



12<sup>th</sup> November 2020

Dear Parent/Carer,

### **Wellbeing and support resources**

I am writing to you because a few wellbeing courses and webinars have come my way and I think that they may be of interest to you. They are all FREE OF CHARGE.

I have attached the flyers of a couple of them and I have also included some of the details below.

**Parenting Conversations** - This is a two-part webinar which will be held on the 16<sup>th</sup> and 23<sup>rd</sup> of November, please see the attached flyer.

Part 1: Emotional and mental wellbeing: the tools and ideas that are needed to understand the teenage brain and support conversations with them.

Part 2 - Digital Wellbeing: real-life case studies and tips for effective digital parenting.

**Screenagers** - a Zoom call which will be held on the 30<sup>th</sup> of November - please see the attached flyer.

Includes the live screening of a short documentary film which aims to empower both young people and their parents to have healthy conversations so that everyone can overcome mental health challenges, build emotional resilience and enjoy a good night's sleep.

**Heart of Dad Online Summit** - will be available from the 30<sup>th</sup> of November to the 11<sup>th</sup> of December - lead by Matt Fox, you can read some more information about him here... [Click here](#)

The summit is about 'Navigating the Roller Coaster of Fatherhood', and over the 10 days, Matt Fox will be interviewing 10 fathers who are also world class leaders in human psychology.

Discussion topics, with a practical view, for any dad who has ever:

- Felt overwhelmed
- Bottled things up until it all gets too much
- Asked themselves what kind of dad they want to be
- Felt stuck and in a bit of a rut
- Wanted more from life but felt unsure of how to do it without affecting their family
- Wondered about the legacy they're creating for their children

You can register here, it's completely free: [Summit link](#)

**Improve Children's Sleep** - This course will give you an understanding of how sleep works and why it is so important. The course looks at some of the potential barriers to getting a good night's sleep and also gives some practical strategies and tips to help to support your child. Link here... [Better sleep](#)

**Childline** – a video that explains how you can support children who feel different - [Childline - no one is 'normal'](#)

### **REACHING FAMILIES SUPPORT:**

**Making Sense of Wellbeing** – A blend of wellbeing and mindfulness workshops. These will be delivered via Zoom on Tuesdays from 7.15pm - 8.15pm. These are designed to help you improve and enhance your relationship with your child with SEN, to build resilience, reduce stress and help you to relax. (Each session can be attended as a stand alone workshop). Please click on the session below to book a place.

Workshop: Managing Anxiety - 17th November - [Managing Anxiety](#)

Mindfulness: Go with life's flow - 24th November - [Mindfulness - Going with Life's Flow](#)

Workshop: Managing low mood - 1st December - [Managing Low Mood](#)

Mindfulness: Mood changing exercises - 8th December - [Mood changing exercises](#)

**Making Sense of Anxiety in Adolescence** – This workshop is aimed at parent/carers of young people who are aged eleven and older who feel anxious, worried or stressed. This will be held on Thursday the 26th of November, from 7.30pm to 9.00pm. This workshop also aims to provide ways to help your young person manage their anxiety, whilst suggesting some tips for looking after yourself along the way. [SEND - anxiety in adolescence](#)

**Befriending** – This service provides a free telephone befriending service to parent-carers. If you would benefit from talking to another parent who understands the challenges you are facing, they can match you with one of their specially trained parent "befrienders". For further information, or to access this service, please contact [rachel@reachingfamilies.org.uk](mailto:rachel@reachingfamilies.org.uk).

### **Useful Websites –**

**Family Lives** - <https://www.familylives.org.uk/advice/>

This useful website includes guidance on a wide range of topics such as teen depression, sexuality, home relationships, communication, exams, self-harm and aggressive behaviours.

**Mind** - <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/supporting-your-teens-wellbeing-during-coronavirus/>

**Young Minds** - <https://youngminds.org.uk/find-help/for-parents/>

**My Wellbeing - FROG** - There is a huge amount of information on here, including some activities for each of the 5 ways that you can improve your own wellbeing. Please do check them out and encourage your child to do the same.

**Instagram - wellbeing\_davison** - We regularly post strategies, tips, encouragements and helpful contacts for young people on our school wellbeing Instagram. Please can we remind you that a child should be 13 or over to have access to this app, so please feel free to follow us yourselves and show them anything that you think may be helpful to them.

I hope that you have found something on this page that will be useful to you and I will continue to share any relevant content with you in the future.

Yours faithfully,

**Mrs Charlotte Jameson**  
**School Wellbeing Lead**