

IN THIS ISSUE:

- Introduction to RISE; who we are and what we offer.
- Mental Health Awareness Week
- RISE recommendations
- Shout out
- What we're loving this term...
- Top tips for worry

CONTACT DETAILS:

Website:

www.rise-ne.co.uk

Email:

NGRise@cntw.nhs.uk

WHO WE ARE>>>

In February 2019, several schools across Newcastle and Gateshead were selected to take part in a National Trailblazer pilot. Your school was one of them.

The goal is to work with children and young people in schools to help them manage their emotional and mental wellbeing at an early stage.

This project is supported by Cumbria, Northumberland, Tyne & Wear NHS Trust and Northumbria University, along with the Local Education Authority, Public Health and the Local Authority.

We are now called RISE and plan to roll out to all schools across Newcastle and Gateshead. We are a team of 12 Education Mental Health Practitioners, an Occupational Therapist Supervisor, a Clinical Lead, a Team Manager and 2 Admin Workers.

*"We rise to great heights
by a winding staircase
of small steps."*

RISE Team



WHAT WE OFFER>>>

Low-level interventions to small groups, individuals or as a whole-school approach around:

- Emotions
- Worries
- Resilience
- Self-esteem
- Low mood
- School work pressure e.g. exams
- Transition times e.g. moving to secondary school

WE CAN ALSO PROVIDE>>>

- Advice and signposting to additional services
- Support to parents
- Support to school staff

MENTAL HEALTH AWARENESS WEEK 2020>>>

On the 18th to 24th of May it was National Mental Health Awareness Week and this year the theme was **Kindness**. During this week the RISE Team encouraged children and young people to take part by setting daily challenges across the week. We uploaded videos daily around ways that you could try acts of kindness to yourself or others.

We were blown away by your response with over **1000** visitors to our website! Thank you to everyone who took part in these challenges and shared with us pictures and ideas of how you were kind during this time.

If you did not take part, do not worry, there is still time! You can access the week's activities on our website in the section **MHAW2020** at www.rise-ne.co.uk



Charlie, aged 9, created a poster with a powerful message of positivity to share with others that he displayed in his window.

Eve, aged 8, baked delicious cupcakes to share with her neighbours...
...YUM!

RISE RECOMMENDATIONS>>>

The thinkninja app is a handy app for 10-18 year olds that helps them learn ways to develop skills to increase resilience and support their mental health and emotional wellbeing.

Available from Applestore and Google Play, check out the link on our website for more information.



SHOUT OUT>>>

In every newsletter we want to give a **SHOUT OUT** to any amazing things you are doing to support your own or someone else's wellbeing. This could be something you do alone or as a family or in your school!

SHOUT OUT to Whickham School who have created a Worry Wall for Year 6's to share any questions or worries about starting Year 7. You can go on a virtual tour of the school here:

www.whickhamschool.org/worry-wall/



WHAT WE'RE LOVING THIS TERM>>>

The emotions rainbow

Using the rainbow can help children (and adults) to open up conversations around how we are feeling. It can help children to recognise their feelings and to be able to communicate that they may need some help to others when they may not be able to find the words to express this.

Which colour are you feeling right now?



TOP TIPS FOR WORRY>>>

There is a lot of uncertainty going on right now: your child may be preparing to go back to school, or they may still be at home. They (and you) are likely to be missing certain people and wondering when things will be back to normal. When things feel uncertain we might notice that we worry more. This is ok and normal for people to be feeling like this right now.

Here are some tips to help children and young people manage worries:

1. Encourage children and young people to ask questions and to talk about how they are feeling.

Younger children might like to use the emotions rainbow above to help them express this. Older children aged 11+ can use **Kooth** to talk to a counsellor for free at www.kooth.com

2. Listen to and acknowledge any worries.

You might not have the answer but can show them that you have confidence in their ability to tackle any problems and face any fears.

3. Talk about a past problem or worry that they have overcome.

Like their first day of school, or a fallout with a friend - talk through how they overcame this, reminding them that they have the skills to face their fears and giving them the confidence to do so.

4. When feeling uncertain your child will look to you for reassurance.

Be aware of the ways that you take care of yourself so that you demonstrate the importance of self-care on wellbeing.

5. Build in some time each day to prioritise this self-care, rest and relaxation.

Some examples could be: yoga, meditation, reading, listening to music or a story, having a bath, exercising or spending some time outdoors.