

Southampton Mental Health Support Team

Primary Schools Wellbeing Newsletter

This week's theme - Online Safety & Mental Health

6th May 2020

With both our children's education and our social lives moving almost entirely online, conversations about using the internet safely and protecting our mental health online are more important than ever.

Children and young people are sometimes bored or feeling isolated from their friends and looking for ways to fill their time or make friends. Many of us as parents are trying to work or simply take a bit of time to look after ourselves and this contributes to the potential risk.

As parents and carers we need to be aware of what our children are doing online and teaching them to keep them-selves safe. The Government has published a resource to support this which you can find at www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online

This has helpful ideas and links to other resources for both you and your child to access. There are, of course, many fantastic ways that we can use the internet to learn, socialise and have fun and that is positive. We don't need to be worried about internet use, just make sure that we are putting things in place to ensure that our children are safe just like we would teach them how to cross a road safely or be home by a certain time. With these boundaries and skills in place our children and young people can explore, play and enjoy their time with friends and family online.

Parents Top Tips

Whilst there are many benefits to being online, parents can sometimes feel concerned about activities or content that their children are accessing. There are ways you can keep your children safe from harm.

- Explore their favourite apps and websites together and talk to your child about what they do on them.
- Communicate about online safety. Reinforce the message to talk to you or another trusted adult if anything happens online which makes them feel uncomfortable, worried, scared or sad. Let them know you will be there to support them.
- Remind your child never to post pictures or videos of themselves online or share personal information, such as address or phone number.
- Talk to your child about the importance of considering others when engaging online. Remind them to seek permission first if they are thinking about sharing a video or photo and to consider other people's feelings before they share something.
- Keep all the devices your child uses in communal spaces where you are present and can supervise. Do not allow them to access the internet in their bedrooms or other private spaces.
- Use parental controls available on your home broadband and internet-enabled device in your home to help you manage your child's online activities and limit the content your child is exposed to. Talk to your child about why you have put the settings in place, making sure they understand the importance of this.

News – real or fake?

During the current pandemic there has been a lot of news circulating and with spending a lot more of our time online, we have been flooded with news (both real and fake). While it is important to have an awareness of the world around us having an altered perspective due to fake news or overly checking the news can have a negative impact on our mental health.



We can support our and our children's mental health by limiting the amount of news read/watched, not reading or watching the news just before going to bed and ensuring news is real.

Here are some tips for checking if news is real or fake:

- Consider the source - some websites claim that they are a fantasy or alternative news site, if this is the case then it is 99% likely that what they are publishing is fiction. News sources such as BBC News (<https://www.bbc.co.uk/news>) publish up to date news which is fact checked prior to publication.
- Read beyond the headline – If a shocking headline drew your attention, read a little more about it before sharing the story. Even with real news, the headline might not tell the whole story and can exaggerate the truth.
- What is the support – where are the facts and figure in news stories coming from? Did you know that you can look up information on the office for national statistics (<https://www.ons.gov.uk/>) to find official information rather than someone's interpretation of it.
- Check the date – prior to the lockdown there was a news story doing the rounds that 10,000 troops from around the world were being deployed in the UK, this story, while correct referred to a training exercise which happened in March 2019. Sharing this news story a year later led to panic and unnecessary worry.
- Is this some kind of joke? - It's not just April Fool's Day when people make jokes, satire sites publish year round and is another reason why checking the content and site is sensible before sharing as it might be similar to the truth and cause panic.
- Ask someone – If you still aren't sure is a news story is real, fake or satire; ask someone what they think. Alternatively websites such as Full Facts (<https://fullfact.org/>) find, expose and counter fake news and provide the real facts from reputable sources.

Activities for the week

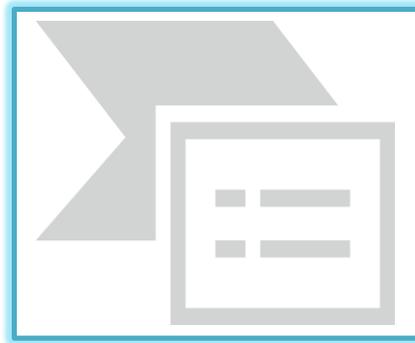
Suggested Online Activities for families and friends!

The lockdown has led families and friends to find creative ways to spend time online together using platforms such as Whatapp, Zoom, Skype and Houseparty.

We have researched some of the best activities around and suggestions for taking some family favourites online so that you can spend time with loved ones at this trying time, keeping socially connected safely.

Painted rocks have been around for a while to bring smiles to people's faces and have recently become one of the ways to leave messages of hope and happiness to others in their communities. You can try this activity with friends and family online and share your creations. Painted rocks can be left on daily walks or outside your front door to bring a little joy to somebody's day!

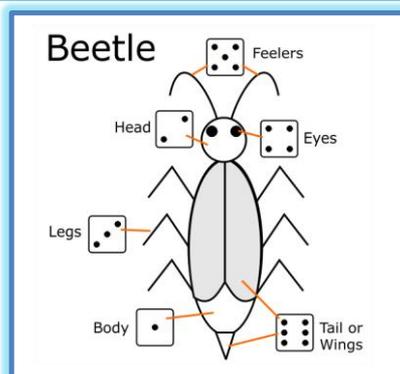
You will need: pebbles, paint or sharpie style pens, pva glue or varnish to seal. Have fun!



There are a number of favourite family games which adapt well for video call. Here are some of our suggestions: Bingo, charades, karaoke, bake off, quiz nights, Pictionary and Scattergories. The brilliant randomwordgenerator.com has tools to generate random numbers for bingo; Pictionary words; and random letters for scattergories. Check it out!

Beetle Game;

Beetle is a great game for all the family and needs very little equipment.



You will need: Pen or pencil for each player; paper and one die (if you don't have any dice there is a free app called Dice Roll).

Instructions:

This game is a bit like bingo but instead of a complete score card you need a complete beetle! The youngest player starts by rolling the die. Players must roll a 6 to start. This is because a 6 is what you need to be able to draw the beetle's body and you can't carry on without it! Each number on the die corresponds to a beetle part as shown in the diagram. The first person to complete their beetle shouts "BEETLE" and is the winner! Enjoy!

Keeping Active

Staying active: This week we tried a 10 minute dance exercise class called DDMIX Daily Shake up and asked some young people what they thought...

“It was fun and we had a laugh in the lounge doing the moves.”

“It made me feel energised.”

“I was happy after I did it...it was fun.”



Try it for yourself by asking an adult to log into their Facebook account and go to [facebook.com/diversedancemix](https://www.facebook.com/diversedancemix) daily at 1.30 PM

Good News Story

Being able to communicate with each other is such an important human need. How we communicate and how often can vary from person to person, some of us like daily verbal conversations, others prefer to use social media apps like WhatsApp or imessage. Currently during Covid-19 pandemic, families, friends as well as businesses are connecting through so many different social media resources.



Many of you will be aware of Joe Wicks the Fitness Instructor (Body Coach) who has brought so many children and adults together online at the same time to take part in his PE sessions. Connecting people in this way is good for our mental health as well as keeping us fit and active. If you have not tried Joe's daily PE session, encourage your family and friends to have a go. Some of his more recent sessions have included a fun element of Joe dressing up as a Frog and a Knight. You can find Joe's PE sessions on Youtube. Joe is donating all of his viewing revenue to NHS Charities Together which is an amazing show of support and appreciation.

<https://www.youtube.com/user/thebodycoach1/videos>

There are many other people such as music artists sharing virtual concerts, Poets sharing messages of hope, theatre shows, museums uploading virtual tours and chefs and bakers filming themselves cooking and baking delicious things to eat. Big time YouTubers are donating the profits to the NHS they make from their AdSense revenue.

Here is a link to watch:

<https://www.bbc.co.uk/one-world-together/episode/p089pbzg/one-world-together-at-home-tracks-little-mix-touch>

All of the above is a positive aspect of using online technology and social media apps which demonstrates Unity across the world, bringing people together.

Contact us

If you have any questions or queries for the Southampton MHST Team please email us at;
SouthamptonMHST@Solent.nhs.uk

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.