

The Mental Health Support Team Newsletter

November 2021

Welcome to our monthly newsletter!

The aim of this newsletter is to provide a range of resources for students, parents and careers to support wellbeing during these uncertain times. A lot of the activities and ideas we suggest are based around the [5 Ways to Wellbeing](#).

The Mental Health Support Team is an early intervention service, providing 1:1 and group support to children and young people across Oxford. Referrals can be made by teachers, professionals, parents/carers and young people themselves by using the following link:

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



response

One of our partners, Response, is looking at re-branding. If you would be interested in giving your comments, please visit this link: <https://www.surveymonkey.co.uk/r/BKV7MQG>

Winter is coming!

For some, winter is an exciting time full of fluffy blankets and brisk walks in the cold, but for many it can be incredibly difficult. As temperatures drop and the days shorten, we might feel the need to sleep more, notice a change in appetite and struggle to do the things we usually do (e.g. go to the gym or socialise with friends). So, it's really important to think about some simple things we can do to look after our mental health and wellbeing.

Self-Care Checklist

Task	M	T	W	T	F	S	S
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Events this Month

Click on each image for more information



1st–5th November:
International Stress
Awareness Week



13th November:
World Kindness Day



13th – 19th November:
Transgender Awareness
Week



15th – 19th November:
Anti-bullying Week



15th – 21st November:
Alcohol Awareness
Week



18th November –
20th December:
UK Disability History
Month



20th November:
International Survivors
of Suicide Loss Day

SELF-SOOTHING

A way to remember these skills is to think of soothing you **FIVE SENSES**

Vision



Look at the stars at night. Look at pictures you like in a book. Buy one beautiful flower. Make one space in your room pleasing to look at. Light a candle and watch the flame. Set a pretty place at the table using your best things. People watch. Window shop. Go to a museum or poster shop with beautiful art. Sit in the lobby of a beautiful hotel. Look at nature around you. Walk in a pretty part of town. Watch a sunrise or sunset. Go to a dance performance, or watch it on TV. Take a walk in a park. Be mindful of each sight that passes in front of you.

Hearing



Listen to soothing music, or invigorating music. Pay attention to sounds of nature (waves, birds, rainfall, or leaves rustling). Pay attention to the sounds of the city (traffic, car horns, or city music). Sing your favourite songs. Hum a soothing tune. Whistle a melody. Learn to play an instrument. Burn a CD with music that soothes you. Be mindful of any sounds that come your way, letting them go in one ear and out the other. Turn on the radio.

Smell



Use your favourite soap, shampoo, after-shave, perfume, or lotions. Go to a shop and try different smells. Burn incense or light a scented candle. Open a pack of coffee and inhale the aroma. Put lemon oil on your furniture. Put lavender oil on your pillow. Put potpourri or eucalyptus oil in a bowl in your room. Use some tiger balm on your wrists. Sit in a new car and breathe in the smell. Boil cinnamon. Make biscuits, bread, or popcorn. Smell roses.

Taste



Eat some of your favourite foods. Drink your favourite soothing drink such as herbal tea or hot chocolate, a latte or a smoothie. Treat yourself to a desert. Eat a favourite childhood food. Sample flavours in an ice-cream store. Suck on some sweets. Chew some chewing gum. Spend a little bit extra on something you like that is a treat. Really taste the food you eat. Eat one thing mindfully.

Touch



Take a long, hot bath or shower. Stroke a pet. Have a massage or soak your feet. Put moisturiser on your body. Put a cold compress on your forehead. Sink into a comfortable chair in your home. Put on clothes that feel nice against your skin. Take a drive in a car with the windows rolled down. Run your hand along smooth wood or leather. Hug someone. Put clean sheets on the bed. Stroke a cuddly toy or comforting object. Notice touch that is soothing.

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Unloc are an organisation developing youth engagement in local NHS health matters. They are looking for young people to be part of a youth parliament.

Applications can be found here:

<https://forms.monday.com/forms/0abf94602aa10c0a8a5ab2424c1c8138?r=use1>

NHS
Oxford Health
NHS Foundation Trust

YOUTH BOARD

- AGED 12-21?
- LIVING OR STUDYING IN OXFORDSHIRE?
- WANT TO IMPROVE HEALTH & WELLBEING SERVICES FOR YOUNG PEOPLE LOCALLY?

APPLICATIONS FOR THE YOUTH BOARD ARE OPEN NOW UNTIL 20TH NOVEMBER 2021.
TO JOIN CLICK 'APPLY HERE NOW'

APPLY HERE NOW

OXFORD HEALTH NHS FOUNDATION TRUST
IN PARTNERSHIP WITH UNLOC

WHAT IS THE YOUTH BOARD?

A way for young people (aged 12-21) in Oxfordshire to share their thoughts and experiences on key issues with Oxford Health NHS Foundation Trust.

- Share your ideas & help design Mental Health & Wellbeing events that will be shared with local schools, colleges & youth groups over 2021-22.
- Have your say on various topics & work together with your local NHS Trust to make change happen.
- Identify what can be done to better support young people's health & wellbeing locally.

WHAT DO I GET OUT OF BEING A MEMBER OF THE YOUTH BOARD?

- Meet other committed Young People from across Oxfordshire.
- Opportunities to influence decision making within Oxford Health & see actions as the outcome of your feedback, ideas and opinions.
- See how Oxford Health NHS Foundation Trust operates and potential career paths with Oxford Health.
- Show your commitment and skills on your CV or UCAS.

MEETING DATES

VIA ZOOM, WEDNESDAYS 4-6PM

MEETING 1: 15TH DECEMBER
MEETING 2: 19TH JANUARY
MEETING 3: 16TH FEBRUARY
MEETING 4: 30TH MARCH
MEETING 5: 4TH MAY
MEETING 6: 15TH JUNE

SUMMER CELEBRATION - JULY TBC

GOT ANY QUESTIONS? PLEASE CONTACT YOUTH BOARD COORDINATOR LARISSA VIA EMAIL AT LARISSA@UNLOC.ORG.UK

Links to Outside Support Services

Childline: Under 19s can call **0800 1111** for free, confidential support

Young Minds: Young people can text 'YM' to **85258** for 24/7 crisis text support

SHOUT: Parents and carers can text 'shout' to **85258** for 24/7 crisis text support

Emerging Minds: Provides resources on how best to support children and young people with their worries and anxiety.

Anna Freud: Mental health related resources and self-care ideas for children

CAMHS Oxfordshire: For information about Oxfordshire services and referrals

In a crisis, call

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response

NHS
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