



BLACKPOOL PMHW

PMHW Newsletter



CHILD & ADOLESCENT
MENTAL HEALTH SERVICES



December Kindness 2023

MONDAY



4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

TUESDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

WEDNESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

THURSDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

FRIDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

SATURDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SUNDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together





Parent Talk

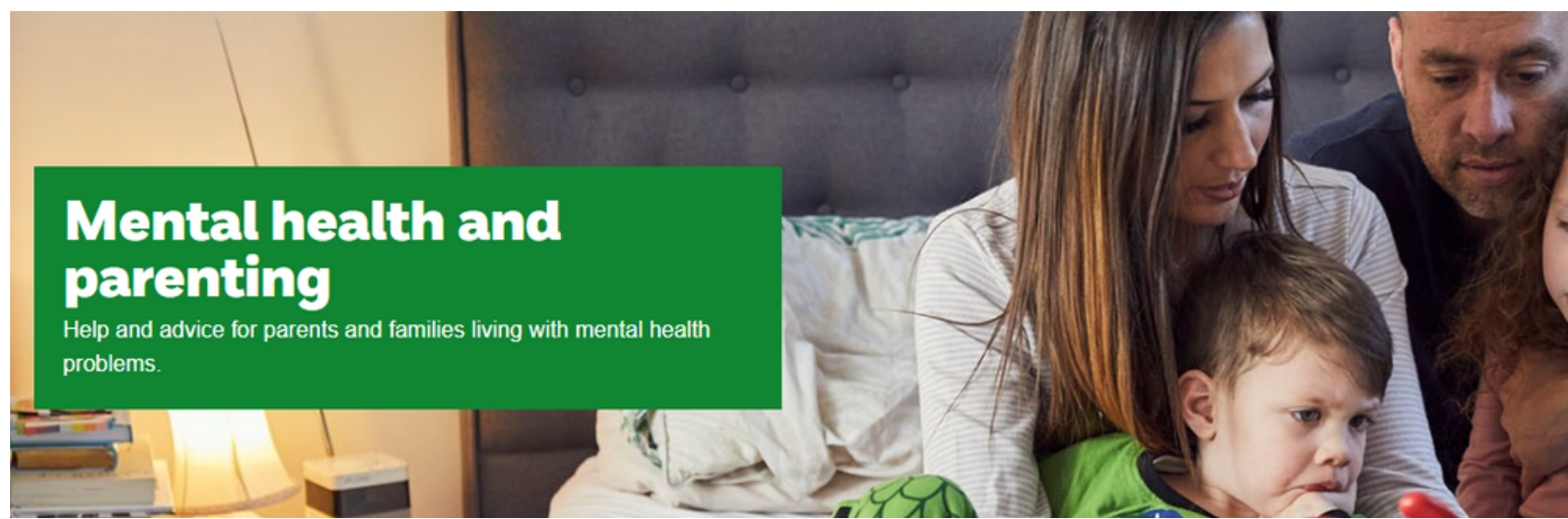
Down-to-earth parenting advice you can trust.

We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.



<p>Mental health and wellbeing</p> <p>Find out more</p>	<p>Behaviour</p> <p>Find out more</p>	<p>Stages and development</p> <p>Find out more</p>	<p>Additional needs and disabilities</p> <p>Find out more</p>	<p>Education</p> <p>Find out more</p>	<p>Parenting and relationships</p> <p>Find out more</p>	<p>Sleep</p> <p>Find out more</p>	<p>Nutrition and healthy eating</p> <p>Find out more</p>
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NSPCC



Parenting with mental health problems

Parenting comes with lots of challenges, which can be even more difficult if you're dealing with mental health problems.

Not all children who live with someone with mental health problems will experience abuse or be affected negatively. In fact, many parents are able to give children safe and loving care.

But sometimes it does affect their ability to cope with family life. So it's important that parents and carers can find support when they need it.

How can mental health problems affect parenting?

Sometimes these conditions can affect a parent's ability to provide the care that children need. Parents or carers may:

- have mood swings
- find it difficult to recognise their children's needs
- or struggle with keeping routines such as mealtimes, bedtimes and taking their children to school.

If you, or someone you know is struggling, [there's support available](#).

Click here to find out more:
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>



Youth Mental Health First Aid

We train the adults in a young person's life to have the skills and confidence to step in, offer first aid and guide them towards the support they need. In doing so, they can speed up a young person's recovery, stop issues from developing into a crisis, and ultimately save lives.

You can apply to the following email expressing your interest in YMHFA 2 or 1 day, with date and they will assign them a place:

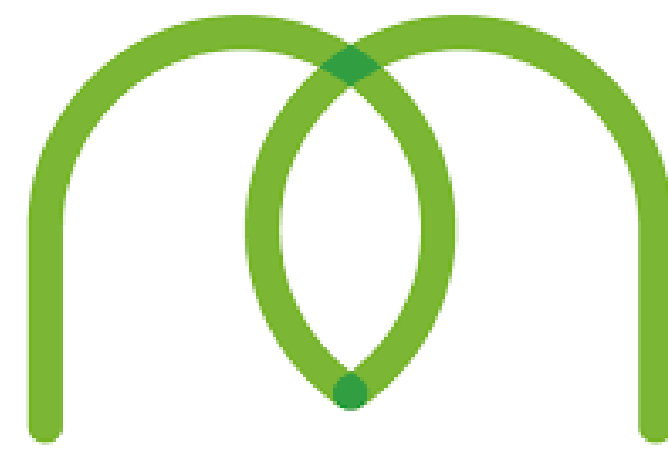
HR Organisation & Workforce Development
owd@blackpool.gov.uk

2 day YMHFA

Wed 31st Jan & 1st Feb 2024
Wed 15th & Thurs 16th May 2024
Wed 26th & Thurs 27th June 2024

1 Day YMHFA Champion

Thursday 29th February 2024



MHFA England

This course was incredibly useful for my current role and I have learnt a great deal. Fantastic instructors, they were very friendly, professional and answered any questions myself or the group had.

Blackpool Family Hubs | Blackpool Council

SOUTH FAMILY HUB

CHRISTMAS Switch On

3.30PM TO 4.30PM

WEDNESDAY 13 DECEMBER
REVOE CHILDREN'S CENTRE, GRASMERE ROAD, FY1 5HP

FREE FESTIVE REFRESHMENTS AVAILABLE

Blackpool Family Hubs | Blackpool Council

NORTH FAMILY HUB

CHRISTMAS Switch On

4PM TO 5PM

THURSDAY 14 DECEMBER
NORTH FAMILY HUB, DINGLE AVENUE, FY3 7NX

FREE FESTIVE REFRESHMENTS AVAILABLE

Blackpool Family Hubs | EPS | Blackpool Council

ROC COMMUNITY GARDEN

CHRISTMAS Switch On

WITH A SPECIAL VISIT FROM SANTA

4PM TO 5PM

FRIDAY 15 DECEMBER
ROC COMMUNITY GARDEN, GORTON STREET, FY1 3JW

FREE FESTIVE REFRESHMENTS AVAILABLE



Parents, Carers and Families

Cruse Bereavement Support

Coping with grief at Christmas

Whether it's your first Christmas since they died, or you lost someone many years ago, Christmas can be a particularly painful time. We're here to help you cope with how you're feeling.

When you're grieving, the thought of celebrating Christmas can be really daunting. It's important to look after yourself and work out the best ways to cope throughout the season.

Click here to find out more:

<https://www.cruse.org.uk/understanding-grief/managing-grief/christmas/>



How might Christmas affect my mental health?

Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us.

Click here to find out more:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and-mental-health/christmas-and-mental-health/>



FREE personalised letter from Father Christmas!



Better Start Blackpool will be giving every child aged 0 to 4 living in Blackpool a free personalised letter from Father Christmas!

Their team of festive elves will post your child's letter to your door between Friday 1 December and Sunday 17 December.

If you know a little one who would love a letter from the man himself, please complete the form → <https://bit.ly/FatherChristmasLetterForm> (Please fill in a new form for each child you wish to receive a letter)

! Applications close on Friday 8th December !



Preparing for Christmas: autism resources

The Christmas period can be a very exciting but often stressful time of the year for many autistic people. It can be a time with lots of change, social interaction and expectations. We have put together a brief list of resources

Click here to find out more:

<https://www.autism.org.uk/advice-and-guidance/professional-practice/christmas-resources>



Aged 11-18?

Need someone to talk to?

Free, safe and anonymous online chat, advice and support for young people.

kooth.com

Kooth are providing talks for those who may be struggling over the winter period to book your free place click here: <https://linktr.ee/KoothEngagementTeam>

	8th Dec, 2pm: KoothTalks: You are not alone: Kooth support for Diverse Identities x4 CYP 30min sessions
	12 Dec, 1:45pm: KoothTalks - CYP / Education: Anxiety and Loneliness Support over Winter
	14th Dec, 6pm: KoothTalks - Parents/ Carers: Support for young people experiencing anxiety or stress this Winter

How can I look after my mental health this Christmas?

This Christmas Mood Tracker provides an opportunity for you to track your mood throughout the month of December.

Colour in the key to represent your chosen moods and feelings and then colour in each day's bauble to reflect your feelings for that day.

Whether it's just a chance to take some time to be mindful at the end of the day or you're looking for an overview of your mood, this tracker can help you to recognise your emotions and keep a log of how you felt throughout the month.

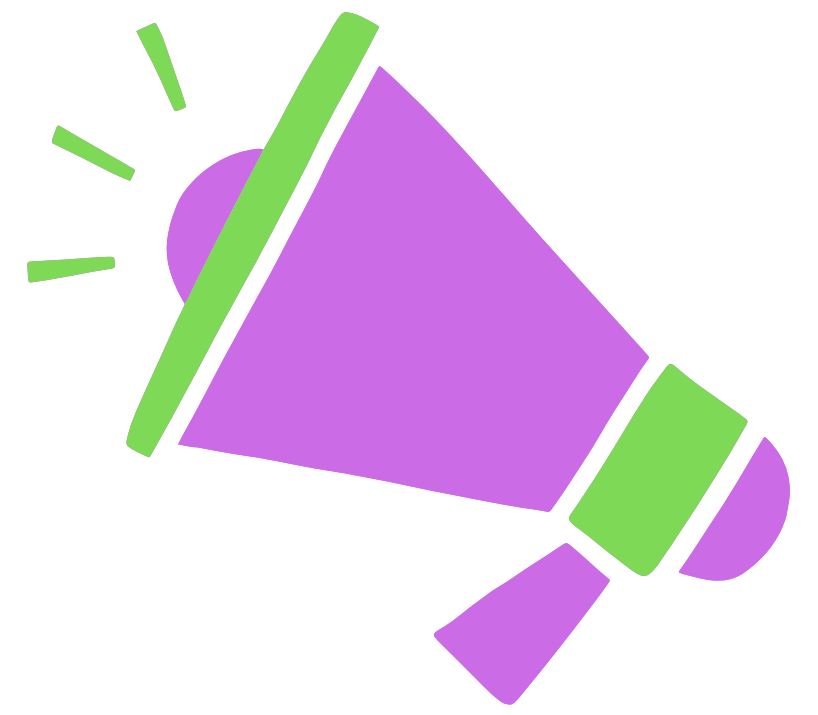
Christmas Mood Tracker





pmhww Shout Out!

First time we've been
and was given some
really helpful
information



I THINK THE
DROP INS ARE
AMAZING

Very kind and
welcoming!

I actually felt
listened too

PMHW Social Media



BLACKPOOL PMHW

Don't forget to follow us on social media.
We post regular updates about our drop in's, self-care
ideas and so much more!

FACEBOOK Blackpool PMHW
INSTAGRAM Blackpool PMHW



OPTIONS4CYP 0800 121 7762

**Option 1 CAMHS, Option 2 CASHER, Option 3
Youtherapy, Option 4 MHST**

