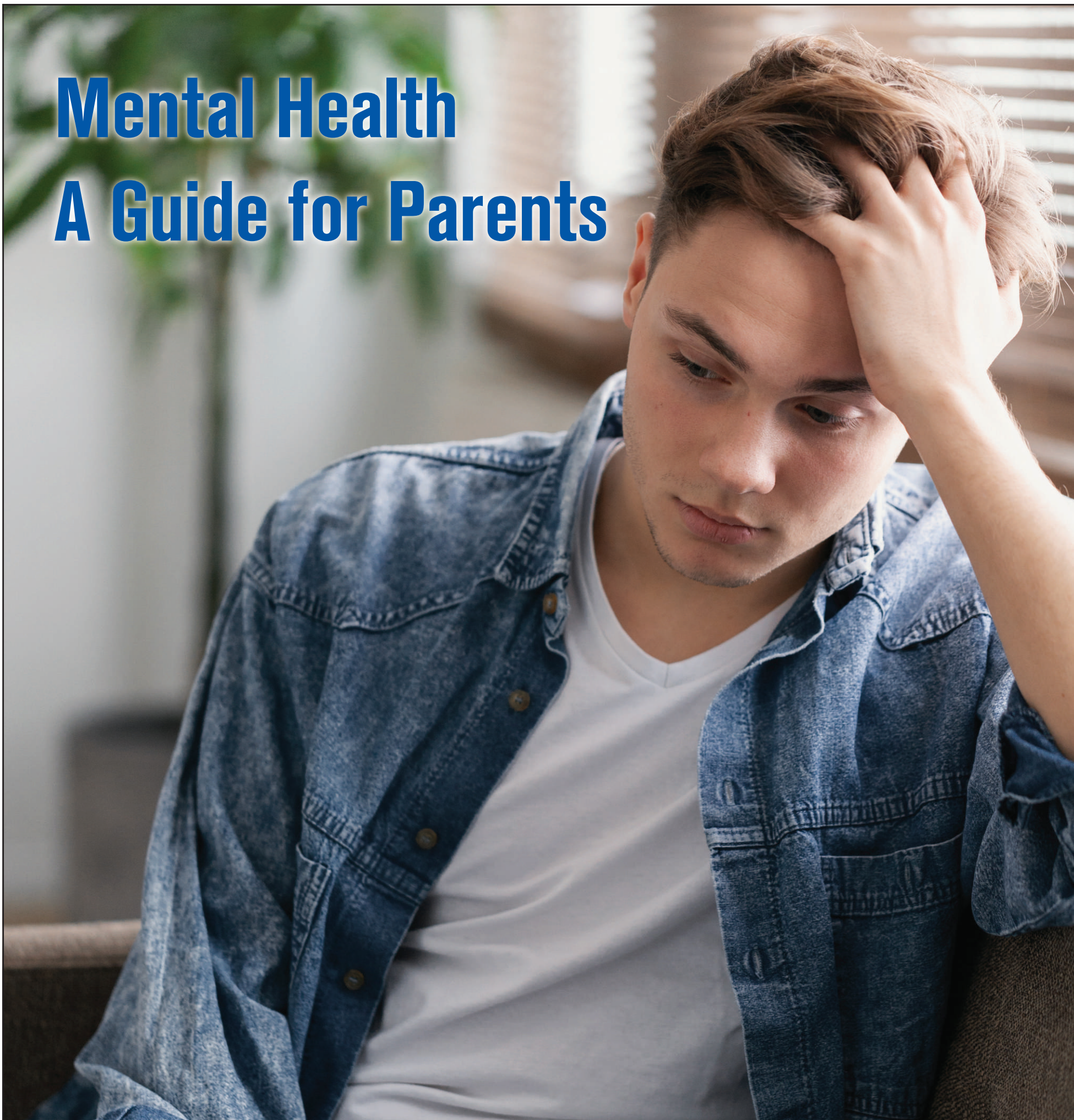


Mental Health

A Guide for Parents



Supporting
**Children and young people's
mental health and wellbeing.**



Children and Young People's Wellbeing Summer and Autumn Workshops 2020 for Parents and Carers

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.



Supporting your child's self-image workshop

Details: Helps parents support their child's self-image, -esteem and -confidence through validation, affirmation and other relevant strategies.

Supporting your child's self-care

Details: Helps parents of primary school aged children support positive self-care techniques with their children, including play-based positive time together.

Back to school workshop

Details: Supports parents preparing for back to school routines for September after lockdown by exploring boundary setting, routine-building, positive language and techniques for positive behavioural reinforcement.



Managing anxiety in Early Years children aged 2-5 (pre-recorded workshop video)

Details: To help parents/carers to understand their child's fears and worries. The video will offer a brief insight into the reasons we become anxious and the relationship between thoughts, emotions, physical symptoms and behaviour

This outlines strategies you can use to support your child, such as building up brave behaviour, managing worries and problem solving.

Parent Toolkit

Parents with primary school aged children who have neurodevelopmental conditions e.g. Autism and ADHD

Details: Provides 6 sessions to parents over a 6-week period addressing themes such as self-care, stress and anxiety, positive parenting and anger management.

Offering various tips, strategies and activities to aid and empower parents in meeting their own needs as well as those of their children. It will also provide an opportunity for parents with similar experiences to share, connect and support one another

***From Challenging to Managing Workshop

Teachers (phase 1) & parents (phase 2)
Details: Develop understanding of Children and young people's challenging behaviour, how to respond to it and prevent it developing a whole systemic approach
Week 1: Understand (impact, reasons, & vulnerabilities)
Week 2: Prevent (whole-class approach, developing skills, empowering)
Week 3: Respond (de-escalation, managing stress, connection)

***Attachment & Trauma Workshop & Podcasts

For young people, foster carers and professionals
Details:
Phase 1: Helping foster carers & their supervising social workers build on previous attachment training to provide practical support around day-to-day realities of fostering attachment
Phase 2: Podcast around psychoeducation & practical advice to children, young people in care on how to help navigate early attachment traumas in their current relationships selfcare.
Phase 3: interviews with care leavers & foster carers

*** Cultivating Resilience for young people that get into trouble with the law.

For Young people and Key workers

Phase 1: Resilience workshop for key workers to increase understanding & cultivation of resilience in their work with teenagers

Phase 2: Co-reflection exercise between 2 practitioners to discuss barriers to resilience in their work

Phase 3: Podcast/interview with a teenager around resilience

** Workshops for children and young people and parents/carers

*** Workshops for children and young people, parents/carers and professionals

To register your interest, please email BICSGroups@barnet.gov.uk specifying which workshop you would like to attend. You will receive confirmation with details regarding your online workshop. More information about BICS please visit: www.barnet.gov.uk/children-and-families/support-parents-and-carers/young-peoples-mental-health-and-well-being



Anxiety is normal just now

How to help young people who are struggling with changes due to coronavirus

By Kelly Pells

THE Covid-19 pandemic has turned the lives of many parents and carers upside down, creating added anxiety and increased pressure, especially for parents and carers of children with existing mental health problems.

Young Minds recently asked more than 1,500 parents and carers what advice they would give to others caring for children and young people during the coronavirus pandemic and what is helping them cope.

Below is a short summary of the key themes that came up time and again for parents and carers.

1. Talk to your child

The top advice from parents and carers was to keep talking to your child. This included providing age-appropriate information about what is going on, reassuring them and asking how they are feeling. Many wanted to remind other parents that they don't need to have all the answers, and that they can share their own fears and worries, but to try to be calm and be there when their children need them.

Check out the Young Minds website with tips and activities you can do with your child in self-isolation and how you can use this time to start a conversation with them about their mental health.



2. Listen to your child

Listening to your child came up almost as often as talking. Parents urged patience, not interrupting your child and being non-judgemental.

Some said that they knew it was hard to cope with difficult emotions,

but listening to your children would help them feel heard.

3. Routine and structure is important but be flexible

Structure and routine was recommended but many stressed the need to be flexible. Some said that variety between weekdays and weekends

had helped them. But many talked about the strangeness and uniqueness of the situation and to go with the flow rather than be strict about structure.

4. Minimise news updates

Whilst staying informed was important, most advised making sure young people and parents had breaks from the news or got information from the Government or NHS website.

5. Focus on their mental health and ease the pressure

A lot of parents talked about how difficult it is to balance home-schooling and wellbeing through the pandemic. Many advised giving yourself and your child a break when it gets too much, allowing them to focus on what they need now and prioritise their mental health.

6. Get them to connect with others and lower your restrictions

Boundaries are important but many parents also stressed that children will need to stay connected with their friends and do things that they enjoy. Helping them stay connected with the people they trust will allow them to retain a sense of normality.

7. Spend time together but make sure they get alone time

A lot of parents talked about how precious this time together was and that they were enjoying being able to have fun and play or do things that they wouldn't normally have time to do. Others said that whilst time together is important, trying to be a perfect family is putting way too much pressure on everyone. Many spoke of the importance of space for children and especially teenagers, so that they can be alone and do what they want to do.

8. Exercise and get fresh air if possible

Many parents talked about the importance of exercise for their children and using the chance to get outside once a day.

9. Seek help if you need it

Seeking help came up a lot for parents. Some said that they felt they

were in no position to offer advice and that they were really struggling. Others stressed how important it is to get help for your child if they need it, either by accessing online support, by calling your GP or contacting a helpline.

Jack Parnell-Driver, Team Leader for the YoungMinds Parents Helpline comments: "We know that many children and young people have struggled to adjust to the changes brought about by the coronavirus pandemic. Whether that's because they miss friends, are struggling to manage without the structure of school, or have lost their coping mechanisms or professional support, the crisis has put added pressure and anxiety on many young people. It's normal for children and young people to feel worried or anxious at the moment, we're living with lots of uncertainty about the coming months."

Here are some tips for supporting your child:

- Talk to them about what's going on.

- Check in regularly with your child and help them to understand what is happening and why. Find out how they're feeling and what they're thinking about, let them know it's okay to feel scared or unsure, and try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking things through can help them feel calmer.

- Help them to reflect on how they're feeling and encourage them to think about the things they can do to make them feel safer and less worried.

- Spend time doing a positive activity such as reading, playing, painting or cooking to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.

- Keep as many regular routines as possible, so that your child feels safe and that things are stable.



Books to help children grow

Stories chosen to explore the challenges children face on the way to adulthood

By Kelly Pells

THE Perfect Shelter by Clare Helen Welsh, illustrated by Asa Gilland is published in hardback by Little Tiger Press, priced £11.99

TALKING to children about someone they love falling sick will always be terribly difficult. This thoughtful story book may not take the worry and hurt away, but it will definitely help young kids better understand, and even articulate, their feelings around such an upsetting situation. *The Perfect Shelter* sees two little girls building a den together, until the elder sister becomes poorly. The younger sister struggles with her parents' sadness and her sister being unwell, all the while missing their den. The cadence makes it a little difficult to read aloud at points but it's a comforting read, and author Clare Helen Welsh refreshingly does not provide solutions or promises that everything will get better. The message is to enjoy the now, and Asa Gilland's illustrations are busy, bright and suitably uplifting.

The Great Godden by Meg Rosoff is published in hardback by Bloomsbury YA, priced £12.99 (ebook £6.36)

MEG Rosoff returns with another



Books can be a great way to introduce young people to the complexities of life

er astute and alluring young adult tale, filled with intrigue, and the agony and humiliation of love. Our narrator and her family are set to spend the long, languorous summer

at their ramshackle beach house, reading, boating, sunbathing and playing tennis, alongside their dad's younger cousin Hope and her boyfriend Mal, who are staying down

the beach and planning their wedding. Then Kit and Hugo Godden arrive, shattering the peace; one by being wildly good looking and charming, the other thoroughly off-

ish, and soon it becomes apparent they might just ruin everything. *The Great Godden* is totally absorbing, be it in describing sibling hostility, or the effort required to conceal your feelings. Rosoff perfectly captures the endlessness of summer, and the prickling uneasiness of desire tangled up in hope. The dialogue stings and the pace is electric.

The Wild Way Home by Sophie Kirtley is published in hardback by Bloomsbury Children's Books, priced £6.99 (ebook £4.02)

SOPHIE Kirtley's debut is a thoughtful and gentle musing on how to cope with change and control fear. It's Charlie Merriam's 12th birthday, and his new little brother Dara has just arrived, but is poorly, and Charlie doesn't know how to love him yet. So, Charlie runs away to the forest, where he and his friends have built a whole world of their own. Except this time, the forest feels and looks different - and then Charlie finds a boy in animal skins face down in a stream. Charlie's adventures lack peril, while the lives of those he encounters could do with more fleshing out. However, it's a solid story about facing what terrifies you, feeling your feelings and protecting the ones you love. Plus, it will make you desperate to get out into the forest.

Chat to our friendly counsellors about...

Going back to school

Exam results

The future



www.Kooth.com Click here

Free. Safe. Anonymous. Online counselling and support. Kooth.com is an online platform for young people aged 11-25.



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Ways to keep children calm

Keeping a journal, exercise and meditation can help bring families together

By Kelly Pells

WHETHER they're struggling with schoolwork, battling with friendships or feeling the highs and lows of our current situation, being a kid is never easy.

So, what can parents do to help instil a sense of calm? There are activities you can introduce now to help give children skills they can turn to in tough times.

1. Start writing a journal

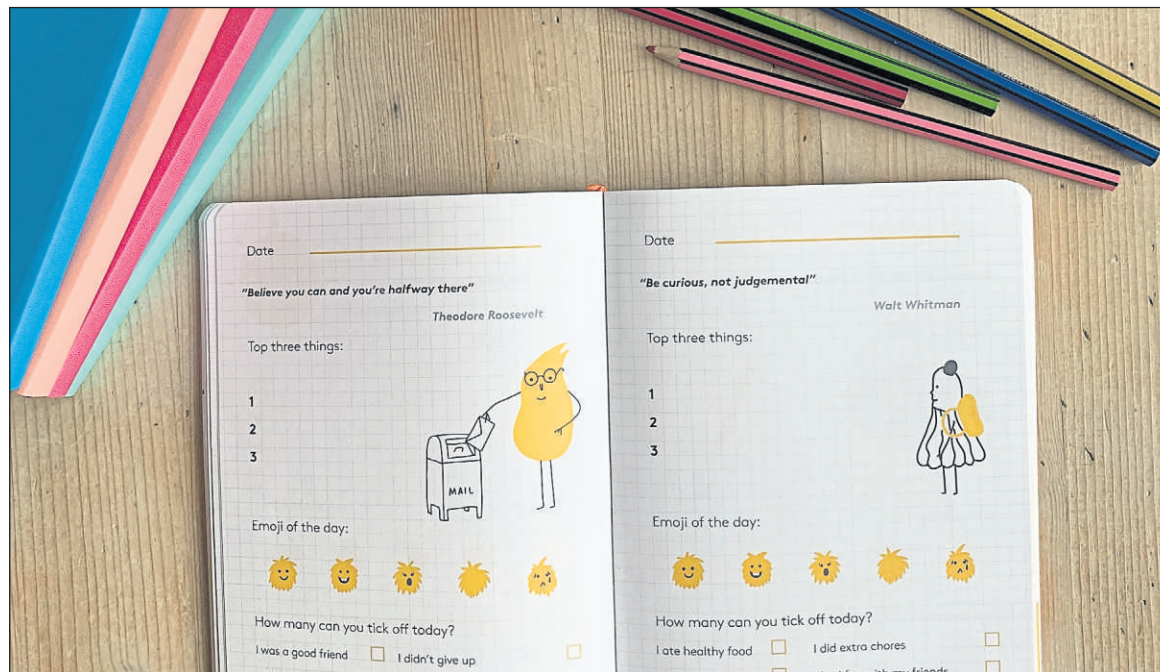
The Happy Self Journal, £23, [notonthehighstreet](#) (NOTHS/PA)

Taking time out of each day to write in a journal is a great habit. It can make kids more thankful for the good stuff and act as a release if they write down anything that's worrying them.

Mum-of-two Francesca Geens started the HappySelf Journal after reading daily reports about how some kids are growing up stressed.

Geens created a journal aimed at children aged six to 12 and is based on scientifically-proven methods that promote happiness, develop healthy habits and nurture enquiring minds.

Her kids got involved. Geens' 10-year-old still uses it daily, and her 14-year-old daughter has been helping with the teen edition, coming



Keeping a diary or journal can help children express their fears and worries

Photo: PA

soon. "We saw the biggest impact with my son – who was able to share worries with us that he hadn't felt able to talk about previously," says Geens. "My son started sleeping bet-

ter, communicating with us more about his feelings and being able to appreciate and identify the positives in his day."

2. Exercise for physical and

mental health

Some kids love exercise, others are more reluctant. But find the right activity and it can really give their mental health a boost, and in-

still that sense of calm.

"Exercise promotes the release of our internal mood elevators, powerful hormones and neurotransmitters, which – particularly when combined with a little physical fatigue – will have a very calming effect on children," says fitness expert Laura Williams. "Add in other feel-good factors, such as green space, and the fact exercise is likely to be taken with family or friends, and you have a soothing, calming cocktail."

If your children aren't so keen on PE With Joe, try an online class where you bust some moves to a chart-topper. Try going on a big bike ride together.

3. Try meditation or mindfulness

At the beginning and end of each day, Priyanka Lugani, founder of ALMA ([almadeli.com](#)), suggests taking your child through heartfulness practice, which can include breathwork, meditation or simply just being still and listening to some calming music.

If this doesn't work for your family, try getting creative. "Sensory stimulation with play also activates the stimulation of inner organs, benefitting our children's minds as well as our bodies," adds Lugani. "This is also a great way for children to burn off some steam."

Getting advice for mental health and wellbeing from the voluntary sector

Barnet Refugee Service

Barnet Refugee Service is an independent registered charity working in partnership with individuals and agencies to improve the quality of life and promote the physical, social and mental well-being of refugees and asylum seekers. [b-r-s.org.uk](#) Tel **020 8905 9002**

Grief Encounter

We support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters. [griefencounter.org.uk](#) Call **0808 802 0111** Mon-Fri 9am-9pm

Jami

Jami is the mental health service for the Jewish community. Jami's focus is on recovery; moving from lack of control and autonomy to becoming an active member of the Jami, Jewish and wider community. [jamiuk.org](#) tel **020 8248 8472**

Mind in Barnet

Mind in Barnet is a mental health charity affiliated to National Mind. We provide services primarily to Barnet residents including Advocacy, 1 to 1 Counselling, Employment Advice, the Electra and Libra social clubs. [mindinbarnet.org.uk](#) Tel **020 8343 5700**

Rephael House Counselling Centre

Rephael House RePHAEEL is an acronym standing for Respecting People's, Health and Emotional Life. A safe place to recover, develop and grow offering a range of in-house and external counselling and therapy services. For more information Call **020 8440 9144** or email [csm@rephaelhouse.org.uk](#) or visit [rephaelhouse.org.uk/SelfReferral](#)

Samaritans

Whatever you're going through, a Samaritan will face it with you. We're waiting for your call. We're here 24 hours a day, 365 days a year. [samaritans.org](#) Phone: **116 123** (24 hours a day, free to call) Email: [jo@samaritans.org](#)

Strength in Horses Equine Therapy

We work with young people age 5 - 25 who are struggling with mental health issues, emotional and behavioural problems / or learning difficulties. Our expert staff team of Clinical Psychologists, Psychotherapists and Horse Behaviour Experts work with young people helping them to translate the horse's behaviour into observations which are meaningful for the individual. The staff team encourage young people to learn about their own emotions and behaviour and make positive changes which improve their life chances. [sihequinetherapy.org](#) tel **07717497366**

Terapia

Terapia is one of the leading Child and Adolescent Psychotherapy and Counselling training organisation in the UK. We also provide highly specialised counselling, psychotherapy and bespoke mental health services for young people, children, parents and families. [terapia.co.uk](#) tel **020 8201 6101** email [training@terapia.co.uk](#)

Young minds

The UK's leading charity fighting for children and young people's mental health. Text the YoungMinds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help, text YM to **85258**.

**YOUNG
BARNET
FOUNDATION**

Getting help with your mental health from Family Services and NHS

Children, Family and Young People

Early Help Hubs 0-19 service

All families face challenges and sometimes need support. Early Help is about providing this support as soon as possible to tackle difficulties for children, young people and families before they become more serious. We work with the whole family and the child / young person is at the centre of all we do. [barnetyouth.uk](#) or [barnet.gov.uk/0-19](#) Tel **0800 389 8312** or on **020 8359 3100**. Email [fis@barnet.gov.uk](#)

0-19 Health Visiting and School Nursing Service

Please call if you have concerns regarding your child's health, wellbeing and development needs such as eating, sleeping, behaviour. Seven-day a week advice line between 9am-5pm (including Bank Holidays) **0208 200 2500** option 1 email [CLCHT.childhealthinformationhub@nhs.net](#)

Barnet Integrated Clinical Service (BICS)

We are a children and young people mild to moderate mental health service. As a service, we are continuing to offer telephone, skype and video support/interventions to vulnerable children, young people and families across the borough presenting with mild to moderate mental health difficulties.

Families can access the support by phoning **079260 85495** 9am to 5pm. Our admin team will take some brief details about the young person, and a clinician will call you back as soon as possible.

Barnet CAMHS is the Child and Adolescent Mental Health Service The service has introduced a new helpline for people (including children and adults) experiencing a mental health crisis. You can call the number provided to get help or advice in a crisis from our trained mental health advisors and clinicians. 24 hours a day, 7 days a week, 365 days a year. Call **0300 0200 500** <http://www.behcamhs.nhs.uk/help/>

Local offer website – SEND has been created to share resources and useful links to support families and those working with children and young people with special educational needs and disabilities during this time. We hope you will find this information helpful. [barnetlocaloffer.org.uk/](#) email [SENDLocalOffer@Barnet.gov.uk](#)



**BARNET
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Spending we time as a family

Lockdown has forced us together - here's how to reinforce those lifelong bonds

By Kelly Pells

ONE of the benefits of lockdown is that families have been able to spend much more time together - but that doesn't mean it's always been quality time.

Many families will have been together alone, spending time on devices in different rooms, and keeping any interaction to a minimum.

Sid Madge, the founder of Meee (meee.global) (My Education Employment Enterprise), an organisation which helps people to recognise and believe in their abilities, is hoping to improve life for families by encouraging them to reconnect and enjoy their time together.

He's outlined 60 ways to do it in his book *Meee In a Family Minute*, and says: "Lockdown has meant spending much more time with family, and for many of us the extra time has allowed us to reconnect, spend quality time and enjoy some of the simple things of life. But additional pressures can make maintaining family harmony challenging.

"One of the reasons I wrote *Meee in a Family Minute* was to help families, including my own, to stay connected regardless of the inevitable ups and downs of family life. Sometimes we need new ideas or new ways of thinking and relating to each other - right now.

"Making small changes and undertaking new activities can help get back and deepen our connections with each other - and it doesn't need to take a lot of time. Once you've started to introduce these activities, and take on new ways of thinking, they'll become part of your family's DNA."

Here, Madge outlines five quick reconnection ideas that all families can try...

1. Create a family bucket list

Your children get only one childhood - make it memorable! Take a few minutes to sit down with your family and create your family bucket list.

What do you want to do, see or experience as a family? Once lockdown is over, where would you like to visit? Give yourself and your children something memorable to look back on.

2. Shop less - experience more

This is particularly relevant now as we've not been able to shop the way we used to. Busy parents are often tempted to buy a gift rather than share an experience, because the experience takes time. This has been turned on its head during the pandemic and many of us have been surprised to learn that time spent is what really matters to our children.

When it comes to family relationships and happiness, psychological research suggests experiences make us happier than possessions. Take a minute to plan a shared family experience - it might just be movie night and a pizza.

3. What's in your 'bag of crap'?

Your brain contains about 100 billion neurons, resulting in 1,000 trillion connections. We use those connections to make up stories about our life. All the negative stuff we come up with is loaded into our



mental 'bag of crap'.

The bag of crap shows up in all our relationships, but when we've been locked down with family for months it might be more visible

than normal. Take a few minutes to consider what's in your bag of crap. Think about the last decision you made - what influenced your final choice? Was it negative vibes from

your bag of crap? What about emptying some of that crap from the bag and making better choices?

4. Learn how to say sorry

If ever there was an environment

where 'sorry' was needed, it's the family. Yet, this is often the place where it's said the least. This is a mistake. Take a few minutes to consider a situation at home where you think you should probably apologise. Why haven't you?

Parents can say sorry to their children and certainly most parents would be thrilled to hear a heartfelt sorry from their child. Siblings can and should apologise when they recognise their actions have hurt the other, or when they know they are in the wrong.

A genuine apology can wipe the slate clean and allow us to have an open discussion and heal any lingering upset.

5. Laugh together

The loyalty, trust and affection we feel towards our family is developed gradually over time as we share life, experiences and laughter. Laughter is the glue that sticks families together just as much as love.

Did you know that four-year-olds laugh 200 to 300 times a day? Adults only laugh 12 to 15 times a day. What happened? Take a minute to think about how often you laugh. Did you laugh today? Resolve to think like a four-year-old again and laugh more. Take a few minutes over dinner to decide on a funny movie or comedy show you can watch together.





When can your teen stay out late?

It's a huge step towards independence for them

YOUR 16-year-old wants to go out very late at night and you automatically say no. But should you learn to trust your teen and let them go?

It's a difficult dilemma. As children get older, they need their independence, but starting to let them go can leave parents terrified their child will take unnecessary risks.

Lorraine Thomas, chief executive of The Parent Coaching Academy, says: "It's really tough when you're in the middle of it. As parents, we need to look at how we talk about 'trust' – sometimes our teenagers get the message that we don't trust them, when we're trying to say that we want them to stay safe and we trust them, but we're not sure about everyone else."

"You have to take a deep breath and let them go, and let them know that you're there if something does go wrong. The teenage brain is preparing them for when they're going to leave home, and it's encouraging them to risk-take. It's the stage where you hope you've done everything you can, but even if you have, there will be times when something might happen."

Here is her expert advice on learning to trust your teen:

Make sure the adults are on the same page

"Parents will quite often have different ideas about what their teenager should be allowed to do, so get together and sort out what you think in advance," Thomas says.

Have a relaxed chat

"Sit down with your teenager and have a little chat, not putting them in the spotlight or making it heavy," says Thomas. "Just

so everyone has a chance to say what they think, and it's not the teenager thinking, 'All my friends can do it, you just don't trust me'. Be very clear about why you have certain boundaries in place. Ask them what they can do to make you know they're keeping safe, because that's the important thing to you."

Set boundaries

"It is, of course, important to have boundaries for teenagers. But if those boundaries are broken, don't just pile in with punishments," advises Thomas.

"Make sure boundaries are taken notice of," she says, "but do it with a gentle hand. The first time there's a problem, sit down and try to understand what happened, and reinforce the reason for the boundary. Reinforce the fact that if it keeps happening, you'll have to do something."

Don't make sanctions too tough

Make sure that if there's a sanction, it's not too heavy-handed.

Ask them what they think is an appropriate sanction, and get their input, Thomas stresses. "There's no one-shoe-fits-all. Sanctions only ever work in the short-term, but if you keep doing the same thing and threatening them with it, it won't make any difference," she warns.

Remember teenagers learn from their mistakes

You don't want things to go wrong for your teen – but how will they ever learn if everything always goes right? "Those times when your teenager might get drunk or does get into a bit of trouble are also really good learning opportunities," Thomas points out.

If things go wrong, find out why

Instead of just losing your rag if your teen breaks your trust, try to find out why it happened. "When things do go awry, remember it's most important to love them – even though sometimes they make it hard to do so – and remember the behaviour is only the tip of the iceberg," says Thomas.

"Tune into the emotion that's driving the behaviour. Sometimes parents come down heavy, but we need to get teenagers to open up, and share ideas."

Keep in touch with other parents

If you're friendly with parents of other teenagers in your teen's social group, it's a good idea to keep in touch with them too, suggests Thomas, so you're sure your teen isn't the only one to have to be home for 10.30pm.

Acknowledge the positives

Thomas says: "It's really important to praise behaviour where they've really demonstrated they can be trusted – not just about going out with friends, but when they've been really honest with you or raised an issue that they thought might lead to them getting into trouble. Thank them for telling you."

Remember you won't always be there

You're not going to be there when they've gone away to university or got a job and left home. "This is a challenging but important time," says Thomas.

"Let them know they've got that independence, that you trust them, that communication channels are open, but if things do go wrong, you're there to support them, not judge them."

Inst@youth



Young people, listen up – we've created a page just for you! That's right, if you're aged between 13 and 25, you can now find us on Instagram – just search @BarnetYouth_ on your app and hit "follow".

Adults, if you have children – or maybe grandchildren – within this age range, please let them know about the next best thing to hit these social media streets! @BarnetYouth_ is all about our teenagers and young adults having one place to access engaging and up-to-date content that's relevant to them.

You can expect inspiring video messages from young people, live Q&A sessions with guest speakers from different professional industries, information on youth activities and events as well as employment and volunteering opportunities for ages 16+.

If you'd like to be appear on our new Instagram page, please email: danielle.gopie@barnet.gov.uk

#SeeyaOnTheGram



Lockdown Experience by Riya de Caires age 17

Even though I have waited eagerly for a return to normality, with the easing of social distancing rules and the re-openings of my favourite shops, I see lockdown as a powerful tool in bringing people together.



I've really enjoyed spending more time with my family, by baking and going out on long walks together. Although I haven't been able to see much of my friends, this experience has brought us closer together, as we have shared the struggles of online learning and the feelings of loneliness and have tried to support one another through social media.

There has also been so much solidarity around the Black Lives Matter movement, and I have learned so much more about microaggressions

and privilege through social media posts, as well as having conversations about race with friends and family. Lockdown has forced us to open our eyes to these issues and use our voices to spread awareness and show support.

The main thing that I will take from this experience of lockdown is definitely the importance of staying socially and emotionally connected. Without the support of others, this would have been a much more challenging experience.

For any young people struggling, I think reaching out is a great first step, as well as reflecting on the positives that may have arisen from this lockdown.

For more information and resources on Black Lives Matter visit:

Barnet.gov.uk/BLM



Children and Young People's Wellbeing Summer and Autumn Workshops 2020

Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.



Resilience Building Workshop: Stronger Mind, Stronger You

Age range: 12-18

Details: Developing emotional resilience, helping you with techniques to manage a range of difficulties.

Self-Image workshop

Age range: 12-18

Details: Helping adolescents' self-image via strengths-based self-affirmation and positive sense of self.

Self-care workshop

Age range: 12-18

Details: Supports you with self-care in the context of social media, drawing on mindfulness and other self-care ideas

My identity in the current world workshop

Age range: 12-18

Details: Supporting young people to develop a new sense of their self and personal values in the context of post lockdown. Looking at your self-image and how this may have been disrupted due to inability to socialise and doing the normal things you did before lockdown.

Managing Anxiety transitioning back to school online video

Age range: 11-13

Details: The video will explore the significant impact of the lockdown period on your wellbeing and the feelings of anxiety it has caused.

The workshop will cover strategies to manage anxiety, focusing on helping young people to find useful ways to cope in the upcoming months.

The transition from primary to secondary school online video

Age range: 11-12

Details: The aim is to reflect on how young people can approach the transition from Primary to Secondary school, particularly after their Covid-19 lockdown experience, and how this may have had an impact on them.

The video will explore managing change and useful strategies to overcome uncertainty and distressing feelings that these two events may bring about.

Step Up and Stand Out

Age range: Young People aged 14-16 struggling with school attendance, motivation and personal relationships.

Details: This group aims to help young people develop their sense of self, and find purpose following lockdown, and how to adapt for the future.

Exploring the concepts of resilience, autonomy and respect. Plus, how our physical self, thoughts feelings and communicate how we are perceived by and the impact on how you are seen by others.

Lifeworx group

Age range: 14-17

Details: 8-week workshop to learn real life inspired skills to make life work for you, help manage everyday life & relationships. Topics will include:

- Mindfulness;
- Getting to know and respond to one's emotions;
- Improving social interactions & communication responding and
- looking after self with care & compassion at stressful times

**MIND and MOOD group

Age range: A group for young people aged 11, 12 & 13 with a separate group for their parents

Details: Group to help young people understand their fears, worries and feelings. Offering insight into the reasons why we become anxious or low and the relationship between thoughts, emotions, physical symptoms and behaviour.

Covering strategies to manage anxiety and low mood, focusing on helping young people to find useful ways to cope. Parent/carer Session covers understanding anxiety & low mood, how it impacts your child and how to support you and your child.

** Bouncing Back

Age range: Joint workshop with parents & children aged between 6-11 years.

Details :

Session 1: Provides parents with various tips and strategies to help them to identify their strengths and build resilience.

Session 2: Explores children's experiences and provides them tools to manage their feelings and behaviours.

Session 3: Brings parent and child together to encourage effective communication and understanding to strengthen their relationship.

To register your interest of a group or workshop, please email BICSGroups@barnet.gov.uk, Let us know why you're referring, someone will get in touch with you to discuss & with more details.

*Videos of the Anxiety Workshops will be available on the Barnet website at:

www.barnet.gov.uk/children-and-families/supportparents-and-carers/young-peoples-mental-health-and-well-being

** Workshops for children and young people and parents/carers

