



PMHW Newsletter

MINDFUL MARCH

Let's pause, breathe and notice, so we can respond more mindfully.

ACTION FOR HAPPINESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words
5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee
12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a "no plans" day and notice how that feels
19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today dayofhappiness.net	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune in to your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted
26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life	



WHAT IS A PMHW?

PMHW means Primary Mental Health Worker. We are a Team that sits within OPTIONS4CYP. We have a range of experiences in Child Mental Health such as Nursing, Counselling, Teaching and Therapeutic Interventions.

WHAT WE DO?

The PMHW's role is to help families, young people and professionals find the right help to support a child's mental health and wellbeing.

We do lots of child mental health promotion and help raise awareness of the importance of looking after our Mental Health. We also offer Drop Ins around Blackpool.

WHAT HAPPENS AT A DROP IN?

We will ask questions to help us find ways to help support young people's mental health. PMHW's have a range of other suggestions to support young people's mental health. Such as self help, online websites and apps. PMHW's have a great knowledge of what other services help with Young People's Mental Health in Blackpool and we may make recommendations. We will always try and help you understand your own mental health and why we feel and behave in certain ways. The Consultations will help us link in with School /College. We can arrange further meetings with them if necessary

To find out when our next drop in is: [click here](#)



Worry Workshop Champions



Our PMHW's delivered 6 sessions to a group of children at Westcliff Primary Academy. We explored what worries are and how they can impact our behaviour. We discussed what we can do to manage our worries and we; practiced breathing techniques, explored helpful apps and websites, made stress balls and so much more! We want to say a big well done to the group for all their hard work in becoming worry workshop champions!





Service Of The Month

Aiming Higher is a Blackpool based charity that supports families with disabled children across the Fylde Coast. Our Centre on Church Street, allows us to provide a range of fantastic facilities including a soft play area, interactive ball pool, sensory room and a beautiful suite of parent and counselling rooms. It also houses the offices for Aiming Higher and provides a place of support for many of our families. It is also a great venue for activities during term-time and over the holiday periods, providing a safe and relaxed atmosphere for children to grow and develop. We also regularly hold family sessions as well as Drop-In Coffee Mornings where they can access training, peer support, a cuppa and a listening ear.

UNDER 5s ACTIVITY PROGRAMME
for disabled children in Blackpool, Fylde & Wyre



APP of the month



Positive Penguins aims to teach mindfulness and relaxation skills to children and to help them challenge negative thinking. In addition to guided meditations, Positive Penguins offers interactive psychoeducation about thoughts and feelings and a game mode. The game mode aims to distract users from current stressors. Additional features include check-ins (once or twice a day), emailing yourself a summary of your progress, the ability to dictate responses in the interactive sections, and having the text read aloud for those who have trouble reading.



Disclaimer
The app developer is solely responsible for their apps advertisement, compliance and fitness for purpose. Unless stated otherwise, apps are not supplied by the NHS, and the NHS is not liable for their use.



Youth Mental Health First Aid

Our Youth Mental Health First Aid (MHFA) courses are for anyone who works with, lives with or supports young people aged 8-18.

We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

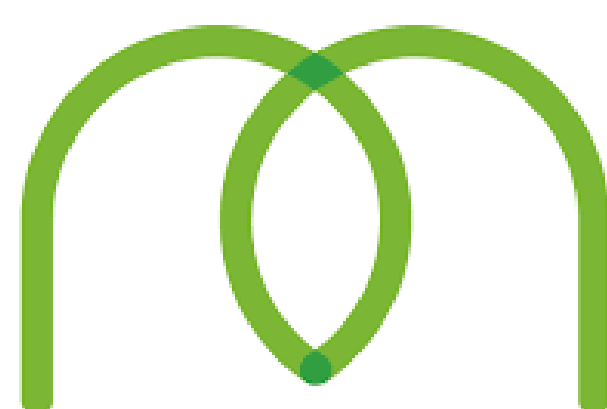
YMHFA 2 Day

Dates available:

May 2023

June 2023

2 day course



MHFA England

The course had a good balance of written information and videos explaining things, the instructors had great practical knowledge from a day to day perspective and highlighted points of view I might not have considered previously.

Really beneficial and interesting. Lots of really great resources referenced which can be taken back to my setting.

YMH Champions

1 DAY

Dates available:

16 March 2023

22 June 2023

1 day course

PMHW Workshops

AVAILABLE FOR PEOPLE WORKING WITH CHILDREN AND YOUNG PEOPLE

eventbrite

MAR 14 PMHW Workshop: Overview of OPTIONS4CYP for Professionals
Whitegate Health Centre
Tuesday, March 14, 2023 at 4:00 PM GMT

APR 25 PMHW Workshop: ADHD Awareness for Professionals
Whitegate Health Centre
Tuesday, April 25, 2023 at 4:00 PM BST

MAY 17 PMHW Workshop: Anxiety Awareness in Young People for Professionals
Whitegate Health Centre
Wednesday, May 17, 2023 at 4:00 PM BST

JUN 14 PMHW Workshop: Early Signs of Low Mood and Depression in Young People
Whitegate Health Centre
Wednesday, June 14, 2023 at 4:00 PM BST

JUL 13 PMHW Workshop: Raising Awareness of Risk in Young People for Professionals
Whitegate Health Centre
Thursday, July 13, 2023 at 4:00 PM BST

ANCHORSHOLME PRIMARY ACADEMY

This primary school are making the most of the PMHW workshops that are available for anyone working closely with children and young people. We delivered our anxiety awareness workshop and explored how we can support our children and young people.



Excellent training, very useful and relatable to our school, it gave us lots of strategies and tools to use in school and resources for parents too!



NW SEND Regional Network
Training
[Click Here](#)



Parents, Carers and Families



[Watch the Big Little Moments videos](#)

YOUNGMINDS

fighting for young people's mental health



Parents' A-Z mental health guide

Our A-Z guide gives you advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events.



Getting help for your child

Read our information and advice on how to find the right support for your child's mental health and wellbeing.



The parents' guide to looking after yourself

Parenting isn't always easy. Although it's often amazing, it can be really hard work. Here are our tips for looking after your child while also looking after yourself.



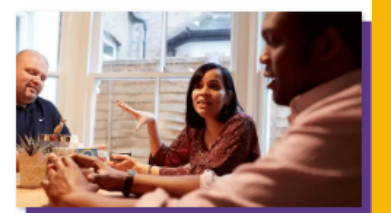
How to talk to your child about mental health

Read our advice on how you can talk to your



Read our parents' blog

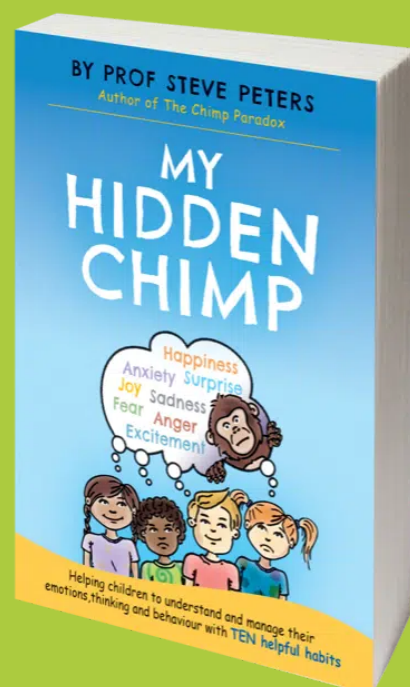
Parents share their real life stories and experiences with tips and advice for



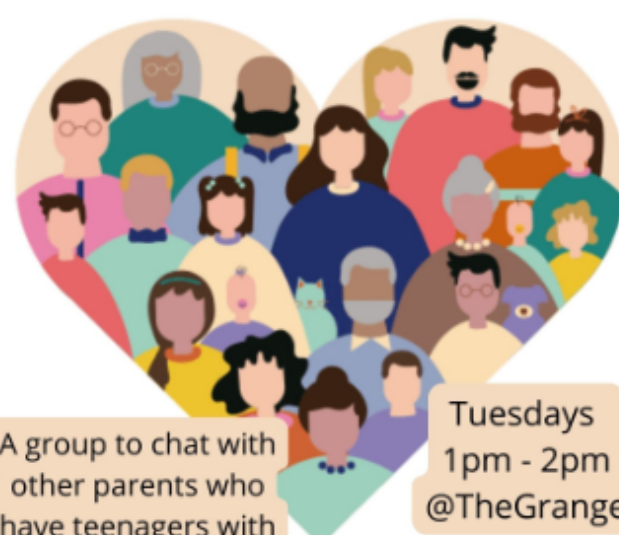
Setting up a parent support group

Read our guide on how you can set up a parent support group in your local community.

'My Hidden Chimp' is an educational book for children to work through with an adult or by themselves. The book offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life.



Parents with challenging teens. Chat & Support Group



A group to chat with other parents who have teenagers with challenging or anti-social behaviours.

Tuesdays
1pm - 2pm
@TheGrange

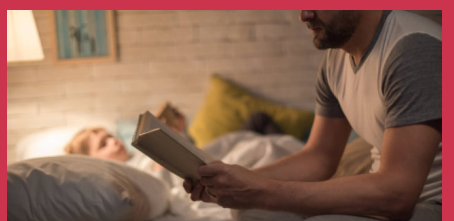
No need to book
just pop in and
meet in the Cafe



Quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved!



[Here are some helpful tips.](#)



pmhww
Shout
Out!

They gave me
some really
useful advice

They have helped me
to support my child
in understanding
their feelings and
questions to ask.

They have
helped our staff
write stronger
referrals

I felt listened to
and supported

PMHW Social Media



BLACKPOOL PMHW

Don't forget to follow us on social media.
We post regular updates about our drop in's,
self-care ideas and so much more!

INSTGRAM @Blackpool_PMHW

TWITTER @BlackpoolPMHW

FACEBOOK Blackpool PMHW



OPTIONS4CYP 0800 121 6672

**Option 1 CAMHS, Option 2 CASHER, Option 3
YoutherapY, Option 4 MHST**

