



Healthy Heads Team Newsletter

Who Are We?

Healthy Heads are a Mental Health Support Team based in schools across Sunderland.

We offer early intervention to help children, young people and their families who have mild to moderate mental health difficulties.

UPDATES

We would like to welcome to the team a couple of new members of staff: Bethany Honour and Lottie Ward.

Bethany is our new Senior EMHP and Lottie is our new EMHP. We look forward to welcoming them into schools.

We would also like to welcome all of our new schools who have recently joined Healthy Heads. We are excited to become part of your school offer.

Moving on and moving up!



Healthy Heads have been out in schools this term, supporting pupils as they prepare for changes ahead.

Whether you're moving to a new year group, starting secondary school, or leaving for new adventures, this is a big step.

It's okay to feel nervous, excited, sad or even all of those emotions at once. Be proud of how far you've come, and remember every end is the start of something new.

The Healthy Heads team wishes you the very best of luck. You've got this!

Scan the QR code below to access further transition support resources.



Whether it is early years, Year 6 onwards, or preparing for Adulthood, you can find them all here:



DATES FOR YOUR DIARY

17th July: World Emoji day



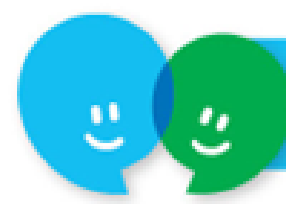
30th July: International day of friendship

18th August: Never give up day

1st September: Getting to know you week



Out and about!



This term, our team has been busy connecting with the community! We were proud to support the local pride event, celebrating inclusion and diversity, and had a great time at the official open day of the Thorney Close Family Hub, meeting families and even the mayor!

The hub offers a variety of services and well-being advice, including support for young mothers and fathers, breastfeeding and weaning guidance, and connecting families with peer support.



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HELP US IMPROVE!

TELL US WHAT YOU THINK



SCAN THE QR CODE TO COMPLETE THE SURVEY

Service Feedback

I liked that the children were able to talk about their own feelings and share their own techniques and methods for controlling emotions. The children felt safe and comfortable with Holly to share personal details.

I wouldn't change anything, I love these sessions, I wish there was more.

Thank you Lucy. I LOVED IT!!!!!!

Jess. I liked working with her because she made me smile

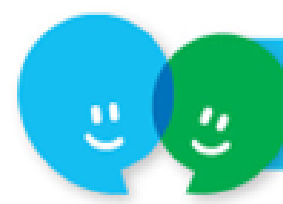
Thank you, I love everything because it's helped me with everything thank you.

I liked the activities, the learning and where he (Paul) tried to make us laugh. There was nothing I disliked. There is nothing I would change

Thank you!



Tips for handling big summer feelings



Feeling Lonely?

You're not alone - even when it feels that way

- Reach out: Call or message a friend or family member
- Be your own buddy: Do something you enjoy by yourself - like drawing reading
- Help someone else: Write a kind note, do a job. Helping feels good and connects you to others

Feeling Bored?

Boredom is your brain asking for something new

- Summer activity jar: Write fun activity ideas on slips of paper and pick on when you are bored
- Switch your scene: Go outside, change rooms, rearrange your space. A change of view can change your mood
- Try a 'boredom burst': Set a timer for 10 minutes and do something totally silly - like jumping like a frog or making face in the mirror

it's okay to feel



your feelings

Feeling Anxious?

Worry waves come and go and you can learn to surf them

- Breathe like its summer: Inhale like you're smelling sunscreen, exhale like you're blowing bubbles
- Make a worry box: Write your worries down and put them in the box. You can imagine the box floating away on the waves.
- Listen to calming music or nature sounds like ocean waves.



TENSE



TENSE
LIKE A
CRAB



RELAX
LIKE A
JELLYFISH

BREATHING TECHNIQUE

INHALE
like you're
smelling a
watermelon

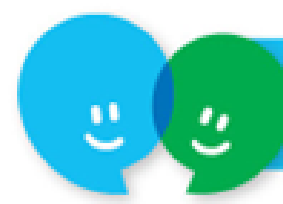


EXHALE
like you're
blowing a
pinwheel





Further Support



Sunderlands Guide TO TRANSITIONS



NURSERY TO RECEPTION



YEAR 6 TO YEAR 7



POST 16 OPTIONS



Whether it is early years, Year 6 onwards, or preparing for Adulthood, you can find them all here:



Find out what's on over the Summer holidays at your local

FAMILY HUB

www.mybestlife.org.uk/Sunderland-Family-Hubs



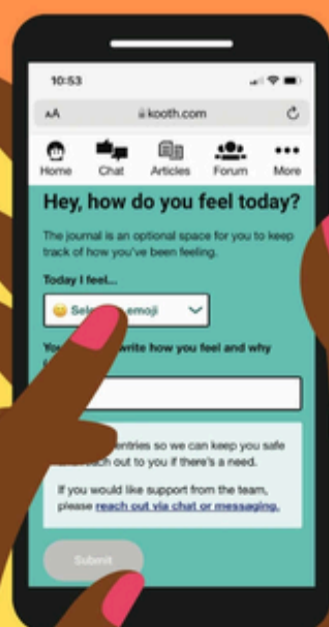
HAF

Holiday Activities & Food

www.togetherforchildren.org.uk/HAF

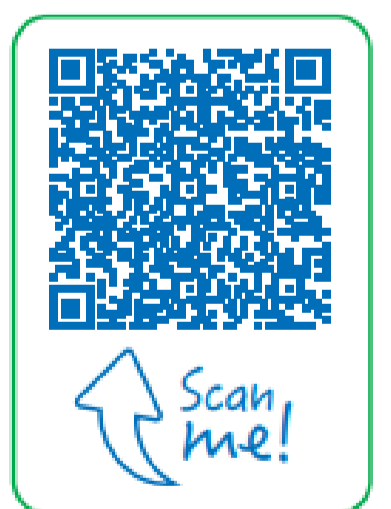
10YEARS + **kooth**

Free, safe and anonymous mental health support whenever you need it.



- Chat with our team of friendly practitioners
- Helpful articles
- Self-help tools and activities
- Support from the Kooth community

Visit our... new website



NHS Sunderland Mental Health Support Service



www.stsftmentalhealth.nhs.uk

Visit kooth.com to find out more

