



Lights, CCAMHS, Action



Spring Term 2019 Newsletter for Community CAMHS

For everyone interested in emotional health and wellbeing on the Isle of Wight



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WELCOME

Welcome to the Isle of Wight Community CAMHS Newsletter

This newsletter is produced once a term to provide news and information about child and adolescent mental health on the Island. The Newsletter is for any children, young people, families or professionals with an interest in emotional health and wellbeing.

We would be grateful for your contributions to our Newsletter

If you would like us to include your stories, poems, pictures, photos, comments or letters, please contact the service. We would also welcome your feedback on our Newsletter so that we can continually improve the content.

USEFUL MENTAL HEALTH RESOURCES



Feeling good: Positive mind-set app which GP's have been recommending to people.

<https://itunes.apple.com/gb/app/feeling-good-positive-mindset/id941140783?mt=8>

It has music tracks to listen to that are about mindfulness, body relaxation, building self-esteem etc.

COMMUNITY CAMHS NEWS FLASH

NEW STAFF MEMBERS.....

Welcome to Carrie:

Hi, I'm Carrie, I'm a newly qualified Mental Health Nurse working for CCAMHS. You may remember me as a student on placement here last year. I enjoyed working with young people and the team so much that I came back!! My previous roles were working with adult mental health, so I have a good understanding of how families work. In my own time I enjoy walking my dog Tommy, he is a patterdale terrier and very excitable.



Welcome to Lucy:

Hi I'm Lucy and I am a new Mental Health Nurse in the CAMHS team. I have a degree in Psychology and then went on to study Mental Health Nursing as a post-graduate. Before I joined the CAMHS team I worked for the Early Intervention Psychosis team for three years. When I'm not at work I enjoy baking and the CAMHS team are always happy when I bring cakes in to share!

Welcome to Kirsty:

Hello! I'm Kirsty Matthews, I'm an Assistant Psychologist. I have a degree in Psychology, and I want to go on to train to be a Clinical Psychologist. Before I joined this CAMHS team, I worked in a CAMHS ADHD service, as well as a hospital for teenagers with mental health problems. I've also worked with young people and adults with learning disabilities. Outside of work I love to read, and take my dog Chloe for walks on the beach!



Mental Health Awareness Week is hosted by the Mental Health Foundation, and will take place from Monday 13 to Sunday 19 May 2019. The theme for 2019 is Body Image – how we think and feel about our bodies.



Body image issues can affect all of us at any age. During the week the Mental Health Foundation will be publishing new research, considering some of the reasons why our body image can impact the way that we feel, campaigning for change and publishing practical tools. Check their website on www.mentalhealth.org.uk

COMMUNITY CAMHS NEWS FLASH (Cont.)

SELF HELP APPS THAT CAN HELP YOUR MENTAL HEALTH

Mindful Gnats

An app to help young people develop mindfulness and relaxation skills.



MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Lists symptoms of anxiety. Offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialised categories of anxiety: test anxiety, social anxiety, and perfectionism. Also contains relaxation exercises.

Mood Tracker

A website/app which lets you track moods and sleep patterns helping to manage depression, anxiety or bipolar disorder.

MoodGYM

MoodGYM is a free, fun, interactive program to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore:

- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

Recovery Record

Recovery Record is the smart companion for managing your journey to recovery from eating disorders including anorexia nervosa, bulimia nervosa, obsessive eating disorder, binge eating disorder and compulsive eating disorder.

Rise Up + Recover

Rise Up + Recover is just the app for you if you are struggling with food, dieting, exercise and body image. Based off self-monitoring homework, a cornerstone of cognitive behavioural therapy (CBT), it is a simple and convenient app that has been used millions of times around the world.

SmilingMind

SmilingMind is a modern meditation for young people from 7 years up. It is a free web and App-based program, designed to help bring balance to young lives. Smiling Mind was created in Australia and is aimed at helping young people de-stress and stay calm. There are tailored programmes for different age groups.

COMMUNITY CAMHS NEW\$ FLASH (Cont.)

✈ Update on Training Workshops

Introductory CCAMHS Workshops on Anxiety, Self Harm , Eating Disorders, Obsessive Compulsive Disorder & Resilience

Our introductory workshops on anxiety, self harm and resilience against low mood and low self esteem for professionals working with children and young people continue to run, with each workshop being run once a term throughout the year. The dates for this term are as follows:

Resilience: Weds 24th April 2019, 5:30 - 8:00pm

Self Harm: Tues 7th May 2019, 5:30 - 8:00pm

Eating Disorders: Tues 4th June 2019, 5:30 - 8:00pm

Obsessive Compulsive Disorder (OCD): Tues 2nd July, 2019 5:30 - 8:00pm

Anxiety: Weds 4th September 2019 5.30 - 8.00pm

Please contact ccamhs@iow.nhs.uk if you want to find out more about booking a place on one of the workshops.

Places are limited and will be given on a first come, first served basis. If you book a place and then are unable to attend, please contact us as soon as possible or send someone else in your place.

Please note there will be a £50 fee payable if you do not attend or cancel your place in advance.

GETTING MENTAL HEALTHY

HOW TO IMPROVE YOUR WELLBEING AND THE ENVIRONMENT

Getting outside can be great for your mental and physical health, so why not do something that benefits both you and your environment!

Growing and taking care of flowers & other plants is just one great way to help yourself and nature. Our environment has been having a pretty tough time lately but good news! Bees are on the rise again!! However they still need our help, so what can we do? Planting bee friendly flowers is a great way to support our buzzy friends, these include:

Lilac, Lavender, Wisteria, Mint, Sunflowers, Poppies, Honeysuckle, Black Eyed Susan, Lantana, Snapdragons, Sedums, and Pale Purple Cornflower just to name a few

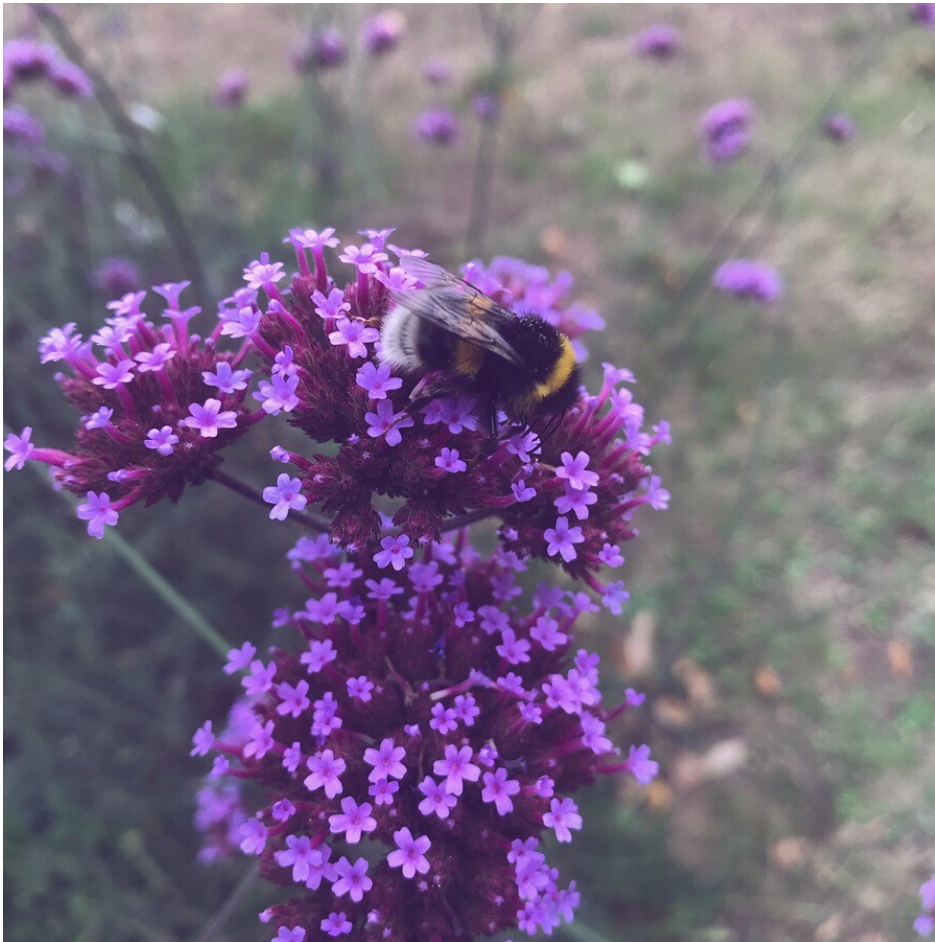
So go to your local Garden Centre, choose your favourites and get growing!

FUN FACT: Did you know?

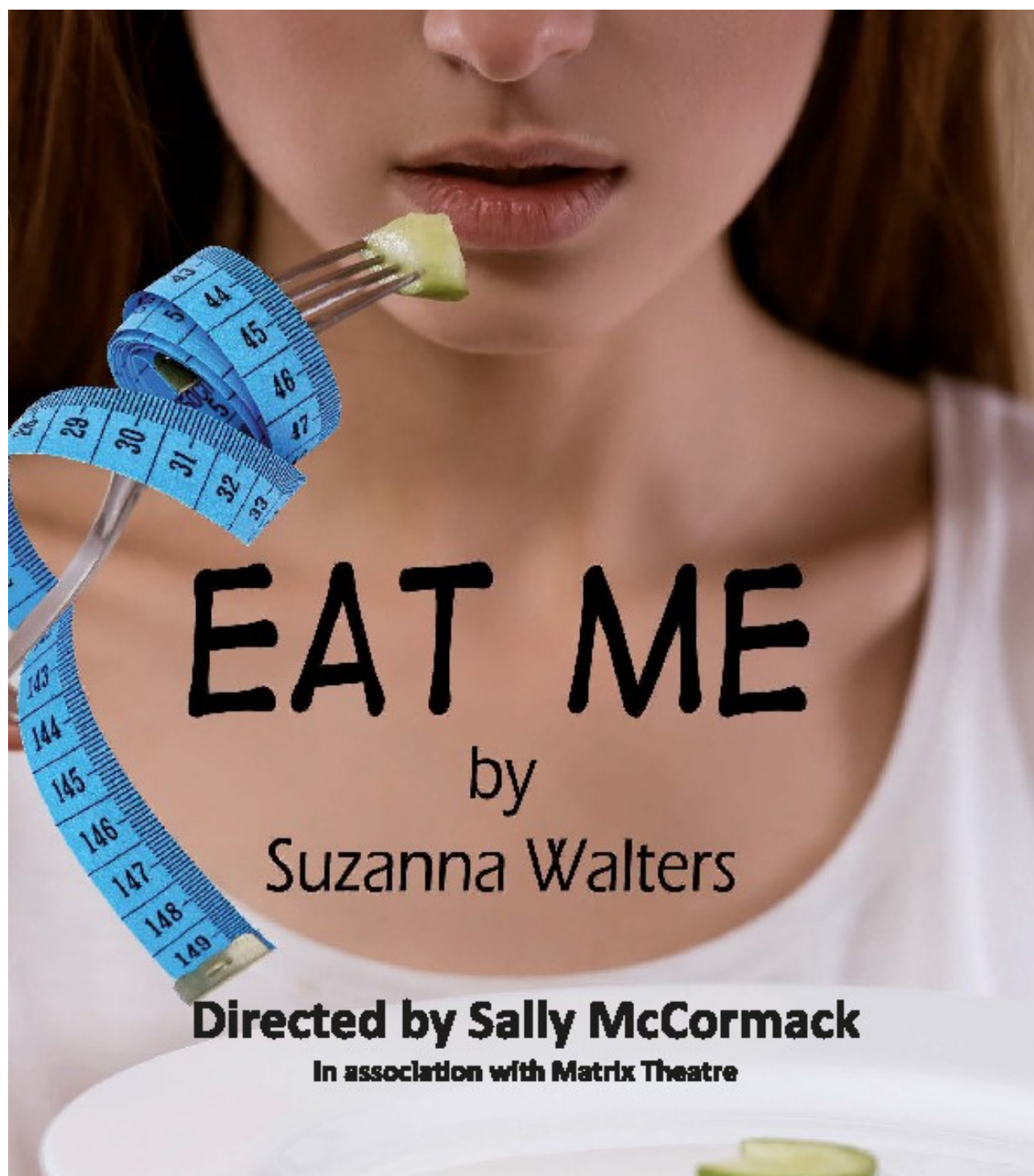
Recent studies suggest flowers do more than brighten up a dreary room. A 2008 study found that hospital patients with flowers in their room felt less anxious than those without them.

They were also found to be more positive about their hopes of recovery, and required less after-care following treatment.

So maybe bringing some of the outdoors indoors could be helpful for you too! :)



GETTING MENTAL HEALTHY (Cont.)



EAT ME

by

Suzanna Walters

Directed by Sally McCormack

In association with Matrix Theatre



Child and Adolescent Mental Health Services (CAMHS) is proud to host 'Eat Me' by Suzanna Walters, a play dealing with the subject of eating disorders. (See reverse for further details) www.eatmethisplay.co.uk

Wednesday 5th June Matinee - 2.30pm & Evening - 7.00pm

THIS IS A FREE PERFORMANCE

(Voluntary donations to the CAMHS charity fund will be collected at the performances)

The performance is suitable for ages 13+

Tickets available from

Medina Theatre Box Office

Fairies Road

Newport

Isle of Wight, PO30 2EW

T: 01983 823 884

GETTING MENTAL HEALTHY (Cont.)

Community CAMHS (Child and Adolescent Mental Health Services) is proud to host two free performances of 'EAT ME' a play based on a book by Suzanna Walters that deals with the challenging topic of Eating Disorders, in particular, anorexia.

EAT ME, directed by Birmingham-born actress, writer and director Sally McCormack, is a thought provoking, often chilling and dramatic exploration of the sensitive subject of eating disorders based on real-life experiences.

Produced by Surrey-based Matrix Theatre Company, this innovative piece is a compelling insight into the cruel and prevalent eating disorder. It is told through the eyes of three characters as audiences hear their voices and then watch them fight to regain control of their lives. As their stories weave between past and present, **EAT Me** will shed light on Anorexia's iron grip whilst bringing a message of hope for recovery.

'I hope you will get the chance to stage this elsewhere: it deserves a much wider audience'. Audience Member

Writer Suzanna Walters said " Everything that happens in the play to wither Libby, Kate or Jonathan happened to me or to someone I know. These stories are based on true-life events; they are real. I want to share these to help others gain an understanding of the way Anorexia can take control of a person's life."



ANTI BULLYING AWARENESS

Helplines

ChildLine: ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there. Call 0800 1111. They have a designated page for bullying issues that includes a new video about building up your confidence after bullying.

Direct Gov: Information for young people on cyberbullying, bullying on social networks, Internet and email bullying, bullying on mobile phones, bullying at school, what to do about bullying, and information and advice for people who are bullying others and want to stop.

EACH: EACH has a freephone Actionline for children experiencing homophobic bullying: 0808 1000 143. It's open Monday to Friday 10am-5.00pm.

CCAMHS Group Update

THERE ARE LOTS OF GROUPS THAT CAN RUN AT COMMUNITY CAMHS. THESE ARE CURRENTLY UNDER REVIEW

Timid to Tiger group:

This is a 10 week group for parents with children who have anxiety. We ran a very successful group last year and will be looking to arrange another in the future.



Self Esteem group:

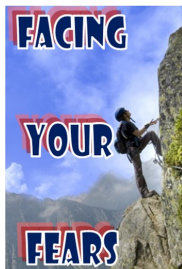
This 7-week group aims to help young people who are 13-16 year olds to help them understand what self esteem is, how it develops and how to improve it. We will be running this group in April and September this year

Skills for Life group:

The next Skills for Life group for is for 14-18 year olds and the aim is to help young people develop new skills to manage with the difficulties life throws at us. We will be planning another group in the future. Dates to be confirmed.



to



Facing Your Fears group:

This is a 6 week course for 13-17 year olds who are experiencing anxiety. The group is run over 6 weeks and helps young people build their confidence and learn skills manage anxiety.

Living Well Feeling Well:

Our new 5 week group for 15-17 year olds with anxiety and low mood. This group gives young people an opportunity to meet others with similar difficulties and to learn skills to cope with low mood and anxiety, with a focus on practicing skills together. We will keep you posted about this new group!



JARGON BUSTER

STRESS

Stress is not always bad; it helps us perform at our best, for example in exams, competitions, or interviews. Some people enjoy stress – we feel we're achieving and relaxing times feel even better.

Stress can be a problem when it becomes panic, or when it goes on too long without a break. So, we need to learn to switch off, to give brain and body breaks and prevent illness.

These tips work for de-stressing...

1. Learn to breathe properly and notice when you aren't. A one-minute breathing exercise can really help calm you.
2. Identify simple, positive things that make you feel better and do at least one every day for about half an hour. It could be a bath, a walk, a film, a magazine - whatever makes you happy.
3. Reward yourself, little and often. A five minute You-Tube break after each half hour of hard work,
4. Eat regularly and often. Your brain can't work at its best without fuel.
5. Exercise. Walk, swim, run or join a class or after school club.
6. Get outside; find a natural view. Our brains react well to big spaces and greenery. Connect with nature
7. "Readaxation". Getting immersed in an enjoyable book is a great way to relax. Fiction works well. Join your local library to see what great books you can loan for free.
8. Remember that almost all bad things change and difficult times pass.
9. Talk to someone before your worries get too much.
10. Whatever you're worried about, you are not alone. Finding people (perhaps via a good website)
11. Find a relaxation method that works for you – relaxation audios, meditation, yoga, whatever. You will need to practise as relaxation is not easy at first.
12. List the things in your life you could change and start to tackle one of them.
13. Have a laugh. Laughter is incredibly invigorating and de-stressing, releasing endorphins around, watch a comedy, play a game with friends or family.

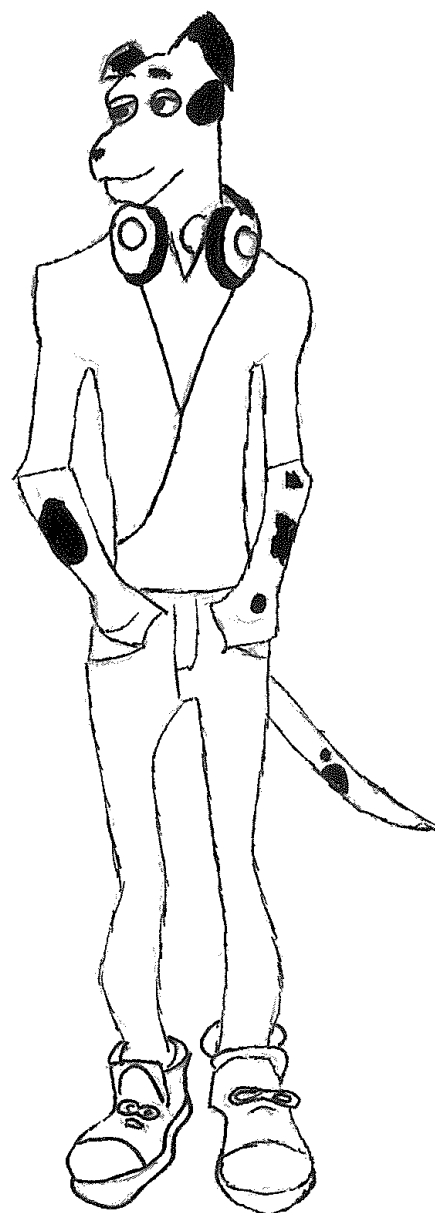


CORNER

YOUR



Illustrations
by Caz, aged 16



FOOD FOR THOUGHT...

Whole Grain Pancakes



You Will Need:

- 2 cups whole-wheat pancake mix
- 2 cups of fat-free milk
- ½ cup fresh blueberries, blackberries, or chopped strawberries
- ½ teaspoon of cinnamon
- ½ cup Egg Beaters
- Canola oil cooking spray
- 1 tablespoon of maple syrup

How To:

- Mix all the ingredients in a large bowl until smooth. Leave the batter to sit for a few minutes.
- Heat a non-stick skillet and coat it with cooking spray.
- Pour a dollop of batter and swirl to make a 4-inch diameter.
- Cook for a few minutes on both sides. The pancake must have turned a bit hard by now.
- Top it with syrup and serve.

A DAY IN THE LIFE OFKIRSTY MATTHEWS

What is your job title?

A: Assistant Psychologist

Q: Describe a typical day doing your job

A: I help with assessments, including completing school observations and psychometric assessments. I also provide individual therapy sessions to young people, and help to facilitate therapy groups. I collate and maintain resources available, and help with audits and service development projects, as well.



Q: Name one of the best things about doing your job

A: The variety! I see so many different people, and do so many different things.

TOP TIP FOR LOOKING AFTER HER MENTAL HEALTH

Having hobbies outside of work- I enjoy reading, and I write too. I also try to practise mindfulness regularly!

BRAIN GYM

MAKE A WORRY BOX

- ♦ Choose a container (Tissue, shoe or cereal box, jar or container)
- ♦ Personalise it by decorating it
- ♦ Keep it in a safe and accessible place
- ♦ Write down your worries and put them in your worry box
- Share your worries with your parents and/or a teacher

A	U	F	O	P	W	F	P	E
L	S	L	E	E	P	R	T	A
Y	A	Z	I	R	O	I	Q	T
C	L	U	Y	S	R	E	M	W
H	N	V	G	A	T	N	U	E
G	P	A	L	H	O	D	P	L
E	X	E	R	C	I	S	E	L

Can you find these ways to look after your mental health in our word search?

1. SLEEP
2. EAT WELL
3. EXERCISE
4. FRIENDS
5. LAUGH

CCAMHS Quiz 2019!

£2 Per Person!
Teams of 6!
Children Welcome!

Hare & Hounds
Newport
PO30 2NU—Food
served all day!

Join us at the Hare & Hounds pub for a summertime quiz to raise money for the Island's Children's Mental Health Service (CCAMHS). All money raised will go towards doing that 'something a bit different' for our young people and families. Bums on seats at 18:30 for a 19:00 start. If you would like a seat and table, please book in advance or you can 'risk it for a biscuit' and turn up on the night!


Hare&Hounds-01983 523 446

CCAMHS-01983 523 602

In Aid Of.....



Saturday 1st
June 2019



**NEXT TIME...
GET READY
FOR SUMMER!**



AND THAT'S A WRAP!!

Please feel free to contact the service if you have any ideas, pictures or stories for us to include in our next newsletter.

We hope you have enjoyed reading our newsletter!