



**Tithe Farm Primary
Wellbeing Newsletter
July 2023**



Another year done, time to reflect and recharge our batteries! Time to spend quality time with our families. However, we appreciate the Summer Holidays can be a stressful time for many juggling childcare, finances and keeping the children entertained. With this in mind below are some useful contacts for organisations that may be useful to you.

Relaxation Activity:

Flower and Candle

This is a simple relaxation technique that encourages deep breathing.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

- Breathe in slowly through your nose as you smell the flower.
- Breathe out slowly through your mouth as you blow out the candle.
- Repeat a few times.



Key Dates:

National Schizophrenia Day: 25th July 2023

World Suicide Prevention Day: 10th September 2023

World Mental Health Day: 10th October 2023

OCD awareness Week 10-16 October 2023

MINDFULNESS

Being mindful is important for children, it helps them focus on the present. It teaches children to self-soothe, it also raises their self-awareness and self-esteem. Mindfulness can be practiced in many ways and is individual to each person.

Resources can be found on our website.



Local Resources and Useful Websites

CHUMS

Mental Health & Emotional Wellbeing Service for Children and Young People provides therapeutic support in a variety of ways to young people.

Website: <https://chums.uk.com/>

SORTED/FORTIS

Sorted offers a free and confidential counselling service for young people aged 5-25

Website: <https://sortedbedfordshire.org.uk/>

Central Bedfordshire Youth Services

Information and Services for young people

Website: https://www.centralbedfordshire.gov.uk/info/113/youth_services

Family Lives

Online parenting advice and support.

Website: <https://www.familylives.org.uk/>

ChildLine – 0800 1111

Talk to a counsellor for free anytime by calling 0800 1111. You can also log in for 1:1 chat.

Website: <https://www.childline.org.uk/>

YoungMinds Crisis Messenger – Text ‘YM’ to 85258

A free crisis messenger service – support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258

Samaritans – Call 116 123

Talk to a trained volunteer anytime for free non-judgemental support.

NHS direct – Call 111

NHS direct can help if you have an urgent medical problem and you are not sure what to do

Accident and Emergency

If you feel you cannot keep yourself safe, it is best to attend your local A&E so they can help to keep you safe.

**Wishing you all a lovely Summer Holidays, be kind to yourselves and each other.
We look forward to seeing you in September ready to start a new year.**

Stay Safe



Stay positive