identity Guide

[https://media.actionforchildren.org.uk/documents/1166\\_Gender\\_Identity\\_Guide\\_2022\\_v2.pdf](https://media.actionforchildren.org.uk/documents/1166_Gender_Identity_Guide_2022_v2.pdf)



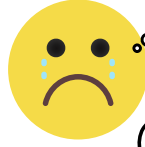



### Mind

Support for LGBTQ IA+ mental health

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqi-mental-health>



## SWAP NEGATIVE SELF TALK WITH POSITIVE

|                                                                                    |                         |                                                                                     |                                           |
|------------------------------------------------------------------------------------|-------------------------|-------------------------------------------------------------------------------------|-------------------------------------------|
|    | I can't do this!        |    | I've done this before, I can do it again  |
|   | I'm going to fail       |   | I've worked hard, I know the content      |
|  | I won't remember it all |  | I'll do my best, and that's all I can do! |

## SELF-CARE

|                                                                                    |                                                                                     |                                                                                     |                                                                                     |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|  |  |  |  |
| 45-min study bursts                                                                | 9-10 hours sleep                                                                    | Balanced diet                                                                       | Build in rewards                                                                    |




## QUIZ


1 What percentage of students felt anxious about exams?


2 What percentage said they felt pressure from parents to do well?


3 What percentage said they had problems sleeping due to exam anxiety?


4 What percentage would like more support with exam stress?

 **Flora** FLORA: Rewards you for focusing on your work for 25 minutes by growing a tree. Leave the app before the time is up and your tree will die, but complete your session and you'll unlock other types to grow. Before long you'll have a whole forest (and a brain full of facts!).


 **MY STUDY LIFE**: A calendar app designed specifically for students. Allows you to add timetables, exams, deadlines, reminders and to-do-lists. Can use on the web too.

 **STUDYSMARTER**: Allows you to create your own flashcards, take notes and plan your revision - all in one app! The app also gives you access to materials made by others, including study sets that cover a whole range of topics.


 **EVERNOTE**: A great tool for keeping all your notes in one place. You can add pictures of handwritten notes, whiteboards, audio recordings; with separate sections for each subject.


 **DUOLINGO**: Learning a language? Helps you practice speaking, reading, listening and writing in manageable chunks.


 **ChildLine** Childline: <https://www.childline.org.uk/info-advice/school-college-and-work/school-college/preparing-exams/>

 **YOUNG MINDS** Young Minds: <https://www.youngminds.org.uk/young-person/blog/exam-results-stress-advice-for-young-people>

 **student minds** Student Minds: <https://www.studentminds.org.uk/examstress.html>

 **Mind** Mind: <https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/>

 **BBC Bitesize** BBC Bitesize: <https://www.bbc.co.uk/bitesize/articles/zsvqghv>

 **GoConqr** GoConqr: <https://www.goconqr.com/en/gcse/revision-tips/how-to-deal-with-exam-stress/>