

MENTALLY HEALTHY MOUSEHOLE

Positive News | Mental Health Awareness | Our Community

Who Let the Dads Out? Pz soft play!

Do you know that Sealife Soft play at St John's church run a special father's session on a Saturday morning? This is great for dads who feel a bit daunted going alone or who are looking to connect with fathers with children the same age and also lovely for children to have some dedicated daddy time every week. Please contact Molly for more details molly.blewett@penleecluster.org.uk

Mental Health drop-in session 20/1/25

Drop-in advice session at Penzance Family Hub (St John's Hall) on Monday 20th Jan 9.30-11.30am to speak to CAMHS, Primary Mental Health practitioners and family workers from Early Help and SEND System Navigator. No need to book, all welcome. Please see the poster below for further details.



Children's Mental Health week - 3rd to 9th Feb 2025

This year the theme for Children's Mental Health week is **Know Yourself, Grow Yourself**, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them. The idea is that people who feel that they know how they are are more confident in themselves and feel happy expressing their personality. Teaching children that it is ok to be themselves and that everyone is different can encourage children to reach their full potential and feel more secure in themselves. Questions to ask your children are "What makes you happy?" "What are you good at?" "What makes you laugh?" "What makes you nervous?" Often even as adults, these questions can be tricky so it is great to start thinking



What is the Early Help Hub?

The Early Help Hub is run by Cornwall Council and can be the first point of call for anyone looking for help for their family. Services provided are: early years service, health visiting, school nurse and targeted youth support. Please see their web page for further details if this sounds like it could be useful - <https://www.cornwall.gov.uk/health-and-social-care/childrens-services/early-help/>



about our identity in this way from a young age. The more we can talk about who we are, the better we can discuss what we need and feel empathy towards those who might be different from ourselves.

Spring 2025 Mental Health Ambassadors

There was so much interest in becoming the school Mental Health Ambassadors that we decided to rotate every term for the first year so that more children get a chance to take part (and to build their confidence by speaking in assembly every week!). After an excellent start last term for those children who took on this completely new role, this term's ambassadors will be Alfie, Suki, Mason, Kerra, Meadow and Margot. We look forward to hearing more positive news in our Celebration Assemblies!

Are you worried about your child's mental health?

It can be difficult to know how best to support your child and what support is available for them.

Drop into Penzance Family Hub (in St John's Hall) on Monday 20th January 9:30-11:30.

CAMHS and Primary Mental Health practitioners will be available to answer your questions and advise you on the best course of action for your child.

Family workers from Early Help and SEND System Navigator will also be available to offer advice and signposting.

No need to book – please drop in on 20th January.

