

WELCOME



**Mental Health & Wellbeing**

# Today

## Running order:

1. Speakers
2. Questions
3. Time to chat

- No fire alarms expected.
- Feedback forms available so we can plan accordingly for future/repeat events.

# Speakers

**Miss Rachael Wheeler – FCC**

**Sarah Gristwood – FLT Inclusion Lead**

**Debbie Earnshaw – CAMHS In-Reach**

**Lizzie Bean – Beanology**



# Speakers

**Miss Rachael Wheeler – FCC**

Assistant Headteacher

Responsible for Personal Development

Oversight of KS4 (Y10 & Y11)

Mental Health Lead

Deputy Designated Safeguarding Lead

Diversity, Inclusion and Equality Lead

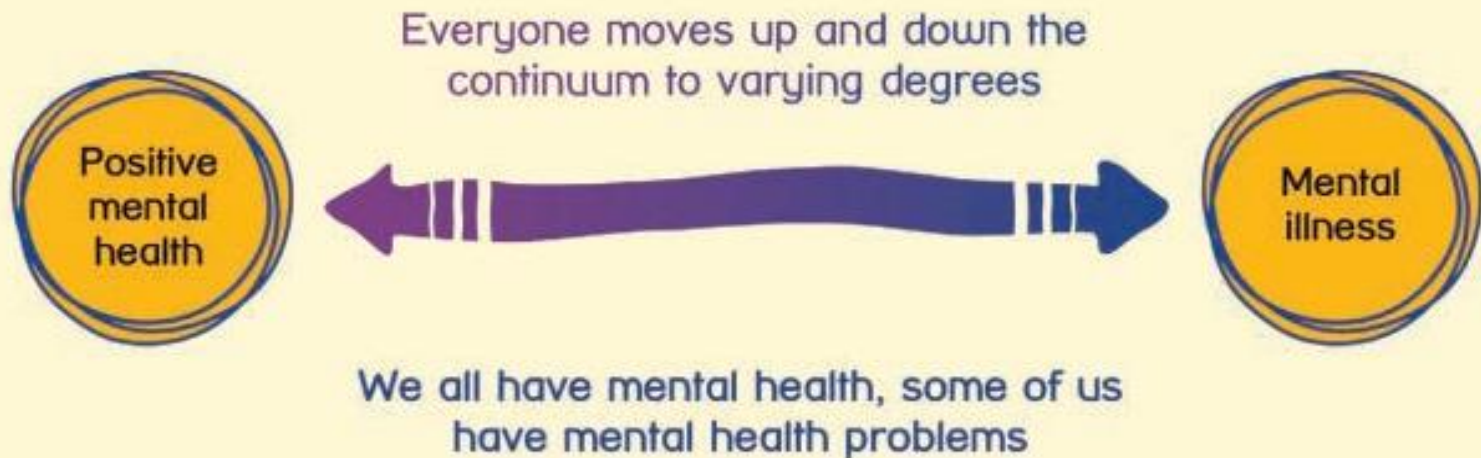


# What is mental health?



# Definition of Mental Health

**Mental health is defined as a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community.**



# What is mental health/wellbeing?

We all have mental health. Your mental health affects how you feel, think and act.

It refers to your **emotional, psychological and social wellbeing**.

Your mental health can change on a daily basis and over time, and can be affected by a range of factors.

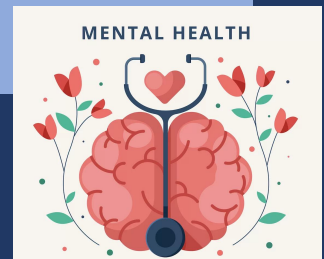


# What is mental health/wellbeing?

It's important to look after your mental health, just like you would look after your physical health.

Your state of wellbeing affects how you **cope with stress, relate to others and make choices.**

It also plays a part in your relationships with your family, community, colleagues and friends.





## Looking after yourself

### [Coping while caring for someone else >](#)

If you care for a young person or adult, this information hub offers guidance on feelings and experiences, looking after yourself and finding support.

### [Parenting and mental health >](#)

A guide for parents on how your mental health problem might affect you, ways to help yourself and your children, plus where to find support.

### [Side by Side >](#)

Mind's online community where you can connect with others who might have similar experiences with their mental health, or who are supporting a young person.

“The best thing was the feeling that I was not alone in my experiences.”



MENTAL HEALTH



# What are we seeing at FCC?

- Emotionally based school avoidance
- Lesson avoidance
- Impact of ACEs (Adverse Childhood Experiences)
- Parents/carers with their own mental health concerns
- Some links between SEN and anxiety or other concerns

- Risk-taking behaviour
- Generalised anxiety
- Low levels of resilience
- Anger
- Grief
- Low mood
- Self-harm
- Poor body image



# What do we do at FCC?

## Personal Development (PD):

- Year 7 and 8 have a fortnightly lesson of PSHE
- Year 7-13 have 4 Personal Development Days
- Year 7-11 have PD tasks in Form Time
- Year 7-11 have 2 assemblies a week

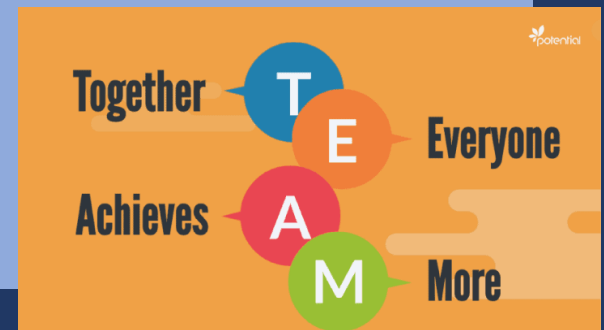


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# What do we do at FCC?

## Supportive staff in school:

- Form tutor
- Head of Year
- Class Teachers
- Pastoral Support Assistants
- Attendance Officer
- Safeguarding Administrator & Manager
- School Health Nurse
- Senior Leadership Team
- SEN Team
- EBSA Team
- ELSA teachers



# What do we do at FCC?

## Bring services in / work with others:

- COGS
- CAMHS
- CAMHS In-reach
- CAMHS MHST
- Lizzie Bean
- Targeted Youth Support Services
- Cranstoun
- SAFE!
- MASH and LCSS, plus Family Help



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# COGS

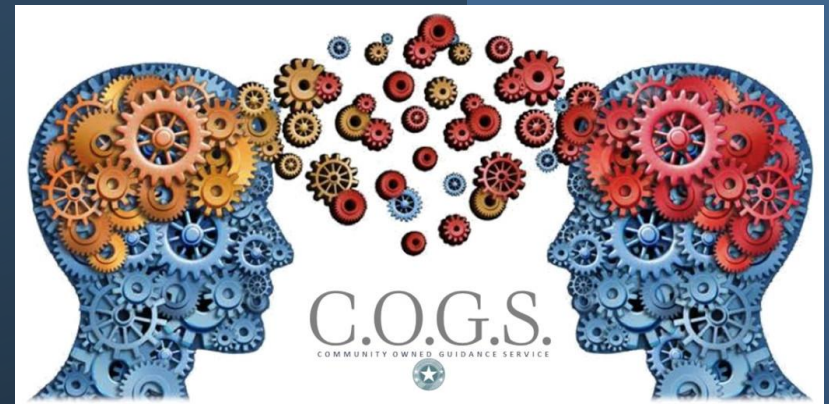
***DO YOU , OR SOMEONE YOU KNOW, NEED SUPPORT?***

***ARE YOU AGED BETWEEN 12-25 YEARS?***

***FREE, CONFIDENTIAL 1-2-1 COUNSELLING***

***LOCATED IN FARINGDON OUR COUNSELLORS ARE HERE TO  
LISTEN AND SUPPORT YOU IN A SAFE CONFIDENTIAL SPACE***

For COGS support,  
call us on  
**07938 566557**



# GREAT DREAM



## Giving

Do kind things for others



## Relating

Connect with people



## Exercising

Take care of your body



## Awareness

Live life mindfully



## Trying Out

Keep learning new things



## Direction

Have goals to look forward to



## Resilience

Find ways to bounce back



## Emotions

Look for what's good



## Acceptance

Be comfortable with who you are



## Meaning

Be part of something bigger

It can be lots of things...

ACTION FOR HAPPINESS



or kept quite simple...



# Just start with one!

Following the Five Ways to Wellbeing can protect and improve our mental health. If you can't do all five every day, just start with one – you'll soon see a difference!



## CONNECT

Good relationships help our brains produce chemicals that make us happy. They give us a sense of belonging and self-worth.



## BE ACTIVE

Physical activity is good for our minds and bodies, reducing stress and anxiety and boosting confidence.



## KEEP LEARNING

Learning new things gives you new perspectives on the world around you and opens doors to new opportunities.



## GIVE TO OTHERS

Acts of giving and kindness towards other people or in your community create positive feelings and a sense of reward.



## TAKE NOTICE

Stopping to take in the present moment can give a more balanced outlook on life and help keep us from worrying about the past or future.

The Charlie Waller Trust • First Floor • 23 Kingfisher Court • Newbury • Berkshire RG14 5SJ

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[charliewaller.org](http://charliewaller.org)





spend time outside in fresh air



learn a new skill



relax and reduce stress levels



do something kind



talk about your feelings

# Children learn from what we model!

## Are we doing these things?



be physically active



connect with other people



spend time being creative



try to get enough sleep



do something for yourself



# Connection



# School Website

We will aim to put useful resources on to the Pastoral section of the website.



**The Mulberry Bush Outreach**  
Showing the way in teaching, practice & research

September 2023

## Signposting (Oxfordshire & Online)

Bereavement Charities	
<b>Seesaw</b> Providing support for children, young people, and their families in Oxfordshire when they are bereaved or someone close to them is terminally ill.	<a href="http://www.seesaw.org.uk">www.seesaw.org.uk</a> 01865 744 768 <a href="mailto:info@seesaw.org.uk">info@seesaw.org.uk</a>
<b>Cruse Bereavement Support</b> The UK's leading bereavement charity supporting people through their website, national helpline, group, zoom, telephone or one-to-one in person support.	<a href="http://www.cruse.org.uk/understanding-grief/grief-experiences/death-of-a-child">www.cruse.org.uk/understanding-grief/grief-experiences/death-of-a-child</a> 0808 808 1677
<b>Winston's Wish</b> Supporting bereaved children, young people, their families, and the professionals who support them.	<a href="http://www.winstonswish.org">www.winstonswish.org</a> 08088 020 021
<b>Child Bereavement UK</b> Helping children, young people, parents and families to rebuild their lives when a child grieves or when a child dies.	<a href="http://www.childbereavementuk.org">www.childbereavementuk.org</a> 0800 02 888 40
<b>Surviving the Loss Of your World (SLOW)</b> Support for bereaved parents and siblings following the loss of a child or sibling.	<a href="https://slowgroup.co.uk">https://slowgroup.co.uk</a>

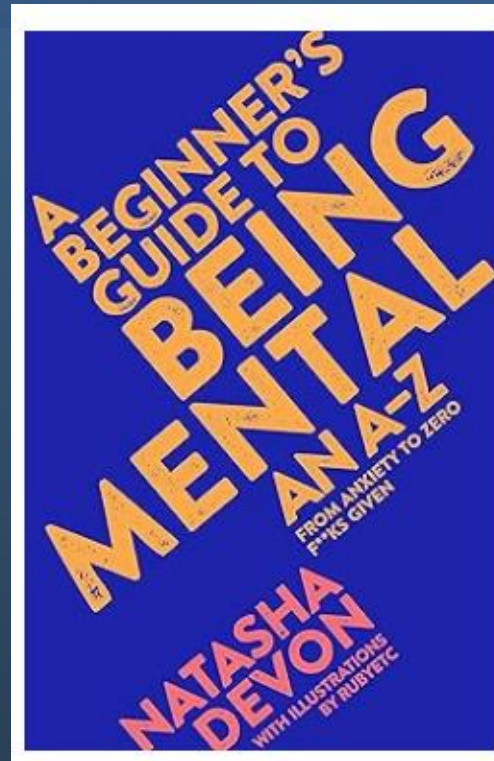
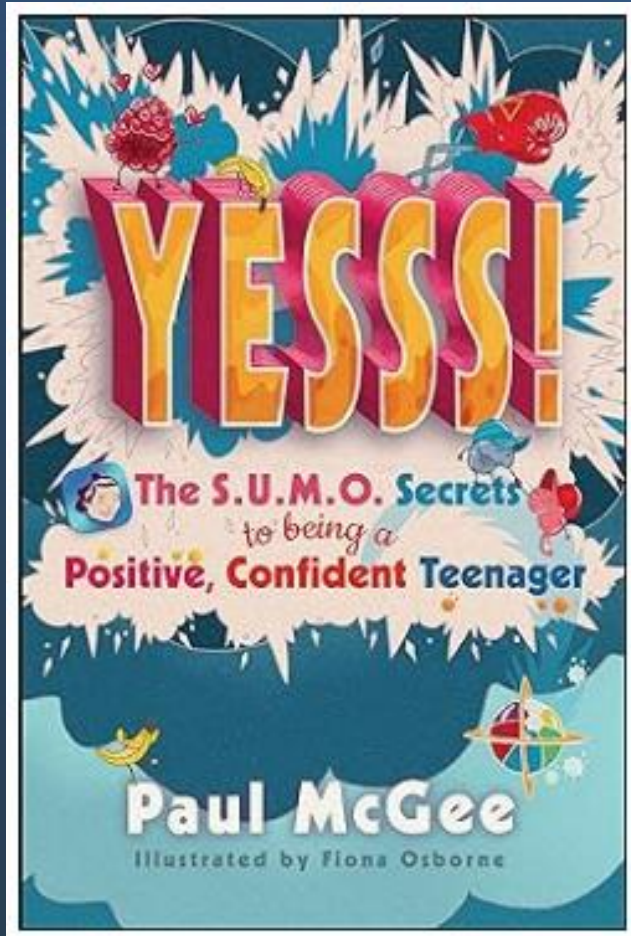
Books around bereavement for children and young people	Books around bereavement for adults
<i>A Shelter for Sadness</i> – Anne Booth and David Litchfield	<i>Beyond Tears: Living after losing a child</i> – Ellen Mitchell
<i>Always and forever</i> – Alan Durant and Debi Giori	<i>A Heart That Works</i> – Rob Delaney
<i>Muddles, Puddles and Sunshine</i> – Diane Crossley	<i>Grief Works: Stories of Life, Death and Surviving</i> – Julia Samuel
<i>The Invisible String</i> – Patrice Karst	
<i>Badger's Parting Gifts</i> – Susan Varley	



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# Books



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**Anna Freud**  
**National Centre for**  
**Children and Families**

<https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/>

**ACTION FOR HAPPINESS**

<https://actionforhappiness.org/calendar>



<https://www.charliewaller.org/young-people>

<https://www.healthforteens.co.uk/health/neurodiversity/>



<https://www.mentalhealth.org.uk/>

<https://beanology.co.uk/>

<https://thepumphouseproject.org.uk/cogs/>

**YOUNG MiNDS**  
fighting for young people's mental health

**SAMARITANS**

# Speakers

**Sarah Gristwood – FLT Inclusion Lead**

The Teenage Brain  
according to Science



# An introduction to the teenage brain

Sarah Gristwood  
Inclusion Lead  
Faringdon Learning Trust



- The period of adolescence spans roughly from 10 to 19 years of age (World Health Organisation definition).
- Specific phase in the transition from childhood to adulthood.
- Towards the beginning of adolescence puberty also starts, leading to changes in the body and emotions.
- The time between puberty and the end of adolescence is extending as society changes.
- Adolescence is a time of challenge and opportunity, and with greater understanding we can harness the purpose and significance of this time.



# Reframing adolescence...

Out of control

Lazy

Unfocused

Rude

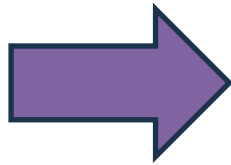
Crazy

Immature



- Higher social engagement
- Rapid social learning
- Creativity and thinking outside of the box
- Drive towards new experiences
- Opportunity to build resilience and skills for life

## 4 qualities of mind during adolescence



---

Novelty seeking

---

Social engagement

---

Increased emotional  
intensity

---

Creative exploration

Adults desire things to stay the same;  
adolescents are driven to create a new world

# Adolescence from the Inside Out



---

Keep lines of communication open

---

Use routines to keep connections

---

Transitional relationships with non-parental adults

---

Network of supportive relationships for parents/ caregivers

---

Parental regulation

---

Provide structure with empowerment

---

Active listening / reflective conversations

---

Sleep

---

Technology

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# The Healthy Mind Platter



*The Healthy Mind Platter for Optimal Brain Matter*

# Speakers

**Debbie Earnshaw – CAMHS In-Reach**

Child and Adolescent Mental Health  
Service



Talking  
about...



Oxford Health  
NHS Foundation Trust



CAMHS School in-  
Reach

# What causes young people to worry?

- School work
- Pressure from parents
- Image and the way you look
- Friendships
- Peer pressure
- Many, many more...

**NORMAL**



# Fight Flight Freeze

**shakey**

breathless

Pupils get bigger

**restless**

**butterflies**

Increase in heart rate

dry mouth

**panic**

**aggressive**

tense

Worry

**Nervous**

upset

**Tired**

Pins & needles


sweating

**scared**

Need the toilet

**Reduced appetite**







Everyone  
hates me



I can't do it



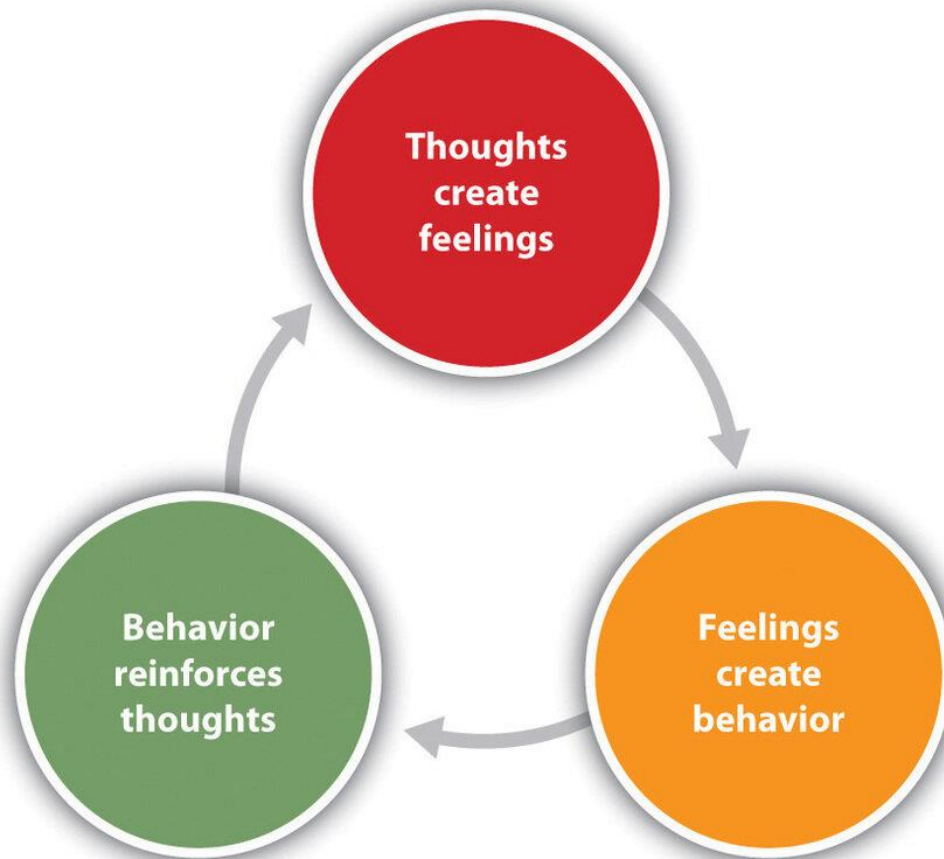
I'm going to  
fail



I'm never going  
to do well



I'm not normal



So, once you know you have feelings of worry, the next thing to do is to ask yourself ***What are you worrying about?*** Once you know what you are worrying about you can decide if the problem is a current one or a hypothetical situation and consider can you do anything about the situation.

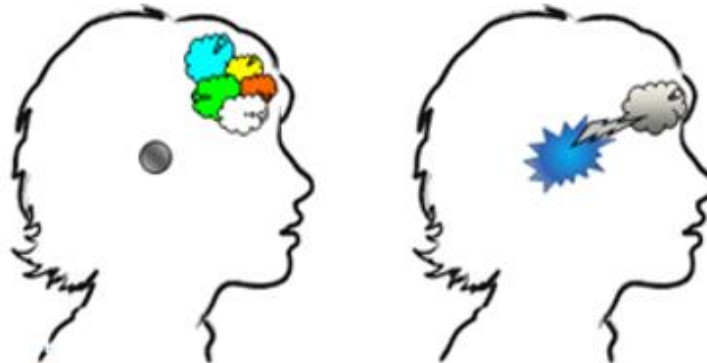
If we know that our thoughts can influence our behaviour, then maybe we can work on our thoughts in order to change our behaviour.

# Our brains...

## Thinking Brain

In the frontal part of our brain, thoughts & positive feeling for other people are created. This part of the brain holds helpful resources (problem solving skills/planning/other experiences)

## The Thinking Brain and the 999 Brain



## Alarm Brain

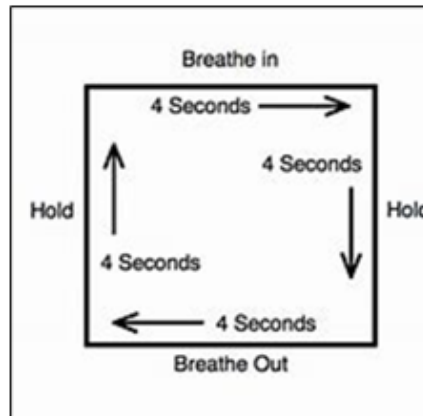
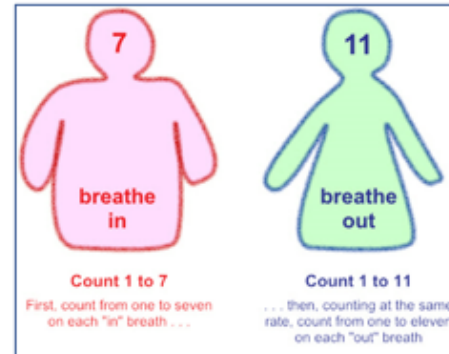
This part of the brain monitors dangerous and uncomfortable feelings/situations

**NHS**

Oxford Health  
NHS Foundation Trust

# What can help?

- Realising you are in **Alarm** mode
- Learning about what anxiety does to our bodies
- Recognising some of the warning signs
- Breathing exercises







# Solutions...

- Get support from others



# Daily Activities – the Fabulous Four

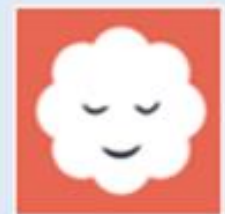
When you're stressed you might stop doing things that lift your spirits. This can be a vicious circle and make you feel even worse.

Complete these boxes with your Fabulous Four activities to find the combination that works for you. Just remember to try to keep a good balance of activities from across the Fabulous Four, and keep it realistic – don't overstretch yourself.

<b>Something you enjoy</b>	<b>Activity with a sense of achievement</b>
<b>Physical exercise</b>	<b>Social activity</b>

## Useful apps for young people to support their mental health

- Calm
- Headspace
- Mindshift
- Childline (live chat for mental health support)
- Catch It (support with mood)
- Stop, Breathe, Think (meditations and mindfulness)
- Think Ninja



# Webinars you can access.

Thursday 25th April	<b><u>Promoting Resilience</u></b>	In this session we cover well-being and resilience and look to develop understanding of the importance of resilience in managing the challenges and conflicts in life. The session explores ideas about the brain, feelings and thoughts to promote resilience and utilises practical and visual resources to provide a shared language to describe emotions and mental health in everyday ways.
Tuesday 7th May	<a href="#"><u>Supporting Young People Who Self-Harm</u></a>	This awareness session explores what self-harm is and how it might present in teenagers. It looks at why young people might self-harm and helps to challenge commonly held assumptions. The session includes support around how to talk to your young person, dealing with your own feelings and supporting teenagers with alternative strategies.
Thursday 23rd May	<a href="#"><u>Attention and Movement Differences in Children and Young People</u></a>	This session will focus on understanding typical attention and movement in children and young people, then identifying and understanding attentional and movement differences, and how parents can support their children with these challenges.
Thursday 27th June	<a href="#"><u>Understanding Childhood Anxiety</u></a>	This session is aimed at managing anxiety in children under 12. It highlights when anxiety might be a problem (as opposed to a 'normal' developmental phase), describes different anxiety disorders and how these can be recognised and discussed. It explores why treatment is important and gives a detailed overview of a Cognitive Behaviour Therapy approach aimed at parents.

# Speakers

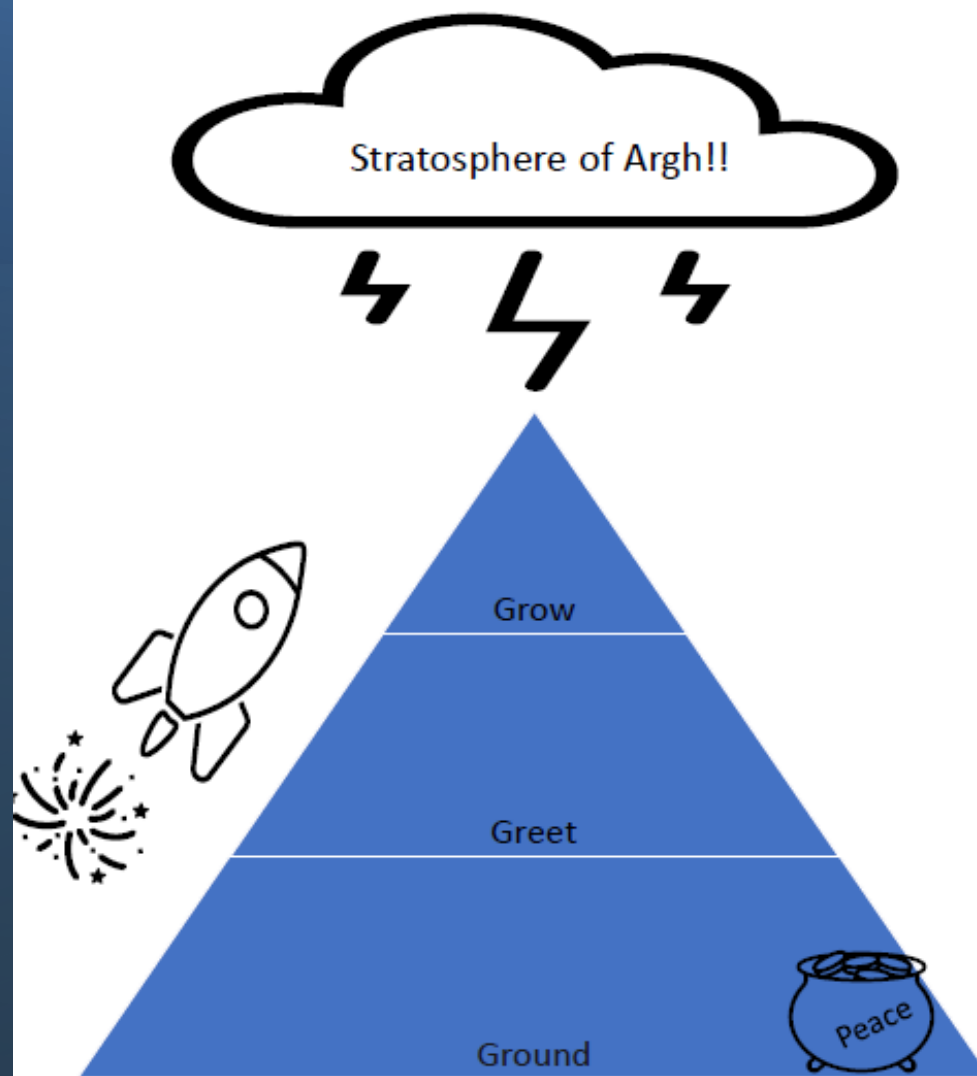
**Lizzie Bean – Beanology**

Beanlogy

Call Lizzie: [07786 072601](tel:07786072601)

Email: [lizzie@beanology.co.uk](mailto:lizzie@beanology.co.uk)

## The Art of Awareness



BeanOlogy

magic lives in you



# Communicating with Teenagers...

## Building relationships

### 1. PACE

- ❖ Playfulness
- ❖ Acceptance
- ❖ Compassion
- ❖ Empathy

2. Listen to Understand – not to reply (SILENT)
3. Their story, their reality.
4. Validate
5. Apply perspective
6. Breathe
7. Slow down
8. Clear expectations
9. Accountability for our own behaviour
10. Patience in abundance
11. See beyond the behaviour...
12. Go to their world
13. Draw their attention to all they are... 3 little things...
14. Music, fresh air, movement.
15. Presence over presents
16. Model self compassion, honesty, courage and acceptance of self and others

*"Parenting. Is more a dance, than a science. Our main objective, to create spaces where our children, feel seen, heard, accepted and safe"*

# Beanology



Lizzie Bean – the human bean behind Beanology.  
Impact over ego. Ever learning

A way of travelling this life – of finding balance, living true, being brave

1. Compassion, for self and others.
2. Courage so we ask for help, speak up if we have something to say
3. Comedy, because laughter is an antidote to hard times. Not because we don't take life seriously, but because we do
4. Community, because ultimately Wellbeing is a collective effort too. The power people have to change people's lives. In simply learning to communicate better. Depersonalise slights.
5. Creativity, because I believe that using play to make sense of serious stuff makes it all more accessible. Science suggest we learn quicker through play.
6. Celebration – of ALL the things
7. Curiosity. Exploring the why... If we never stop to question how we feel, and why... We have no way of learning what makes us tick! Both in the wobbly way and the wonderful way!

*"Let's be, what our children need... Compassionate parents, seeking to understand and empower... In a world that so often whispers. You are not enough"*

# Questions

Please do feel free to ask questions  
and we will answer what we can.

Following this, we will be available  
for you to speak to.

