



The World Federation for Mental Health (WFMH) takes this opportunity, during a time when the world is confronted by the unprecedented mental health consequences and impact of the **COVID-19** pandemic on billions of people, to launch the World Mental Health Day campaign.

The theme for this year is:
Mental Health for All
Greater Investment – Greater Access

Please refer to the attachments with this newsletter providing links to advice & resources on mental health.

Executive Board



We would like to extend a warm welcome to Anthony Smith, Deputy Headteacher from The Reach Free School who joins the SWHP Executive Board as representative for Three Rivers Secondary Schools.

We look forward to working with you!



We Value Your Feedback
Your Voice Matters!

We welcome your feedback on ways you feel the service could be even better and to ensure we are taking on board the areas that this pandemic will affect our families the most. We are mindful of how busy you all are but if you have some time to spare, please email us at admin@swhp.org.uk or contact Carly Maddison, Business Manager on 07872 991558.

South West Herts Partnership

ISSUE 180 - OCT 2020

YOUR FAMILY SUPPORT SERVICE

Covid-19 Update Statement

Current working plans

As we welcome in the new term, we continually learn to adapt the service we provide our schools and their families to ensure we deliver the same level of support.

We are pleased to confirm that with PPE and our garden visit policy in place our family workers have resumed face to face visits within gardens/parks and some public venues where social distancing can be maintained. Private conversations will remain for the telephone/video platform for confidentiality.

Family workers have started to visit their schools in person where permitted. Whilst in their allocated school, they will adhere to the schools COVID-19 policies. They are all equipped with appropriate PPE including antibacterial wipes and sanitiser spray and will be responsible in wiping down the area they work in upon arrival and departure.

At our recent Executive Board meeting, it was unanimously decided that visits within the home cannot resume at this stage. This decision was based on the current R rate and local levels. We will continue to review this and rest assured we have all the appropriate measures in place when it is deemed safe to do so.



DSPL | Delivering Special
Provision Locally
Achieving quality outcomes



Schools IT Homework Club



The Families First Partnership are looking to work with schools across the district to launch a project to support children and young people during the pandemic who have no or limited access to computers. The digital divide is not new, but during Covid it has become particularly relevant. Having access to a device is not the same as having enough access, some children may already have a device at home, but if it's shared between an entire family children would miss out on developing essential education and experience.

One solution may be school based homework clubs, to provide these children the opportunity to access computers and internet at school to complete their online homework and provides a combination of educational and extracurricular opportunities.

We're currently undertaking mapping work to understand the level of need.

Please contact Freddy.chester@threerivers.gov.uk if your school would like to be involved with this project or to discuss further.



FAMILY SUPPORT TRAINING

Whilst supporting schools and families through this turbulent time, our team of School Family Workers are also continuing to update their skills and knowledge through online training.

Returning to School Wellbeing Challenges

This training has developed my knowledge on how lockdown will have affected young people's wellbeing and mental health and what challenges we expect to see as more students return, and how schools must identify signs of;

Bereavement- Sadly, more young people than usual will experience a bereavement in the current context. Advice, ideas, activities and resources are available via Child Bereavement UK and Winston's Wish: www.childbereavementuk.org www.winstonswish.org

Social anxiety, Social difficulties and friendship issues due to a combination of children being poorly socialised during lockdown whilst spending more time than usual with one or two key caregivers, We are likely to see higher than usual numbers of children (and adults) who become very distressed at being apart. Things may be unusually fraught for a little as children return to school after long periods away and as they learn to engage and interact with their peers in COVID safe ways. Beacon House has a range of fabulous resources about trauma and attachment: <https://beaconhouse.org.uk/resources/>

Academic anxiety: We may find that more children than usual are anxious about their schoolwork and this may play out in shutdowns, meltdowns or a general lack of ability to meaningfully engage. Further Resources; Young Minds offers excellent support around academic resilience

Emotionally based school avoidance /school refusal:

We expect to see a rise in emotionally based school avoidance (EBSA) often linked in with separation anxiety, academic anxiety or social anxiety. Further Resources: Pooky has developed an on demand course about emotionally based school avoidance

Gaming Addiction: For many children, their online lives will have become more real to them than their offline lives. The Parent Zone has resources about digital life and gaming: <https://parentzone.org.uk>

Sleep difficulties: It's likely that a fair number of children will not be getting optimal sleep, either because without the need to get up for school, they've come somewhat nocturnal during lockdown or because worry is making it hard to sleep. The Sleep Foundation has good advice and ideas: www.sleepfoundation.org

Domestic abuse: For a whole host of reasons, we expect more children to have experienced or witnessed domestic abuse during lockdown and that relatively few of these cases will have been picked up or supported. The NSPCC has excellent resources, support and helplines. Identify and Respond to Signs that a Child is Living with Domestic Abuse

Baljit Chhina
School Family Worker

Autistic and Thriving - An Interview with Willow May

I recently met a lady who I found really inspiring and so positive about life, then I discovered she is on the autism spectrum. She had gone from big struggles with her mental health to getting an autism diagnosis and thus better support and ability to understand herself and how to manage her challenges. Now she really enjoys life.

So I asked if I could do an interview with her which I recorded on Zoom and this is it. She gives good insights into some of the challenges of autism and particularly what has helped her and I just found it so encouraging to see how she has turned her life round and is thriving. I hope you do too!

<https://youtu.be/ZAp8DP75r70>

Please feel free to share as it may help with understanding how to help those on the spectrum. There is so much negativity around autism, it's good to see something positive that brings hope

Shiona Koudougou
School Family Worker

Promoting Emotional Regulation in Autistic Children

I had the pleasure in completing the online training with Creative Education on "Promoting Emotional Regulation in Autistic Children". I found this extremely useful for my role as Family Support Worker as we are often working with children and their families who have additional needs.

It highlighted the importance of the caregiver's role, as one of the most powerful tools for calming a child is a calm adult. The course has given me useful strategies on how I can support the family and help them understand and recognise particular triggers to support their child with regulating how they are feeling.

Strategies include:

- Teaching the child emotional literacy, name it to tame it
- Supporting the adult caregiver in ways to communicate with their child.
- Stage appropriate language, using colours, numbers, animals, play dough, pulling faces and talking about feelings.

Once we understand the emotion we can then support and teach them to regulate their feelings, helping the child feel more in control.

Danielle Simeone - School Family Worker



NOV

02

8PM

**ON-LINE
COURSE**

NOV

03

8PM

**ON-LINE
COURSE**

NOV

04

10AM

**ON-LINE
COURSE**

NOV

05

8PM

**ON-LINE
COURSE**

Calendar

JOIN THE TEAM

Courses are open to parents and carers living in Hertfordshire
To check eligibility and book a place, please contact
Supporting Links: www.supportinglinks.co.uk
Email: bookings@supportinglinks.co.uk Tel: 07512 709556
Quoting the Course ID Pre-booking essential.

UNDERSTANDING BEHAVIOUR IN YOUR CHILD WITH ADDITIONAL NEEDS

A **FREE** 6 week parenting course delivered to your home **via Zoom** for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential.
Open to parents across Hertfordshire.

Pre-booking essential—quote course ID SL387

TALKING DADS

Dads, Step-Dads, Stay at home Dads, Working Dads...
Dads play an important role in a child's life. This **FREE** 6 week parenting course delivered to your home **via Zoom**, will help you be the Dad you want to be!
For fathers and male carers of children aged 0-19.
Open to parents across Hertfordshire.

Pre-booking essential—quote course ID SL397

TALKING FAMILIES

Because parents don't get training for the toughest job on earth!
FREE 6 week online course delivered to your home **via Zoom** for parents and carers of children aged 0-12
Open to parents across Hertfordshire.

Pre-booking essential—quote course ID SL391

TALKING TEENS

A **FREE** 6 week course delivered to your home **via Zoom** for parents and carers of children aged 12-19.
Open to parents across Hertfordshire.

Pre-booking essential—quote course ID SL395



Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

OCT

12

6.30PM

ON-LINE
COURSE

OCT

12

9.30AM

ON-LINE
COURSE

OCT

19

7PM

ON-LINE
COURSE

NOV

03

12.30PM

ON-LINE
COURSE

Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment.

For Bookings please visit www.familiesinfocus.co.uk

All our Parent Networks are continuing throughout lockdown, reaching parents of children with additional needs online **via ZOOM**.

PARENTING A CHILD RIGHT FROM THE START

For parents with a child awaiting a diagnosis/with a recent diagnosis of Autism, ADHD and inclusive of all Special Needs and related conditions. 6.30-9pm—plenty of free parking.

Places are funded by DSPL9 for parents living in Watford, Three Rivers, Bushey and Radlett and must be booked by emailing: bookings@familiesinfocus.co.uk

PROFESSIONAL PARENT TOOLKIT

As a parent it can feel confusing, overwhelming and intimidating when attending meetings with teachers, SENCO's, Doctors and other education and healthcare professionals. This workshop will give you knowledge, practical skills and techniques to be prepared and be an assertive, confident parent and enable you to work with other professionals so your child, you and school etc. get the very best out of meetings.

JUST FOR DADS

FREE 2 hour workshop 'Just for Dads' caring with children with special needs and/or disabilities living in the Watford, Bushey, Radlett & Three rivers areas—funded by DSPL9. Using empathetic communication to build emotional regulation

Bookings@familiesinfocus.co.uk

HANDLING ANGER IN YOUR FAMILY

Quality, evidence based 6 week course providing proven & practical strategies to reduce anger in your family

FREE for parents living in Hertfordshire and caring for children from 5 years to 11 years.

Book via Eventbrite: <https://www.eventbrite.co.uk/e/handling-anger-in-your-family-primary-aged-children-via-zoom-tickets-104333377942>



Calendar

JOIN THE TEAM

We have a range of online parenting groups funded by Herts County Council for parents of children who live or go to school in Hertfordshire. They are for parents/carers of children with ADHD, SEN and parents of pre-teens/teens who are showing challenging behaviour.

To book or for further information please call Louise on 0204 522 8700/01707 247032 or email LouiseV@familylives.org.uk

Programmes delivered via Microsoft Teams.

NOV

12.30PM

09

ON-LINE
COURSE

BRINGING UP CONFIDENT CHILDREN FOR PARENTS OF CHILDREN WITH ADHD

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential.

Course will run as a series of 6x2hr sessions over 6 weeks.

NOV

7PM

12

ON-LINE
COURSE

GETTING ON WITH YOUR PRE-TEEN/TEENAGER

Do you need support in dealing with changes in your teen's behaviour including handling anger and violence, setting boundaries, on-line safety and breaking the law? This programme is particularly suited for parents/carers of pre-teens/teens who may have FFA, CIN, CP or Youth Justice Plan.

Course will run as a series of 6x2hr sessions over 6 weeks.

NOV

9.30AM

13

ON-LINE
COURSE

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Course will run as a series of 6x2hr sessions over 6 weeks.

NATURAL FLAIR COACHING



OCT

08

7PM

ON-LINE
COURSE

OCT

28

7PM

ON-LINE
COURSE

NOV

03

7PM

ON-LINE
COURSE

OCT

13

2-3PM

ON-LINE
COURSE

Calendar

JOIN THE TEAM

Natural Flair courses are funded by Herts County Council, parents need to be referred to attend.

All interactive online courses. Take advantage of what's available from the comfort of your own home.

To request a place, call: 01992 446 051

NATURAL STEPS TO SAFER, STRONGER FAMILIES

A protective behaviours approach to emotional safety and wellbeing for families. It has been designed to meet the needs of parents/carers facing the everyday challenges of parenting.

Course code: NFL5E1

SECRETS TO PARENTING YOUR TEEN/PRE-TEEN

Six core workshops in all focusing on different areas of parenting teenagers. Areas covered include:

- Identify strategies to raise aspirations and boost self-esteem
- Emotional needs and the teenage brain
- Parenting styles and setting house rules/boundaries
- Tools for supporting anxiety and building resilience
- Communication—what works and what doesn't

NATURAL STEPS TO SAFER, STRONGER FAMILIES

A protective behaviours approach to emotional safety and wellbeing for families. It has been designed to meet the needs of parents/carers facing the everyday challenges of parenting.

Course code: NFL5D4

HEALTHY HUB COOKERY DEMONSTRATION

Tips on health and nutrition and ideas for cooking on a budget. Sessions are fun and interactive and you will have an opportunity to ask questions

To book your **FREE** place, contact Jane on 0208 428 6725 or email healthyhub@ascend.org.uk



These courses are funded by Herts County Council and are open to residents of Hertfordshire only



OCT

**VARIOUS
DATES**

AM/PM

**VARIOUS
TIMES**

NOV

**VARIOUS
DATES**

AM/PM

**VARIOUS
TIMES**

Calendar

JOIN THE TEAM

We are delighted to announce three series of **NEW ONLINE WORKSHOPS** for parents/carers running from October 2020 to March 2021 funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can easily be accessed via a PC, laptop, tablet or smartphone. **For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our Facebook page.** Bookings are now open for October dates. Bookings for November dates will open on Saturday 24th October.

SUPPORTING SIBLINGS LIVING WITH ADHD AND/OR AUTISM
UNDERSTANDING SENSORY DIFFERENCES
UNDERSTANDING ADHD IN GIRLS
UNDERSTANDING AUTISM IN GIRLS
UNDERSTANDING TEENS WITH ADHD/AUTISM
UNDERSTANDING CHALLENGING BEHAVIOUR
UNDERSTANDING ANXIETY

TIPS AND TOOLS

TO SUPPORT FOR DADS LIVING WITH ADHD AND/OR AUTISM
TO BUILD YOUR CHILD'S SELF-ESTEEM
TO MANAGE SELF-HARM
TO HELP YOUR CHILD MANAGE SENSORY DIFFERENCES
TO SUPPORT COMMUNICATION WITH YOUR CHILD
TO HELP YOUR CHILD DEAL WITH CHANGE
FOR MANAGING ANXIETY
FOR MANAGING ANGER
FOR POSITIVE BEHAVIOUR
TO TEACH YOUR CHILD SOCIAL SKILLS
TO SUPPORT YOUR CHILD'S LEARNING
TO TEACH YOUR CHILD ABOUT EMOTIONS AND SELF-REGULATION