



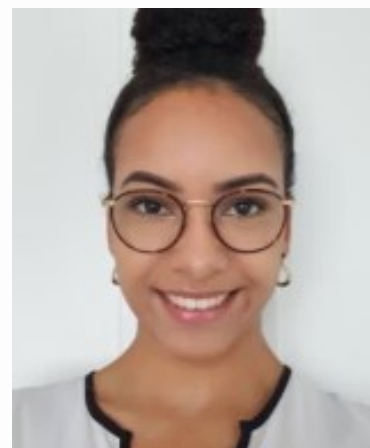
South Borough is fortunate to welcome Sam, our Emotional Wellbeing Practitioner who will be at South Borough on Wednesdays from January.

What do Emotional Wellbeing Practitioners (EWPs) do?

EWPs aim to improve access to mental health support for children, young people and their families. They provide low intensity interventions for young people experiencing common emotional wellbeing difficulties such as low mood, anxiety and behavioural difficulties. If you think your child would benefit from the support, please complete [Parent Request For Support Form](#) on the website and return to the school office.

Who is South Borough's EWP?

Hello, I'm Sam! After Graduating with a psychology degree, I gained my experience in the mental health field of work at Maidstone and Mid Kent Mind where I developed my passion for helping to improve the emotional wellbeing of young people. I am very much looking forward to working with students, parents and staff at South Borough Primary School. Some of my other passions involve travelling, spending time with my family and friends and music events.



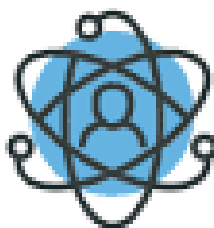
5 Ways to Wellbeing



KEEP MOVING



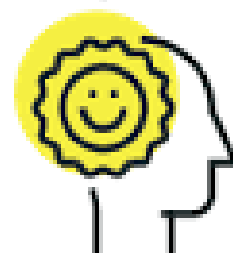
INVEST IN
RELATIONSHIPS



NEVER STOP
LEARNING



GIVE TO OTHERS



SAVOUR THE
MOMENT



Emotional Wellbeing Team



Who are we?

We are Emotional Wellbeing Practitioners and form part of the Government's national initiative to work alongside schools to support and improve children and young people's emotional wellbeing and mental health.

Who do we work with?

- Pupils in Year 7 to 12 who are feeling low or are experiencing anxiety.
- Whole year groups, assemblies or classes.



For more information



What do we offer?

How will it help?

Who do I contact?





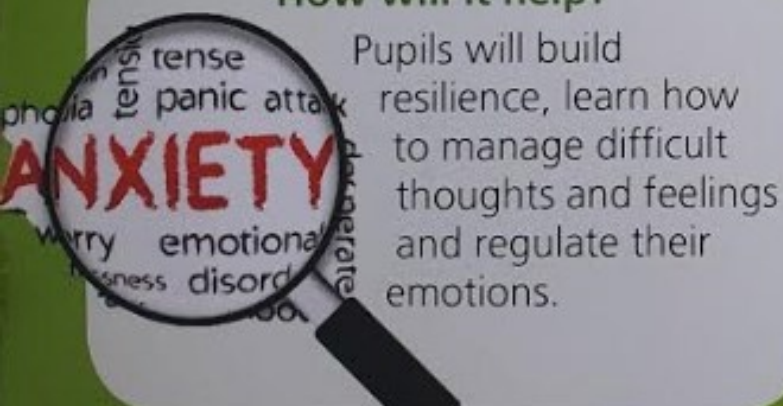
What do we offer?

- Up to 8 weekly sessions of support for low mood (feeling down, unmotivated or lacking enjoyment in life) or anxiety (feeling tense, worried, nervous). This may be delivered in a group format or on a 1:1 basis.
- Pupils can expect to understand their emotions, set goals for change, plan activities and learn strategies to take home and practice between sessions.

What else?

- Wellbeing workshops for all pupils. e.g. exam stress and sleep hygiene.
- Small group workshops for pupils with identified wellbeing needs. e.g. body-image, self-esteem and similar topics.
- Signposting to other support.

How will it help?



Pupils will build resilience, learn how to manage difficult thoughts and feelings and regulate their emotions.

Who do I contact?

If you think your child would benefit from some support, please encourage them to complete and return a 'request for support' form which is available at reception.

Need this in a different language?

For copies of this information in a different language, or a different format, please contact the **Equality, Diversity & Inclusion Team**

Equality&DiversityAdmin@nelft.nhs.uk

0300 555 1201 Ext 65076

NELFT provides community and mental health services for people of all ages in Essex and the London boroughs of Barking & Dagenham, Barnet, Havering, Redbridge and Waltham Forest, as well as Kent and Medway.

NELFT NHS
Foundation Trust
CEME Centre – West
Wing, Marsh Way,
Rainham, Essex
RM13 8GQ.

Tel: **0300 555 1200**

www.nelft.nhs.uk

Production date: May 2020
Review date: May 2022
Ref: 2019257

©2020 NELFT NHS Foundation Trust



Questions to ask your child in self-isolation

YOUNGMINDS

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

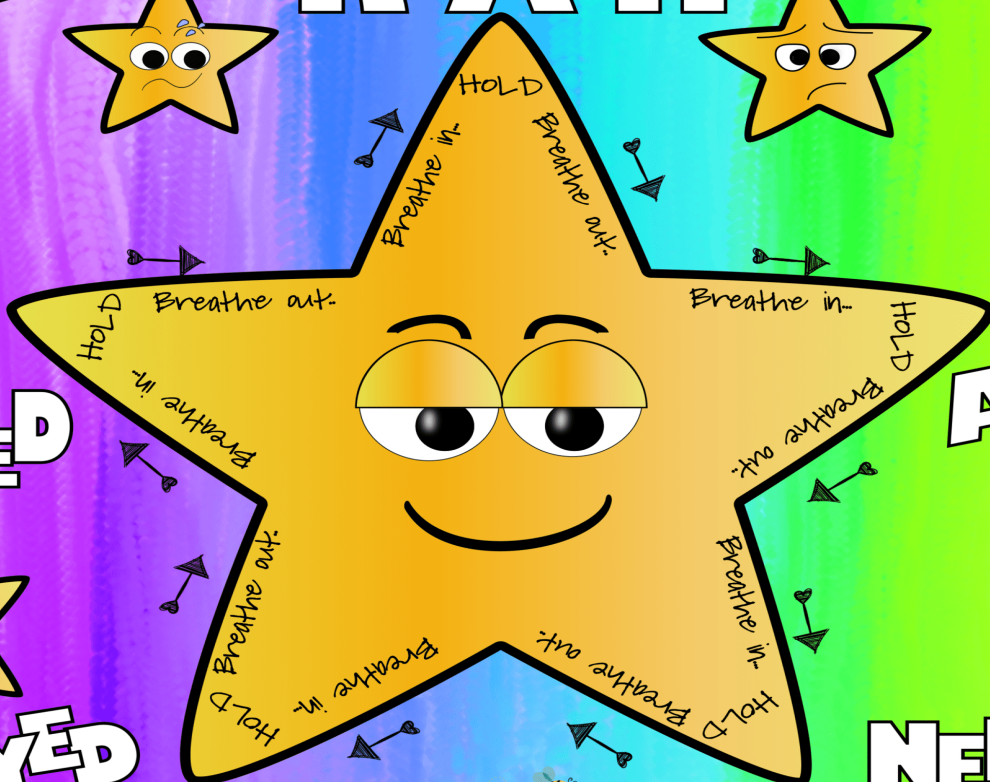
How do you feel about staying at home?

What have you enjoyed about today?

UPSET

BREATHE

SCARED



WORRIED

ANGRY



ANNOYED

NERVOUS



Big White Wall

A safe community to support your mental health, 24/7

www.bigwhitewall.com

Citizens' Advice

0800 1448 444

www.citizensadvice.org.uk

Cruse bereavement care

0808 808 1677

Holding On, Letting Go—supporting bereaved children and their families

03445 611 511

Kent Live Well Services

Porchlight Community Service Link - Housing, debt and benefits, including online support

0800 567 7699

www.livewellkent.org

Kent Safeguarding Children Board

03000 419 292

Kent Together—Kent County Council 24 hour helpline

03000 111 1110

Maidstone Family Food Bank (Tues and Thurs 10.00—14.00)

01622 625818

Men's Advice Line—advice and support for men experiencing domestic abuse

0808 801 0327

Mental Health Matters 24/7 helpline

0800 107 0160 from landlines

0300 330 5486 from mobiles

Refuge for women and children - National Domestic Abuse 24/7 Helpline

0808 2000 247

Samaritans 24/7 Helpline

116 123

Sleepstation—help for insomnia and Anxiety

0845 260 6106

The Money

Advice Service

0800 138 1677

Be strong enough to stand alone, smart enough to know when you need help and brave enough to ask for it.