

Southampton Mental Health Support Team

Primary Schools Wellbeing Newsletter

This week's theme - Healthy Choices

17th June 2020

Welcome to this week's Southampton MHST newsletter, our theme this week is healthy choices.

As life continues with the majority of us still at home and our daily lives still impacted by Covid-19, it is more important than ever to think about how we can make healthy choices.

Our normal activities have been restricted for several months, therefore we have to make a special effort to stay active with our children. We may not be working or may be working from home and this may be having an impact on our motivation and ability to make healthy choices.

It is possible that with the schools reopening, it has made planning more difficult with one child at home and another at school. These factors make it harder to plan in healthy choices as we go for easy options to get by. This, of course, can impact our physical health, but it also has a huge effect on our emotional and mental wellbeing. As we will explore later with Professor Wellbrain, what we eat and drink and how much activity we do is a really important part of staying emotionally healthy.

We will also be thinking about other areas of life where our healthy choices will impact our wellbeing and top tips of ideas to support those choices. Enjoy!

Parents Top Tips

As a parent/carer, one of our roles is to help children make healthy choices, so that they keep safe, stay well and grow into healthy adults. Healthy choices relate to what we eat, how we act with others and almost everything we do. Teaching by example is one of the best ways to do this. Below are some simple ways to be a good role model for your child:

- Eat healthily – the Eatwell Guide can help to show the food groups that make up a healthy, balanced diet <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> You can involve your child in eating a healthy diet by teaching them to read food labels – have some fun together, letting them find out the fat and sugar content in some of their favourite foods! Encourage your child to try out new healthy foods and drinks – you can experiment together cooking new healthy recipes <https://www.bbcgoodfood.com/recipes/layered-rainbow-salad-pots>

Let them choose healthy choices such as milk or water? Cereal or wholemeal toast? Keep healthy snacks at home and take them with you on trips out. This can help you avoid needing to buy unhealthy snacks whilst you are out.

Parents Top Tips continued

- Exercise regularly – there are many benefits of regular exercise <https://www.nhs.uk/live-well/exercise/exercise-health-benefits>

Studies show that children who have more active parents are more active themselves. This can result in a rise in their confidence and self-esteem as their level of fitness increases. You could take turns choosing things the whole family can do. Some exercise such as going to the gym or swimming pool is presently difficult with lockdown. However, you could go for a walk, run, or bike ride together. Indoor activities such as 'Just Dance' videos can be fun too <https://m.youtube.com/watch?v=FRAJct27dpw>

- Wear protective safety equipment – such as, your seatbelt, bike helmet, life jacket. This will help to encourage your children to be safe when exercising.

- Limit smoking – where possible limit smoking around your child. This will help to reduce chances of your child developing asthma, allergies, bronchitis, ear infections and pneumonia. Statistics have previously shown young people who smoke cigarettes are much more likely to experiment with other drugs, such as alcohol and marijuana, compared to their peers who don't smoke.

- Open communication – talk to your child about school, friends and healthy relationships. It may be helpful to let them know your values and what you expect of them as their parent/carer.

- Dealing with stress – teach your child healthy ways to manage stress <https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress>

- No one is perfect – we can only do our best to try and set an example. If you slip up, refocus - but don't be too hard on yourself. If your young person makes an unhealthy choice, do your best to refocus him/her on to healthy choices.

Professor Wellbrain

Professor Wellbrain has flown by with some information on keeping healthy. Healthy eating, exercise and relationships all affect our mental wellbeing.



Healthy Eating

We know that eating a healthy and balanced diet is super important for our body. Did you know that what you eat will also have an impact on your emotions as well as your mental health?

There is emerging evidence that having a healthy and balanced diet can help to improve mood, give energy and help with thinking clearly.

Tips for managing your mood with food:

- Eat regularly – when our blood sugar drops you might feel tired, irritable or low.
- Stay hydrated – this helps with concentration and thinking clearly.
- Getting five fruit/vegetables a day – nutrients help to keep you physically and mentally healthy.
- Looking after your gut – The gut can reflect how we feel emotionally. For healthy digestion you need fibre, fluid and regular exercise.
- Getting enough protein – Protein contains the building blocks which makes the chemicals the brain needs to regulate thoughts and feelings. It also helps with feeling full for longer.
- Managing caffeine – caffeine is a stimulant which gives a burst of energy. Although, it can lead to feelings of anxiety, depression and disrupted sleep.
- Eating the right fats – Fatty acids such as omega-3 and -6 keep the brain working well.

For more information on each of these tips, visit Mind: <https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/>

Exercise

The NHS recommends 60 minutes of moderate exercise for children every day to help them to grow and develop. <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

This link will give you a bit more information and some suggestions of ways that you can help your child to increase their exercise.

An amazing fact is that, like eating good food, exercising regularly will actually improve your child's mental and emotional wellbeing as well as being really good for their physical development. Why is that? Well, when we exercise, the body releases chemicals in your brain called Endorphins and these make you feel happy and less stressed. Exercising also helps with getting a good night's sleep. Exercise will also give your child a real sense of achievement, especially if they set themselves some goals to work towards such as the Couch to 5K, a charity event or perfecting a skating skill. This in turn leads to improved self-esteem. All these things mean that exercising is an essential part of being mentally healthy and is something the whole family can get involved in together.

This video will tell you a bit more and maybe give you some ideas:

<https://www.youtube.com/watch?v=Ejbdzt2586A>



Professor Wellbrain Continued

Relationships

Children form relationships throughout development, initially with family, however later with friends and teachers. Positive, healthy relationships help children feel safe and supported as they grow up. This enables them to try new activities and learn about appropriate communication and boundaries.

From speaking to young people they believe a healthy friendship or relationship should include:

- Trust
- Kindness
- Understanding
- Communication
- Equality
- Support
- Be free from threat and negative pressure
- Honesty



Unhealthy relationships can affect our wellbeing, leading to feelings of anxiety, depression and low self-esteem. This can result in feelings of not being able to make decisions, headaches and other physical health symptoms. Similarly, children might experience unhealthy or controlling friendships which create the same feelings.

If you are worried about yourself or someone else being in a controlling or abusive relationship, the following webpage has numbers which you can call for support <https://www.gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse/coronavirus-covid-19-support-for-victims-of-domestic-abuse#where-to-get-help>. Similarly, some supermarkets have Safe at Home stands where you can get further information and support. Boots stores have also launched a safe space within consultation rooms for accessing help.

Good News Story

Alex Ind (21) from Southampton has lived with complex heart defects since birth, facing a lifetime of operations including open-heart surgery just a year ago. Alex is a talented golfer and cricketer; he has used lockdown as an opportunity to improve his fitness and has hit his target of running 10K taking just 1h23 to complete it. Doing this Alex raised £3,000 for Wessex Heartbeat taking his family fundraising total to over £100,000.

Alex has shown a lot of determination, making healthy choices to achieve his personal goal of running 10k.

To read the full news story: <https://www.dailyecho.co.uk/news/18472949.man-heart-defects-completes-10k-lockdown/>



Activity of the Week

Try out Change4Life's Disney teamed new Shake Up games inspired by Disney, Pixar's Toy Story 4, Incredibles 2, Disney's The Lion King and Frozen. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day! Web link: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Example:

Anna's taken control of Kristoff's sled! Can you outrun the wolves?

- 1) Mark out a start and finish line.
- 2) Get into pairs and choose one person to be Kristoff. Whoever is Kristoff puts their hands on the ground while Anna holds their feet in the air.
- 3) See how quickly you can escape the wolves and get to the finish line! Then swap places and race again.
- 4) Keep playing for 10 minutes and try to beat each other's times!



Keeping Active

Aim to make 2 Sugar swaps when you are next out shopping.

Use the change 4 life sugar calculator:

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-calculator>
for a quick check on how much sugar is in each product.

Useful web link:

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

frosted flakes	wheat biscuit cereal
honey crunch cereal	Shredded wholegrain cereal
Chocolate cereal	porridge
chocolate bars	a slice of malt loaf
biscuits	a scotch pancake
doughnuts	a crumpet

All of these swaps are a great way to cut down on sugar. And remember, the more swaps you make, the more sugar you save!



Contact us

If you have any questions or queries for the Southampton MHST Team please email us at;

SouthamptonMHST@Solent.nhs.uk

Or call us on;
0300 1236689

Useful Services and Websites for Parents and Young People

Please see the details of the following services that may also be able to offer you and your child advice and support. Please note that during this unprecedented time services have had to change the way they work and offer support, so please contact the service directly to find out what is currently on offer.

THE SOLENT WEST CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):

If your child is currently receiving a service from CAMHS, a duty line for advice in the event of deterioration in your child / young person's mental health is available. Please request to speak to the duty worker on 0300 123 6661. You are also able to contact the Behaviour Helpline for advice and strategies with managing challenging behaviour on 0300 123 6661, your contact details will be taken and a Behaviour Advisor will return your call within 1 week. **Please be aware that in the current situation there may be a slight delay in responding to duty calls.**

The Public Health Nursing (PHN) Service offers support to children, young people and their families who live in Southampton. The team is made up of Nurses, Emotional Health and Wellbeing workers and PHN Assistants; who can offer support for a wide range of health issues such as growth concerns, support with long term conditions, sleep problems, continence issues, general anxiety and much more. They have a confidential text messaging service called Solent Pulse where you can text any health questions and have them answered by a nurse. They are currently offering support through telephone calls, emails, text messages and video calling to comply with social distancing rules. If you would like to contact PHN for support please use one of the methods below:

Phone: 0300 123 6661 Solent Pulse: 07491 163278

Website: <https://what0-18.nhs.uk/solent/school-nursing>

Email: snhs.publichealthnursingsouthampton@nhs.net

USEFUL TELEPHONE NUMBERS:

Southampton Multi-Agency Support Hub: 02380 833336
(Safeguarding advice & parenting support).

Samaritans: Free phone 116 123

Parentline (24 hour advice): 0808 800 2222

Child line: 0800 1111

NHS direct: 111 – non emergency helpline

SANE mental health help line (every day 16.30-22.30) 0300 304 7000

Young Minds help line (Mon-Fri 9.30-4pm) 0808 802 5544

USEFUL WEBSITES – UNDERSTANDING SYMPTOMS, ADVICE AND SELF-HELP:

- <https://childdevelopmentinfo.com/> - This covers numerous 'symptoms' of developmental disorders and mental health conditions. It also has a lot of helpful advice ranging from 'online safety' to 'getting children to eat greens'. Mixture of articles and short videos.
- www.youngminds.org.uk – information and advice for young people, parents and professionals, includes a telephone advice line and videos. This website covers emotional health, mental health conditions and neurodevelopmental disorders e.g. Attention Deficit Hyperactivity Disorder.
- http://www.sane.org.uk/resources/mental_health_conditions/ - information and advice, includes resources and useful leaflets to manage symptoms of many mental health symptoms. It also has online forums and a telephone advice line (above).
- www.getselfhelp.co.uk – this website is an invaluable resource containing free downloadable activities and videos for you to support your child to manage their emotional and mental health.
- <http://www.moodjuice.scot.nhs.uk/> - Similar to 'getselfhelp'.
- **Selected mobile phone 'apps'** to help manage symptoms can be viewed here, although please consider age appropriateness: <http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-apps.aspx> (Or type 'Apps for Mental Health – NHS Choices into an internet search engine.)

Useful Services continued

NO LIMITS ADVICE PROJECT – <https://nolimitshelp.org.uk/> Contact Phone: 02380 224 224 – 13 The High Street, Southampton, SO17 1XN Email: enquiries@nolimitshelp.org.uk
Please contact the service via telephone, email or ‘drop-in’ to the advice centre.

The No Limits service offer advice and support to young people under the age of 26 years on many issues, including: housing, employment, money management advice, social support, symptoms of mental health, counselling for emotional ill-health, sexual health guidance, drug and alcohol support, victims and perpetrators of crime, plus much more.

SOUTHAMPTON CITY COUNCIL PARENTING ADVICE AND SUPPORT:

<http://sid.southampton.gov.uk/kb5/southampton/directory/results.action?familychannel=8-7-1> – Please access this website to view a range of parenting support courses in Southampton. Or go into Southampton City Council’s website and type ‘families’ into the search bar.

Please also contact the Southampton City Council MASH Team on the telephone number above for further advice around services and parenting support.

RE:MINDS:

A parent-led support group for families of children with autism or mental health issues.

<https://www.reminds.org.uk/> With a closed Facebook group of over 600 members -

<https://www.facebook.com/groups/reminds>

CHILDREN WITH SPECIAL NEEDS:

[The Buzz Network](#) - a group for Southampton parents/carers of children with disabilities/special needs. It is open to children with any disability from ADHD to visual impairments, as long as they meet the eligibility criteria.

<http://sid.southampton.gov.uk> – type ‘Buzz Network’ into the search engine for contact details.

CHILDREN WITH SUSPECTED AUTISTIC SPECTRUM DISORDERS <https://www.autismhampshire.org.uk/> -

Autism Hampshire: Information, Advice, ‘Needs Assessment’ and support. Community Access, Southampton Office –1648 Parkway, Whiteley, PO15 7AH, Tel: 02380 766162 Email:

communityaccess@autismhampshire.org.uk

BEREAVEMENT SUPPORT SERVICES:

- <http://www.theredlipstickfoundation.org/> - The Red Lipstick Foundation are here to offer services to families in Hampshire who have been bereaved by suicide or immediate family members following a person’s sudden death.
- <http://www.simonsays.org.uk/> - Tel: 08453 055 744 - Bereavement service for Children.
- <http://www.cruse.org.uk/?gclid=CMmGptiMktMCFYWRGwoduCOEjw> - National Bereavement Service.

DOMESTIC ABUSE SUPPORT SERVICES:

- <https://www.hamptontrust.org.uk/our-programmes/> - support projects for those who have perpetrated domestic abuse, and, adults and young people who have experienced domestic abuse.
- <https://www.yellowdoor.org.uk/> - Telephone: 023 8063 6313 - support project for adults and young people who have experienced physical and or sexual abuse.