



Changing Lives Newsletter

Oct 2021

About Our Service

Changing Lives consists of six mental health support teams within the Derby City and Derbyshire area.

We work with children up to eighteen years old (twenty five years if looked after or have additional needs) with mild to moderate mental health difficulties.

Our goal is to make sure children and young people get the right support at a time and place that works for them.

The Importance of Self-Care

Sometimes we need extra support to keep ourselves mentally and physically healthy.

Self-care is the conscious act to promote your own physical, emotional and mental health. It means taking care of yourself by promoting the things that you enjoy and make you feel good, and replacing toxic habits.



Self-care and mental health are connected, we need to take care of one in order to take care of the other. By neglecting our self-care, our mental health can suffer which can lead to stress and burnout.

"You can't pour from an empty cup. Take care of yourself first."



Action for Children: Our Values

*AMBITIOUS

*PASSIONATE

*COLLABORATIVE

*INCLUSIVE



Upcoming Workshops

Autumn term workshop for parents:

Healthy Relationships

For further information, please contact:

**afcsmdmdd.adminchanging
lives@nhs.net**

SELF-CARE - STAYING HEALTHY



For further information on self-care check out these websites:

www.annafreud.org

www.mind.org.uk

www.youngminds.org.uk

HOW TO STRETCH LIKE A CAT

Have fun with the kids...

- Scrunch up the muscles of your face and then begin to actively **yawn** as you side bend your body left and right.
- When stretching the upper body to the right, stretch actively through the left hip, leg, foot and toes.
- Repeat on the other side. Continue to yawn as you stretch bone to skin!



SHINING THE SPOTLIGHT ON OUR SCHOOLS



The Wellbeing Bus at Ladywood Primary School, Kirk Hallam

“Many of our children and families have been increasingly affected socially, emotionally, mentally and developmentally from the Covid crisis.”

There has never been a bigger need than right now for our children and young people to be free and access an environment in which they can be calm, socialise, role play and be free. The ‘Free to be’ bus aims to give to the children and families of Ladywood school such opportunities.”.



Wellness Day at Holly House, Chesterfield



The active changes implemented already have been :

- Staff wellness day
- Staff tennis sessions booked Staff wellbeing policy updated
- Staff wellbeing questionnaires & action plan devised
- Whole school approach mapping tool created
- Senior Designated Mental Health Lead appointed (SDMHL)“

“Your team has certainly inspired us at Holly House. Many thanks for all your support.”

