

As school begins to fully re-open, the following letter signposts different organisations which are able to support mental health.

An extensive and invaluable directory of support and services available to schools and communities.

<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=0rWBovMeR5E>



Staffordshire Emotional Health and Wellbeing Schools Support

Action for Children Staffordshire Emotional Health and Wellbeing Service started its delivery to schools from October 2020. We are able to offer the following group support to enhance resilience in young people:

Junior Schools

Resilience building programme: 3 x 1 hour sessions based on the internationally recognised Friends resilience programme, helping children to recognise emotions and keep emotionally well. Age 5-17 years and 7-11 years, delivered face to face.

Resilience building digital: as above but delivered through Microsoft Teams. Group size of around 10 young people. If delivered digitally, requires support in the class from school to help children engage.

All Age groups

Digital Parenting Support: free online support for parents with children of all ages. This includes a "chat" facility with parenting coaches who offer professional advice and support. Within this service there is also online information for mental health, parenting, dealing with parental conflict, what I need to know about the Covid-19 situation and practical home learning and activity ideas. For more info please see the website: www.parents.actionforchildren.org.uk

Just Family

"We are a fully registered Community Interest Company, with all relevant training, qualifications, insurance and DBS checks.

Our work is to support Perinatal, Maternal and Parent Mental Well-being this includes Mum, Dad, Carer and adoptive parents.

We will consider each case individually and are able to extend this if required and appropriate.

As the current COVID19 situation is for ever changing please do contact us for the most up to date information.

We can offer 1-1 support including baby/toddler Accredited bonding programme (This can take place in the home environment once risk assessment has been completed).

1-1 support can take place in many forms, homes, outdoors public parks, walk and talk, task focused/ daily tasks support, small group support/social groups outside (Weather permitting)

We can offer advocacy service to anyone requiring assistance at pre/post-natal, Hospital, Midwife, Health Visitor or GP appointments.

We can tailor our support to meet the needs of the individual/family and we can also work in partnership with professionals to support and complement any psychological interventions. We also accept self-referral.



OUR WHOLE FAMILY SERVICES

JUST US

PERINATAL SUPPORT GROUP (MUMS MENTAL WELL-BEING) FROM BUMPS TO 4 YEARS.

JUST DADS

PERINATAL SUPPORT GROUP (DADS MENTAL WELL-BEING)

JUST ENOUGH

FOR PARENTS, CARERS AND THEIR BABIES/TODDLERS – ENJOY SIMPLE, GENTLE AND PLAYFUL ACTIVITIES TO HELP BUILD A STRONG RELATIONSHIP WITH YOUR LITTLE ONE.

JUST SMILE

PERINATAL SUPPORT GROUP FOR MUMS, DADS AND BABIES FOLLOWING A TRAUMATIC BIRTH DELIVERY.

JUST SHINE

ADOLESCENT AND YOUNG ADULT ONE TO ONE WELLBEING SESSIONS (AGE 11-25). SESSIONS DESIGNED TO SUPPORT TWEENS, TEENAGERS AND YOUNG ADULTS.

JUST MOVE

SAFE, FUN AND INTERACTIVE GROUP SESSIONS TO PROVIDE TOOLS AND TECHNIQUES TO SUPPORT CHILDREN AND ADOLESCENTS IN ACHIEVING A STATE OF PHYSICAL AND EMOTIONAL WELLBEING.

SELF REFERRAL AND AGENCY REFERRALS WELCOME. PRIVATE AND FUNDED SERVICES AVAILABLE.

CALL: 07505 275 190 EMAIL: JUSTFAMILYCIC@GMAIL.COM FOLLOW US ON FACEBOOK: JUST FAMILY. CIC

Our variety of groups are run by trained practitioners and volunteers that are here to help and promote emotional health and well-being ensuring a holistic whole family approach."

Aiming High

- Crossroads Care has put together an Easter themed activity pack which they can drop off to families living in the Newcastle or Staffordshire Moorlands areas. The pack is available to young people aged 8-16 from Staffordshire who have a special educational need or disability. Details of this and all of our other activities are available at the link below: [Aiming high - Search Results | Staffordshire Connects](#) To arrange for a pack to be delivered please call **0300 111 8007 (option 5)**.

STAFFORDSHIRE MOORLAND'S ZOOM



COFFEE BREAK - LETS TALK

A TIME TO REFLECT AND RECHARGE!

Join us for a regular break each week during the school term, as we talk about the important issues that affect us, our children, our family and our life. This term, we are talking about how we manage our lives.

All you need is you and a brew! It's totally up to you whether you just listen or join in the conversation with people in your community.

Week Commencing

22 February 2021

01 March 2021

08 March 2021

15 March 2021

22 March 2021

We are talking

Life Stress

Responsibility

Resilience

Self-Care

Support

The Coffee Break Sessions are held 3 times a week, as detailed below and please join us for as few or as many as you wish:

Tuesdays at 6 – 7 pm	Wednesdays at 10 – 11 am	Fridays at 1 - 2 pm.
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If you would like to join us, please contact Louise Marsh (mobile 07498 619 481 or louise.marsh@visyon.org.uk) for further information.