

MENTALLY HEALTHY MOUSEHOLE

Positive News : Mental Health Awareness: Our Community

Mental Health Support Team

Wild Wellbeing

The Cornwall Mental Health Support Team are run by the NHS and work with schools across Cornwall. At Mousehole we have Sarah Sejahtera who comes in every Thursday after to work with one-to-ones and small groups as well as helping us train our Mental Health Ambassadors and to teach the whole school CBT techniques called Decider Skills. This summer, whilst schools are closed, the MHST are running outdoor wellbeing sessions for parents and children aged 5 - 12 so please do take advantage of this lovely offer. The summer is a long time and so pre-organised activities can be a godsend for parents and children alike!



Supporting Children’s Mental Health Over the Summer

As we approach the summer holidays, we look forward to a well-earned break filled with rest, fun and time together as families. Summer is a wonderful opportunity for children to relax, recharge and explore new interests. However, it’s also important to remember that such a big change in routine can sometimes feel unsettling for children.

For many pupils, school provides structure, friendships and familiarity. When this suddenly changes, children may experience a mix of emotions –from excitement to worry, boredom or even frustration. This is completely normal, and there are simple ways we can support children’s wellbeing during the holidays.

Simple Ways to Support Your Child’s Wellbeing

- Keep a gentle routine. A full school structure isn’t needed but but having some structure helps children feel safe and calm. Regular sleep times, meals and daily plans can support better mood and behaviour.




Mental Health Support Team Wild Wellbeing

This summer please join MHST and other partners for a FREE Wild Wellbeing session at various locations across Cornwall.

This is for parents and children aged 5-12 in Cornwall to help understand and support emotional and mental wellbeing. Please book EACH child on to a session. The sessions will last approx. 2 hours and sign up will close one week before the event, or when sessions are full.

Locations and dates
All sessions begin at 10am

- Tuesday 28 July - Trengwainton Gardens
- Tuesday 28 July - Golitha Falls
- Thursday 30 July - The Core, St Ives Orchard
- Monday 3 August - Tehidy Woods
- Tuesday 4 August - Penrose Estate
- Wednesday 5 August - Lanhydrock
- Wednesday 12 August - Kennack Sands
- Thursday 13 August - The Grove, Morrab Gardens
- Tuesday 18 August - Lanhydrock
- Wednesday 19 August - The Grove, Morrab Gardens
- Monday 24 August - Tehidy Woods
- Tuesday 25 August - Trengwainton Gardens
- Tuesday 25 August - Dipping Pond

To book a place please complete the online form or scan the QR code to sign up

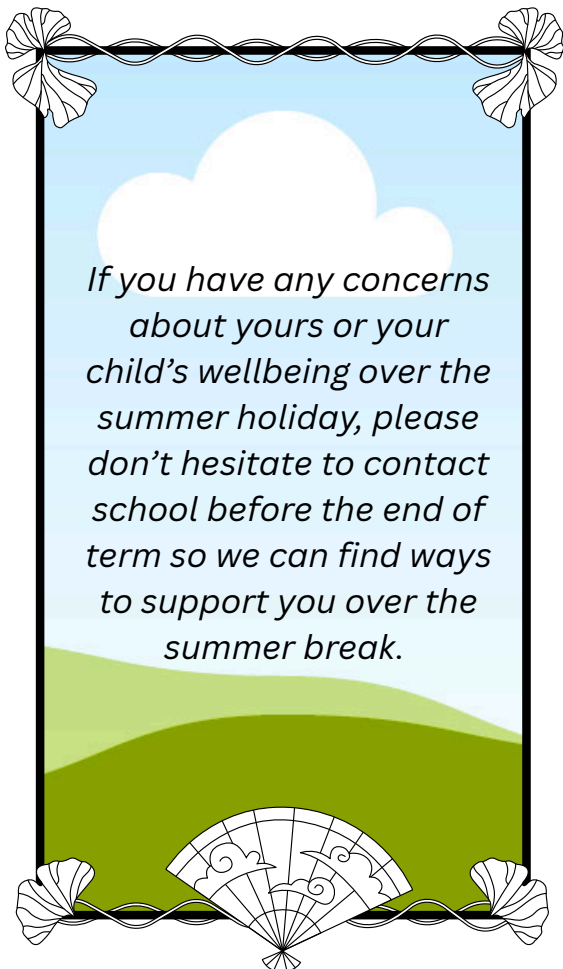
<https://forms.office.com/e/XSQpOXRw5a>

Follow us on Facebook for updates and upcoming events:
Cornwall Mental Health Support Team (MHST)



Headstart Kernow - Resources for Parents

The Headstart Kernow website is a good starting point for any parents looking for a bit of advice or support. On their parents and carers page you can find links to a Chathealth for health concerns, Kernow Education Advice Line, online wellbeing courses, information about family hubs and much more - <https://www.headstartkernow.org.uk/parents--carers/>



- **Enjoy the outdoors in Cornwall.** We are lucky to live in such a beautiful part of the country, with so many opportunities to get outside. Spending time outdoors can reduce stress and anxiety, boost mood and confidence and improve sleep and focus. Simple local ideas include a walk along the prom, rock pooling and playing on the beach (especially at low tide in Newlyn) or a picnic in the park. The best thing about these activities is that they are all free!
- **Stay connected.** Friendships are very important for children's wellbeing. Over the holidays, try to arrange playdates or meet friends at the park or beach. Planning childcare swaps with another parents from your class can be hugely beneficial for everyone - parents each get a break and the children have someone to play with. It can be surprisingly easier to look after another child on a non-school day as the children play together and are far less likely to complain about being bored! Join local summer activities or holiday clubs. Strong relationships help children feel supported and less lonely.
- **Encourage creativity and simple activities**
The holidays are a great chance for children to enjoy slower, mindful activities, such as drawing or colouring, reading (e.g. joining the Summer Reading Challenge at local libraries), building, crafting or baking. Creating a family "summer bucket list". These activities can help children relax and reduce stress. Children might think they want to just play on a screen but they will be much happier without them!

