Welcome All!

Issue 2- Autumn 2020

From your Support, Time and Resilience (STAR) Workers and the **Primary Mental Health Team (PMHT)** at **Havering Child and Adolescent Mental Health Service (CAMHS)**. We hope you have been able to relax and enjoy your summer after a very challenging few months. This is the second issue of the Havering CAMHS Wellbeing Newsletter. In this you will find up-to-date information about support services available in Havering for parents/carers, children and young people. Firstly, an update from us:

There have been a number of changes to the way we work due to COVID-19/social distancing measures. PMHT and STAR Workers have been moving towards a virtual delivery of services until it is feasible to meet in person again. This includes virtual drop-ins and consultations. These have worked well so far, with feedback highlighting the ease of access and timely responses to student queries.

STAR Workers and PMHT are now jointly allocated to a cluster of schools, meet the team:

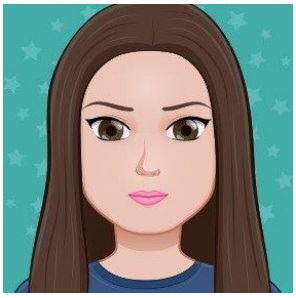
North:

Marie

Justine

North Central:

Emma



Becki

Personal Fair Diverse CHAMPION

disability confident EMPLOYER

South:

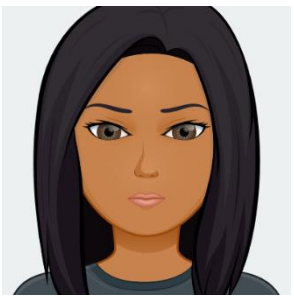
Chance

Trevor

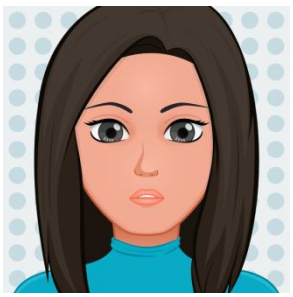
South Central:

Katie

Jamila



Aimee



Together, we raise awareness of emotional wellbeing and support services in the community. We attend parents evenings, open evenings, coffee mornings and school nurse drop-in sessions to talk through concerns around wellbeing. We do this by providing resources, information and signposting to services in Havering to support yours and/or your child's needs. We also offer regular school consultations, virtually at present via Zoom/WebEx, **which any member of school staff** can attend to discuss their concerns about particular students.

Dates for future consultations will be shared and invites sent closer to the time by your allocated STAR Worker.

Primary School

Aubrey Keep Library
Keeping you up to date

HEALTH LITERACY FOR PRIMARY SCHOOL

NELFT NHS
NHS Foundation Trust

Health Literacy sessions will be delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Health literacy is being able to understand and use health information to make well-informed decisions. Workshops can include health-related reading groups, assemblies and story times using the Reading Well for Children book list, how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, steps to working in the NHS, raising awareness of fake health news, guest speaker at health-related lessons. For more information please contact the school.

READING WELL for children
reading-well.org.uk

Reading Well for Children – a booklist has been created to support the health and wellbeing of children. The books are available for free at public libraries and targeted at ages 7-11. Book topics include coping with feelings and worries, anger, daily life and getting through a tough time.

For a copy of the list please contact the school or visit www.readingagency.org.uk

ChildLine 0800 1111

ChildLine is here to help anyone under 19 in the UK with any issue they're going through. ChildLine is free, confidential and available any time. You can call **0800 1111, email,** or use **1-2-1 counsellor chat.**

Some temporary changes due to COVID-19: you'll only be able to speak to a counsellor online or on the phone between 9am and midnight. You won't be able to join the queue for a 1-2-1 chat after 10.30pm. After 10.30pm, you can call for free on **0800 1111** up until midnight

ChildLine has a Calm Zone and interactive site to support children's wellbeing. Visit www.childline.org.uk

SAMARITANS

Samaritans offer a safe place for you to talk any time you like about whatever's getting to you. **Currently face-to-face support has been suspended but this is being closely monitored so please keep checking for updates.** Volunteers remain available 24/7 on the Freephone number **116 123** and via email at jo@samaritans.org
Samaritans Self-Help App - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis

Secondary School

Mental Health Direct is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**. If you already receive support from a mental health team, contact them directly if it is between 9-5pm or Mental Health Direct if out of hours.

NELFT Library & Knowledge Service
Keeping you up to date

HEALTH LITERACY FOR SCHOOLS

NELFT NHS
NHS Foundation Trust

Health Literacy sessions will be delivered **in schools or virtually due to COVID-19** by Health Librarians from Aubrey Keep Library for health literacy awareness. Health literacy is being able to understand and use health information to make well-informed decisions. Workshops can include health-related reading groups and assemblies using the Reading Well Agency- Shelf Help book list, how to evaluate high-quality health information online or offline (including social media, e.g. TikTok) and fact check, critical appraisal sessions for students considering studying health-sciences, steps to working in the NHS, raising awareness of fake health news, guest speaker at health-related lessons and more. For more information please contact the school.

Shout is a free crisis text line for support when feeling anxious, worried, stressed and needing immediate support. Text Shout on **85258.**

Kooth is a safe, free, and anonymous online counselling and support service for young people aged 11-18
Open from Monday-Friday 12pm-10pm and Saturday-Sunday 6pm-10pm Must make an account to access the website but the username can be anonymous. Offering virtual wellbeing sessions around managing stress (e.g. transition stress) and anxiety
www.kooth.com

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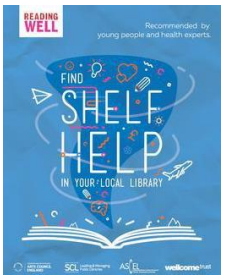
ChildLine has a Calm Zone and interactive site to support children's wellbeing. Visit www.childline.org.uk

Please visit **Young Minds** at https://youngminds.org.uk/ for information on mental health, support available and various topics including bullying, anger and exam stress.

Samaritans offer a safe place for you to talk any time you like about whatever's getting to you. **Currently face-to-face support has been suspended but this is being closely monitored so please keep checking for updates.** Volunteers remain available 24/7 on the Freephone number **116 123** and via email at jo@samaritans.org
Samaritans Self-Help App - keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis

Wize Up provides a free confidential support service, for children and young people under 18 years, and families, with drug and alcohol concerns. Wize Up offers tailored advice, information, workshops and holistic support. Sessions and support are currently virtual via WhatsApp, Zoom, Skype and Microsoft Teams
Under 21s Covid page:
https://changegrowlive.org/coronavirus/u21
For more information visit www.changegrowlive.org/wize-havering, call **07884 996917** or email wizeuphavering@cgl.org.uk



Reading Well for Young People is a list of recommended health books (Shelf Help) for ages 12-18 to support with mental health and wellbeing. The books can be found in public libraries, focussing on a range of topics including depression, anxiety, stress, bullying and exams.
For a copy of the list, please contact the school or visit www.readingagency.org.uk

Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS) provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. **The service will now operate on a telephone/e-mail basis only at this time due to COVID-19**. To contact them, complete their online

contact and consent form, call **01708 433 885** or email sendiass@havering.gov.uk. Website: www.havering.gov.uk/sendiass

Kidscape provide advice and resources for parents/carers and young people for families facing a bullying situation. They have a parent advice line: **0207 823 5430**; **due to the current situation of COVID-19, they are operating an e-mail and Whatsapp service** (please provide your mobile number by email: parentsupport@kidscape.org.uk). **Website:** https://www.kidscape.org.uk/

YGAM provide the tools and information to build digital resilience, educate and safeguard young people against problematic gambling and gaming. They have a parent's hub which aims to inform parents/carers of ways to build their children's resilience online and offline and educates parents/carers around gaming and gambling through the provision of resource. For more information telephone **0203 837 4963**, email amanda@ygam.org or visit www.ygam.org/

Parents/Carers

NELFT NHS
NHS Foundation Trust
CAMHS

Havering Child and Adolescent Mental Health Service (CAMHS) offers help to children and young people who are experiencing emotional, behavioural or mental health difficulties. **Due to COVID-19, mainly offering virtual and telephone consultation.** Support is available to families with children and young people under 18, and includes assessments of developmental problems, therapeutic input, support and advice. Referrals are accepted through self-referral, GP or Schools. For more information visit https://www.nelft.nhs.uk/havering-camhs

MHS 24/7 MENTAL HEALTH DIRECT 0300 555 1000

Mental Health Direct is a free NHS service for residents in Barking and Dagenham, Havering, Redbridge, Waltham Forest, Essex and Kent & Medway providing urgent mental health help and advice in times of crisis on **0300 555 1000**.

If you already receive support from a mental health team, contact them directly if it is between 9-5pm. Or Mental Health Direct can be called if out of hours.

NELFT NHS
NHS Foundation Trust
TALKING Therapies

Havering IAPT (Improving Access to Talking Therapies) is a free NHS therapy service for anyone over 18, who are with a registered GP in Havering. IAPT offers varied approaches of support such as online CBT, individual therapy sessions, workshops, group therapy. If you are experiencing difficulties and would like support you can self-refer by calling **0300 3001554 (option 2)** 9-5pm or at www.iaptportal.co.uk/nelhav.html or for more information please visit www.talkingtherapies.nelft.nhs.uk.

Havering Adult College
NELFT NHS
NHS Foundation Trust

Havering Adult College in partnership with **CAMHS**, provides free, accredited courses to support parents/carers in Havering.

Upcoming courses (To be confirmed September 2020):

- Supporting Families with Autism
- Supporting Families with Anxiety
- Raising Confident Children
- Understanding Challenging Behaviour
- Supporting Families with ADHD
- Supporting Families with Trauma
- Supporting Families with Emotional Wellbeing
- Keeping Children Safe Online
- Recognising and Safeguarding Against Knife Crime

- Supporting Families and Young People with Healthy Relationships

For more information about these and other courses please contact the Centre Support team on **01708 434955** or email familylearning@havering.gov.uk.
Website: https://haveringadultcollege.co.uk/product-category/family-learning/

NELFT Library & Knowledge Service
Keeping you up to date

HEALTH LITERACY FOR SCHOOLS

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NHS Foundation Trust

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mind | Havering
for better mental health

Havering Mind- Mind provide support for people (and their carers) on all mental health issues. Currently offering free crisis counselling and bereavement support service (in partnership with Association of Christian Counsellors) for adults in the borough of Havering affected by COVID-19. For more information please visit https://www.haveringmind.org.uk/services/crisis-counselling-and-bereavement-service/ or call 01708 457040

EMPOWERING PARENTS EMPOWERING COMMUNITIES

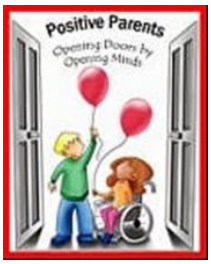
Empowering Parents Empowering Communities (EPEC) run by Havering EPEC provide free courses for parents of children aged 2-11 (Being a Parent) and aged 11-16 (Living with Teenagers) to support parents to bring up happy, self-confident children. **Currently support is online due to COVID-19**. For more information please visit https://familyserviceshub.havering.gov.uk/kb5/havering/directory/advice.page?id=79AdZNIJlY8 or call 01708 431024.

SEND IASS
Information, Advice and Support Service in Havering

Havering Special Educational Needs and Disabilities Information, Advice & Support Service (SENDIASS) provides advice and support for parents/carers of children with SEND aged 0-16 years and young people themselves aged 16-25 years. **The service will now operate on a telephone/e-mail basis only at this time due to COVID-19**. To contact them, complete their online contact and consent form, call

01708 433 885 or email sendiass@havering.gov.uk. Website: www.havering.gov.uk/sendiass

Add Up is a local support and action group, for Havering, Barking & Dagenham and surrounding areas. Add Up was set up to bring families together, to guide parents in the right direction to find the practical help they need for their children and to promote both public and professional awareness of ADHD. No formal diagnosis needed. For Urgent Support: The Addup mobile will be available Monday to Friday from 10am to 4pm – **07495 573836**
https://www.addup.co.uk/



Positive Parents – Havering offer support for parents/carers of children with Special Educational Needs and Disabilities aged 0-25 in Havering with support and advice, a range of activities information and to support parents to have a voice in making a difference for families in Havering. For more information call **07858 406933 / 01708 524627** or visit www.positiveparentshavering.org.uk

Sycamore Trust support the needs of individuals and families/carers for whom Autistic Spectrum Disorders and/or Learning Difficulties are a part of daily life**.** They have an online community forum: http://www.autismhub.org.uk/forum/and their Autism Hub reopened on 7th July 2020, adhering strictly to government guidelines, appointments are advised. Activities, youth groups are still running virtually and socially distanced. For more information please visit http://www.sycamoretrust.org.uk/ or call **01708 749816**

RAGS provide help and support for families who have a child / children with an Autism Spectrum Disorder
https://www.rags-havering.org.uk/
For more information please email us info@rags-havering.org.uk. You will be contacted as soon as possible.

Early Help Service

PARENT SURGERY

Parent Surgery offer free one-to-one parenting advice and support sessions surrounding their children's behaviour. Currently offering online or phone appointments. To book a free hourly appointment from 10am to 7pm please call **01708 432636** or email parenting@havering.gov.uk.

SNAP (Special Needs and Parents) is for families with children/young people (0-25) who have any special need/disability. Currently, the SNAP Helpline, online directory, online courses, online activity sessions, information sheets and networks are available to families in Havering. SNAP are committed to ensuring they continue to deliver the best service they possibly can for families during this difficult time and will continue to share information, ideas and strategies.
Coronavirus Family Guide to help you to navigate these challenges times: https://www.snapcharity.org/coronavirus-family-guide/
For more information visit https://www.snapcharity.org/ or call **01277 211300**

Havering Children's Centres are available to access a range of classes, activity and support groups for families in Havering.
Currently providing online activities and classes due to COVID-19. Virtual offer includes Infant Feeding, virtual Musical Jelly Beans, Ready Steady Talk, Baby Massage, HENRY (Health, Exercise and Nutrition for the Really Young), Butterflies- perinatal support group and more**.** For more information visit https://familyserviceshub.havering.gov.uk, email childrenscentres@havering.gov.uk or call **01708 432636**

Peabody offers free short-term support and advice for housing, benefits, debt, budgeting, drug and alcohol problems, advice for carers/cared for and getting mental health support for over 18s. Call **01708 776770** or visit www.peabody.org.uk/care-support.

Wize Up provides a free confidential support service, for children and young people under 18 years, and families, with drug and alcohol concerns. Wize Up offers tailored advice, information, workshops and holistic support. Sessions and support are currently virtual via WhatsApp, Zoom, Skype and Microsoft Teams
Under 21s Covid page: https://changegrowlive.org/coronavirus/u21
For information visit www.changegrowlive.org/wize-havering, call **07884 996917** or email wizeuphavering@cgl.org.uk

Please visit **Young Minds** at https://youngminds.org.uk/ for information on mental health, support available and various topics including bullying, anger and exam stress. You can call the ParentLine at **0808 8025544** - Monday to Friday 9:30- 4pm for advice if you are worried about your child's mental health condition, emotional wellbeing or behaviour or want advice for how to speak to a GP.

MindEd is free e-learning for mental health awareness and encouraging healthy minds. Available to parents/carers and professionals. All of MindEd is free and open access. To sign up, visit www.minded.org.uk.

Family Lives provides access to online parent advice for a range of family issues, parent classes, a Parent Helpline **0808 8002222** and resources. Also includes Bullying help and advice for parents and a Back to school post-COVID-19 resource at: https://www.familylives.org.uk/advice/your-family/family-life/back-to-school-transition-after-lockdown/
For more information please visit www.familylives.org.uk

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Activities

MyPlace is a youth and community centre based in Harold Hill. **Due to COVID-19 currently providing online youth clubs, art, musical theatre, football and other workshops.** For more information email myplace@havering.gov.uk

Essex Boys and Girls' Club is an all-inclusive youth club based in Upminster for disabled and non-disabled young people from 10+. **Due to COVID-19 clubs are currently virtual with online youth clubs, competitions and quizzes**. For more information call **01245 264783**, email Jamied@essexboysandgirlsclubs.org/ or visit www.essexboysandgirlsclubs.org

Havering Active provides information about opportunities to engage in physical activity in Havering. **Due to COVID-19 currently running virtual sports sessions and free online Para Athletics sports sessions for children and young people aged 5 to 25** to sign up visit http://www.haveringactive.co.uk/index.php/parasport. For more information about current activities on offer, please visit http://haveringactive.co.uk

Fairkytes is a community art centre based in Hornchurch offering a wide range of activities for adults and children, including pottery, drawing classes and disco nights. **Due to COVID-19 centre is closed and providing virtual competitions.** For information on the clubs and classes on offer, please visit https://www.havering.gov.uk/fairkytes.

Online Safety

Parent Zone offers support and information to parents and schools to help families to navigate the internet safely and confidently and raise resilient children. Offer includes a ParentZone/Shout crisis messenger, parent hub, parent guides, digital resilience games and more. For more information please visit https://parentzone.org.uk/, email info@parentzone.org.uk or call 0207 6867225

Net-Aware offers support for parents and carers from the NSPCC with guides to social networks, apps and games and an online safety in COVID-19 lockdown hub https://www.net-aware.org.uk/online-safety-lockdown/. For more information please visit https://www.net-aware.org.uk/

Thinkuknow offers an education programme and advice from the National Crime Agency and Child Exploitation and Online Protection (NCA-CEOP) to support children, young people, families and professionals to keep their young people safe online and offline. Thinkuknow has age-specific websites, for more information please visit https://www.thinkuknow.co.uk/

Internet Matters offers support for parents/carers and schools to keep their children safe online with guides, resources and programmes such as Digital Eagles, age-specific advice and how to set up parental controls. For more information please visit https://www.internetmatters.org/

Parent Info offers support for parents and carers to keep their children safe online with contributions from the leading experts and organisations in matters related to young people and families in a digital world. For more information please visit https://parentinfo.org/

UK Safer Internet Centre offers online safety tips, advice and resources to help children and young people stay safe online. For more information please visit https://www.saferinternet.org.uk/

Counselling Services

Relate is a relationship support service providing various types of counselling such as Relationship & Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. They also provide relationship workshops and options of face-to-face counselling and support, phone, email or Live Chat counselling. For more information please telephone **01708441722** or visit www.relate.org.uk

You and Me Counselling offer counselling and psychotherapy to children and young people (aged between 5 - 25 years) and their families in the boroughs of Havering, Barking & Dagenham, Redbridge and Waltham Forest. They provide one to one, group, coaching, mentoring, teaching, tutoring, role modelling, information, advice, counselling and psychological therapies. **Covid 19 update: The service is offering a skeleton staff for face to face counselling, they will be in contact with clients once a counsellor is working from the office. Also still offering online counselling via Zoom and Skype for new and existing clients.** To get in touch **telephone 01708 477663/07449467223**, email info@youandmecounselling.org.uk or visit http://youandmecounselling.org.uk/

HBBS (The Havering & Brentwood Bereavement Service) offers professional counselling to adults and children suffering from bereavement or loss as well as training and support for teachers and other professionals. They also offer specialist dementia carers' counselling service and trauma counselling service. For more information telephone **01277 283199**, email enquiries@hbbscounselling.org or visit https://www.hbbscounselling.org/