

# Essex Child and Family Wellbeing Service Newsletter



An important Healthy Schools message from Essex  
Child & Family Wellbeing Service

**Subject: Mental Health**  
**Date: October 2021**  
**Issue: No. 28**

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on mental health for [World Mental Health Day!](#)



# Healthy Schools

ESSEX

# Family Wellbeing

We know the past 18 months have been incredibly challenging for all of our families across Essex for so many reasons. Please remember, that we are here for your family to listen and support you to get you the help you may need.

Talking about mental health can be really tough. NSPCC have a great guide to support you with [having difficult conversations with your child](#).

Childline has a great section on their website called '[calm zone](#)'. This has been designed to support children and young people to explore and find what works for them to help keep calm.

The Anna Freud centre has some excellent resources for supporting the whole family with their mental health including;

- [Self care in your babies first months](#)
- [Self care top tips for parents and carers](#)
- [Advice for parents and carers for talking about mental health with primary aged children](#)
- [Advice for parents and carers for talking about mental health with secondary aged children](#)
- [Managing social media and mental health](#)

They also have a dedicated section for [adoptive parents, special guardians, kinship carers and foster carers](#).

We know that a significant number of [children and young people feel worried about coronavirus](#). NSPCC has put together some advice for talking to these children and young people.

Below you will find a number of posters our children and wellbeing practitioners regularly run for parents and young people, including 'PHEW – parenting help for emotional wellbeing' and 'The Importance of Sleep workshops'

Make sure you like our Facebook pages to stay up to date with things going on in your local family hub or delivery sites. This week we will be sharing lots on there to do with supporting mental health!

***Don't forget you can always contact your Healthy Family team for support on;***

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virginicare.co.uk](mailto:Essex.Communications@virginicare.co.uk)

# The Importance of Sleep

## Workshop for secondary school aged children to tackle sleep troubles

Sleep difficulties are very common, especially in those who may have difficulties with anxiety or low mood.

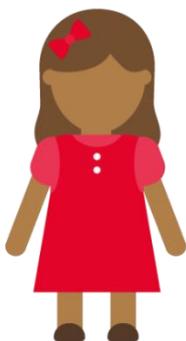
**“I cannot relax”**

**“I am not tired”**

**“I can't stay asleep”**

**“I cannot seem to stop worrying and it is affecting my sleep”**

Up to 25% of school aged children have difficulties with sleep



The Essex Child and Family Wellbeing service are offering a free virtual workshop for 11-18 year olds.

The workshop will cover

- \* Why do we sleep? How much sleep do I need?
- \* The benefits of sleep and the effects of poor sleep
  - \* How to get a good nights sleep
- \* Managing difficulties getting to sleep and worries before bedtime.

**Workshops take place every 2<sup>nd</sup> Wednesday of the month  
4-5.30pm**



To book your free space on one of the early support workshops **Call us on**

**South Essex**

**0300 247 0013**

**Mid Essex**

**0300 247 0014**

**North East Essex**

**0300 247 0015**

**West Essex**

**0300 247 0122**

Services commissioned by:



# The Importance of Sleep

Workshop for parents/carers' of primary school aged children to tackle sleep troubles



Sleep difficulties are very common

“ They cannot relax”

“ They say they are not tired”

“They wake in the night”

“They seem to worry excessively at bedtime and I don't know how to help them”

Up to 25% of school aged children have difficulties with sleep

The Essex Child and Family Wellbeing service are offering a free virtual workshop for parents/carers of 5-11 year olds.

The workshop will cover

- \* Why sleep is important & how much do we need
  - \* What is good sleep
- \* Understand possible causes of settling to sleep & night waking issues
  - \* strategies to overcome sleep difficulties

**Workshops take place every first Friday of the month  
10am-12md**



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Mid Essex

0300 247 0014

North East Essex

0300 247 0015

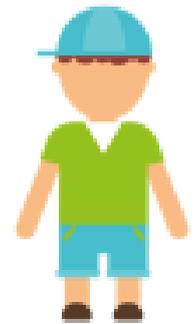
West Essex

0300 247 0122

Services commissioned by:

# PHEW!

## Parenting Help for Emotional Wellbeing

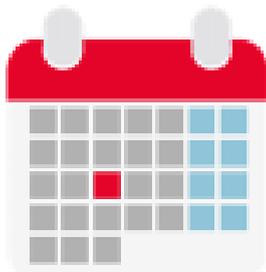


“I cannot stop worrying”  
“I don't want to go to school”  
“They don't seem very happy”

“They seem to be unable to cope with their emotions,  
and I don't know how to help them”

The Essex Child and Family Wellbeing service are offering a 30 minute virtual appointment for you to discuss your current challenges and offer strategies to best support your child or young person's emotional wellbeing.

We can signpost you to online resources and recommend services that best support your child or young person's needs.

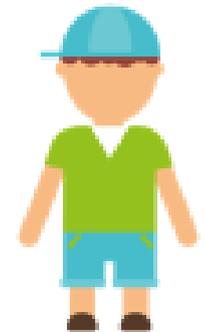


Last **Monday & Tuesday** of the Month (excluding Bank Holidays) Appointments available throughout the day  
Please contact 0300 247 0014 to book

Services commissioned by:

# PHEW!

## Parenting Help for Emotional Wellbeing



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Second **Monday** of the Month Appointments available throughout the day

Please contact 0300 247 0015 to book

Services commissioned by:

## PHEW!

### Parenting Help for Emotional Wellbeing



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Services commissioned by

# PHEW!

## Parenting Help for Emotional Wellbeing



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Last **Wednesday** of the Month  
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to book

Services commissioned by: