



Wellbeing for Education Recovery – Supporting parent & carer wellbeing

For **Children's Mental Health Week 2021** we will be encouraging children and adults to explore the different ways we can **express ourselves**, and the creative ways that we can share our feelings, our thoughts and our ideas. What works for you might not work for others. There are lots of different ways you can express yourself, so you can try out different ones until you find something that works for you. The main thing is to find things you enjoy. Running, yoga, cooking or reading. **Here are a few things to get you started:**

1. Let's start by creating a "**feel good list**". The good news is there's no right or wrong answer; your list is completely based on your needs and your needs alone. For me, its things like walking my dog, meditating and journaling. As you can see, these are very simple things. They don't cost money. They don't take a lot of time. They're just simple activities to express myself. Once you're finished, you can put it on the fridge, your mirror, a wall, or anywhere that you know you'll see it frequently.

2. Create a **playlist** of all your favourite tunes that fill you with joy and make you want to move your feet



3. Try a **mindful activity**: If you're looking for a guided 10-minute meditation that will cultivate focus, compassion, and a more relaxed mind and body, this one is a great place to start. Andy Puddicombe, Headspace co-founder and mindfulness and meditation expert leads us through a basic guided meditation.

4. **Gratitude**: Each day write or doodle one thing that brought you joy. E.g. catching up with an old friend



5. **Get your body moving with NHS Active**
Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!





Everyone has times when they feel like they're struggling. It's ok not to be ok and it is natural to feel discomfort when this level of change occurs in our life.

If you have worries or anxieties that are getting in the way of your work and relationships or you feel that you can't cope, please find someone to talk to. Don't bottle it up!

You could talk to your friends and family about how you are feeling but if you feel you'd like to explore further support there are a number of services listed below. The list is not exhaustive, and many other useful organisations and services exist, but it is hoped that the links below will help to navigate you to key resources.

For urgent support for your mental health

- Please call the mental health **helpline on 0800 145 6485** and a dedicated local staff will support you to access the help you need. The phone line is open 24 hours a day, seven days a week and is open to people of all ages – including children and young people. The phone line is now the **first port of call** for mental health help – it is operated by people in your local area who will know how best to support you. If you call NHS111 you may have to wait longer for help and will be re-directed to this local service – so call **0800 145 6485**.

Please note, A&E and 999 are not the best places to get help for the majority of mental health problems – call **0800 145 6485** to be directed to the best local service to support you. You should still call 999 or go to A&E if you have **an immediate, life-threatening emergency** requiring mental or physical health assistance.

For non-urgent support for your mental health

- **Talk Cheshire**
Work through how you're feeling and why, without seeing your GP, in your own private online space. People who've completed the course are amazed at the difference it's made in getting them back to their best - and you could be too. With the eight-week programme.
Find out more at:
http://www.talkcheshire.org/fbclid=IwAR3V1D_pzuepxti36DbqT0V5KnOAPbe1XV84C3pBPI7iK-OJKGXQO5tQQWw
- If you are a resident of Cheshire West, Central and South Cheshire, you can also self-refer into IAPT (Improving Access to **Talking Therapies**) services via the following links:
[The Wellbeing Hub](https://www.cwp.nhs.uk/services-and-locations/services/western-cheshire-iapt)
<https://www.cwp.nhs.uk/services-and-locations/services/western-cheshire-iapt>
- **Cruse Bereavement Care:** [Coronavirus, Bereavement and Grief](#) online information, advice and support. Helpline: 0808 808 1677



- **Mind Infoline** provides an **information and signposting** service on 0300 123 3393. Open 9am to 6pm, Monday to Friday (except for bank holidays). You can ask about: Mental health problems, where to get help near you, treatment options, and advocacy services
- **Samaritans** offers a **listening service which is open 24 hours a day**, on 116 123 (UK and ROI - this number is FREE to call and will not appear on your phone bill).
- **CALM** (the Campaign Against Living Miserably) offer a helpline open 5pm-midnight, 365 days a year, on 0800 58 58 58, and a webchat service.
- The Mix is a free support service for people under 25. Call 0808 808 4994 or email help@themix.org.uk
- Rethink Mental Illness offers practical help through its advice line which can be reached on 0300 5000 927 (Monday to Friday 10am-4pm). More info can be found on rethink.org.
- Further information about **community groups in your local area** who may be able to support your practical and emotional needs can be found here: https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/coronavirus-covid-19.aspx

Not specific to mental health and wellbeing

- **We have seen an increase in the number of families affected by domestic abuse.** My Cheshire without Abuse deliver a 'whole family, whole journey' service to local families affected by domestic abuse. This includes crisis accommodation, advice, information, support, recovery and therapeutic programmes for adults and children and a behaviour change programme for people who are abusive in their relationships. My CWA offers targeted and specialist support to local families affected by domestic abuse, mental illness and/or substance misuse. For more information go to: info@mycwa.org.uk or call the 24/7 helpline on 0300 123 5101 (or dial 01270 250390 if you're calling from another area)
- If you are aged 18 years and over, non-member of **Everybody Sport and Recreation**, inactive doing less than 30 minutes of moderate intensity exercise weekly and have one of the following conditions: COPD, Heart Disease, Cancer, Mental health disorder (Anxiety, Stress, Depression), Neurological e.g. MS, Parkinsons, Dementia, BMI 40+, Diabetes, Hypertension, Chronic Low Back Pain, Osteoarthritis, Poor Balance or Mobility – the exercise programme "Everybody Healthy" is just for you. If you would like to find out more, please visit: www.everybody.org.uk/what-we-offer/get-fit-and-healthy/healthy/, email Everybody Healthy: ebhealthy@everybody.org.uk or phone: 01270 685589 and a member of the health team will be in touch.



For support specific to parent/carers

Ruby's Fund

- **Helping parent carers thrive, be happy and feel part of a bigger family.** Ruby's Fund runs a **Thriving Families project** which aims to support parent carers through the pandemic and beyond. We provide a safe community in which parent carers can express themselves and share their fears, problems, triumphs, tears and laughter with other **people who really 'get it'**. We aim to find families as early as possible in their **SEND journey** and support them to avoid crisis. This involves **befriending, mental wellbeing support, social opportunities, building knowledge and resilience, plus providing a network of other parent carers who they can share with and relate to.** Many of our parents then go on to provide peer support to other, newer families who are just starting on their journey. **All our services** for parent carers are outlined below in yellow and [our video](#) shows some of the outcomes from our project so far. If you or someone you know needs our help referrals can be made directly at www.thriving-families.org



Parent/Carer Webinars

- A series of informative webinars on topics relevant to parents **in supporting their children's mental health and wellbeing.** The webinars are available as live sessions or recordings on Thursdays 10:30-11:30am (on zoom) for adults To find out more or to book onto any of the sessions please phone **Visyon on 01260 290000.**



NSPCC Helplines

- Help for adults concerned about a child. Call 0808 800 5000
- Help for children and young people. Call Childline on 0800 1111

Department for Education:

- [What parents and carers of children and young people in Early Years, Schools and Colleges need to know?](#)

Workplace approaches to mental health and wellbeing

Wellness Actions Plans

- **(WAPs)** these are an easy, practical way of helping you **to support your own mental health at work** and, **if you are a manager, helping you to support the mental health of your team members**. Everyone can complete a Wellness Action Plan, you don't need to have a mental health problem in order to feel the benefits. It just means that you already have practical steps in place to ensure you are supported when you aren't feeling great. Mind.org have three guides available which you can fill in electronically:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-resources/wellness-action-plan-download/>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources/>

Business in the Community

- [COVID-19: Employee Health and Wellbeing Toolkit](#)

Public Health England

- Public Health England in collaboration with Business in the Community has developed a Suite of Interconnected Toolkits that take a whole person, whole system approach and have mental health as a common theme throughout. These toolkits consolidate the very best evidence, with the very best employer practice to improve workplace health, aligned with freely available resources that are useful to all employers, wherever they are on their journey.
- [Workplace Health Needs Assessment Tool](#) and resource provides practical advice for employers on workplace health and a tool for carrying out workplace health needs assessments.
- [Developing and Evaluating Workplace Health Interventions](#) toolkit provides guidance for employers to develop their offer of workplace health interventions.

Mental Health at Work

- [Resources, Toolkits and Case Studies](#). Supporting Staff Wellbeing in Schools with a rich repository of information and easily accessible resources including videos and posters.