HEALTHY HEADS NEWSLETTER

South Tyneside and Sunderland NHS Foundation Trust

Winter/Spring 2025

Who Are We?

Healthy Heads are a Mental Health Support Team based in schools across Sunderland.
We offer early intervention to help children, young people and their families who have mild to moderate mental health difficulties.

HEALTHY HEADS UPDATE

Happy New Year!

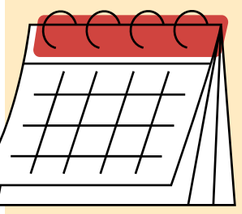
We hope everyone had a restful and enjoyable break over the holidays.
As we begin this new year, we're pleased to welcome several new schools to our service. We look forward to working closely with you to promote positive mental health and well-being in your schools.

To our current schools, thank you for your continued collaboration. Here's to a successful and supportive year ahead!

This February, Children's Mental Health Week encourages us to explore the theme **"Know Yourself, Grow Yourself"**.
It's all about helping children understand their emotions, strengths and challenges to nurture self-confidence and resilience.

Take this opportunity to spend some time with your child talking about what their strengths are, a challenge they have overcome, and how knowing themselves can help them feel happy and more confident.

Let's support them to grow and shine!



DATES FOR YOUR DIARY

Brew Monday - 28th Jan

Parent Mental Health day - 30th Jan

Time to Talk Day - 6th Feb

Children's Mental Health Week - 3rd Feb

Random Acts of Kindness Day - 17th Feb

5 Ways to Wellbeing:

Spring into a fresh start!

Connect 🤝

Celebrate Pancake Day with family and friends. It's a perfect opportunity to share laughs and enjoy the fun of making and flipping pancakes together!

Keep Learning 🧠

Try something new! Whether it's reading a book, picking up a new hobby or learning a fun fact everyday. There's always room to grow.

Take Notice 👀

Pause and appreciate the first signs of spring- see if you can spot snowdrops, daffodils, or the brighter mornings.

Be Active 🏃

Blow away the winter cobwebs- get outside for a brisk walk or try a new activity like couch-to-5k!

Give ⏳

Spread kindness- write a positive note for someone, donate old winter clothes or volunteer in your community.

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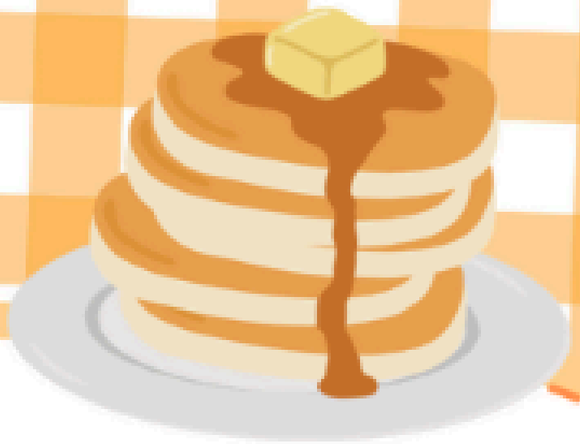


Pancake Breathing

Imagine yourself in a cosy kitchen, surrounded by the warmth of the stove and the scent of pancakes sizzling in the pan.

As you breathe in, imagine filling your lungs with the comforting smell of pancakes, and as you breathe out, release any tension or worries, letting go of stress with each breath out.

Syrup Breathing

Imagine drizzling warm syrup over a stack of fluffy pancakes, feel the delicious smell and warmth drfit through your body.

With each breath in, imagine drawing in the sweetness of the syrup, and with each breath out, release any remaining tension, feeling a sense of calm and contentment washing over you.

Service Feedback

"Excellent service helped my daughter and is continuing with support I have been given."

"I couldn't be happier that my Daughter was seen by Ellie, very quickly too might I add. The appointments have all been made to fit
around our schedule.
Everything has been explained to the finest detail so that my daughter could understand and overcome her OCD.
I can't thank Ellie enough for how well the sessions were presented to my daughter. Thank you"

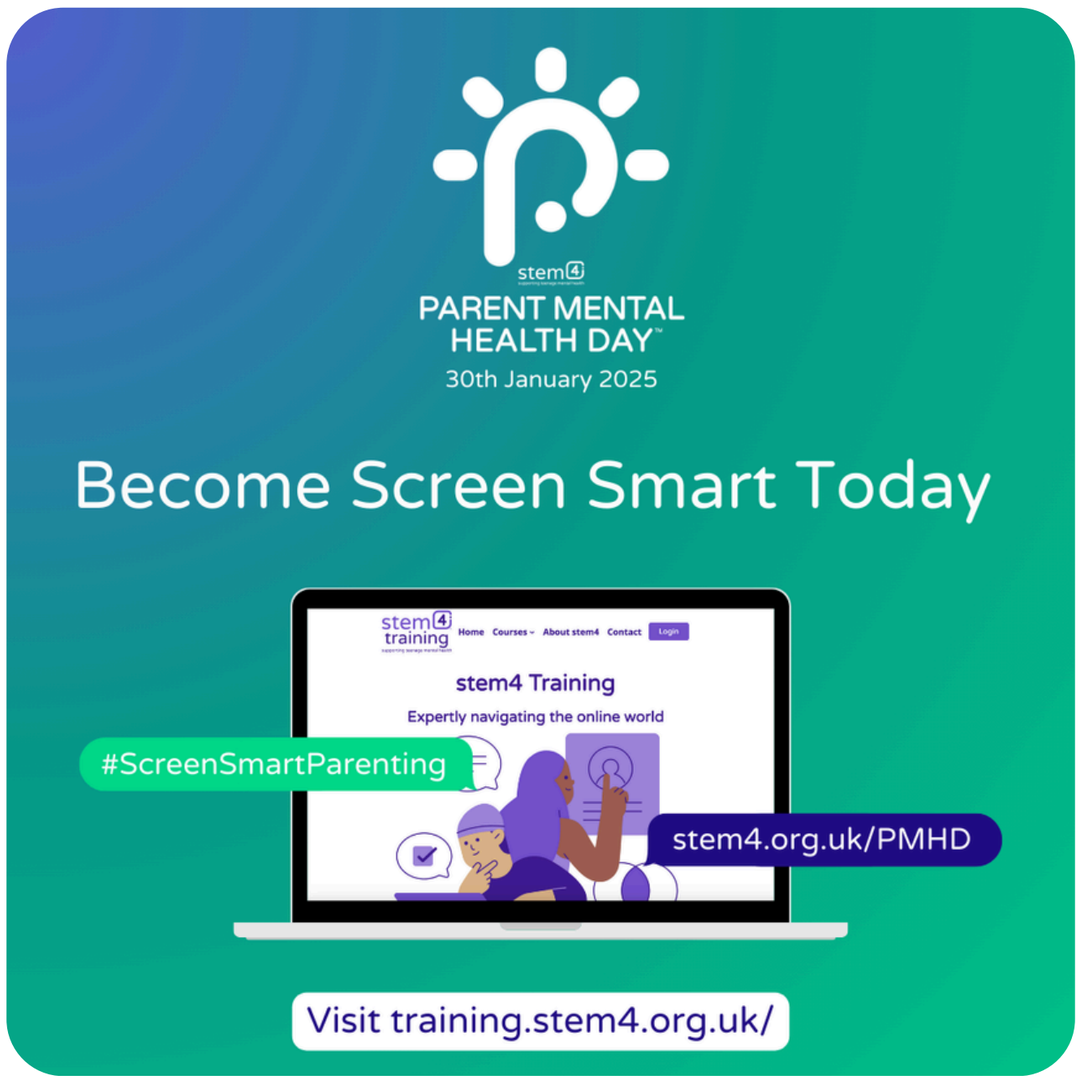
"I felt heard and understood."

"She has appreciated the time to sit and talk to Sophie, other than a teacher/family member and I think this has given her the confidence to speak out and know that some of what she experiencing is normal and that things can be worked through."

"Sky listened and gave feedback to help."

"Very comfortable setting. lovely staff."

Further Support



Couch to 5K

Taking on the challenge of Couch to 5K can help boost your confidence and self-belief!

LGBT+ NORTH EAST

humankind

We are here to work with you because you are LGBT+ or have questions about your sexual orientation and/or gender identity.

DAISY CHAIN Autism & Neurodiversity

Family Support Team

Our aim is to provide support and services for children, young people and their families who display traits associated with neurodevelopmental diversity: autism, sensory processing, attention deficit hyperactivity disorder (ADHD), and Foetal Alcohol Spectrum Disorder (FASD).

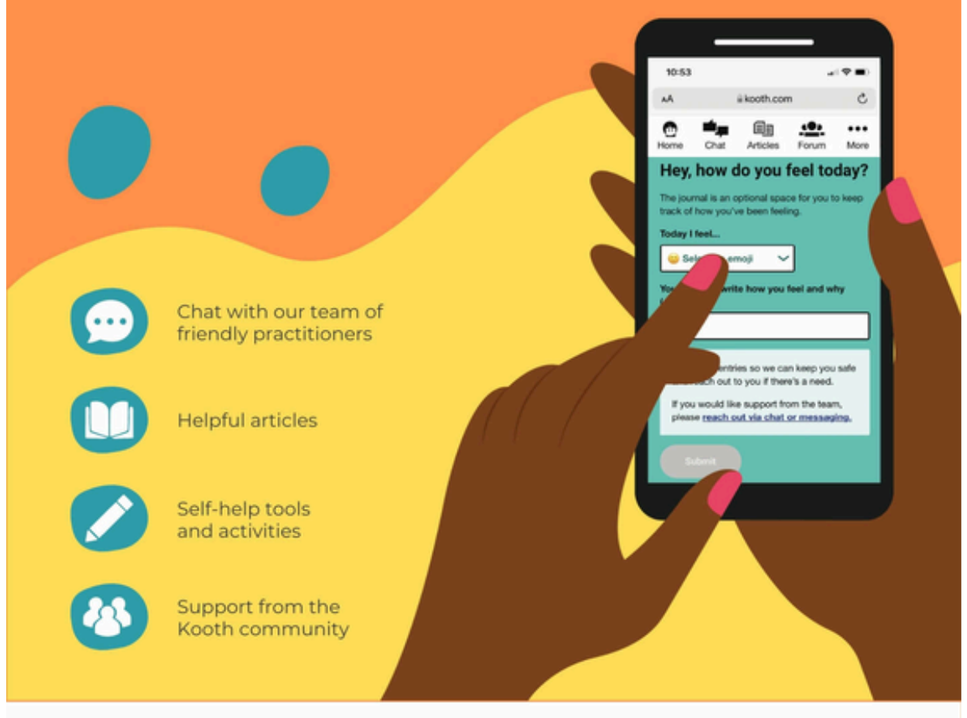
sunderlandfamilysupport@daisychainproject.co.uk
01642 531248 (option 1)

together for children SUNDERLAND

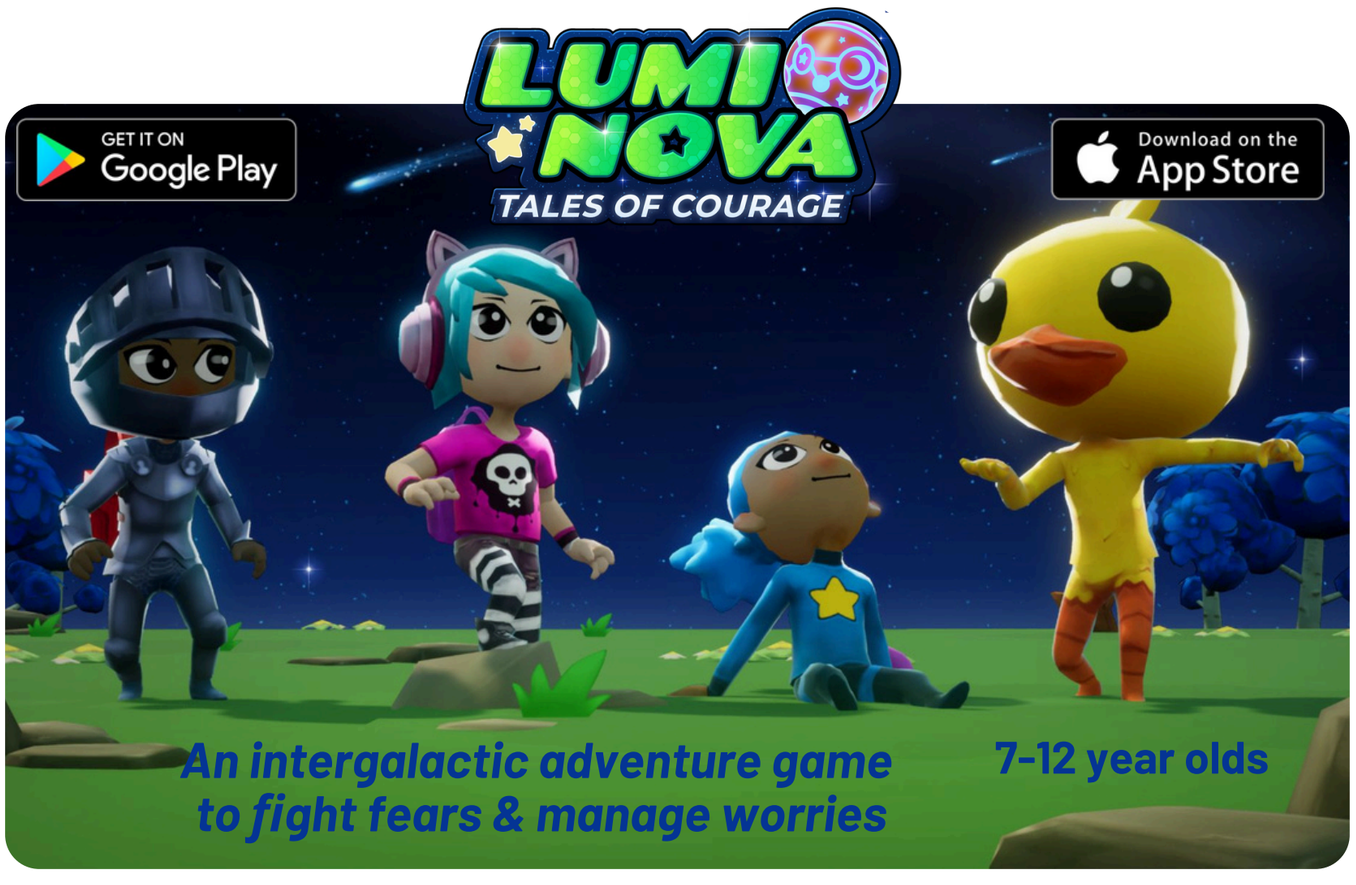
SUNDERLAND PARENT CARER FORUM

10YEARS + kooth

Free, safe and anonymous mental health support whenever you need it.



Visit **kooth.com** to find out more



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