

Children and Young People's Newsletter

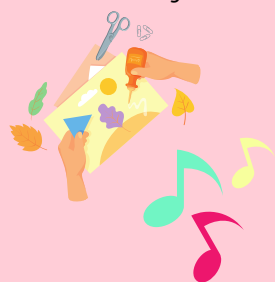


In this month's newsletter we look at tips of self-care, the Mental Health Youth Hub and the Reflective Practice for staff. Thank you for reading our newsletters this academic year, we hope you enjoy your summer holidays!

Self-care over the holidays

The summer holidays are a valuable opportunity to recharge and develop healthy habits. The extended break from school allows for a respite from academic pressures, enabling you to focus on practicing positive activities for your wellbeing. Here are some ideas of activities that you can do over the holidays:

- **Take some time away from screens.** As you might have more free time, it is very easy to find yourself spending more time in front of screens. Try to set a timer to control how much time you spend with any technology device and see how it feels to take yourself away from them a bit.
- **Exercise and move around.** When we exercise, we release all sorts of amazing chemicals in our body that help us feel happier. Go out in the sun for a walk or dance at the sound of your favourite songs!
- **Start a new hobby** or reconnect with a hobby that you haven't been doing this academic year.



- **Spend time with others.** Look out for some activities that you can join in your borough during the holidays or plan a group activity with your friends.
- **Get creative.** Arts and crafts are a great way of keeping our mind and hands busy and help us feel relaxed. You can do some painting, create a mosaic, origami or even building something with materials that you can find at home.
- **Write positive things that have happened this academic year.** Take some time to stop and think about all the nice things that have happened throughout the year. Note them down so you can always remember them!

We hope these suggestions are useful, but have a think of what other activities you can add to look after yourself this summer!

“You said, we did,”

Your feedback is the best way for us to keep improving as a service, so when you say you want something, we will always do our best to do it!

You said this:

Students would benefit from a Transition workshop for all year groups in our primary schools.

We did this:

We have created a new workshop on “Transitions” that can be delivered in primary schools to support children with their transition to a new year group.



1 Minute of Mindfulness

Sit comfortably in your chair, put your feet flat, close your eyes and focus on your breathing. You can introduce the 4-7-8 breathing, breathing in for 4 seconds, holding your breath for 7 seconds and breathing out for 8 seconds. This can help you focus on your breath if your mind wanders away. This is called **chair meditation**, and you can practice it at any point of your day, at work, school, home or outside in a place that brings you peace.

Mental Health Westminster Hub

We are very excited to announce our new Mental Health Youth Hub, which provides a safe and supportive environment for **young people between the ages of 11-25** in Westminster. The services that the hub will offer are:

1:1 Support

Evidence-based support and groups such as art & music therapies, to address concerns and learn to cope with challenges.

Group Workshops

Aimed at developing resilience, coping strategies, and enhancing social support networks. These will also be offered during evening and weekends!

For more information and to self-refer visit our website [here](#), or email MentalHealthHub@bwwmind.org.uk.

Staff Reflective Practice

We aim to provide a space to promote learning, resilience in the face of challenges and to increase staff motivation, wellbeing and good mental health. A reflective practice group is a safe space for your staff to get together and reflect on any upcoming challenges, deal with high levels of pressure from the work, and boost team spirit.



This service is delivered by our clinical supervisor Esmeralda. If a school would like more information, please, contact the Supervisor from our MHST linked to your school.

Meet Our Team Corner

In this issue I am happy to introduce Esmeralda. She is a Clinical Supervisor in the Mental Health Support Team.

Meet Esmeralda:

I joined BWWMind in February 2022 as a Clinical Supervisor. I moved to the UK about 20 years ago soon after I graduated from University, I was young and naïve, coming to London was a great dream came true! My background is in travel tourism and leisure, I used to work as a tourist guide in my lovely Quito. I am a qualified community interpreter interpreting simultaneously for speakers that come to UK from Spanish speaking countries and an event planner hosting events of music performance outside and inside UK, something that I've been doing for more than 20 years! (hard to believe now that I met Shakira when she was only a 21 year old girl in an even that I organised 😊). After I had my children, I decided to retrain and become a qualified counsellor and psychotherapist, later clinical supervisor. I am now looking to further my knowledge as a clinical consultant, as I always say, "dreams are there to make them happen no matter the time it takes". I engage my passion and pride on being genuine, emphatic, compassionate and open to support/serve others in need hence why therapeutic work has been for me a way to fulfil my passion with truly rewarding outcomes!



A few things I like:

I love good 80's and 90's music, Persian cats, read good books about history, human past civilizations, and comics. My favourite food is shrimp in any way possible and I love perfumes, I have a small collection of nice bottles. I spend my Saturday's volunteering in a community group, I do not really go out now so when I have time, I rather prefer to stay at home and read a good book or watching Marvel, Witcher, TBBT or a good K series.

My perfect day:

My perfect day would be to sleep past 8am, have a nice bowl of fruit and yogurt with syrup on top, dress up and go out with my kids for a quality time. I would then go to the city centre and look at the nice buildings, visit the museum, or just walk around, have nice food in a warm restaurant or just go to the mall and shop until we drop! Anything is great as long as I am with them.

Thank you for reading!