

MONTHLY NEWSLETTER

Mental Health Support Team MHST


THIS MONTHS' THEME: **SLEEP**
FRIDAY 18TH MARCH 2022 - WORLD SLEEP DAY



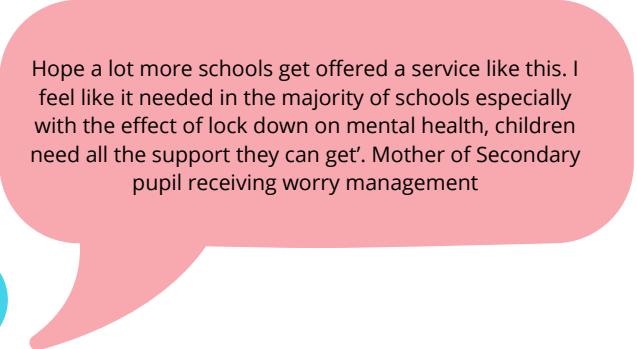
NEW LOOK NEWSLETTER

Every month we ask for feedback and last month we were given feedback asking if our newsletter could be a way to offer support that is generic and not just aimed at parents/carers. We always aim to be inclusive and hope that this new newsletter is a way of reaching a wider audience and including everybody from teachers, parents/carers, school staff and other agencies. We will still be offering signposting specifically for parent/carers and are always looking for ways to support parent/carers specifically - please see information on the last page for details on how you can support us with this.

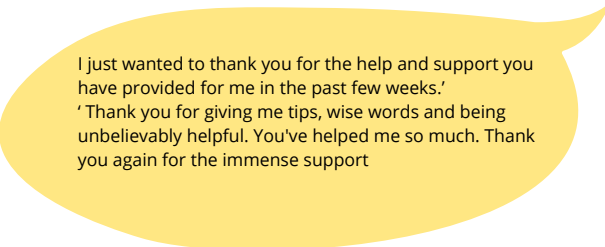
FEEDBACK



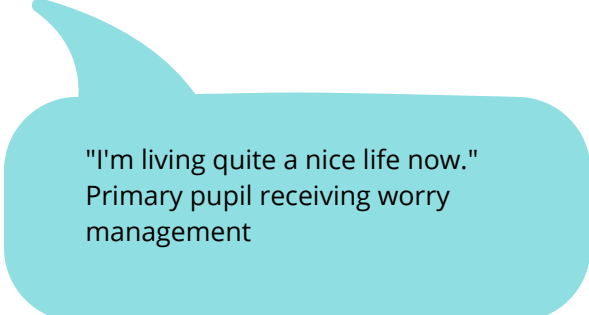
I feel lucky to be able to have received the support and appreciate the support that was received and the difference it has helped my daughter make



Hope a lot more schools get offered a service like this. I feel like it needed in the majority of schools especially with the effect of lock down on mental health, children need all the support they can get'. Mother of Secondary pupil receiving worry management



I just wanted to thank you for the help and support you have provided for me in the past few weeks.' Thank you for giving me tips, wise words and being unbelievably helpful. You've helped me so much. Thank you again for the immense support



"I'm living quite a nice life now."
Primary pupil receiving worry management

ALL ABOUT SLEEP

This month we are focusing on sleep in line with World Sleep day, celebrated on the 18th March 2022! World Sleep Day aims to bring awareness to the importance of quality sleep and help those with sleep problems, recognising the impact problems can have on people's daily lives.



WHY SLEEP MATTERS

Sleep is as important to humans as the air we breath, the water we drink, and the food we eat. Without it we cannot survive. The amount of sleep we need depends on the individual and age. A baby, for example, needs 16 hours a day whilst a teenager needs around 9 hours. As adults, most people need between 6 to 8 hours per night.

Sleep has various psychological and physical functions:

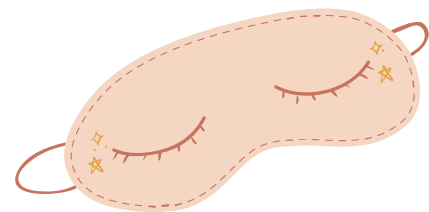
- Sleep is restorative and aids growth.
- Sleep is important for a healthy immune system.
- Sleep helps mediate your weight through controlling hunger hormones.
- Sleep helps remove waste and regenerate new cells.
- Sleep helps us conserve energy.
- Sleep helps our emotional regulation.

WHAT A GOOD SLEEPER LOOKS LIKE

As previously mentioned, the amount of sleep we need per night varies. However, a good sleeper is usually asleep within 30 minutes and wakes one to two times per night, but can fall asleep again quickly. Everybody will have a poor nights sleep once in a while. Although, this is not usually over a sustained period of time.

Things that can impact our sleep include:

- A stressful event.
- Diet.
- Screen time before bed.
- Ruminating over the day's event/experience.
- Worry.
- Substances such as caffeine or alcohol.
- Neurodevelopmental difficulties.



On the next page we will explore how lack of sleep can affect our daily functioning and tips to help aid better sleep. However, if you or somebody you care for is having difficulties sleeping which are not improving despite trying, it is important to seek medical advice.

THE EFFECTS OF POOR SLEEP



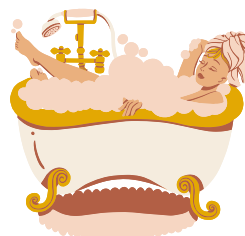
TIPS TO AID SLEEP

If we are struggling with sleep and have developed a pattern, it can be tricky to change. Change is not linear, but it is possible! Setting yourself small, achievable goals is proven to be more effective at making lasting change.

Below are some ideas for aiding sleep:

- Creating a routine - Creating a routine for bedtime helps your brain know when it is time to sleep. This can include doing certain things before bed each night and going to sleep at the same time.
- If thoughts keep you awake, it can help to allocate some time during the day or early evening to write down those thoughts then they are out of your head for bedtime.
- Find activities that help you relax. For example, a bath, reading, mindfulness (HeadSpace is a helpful app which has free content).
- Being physically tired can aid sleep, is it possible to engage in physical activities such as a walk or sport.
- Try avoiding drinks which include caffeine as this is a stimulant which keeps you awake! Many people think it is just coffee or tea that includes caffeine. However, fizzy drinks, even fizzy orange contains caffeine.
- Try to avoid any screen time at least an hour before you try and sleep. It can be hard in modern times to do this with phones, tablets and televisions. Are there any other activities you could replace this with? Maybe a bath, catching up with a family member, reading, listening to music, drawing or journaling.

CLICK ON THE IMAGES FOR FURTHER INFORMATION



Please click on any of the images for more information about each of the days that are celebrated during march



8th
March
2022



International Women's Day



Ukraine conflict: How to help yourself, your kids, and others

Do you know any young people aged 11-16 in Blackburn with Darwen who are interested in having a voice and sharing ideas/feedback on how the MHST can best support students in school? Please ask them to come along to our next monthly **Thursday 24th March 6-7pm** meeting via Zoom by clicking on this image or using the Zoom log in details. We are always welcoming new members - the more the merrier. For any questions please email lisa-marie.naylor@elht.nhs.uk.



Meeting ID: 814 0193 7864
Passcode: VM0a3W



Are there any **parents** out there who would like to be involved in the development of the Mental Health Support Teams (MHST) in schools?

The MHSTs have to be co-produced and your voice is so important in the development and shaping of the MHSTs. We are just looking for an hour or two of your time every other month to join us in the MHST Project Groups and Engagement Groups for either Blackburn with Darwen or East Lancashire. If you feel you would like to be part of the journey in developing the MHSTs for our children and young people, please contact Natalie Koncsol, MHST Assistant Business Manager on 07966 408063 or drop her an email; Natalie.koncsol@elht.nhs.uk

