

SPRING

NEWSLETTER

2022

Recently schools and colleges across South Tyneside have been celebrating Children's Mental Health Week. This year's theme was 'Growing Together' – there were a number of activities highlighting this theme and raising awareness of children's mental health.

DID YOU KNOW?

St Aloysius Primary School held a fundraising event to raise funds to buy books and resources to support emotional wellbeing. The fundraising activities were decided by the pupils and they decided upon a cake sale, name the teddy bear, and guess how many sweets in the jar! This event was led by the mental health champions (Y6 pupils) and raised a total of £317! *Well done to all at St Aloysius.*

Harton Academy wanted to help their students to find ways to connect. They promoted Kooth, the online Mental Health Community for children and young people in South Tyneside. Kooth provides a safe and anonymous place for young people to find online support and counselling as well as tools and advice to support different issues.

Hedworth Lane Primary School designed their own gratitude box. They decorated their boxes with all the things that they are grateful for. Here are some of their designs! The children hope to write something they are grateful for each day and place this within their box.

Seaview Primary School celebrated the end of Children's Mental Health Week with a lovely treat from a visiting ice cream van – it is always good to acknowledge a job well done or the end of a tricky time and reward yourself!



FOLLOW OUR TOP TIPS ON THE NEXT PAGE FOR 'GROWING TOGETHER'



TOP TIPS

FOR GROWING

TOGETHER!

One way to grow is to build our resilience skills. Resilience is all about embracing life's challenges and dealing with uncertainty. By building our resilience skills we can grow as individuals and face whatever challenges come our way together. Here are some helpful tips to practice building our resilience skills.

1. CONNECT WITH PEOPLE

Talk to those around you and be someone who listens to what people have to say.

2. BE ACTIVE

Find exercise you enjoy this could include walking the dog, swimming, running or even dancing around the house!

3. BE MINDFUL

Take notice of what is going on around you. Live in the present. Be grateful for the little things in life.

4. KEEP LEARNING

Try something new, join a club, learn a new skill. Learning can help increase your confidence and can also be fun!

5. GIVE

Give someone a compliment, a smile, thank someone, and give up your time to help others.

The Healthy Minds Team also reflected themselves on how they have grown, what they have needed to grow and they have used this to overcome challenges. Here are what some of the team had to say.



In order to grow it is important to take time for ourselves, to think about what we enjoy and what makes us happy, as making time for these things in our life helps us to cope when we face challenges.

ELAINE, PRIMARY MENTAL HEALTH WORKER



Together my son and I have recently taken up Karate. Trying new practical activities can give us a new focus and build resilience. It's fun to support each other to grow.

JOANNE, PRIMARY MENTAL HEALTH WORKER



When I began working for the Healthy Minds Team, I was completely out of my comfort zone as I was back at university, learning about a subject and job totally new to me. Overcoming this challenge has helped me to grow into my role.

AARON, PRIMARY MENTAL HEALTH WORKER



YOUR

SCHOOLS

RESPONSES

FEEDBACK

The Healthy Minds Team are always ready to help and provide support. Here are some responses following work completed at school.



Having the Healthy Minds Team based in schools those barriers that can exist between some families and services can be broken down and the opportunity for interprofessional co-operation between services is superb.

**PRIMARY HEAD
TEACHER**



The Healthy Minds Team is an invaluable addition to services for our young people in South Tyneside. We have found the addition of an EMHP in school extremely beneficial in being able to offer direct support to pupils, advice to staff and whole school workshops

PRIMARY TEACHER



Thanks so much for the 'Everyone Worries' workshop yesterday, it was hugely beneficial to the class and the delivery and resources were superb and having the PowerPoint emailed is useful so I can revisit the strategies when needed.

PRIMARY TEACHER

CONTACT US

The Healthy Minds Team continues to provide a free and confidential NHS service for children, young people and families in South Tyneside. If you are a parent /carer or young person you can speak to your teacher or school staff and they will complete a request for support form. If you want support but do not want to speak to your teachers or school, you or your parents / carers can contact our Single Point of Contact team on 0191 283 2937.

Don't forget you can follow us on Twitter too! @HealthyMindsST