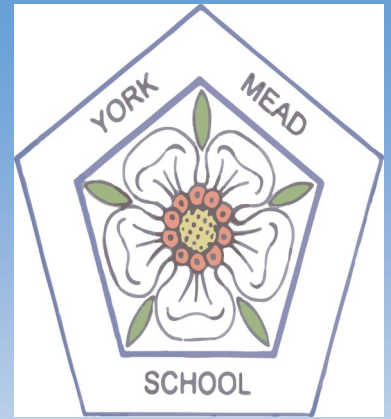
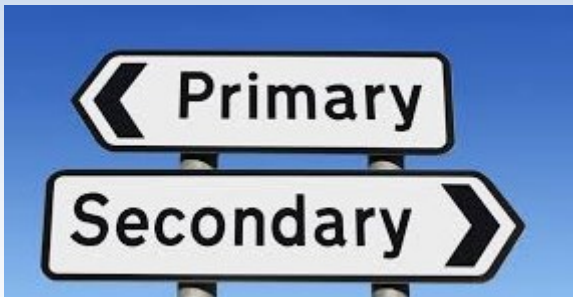


# Yorkmead School

## Family Support & Well-being Newsletter — Autumn 2025.



Welcome to this term's family support and well-being newsletter.



### IMPORTANT DATES!

The last dates for making applications to schools are:  
Secondary School applications by Friday 31st October 2025.  
Reception applications by Thursday 15th January 2026. Even if you currently have a place in Yorkmead Nursery you still need to apply for reception!

This year we are continuing to offer the services of our family support worker, Mrs. Marina Shaw. Marina has already helped many families. She is able to offer practical support and advice for a range of issues from, housing to financial, behaviour and special needs.

If this is a service you might be interested in, please contact Mr. Neale-Crane or enquire at the school office.



**Friday 10th October is  
World Mental Health Day.**

This year we're focusing on the mental health impact of repeated exposure to news coverage of crises and conflicts. Our theme is: Overwhelm: when global events and relentless bad news become too much.

New service coming soon!



We are delighted to share that Yorkmead J&I School has been selected to work with Compass Birmingham MHST. This will enable us to offer a wider range of mental health and wellbeing support for our pupils, whilst also offering placements for Education Mental Health Practitioners.

Compass is leading the way in supporting the mental health and emotional wellbeing of children, young people, and families in selected educational settings across Birmingham.

Birmingham Mental Health Support Teams (MHST) offers free, and confidential support to Children, Young People and Families with mild to moderate emotional health and wellbeing needs.

Whether it's feeling sad, scared, worried, or experiencing challenges like anger or frustration, Compass is here to connect you with the right help.

Compass Birmingham MHST works across selected schools across Birmingham, working directly with primary and secondary schools to ensure every child and young person has access to the support they need.

# Tips to manage **overwhelm** during global events and relentless bad news



Constantly hearing about negative news from around the world can feel like a lot to take in – **and that's because it is.**

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.



## Set boundaries with the news

Ask yourself how much news content you're happy to take in, and how often.



## Use grounding exercises

Grounding yourself in the here and now can ease your stress response.

## Have phone-free times

If you often find yourself doomscrolling, having set phone-free times or zones could help break this habit.



## Talk with others

When you feel overwhelmed, it can help to connect with other people. You could spend some quality time with loved ones, family or friends.



## Give yourself permission to rest

Taking time to look after yourself doesn't mean you've stopped caring about anything else; it means that you are looking after yourself so that you can keep on caring.



## Focus on what you can control

Small actions still matter. Taking positive action can help shift feelings out of helplessness and into purposefulness.

# World Mental Health Day.

## Practical ways to manage DOOMSCROLLING

It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.



'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.

### Turn off 'push' notifications

Turning off instant alerts for social media or news apps can give you a break from anxiety-provoking information.



### Set a time limit

Setting a time limit on your scrolling can help, as long as you stick to it. Find something that gives you a gentle signal that it's time to put the phone down.



### Consider phone-free zones

You're allowed to have quality time that isn't interrupted by notifications every few minutes.



### Use a watch or an alarm clock

If you often doomscroll in bed, it may be because your phone doubles as your alarm clock. Switching to using a watch or a physical alarm clock may help.



### Manage your social media feeds

You could make changes to what appears on your feed by blocking or hiding certain profiles, allowing you to limit the negative content you are exposed to.



### Balance the negative with a positive

Mindfulness, reading, spending time with others, and exercising are all great self-care activities that can benefit your wellbeing.





# PRINTABLE AFFIRMATION CARDS

When you need a little lift, keep these affirmation cards nearby.

MENTAL  
HEALTH  
FOUNDATION



I deserve to take time  
to look after myself.



It's alright to feel  
my emotions.



I can learn from  
my mistakes.



I am valuable.  
I am enough.



I am brave and can  
do difficult things.



I can set limits to look  
after my energy.



I am allowed to do things  
at my own pace.





Progress is better than  
perfection.

# Further Information ...


Looking for family support? *Explore an interactive map of local support services* provided by Spurgeons, includes parenting, child and baby groups, mental health and job support, along with many other excellent services.


<https://spurgeons.org/how-we-help/find-support/>




## Find support


Find a local service

I am a **parent** 

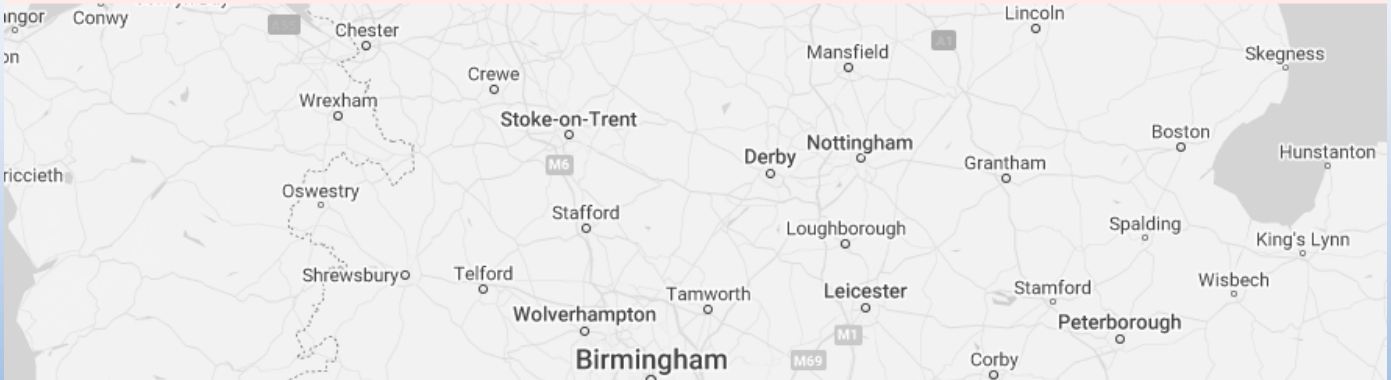
looking for **help accessing financial support** 

near **B28 8BB**

within **5 miles** 



Find support



**Please remember, if there are any areas in life that you are struggling with our family support worker will be able to offer support and advice.**

**Mr. A Neale-Crane (Assistant Head Teacher and Pastoral Care Lead)**



Birmingham Adult Education Service

<https://www.learnbaes.ac.uk/community-hub>



Helping to bring the communities of Birmingham closer together

From here you can access the Community Hub, which has lots of excellent links for family support concerns, health and wellbeing, money and debt, and cost of living.

Contact Learn...	The Waiting Ro...	Health and We...	Cost of Living ...	Scared, Lonely ...	Study Skills
Coronavirus (C...	Foodbanks	Home Schooling	Cooking, Healt...	Money, Debt &...	Online Safety
Fun Things to ...		What's Cooking?			Exercise and K...



It is important that you speak to someone about any mental health concerns you have about yourself, your child or others so please read the advice below as an initial guide for accessing support.

**Risk to self or others. If you cannot keep yourself safe or cannot keep your child safe, please seek attention immediately from:**

- Your local NHS Walk-in Centre
- Your General Practitioner
- MIND - 0121 262 3555
- FTB urgent care line - 0300 300 0099 select the urgent care option.

You can also access SHOUT. This is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text **85258**.

If you are worried or worried about someone about any of the following issues, please see your General Practitioner as a matter of urgency or attend your local Walk-in Centre for help and advice;

- Eating habits (not eating enough food or making yourself vomit)
- Experiencing disturbing thoughts that is affecting relationships with people or preventing normal activities
- Hearing voices or having hallucinations (seeing things)

If you have any other mental health concerns and need to talk to someone about this, then please attend **PAUSE drop-in sessions**. You can also self-refer to the following services:

- **Kooth** - a free online service offering emotional and mental health support for children and young people
- **The Mix** - a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile
- **The Waiting Room** - provides an alternative approach to taking control of your mental health
- **HOPELINE UK** - Children and Young People under the age of 35 who are experiencing thoughts of suicide
- **Samaritans** - free and confidential line 24/7

If you want to access counselling/therapy, please make contact with the [Living Well Consortium](#) or [Kooth](#) for online psychological support.

Please see our self-care guide for advice on coping and improving your mental health.

- Take time-out- practice yoga, listen to music, meditate, read or learn relaxation techniques
- Stepping back from the problem helps clear your head - count to 10 before reacting to a situation
- Eat well-balanced meals and do not skip any meals
- Do keep healthy, energy-boosting snacks on hand
- Limit alcohol and caffeine, which can aggravate anxiety and trigger panic attacks
- Get enough sleep - when stressed, your body needs additional sleep and rest. Look at sleep hygiene tips
- Exercise daily to help you feel good and maintain your health
- Take deep breaths. Inhale and exhale slowly - count to 10 slowly. Repeat, and count to 20 if necessary. Look at the square breathing technique
- Make use of apps such as Calm, Headspace, and Mindshift