



MENTAL HEALTH SUPPORT TEAM



Parent/Carer Newsletter



"Self-care is not self-indulgence, it is self-preservation" -Audre Lorde

As we approach the summer holidays, take a moment to reflect on self-care. While caring for your children and others in your life, it's important to consider your own wellbeing too. Ask: Am I doing enough to look after myself too? If not, we hope this newsletter offers some helpful tips and ideas to get you closer.

NottAlone 2026

Students from Nottinghamshire schools will be taking part in the **NottAlone Live** event on the 7th & 8th July. The theme this year is **'Self-Care Summer'**.

Self-care means prioritising your health, wellbeing, and happiness. Being kind to ourselves when we are struggling and making time for meaningful activities improves resilience and helps us to cope with life's challenges.

The MHST will deliver **Get Arty & Active** workshops for Primary pupils and **Kindness is Key** workshops for Secondary pupils. Our workshops will have various exciting activities to help children identify and celebrate their strengths, relax and recharge, and explore how to look after their health and wellbeing.

Look out for MHST across Nottinghamshire this summer:

- Cotgrave Library & Cresswell Crags 29th July
- West Bridgford Lark in the Park 5th Aug
- Eastwood Fun day 6th Aug
- Beeston Library 10th Aug
- Mansfield Library 11th & 25th Aug
- Rushcliffe Family Hub Fun day Ruddington 19th Aug
- Gedling Floralands Farm Park 4th Aug
- Stonebridge City Farm 3rd Aug

WE ARE OPEN FOR REFERRALS ALL SUMMER!

Self-Care Summer

Here are some ideas of self-care activities that you could create together with your children over the summer!



Self-care bingo card

Self-care ingredients list



[CLICK HERE FOR MORE SELF-CARE RESOURCES FOR YOUNG PEOPLE](#)

Parent Corner



Spotlight on: Balancing it all!

Life is so fast-paced it can feel hard to keep up with everything we have to do. Here are 5 Quick Tips with their basis in Cognitive Behavioral Therapy to help out...

- Cut morning stress and decision fatigue by preparing the night before; streamline your routine by picking clothes, packing bags, and prepping lunch ahead of time.**
- If you struggle to focus when there's clutter but have little time or motivation to tidy, use every trip on the stairs to move something to its rightful place**
- Build in multiple small wins for yourself by breaking big tasks down. For example, "tidy the kitchen" becomes "put away dishes," "wipe surfaces," and "sweep the floor."**
- Reduce overwhelm and boredom by tackling annoying life admin like paperwork, and booking appointments in one monthly half-day session.**
- Break the habit of avoiding tasks by following the rule "if it takes less than five minutes, do it now!"**



Find helpful videos and resources on our website



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MHST Parent Offer...

Without a Referral:

- Talk to us at Parents Evening Stands
- Children's Emotional Health and Wellbeing Webinar
- Understanding Your Teen Webinar
- Self-Harm Webinar

With a Referral:

- Managing Anxiety with your Child (MAC) Parent Group
- Intro to Neurodiversity and Anxiety (ND&A) Parent Group
- Forever Families Group (Positive Behaviour Management)
- Parent Adolescent Relational Training (PART) Group



Activity Ideas to try at Home...

Younger children activities:

- ▶ Try some outdoor yoga/exercise outdoors
- ▶ Read a book or listen to an audiobook
- ▶ Practice some mindful eating- raisins or maltesers are great

Older young people activities:

- ▶ Have a spa day at home & enjoy a little pamper session
- ▶ Take time away to be still and do some meditation
- ▶ Sit on the lawn/outside and listen to the nature around you

MHST Feedback

They learned a lot and found the group experience really validating. Their house is now much calmer in the evenings. They would recommend the course to anybody, even if they are worried about doing it.

-Parent verbal feedback (following ND&A Group)

"The course was really eye-opening. My husband and I can really appreciate why you work with parents now - it has been so useful for us. My daughter... is now on her 4th week of attending school every day without feeling anxious. The mornings for our family feel normal again"

- Parent (following MAC Group)

"They gave me help so I knew what to do in bad situations."

- Young Person

Calendar dates Autumn-Winter 2026:

- 24 July - WHO Self Care Day
- 30 July - UN International Day of Friendship

- 10 September - World Suicide Prevention day
- 10 October - WHO World Mental Health Day
- 16-20 November - Anti Bullying Week

Click on the icons below for further information...

- October - Black History Month
- 3 December - UN International Day of Persons with Disabilities



Referral Information

If you and your child could benefit from a referral for targeted work, either ask to speak to the Mental Health Lead in your child's school, or refer yourselves...



Follow this QR code for the online self-referral form.

Select that you are a Parent/Carer of a child at an MHST school and specify your child's school on the drop down.

This helps the MHST get your referral as promptly as possible.

Find out more about the MHST and look at resources on our webpage: **CAMHS - Mental Health Support Teams**

Find Notts Healthcare Mental Health Services online...



bit.ly/37qttoZ



bit.ly/37xsn1P

Useful Contact Details

ChildLine: 0800 1111
Samaritans: 116 123

If you develop significant concerns about your child's safety and wellbeing, you can call these numbers for advice and support:

CAMHS Crisis Team: 0115 844 0560
24 Hour All Ages Crisis Number: 0808 196 3779

Always dial 999 or visit A&E in emergencies