



South Worcestershire's WEST

newsletter

Welcome to WEST

We have loads of practical tips and advice on our website, as well as further information about what we do. Check out our website for more information using the QR code:



Important Dates for the diary:

2nd-8th April	Autism Acceptance Week
13th-19th May	Mental Health Awareness Week

Keep Reading for:

- What support WEST can offer to parents, other support services and useful information and links - pg 2
- Healthy Eating, Eatwell Guide and make your own healthy fruit skewer - pg 3
- Autism Acceptance Week & Signposting links - pg 4

WEST Parent Workshops: get in touch with your child's school if you would like more information.



1	Building resilience in your child.	What is resilience and what contributes to it. Strategies/ideas parents and carers can use to support building resilience of their child.
2	General mental health awareness for parents.	Information about anxiety and low mood. Signs and symptoms. What to do if concerned.

Place2Be: Parenting Smart offers practical advice for parents and carers of children aged 4-11. All of their content is created by Place2Be's parenting experts

<https://parentingsmart.place2be.org.uk>
Here are a just a few examples of the resources they have on line!



Parenting Smart

Parenting advice from our child mental health experts

Practical tips to support children's wellbeing and behaviour

My child has trouble going to sleep

2 min video
8 min read

Read now

My child doesn't want to go to school

7 min read

Read now

More useful information and links...

Anna Freud Mentally Healthy Schools website.
An online website with a breadth of resources regarding mental health and wellbeing!

Herefordshire & Worcestershire Urgent Help:
0808 196 9127 (free phone 24/7, 365 days a year)

Young Minds Parent Helpline:
Call 0808 802 5544 Monday-Friday 9:30am-4:00pm
or visit their website.

Kooth
Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people.

Young minds
85258 (crisis messenger service, text YM)
Parents Helpline and Mental Health Help for Your Child
The YoungMinds Parents Helpline, Webchat and Email provide support and help for parents and carers worried about their child's mental health and wellbeing.

Starting Well Partnership
Runs free online and face to face courses to support children and families. See website.

Reach4Wellbeing
Delivers group and 1:1 session for families and young people to provide skills and strategies to support emotional regulation.



Healthy Eating:

How much should we be drinking a day?



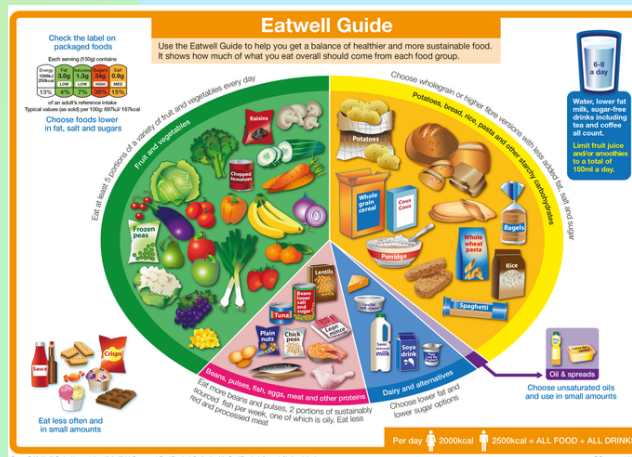
6 - 8 cups a day!

What is healthy eating?

- Healthy eating involves having a balanced diet with a variety of foods and nutrients to have good health and wellbeing.

What is the Eatwell Guide?

- The Eatwell Guide shows us visually how much of the food we eat should be coming from each of the food groups to maintain a healthy, balanced diet.
- You can have a look at the Eatwell Guide just below!



Better Health healthier families

Check out Better Health - Healthier Families to see how you can make small, practical changes in daily life to eat well and move more!

the body coach

You could have a go at a family workout with Joe Wicks!

HOW TO MAKE: RAINBOW FRUIT SKEWERS

Ingredients-

- 7 raspberries
- 7 hulled strawberries
- 7 tangerine segments
- 7 cubes peeled mango
- 7 peeled pineapple chunks
- 7 peeled kiwi fruit chunks
- 7 green grapes
- 7 red grapes
- 14 blueberries

Method

- STEP 1
- Take 7 wooden skewers and thread the following fruit onto each - 1 raspberry, 1 hulled strawberry, 1 tangerine segment, 1 cube of peeled mango, 1 chunk of peeled pineapple, 1 chunk of peeled kiwi, 1 green and 1 red grape, and finish off with 2 blueberries. Arrange in a rainbow shape and let everyone help themselves.



Baking can be a great self-care activity!

AUTISM ACCEPTANCE WEEK

TUESDAY 2ND - MONDAY 8TH APRIL



To get involved with fundraising this Autism Acceptance Week, follow the link below:

<https://waaw.autism.org.uk/sign-up>

There are around 700,000 autistic children and adults in the UK.

More than 1 in 100 people are on the autism spectrum.

Slow Breathing

Find a quiet, comfortable place
Sit down and close my eyes
Slowly breathe **in** through my **nose** - 1...2...3...4...5...
Slowly breathe **out** through my **mouth** - 1...2...3...4...5...
I can repeat this **5** times or more



Sometimes stress and anxiety can get too overwhelming

Sensory Grounding

5 things I can see



4 things I can touch



3 things I can hear



2 things I can smell



1 thing I can taste



When this happens, we can use grounding / distraction tools to help calm us down

These work by bringing our attention away from the unpleasant physical symptoms of anxiety and unhelpful thoughts - instead, focusing on something else

Shape Grounding

When I feel anxious I can practice my shape grounding



Find a clear place



5 Star Jumps



4 Box Punches



3 Triangle Squats



2 Crescent Curls



1 Circle Spin



Lemons

Imagine you are holding a lemon in each hand. Squeeze the lemons as hard as you can, until all the juice has gone!

Then, relax! Drop the lemons to the floor, how does this feel?



Categories Game

Pick a category

Name one thing that is in that category for every letter of the alphabet.



Useful Signposting Links for ASC:

- [National Autistic Society \(autism.org.uk\)](https://www.autism.org.uk)
- [Social Stories For School | Free Library - Autism Little Learners](https://www.socialstoriesfor.school/)
- [Herefordshire and Worcestershire Community Hub | Autism West Midlands](https://autismwestmidlands.org.uk/what-we-do/community-support-services/herefandworce/)
- <https://autismwestmidlands.org.uk/what-we-do/community-support-services/herefandworce/>
- [Anxiety and autism in the classroom](https://www.autism.org.uk/advice-and-guidance/professional-practice/anxiety-classroom)
- <https://www.autism.org.uk/advice-and-guidance/professional-practice/anxiety-classroom>
- [Support and social groups for autistic girls in Worcestershire \(aurumsupport.co.uk\)](https://www.aurumsupport.co.uk)