

Parent and carer wellbeing newsletter

Dear parents and carers,

[Youth mental health day](#) takes place on 22 September and this year's theme is connect meaningfully. As we know, there are many different activities that support mental health, including movement, which doesn't just have to be in a PE lesson at school! Below you will find a range of resources, links and ideas for you to explore with your family to find meaningful ways to connect with each other and to support everyone's mental health and wellbeing!

Looking after your wellbeing!

5 WAYS TO WELLBEING



- [The NHS 5 steps to wellbeing](#) has advice you can take to improve your wellbeing and help you feel more positive
- Look at the [emotional wellbeing page at Islington Council](#) for information and signposting on topics: looking after yourself, managing your children's worries and anxieties and coping with illness and bereavement

[The Parent House](#) is a friendly and welcoming space which has lots of fun events for parents and carers to join:

- SEND Friends Coffee morning Tuesdays, 10am -11am
- Mindfulness drop-in sessions, (meditation, reflexology and aromatherapy) Wednesdays 1pm - 2.30pm
- Parent Ambassador course, for 9 weeks starting Thursday 29th September from 9.30am -12.30pm (sign -up now!)
- Drop-in Walking Project, every Friday 10am - 11.30am
- For more information call 0207 837 1383 or visit the [website](#)



Supporting your child's wellbeing!



- [NHS](#) Connect with your child through the [NHS every mind matters campaign](#). It promotes **mental health and self-care** tips for young people, with videos on **exercise, sleep** and social media. There is also signposting to further support

Now, more than ever

- [Kooth](#) is a **free** online counselling and emotional wellbeing support service to **support young people** in Islington aged 11-19. Counselling is provided by a professional team of qualified counsellors and emotional wellbeing practitioners. Watch their latest video '[Don't do it alone](#)'
- [Tellmi app](#) provides a safe and secure forum for teenagers, where they can anonymously connect with advice from experts or other teenagers going through similar experiences in areas such as mental health, relationships and friendships

Dehydration and mood: how to keep calm and hydrate on!

Drinking enough water not only has physical health benefits, it can also reduce depression and anxiety. Studies have shown the link between dehydration and a higher risk of anxiety. Drinking more water can help us to feel happier and calmer. The amount of water we drink can also influence depression, confusion and fatigue.

In general, adults and teenagers need to drink about 1.5 litres of water per day (6-8 glasses), while primary aged children need to drink just over a litre (4 – 6 glasses). Unless we are on certain medication or have eaten strong coloured food, we can tell from the colour of our urine if we are hydrated.



Overall, while diet and water consumption may affect our mood and mental wellbeing, it is important to remember that many other aspects of life will contribute to mood and mental health.

Get moving as a family!

The benefits of physical activity

Physical activity is good for both our physical and mental health. It helps improve sleep and energy levels, reduces stress, builds resilience and improves self-confidence and happiness. Doing some physical activity before studying can improve focus and academic achievement and physical activity during challenging times, such as during exams, will have a positive impact on reducing stress levels.

Short physical activity challenge

Even a short burst of activity will help! Try our mini physical activity challenge and see how you feel afterwards -it could be anything that raises the heart rate and gets the body moving!

- Go for a brisk 10 minute walk
- Do star jumps for a minute
- Skip for 5 minutes
- Dance to whatever song moves you
- Do kick ups with a football - see how many you can do in 1 minute

How did you feel afterwards? Energised, focused, confident, happy, positive, relaxed, in control, motivated, calm, clear, strong, capable, ready to tackle anything the day throws at you!

Why not explore [local history walks and cycling routes](#), try different [sport activities](#), explore [adventure playgrounds](#) or find out how [mums and daughters can be active together](#).

Helplines

- [Free parents helpline, webchat and email service](#) for advice, emotional support and signposting about a child or young person up to age 25. Call FREE on **0808 802 5544** from **9.30am – 4pm, Mon – Fri**
- [Barnardo's COVID helpline](#) supports **Black, Asian and Minority Ethnic** young people and families to talk about worries and problems. They provide emotional support, advice and signposting to further help. Call: **0800 1512 605** (open 1pm – 8pm Mon to Fri)