



# Catch up with Mrs O!



Summer is at last coming! At last the nights are starting to be lighter for longer, and now all we need is the weather to warm up! I know that this term is packed full of so much happening at home and school, and it can be very easy to be so busy that things like checking what our children are watching or accessing on the internet can be easily forgotten.

I wanted to raise awareness again for **online safety** but in a very different format this time.

I recently watched a short film giving a shocking insight into the impact of social media on our children and our family life. This film is named "who's looking after the children? "

It is really worth a watch, and you may find yourself reconsidering how to talk to your children about online safety.

You can watch this short film by clicking on the link below:

<https://youtu.be/6UY2HOpuTIk>



With the cost of living crisis still very much upon us all, you may find these links of some support. Please contact me if I can help you further with anything.



Cost of Living  
Support resource pack

<https://uttlesford.foodbank.org.uk/>

<https://www.thetouchpoint.org/the-touchpoint-community-food-share/>

<https://www.essex.gov.uk/cost-of-living>

*Please come and join me for a coffee and chat ....  
cake included !*

# DSM Coffee & Connect Drop In

**Do you need some support, or signposting ?**  
**Do you feel that you could do with a little guidance and advice ?**  
**Do you like Coffee and Cake ?**  
**Drop in for a chat with us !**  
**Wednesday 3rd May 2023 - 9am to 11am**

DSM are holding a Coffee and Connect Drop In service for any Parents or Carers that may require some support and advice.

Sometimes it's hard to ask for advice, it can feel very overwhelming and cause anxiety as it can feel that you are surrendering control....

**BUT** it doesn't need to be that way.

Asking for help is empowering. When we ask for advice, we're not just seeking answers, but also the expertise and experience of others.

Please come and have an informal chat with any of us.

There are no appointments necessary, and you can have a chat with any professional you feel may be able to support you further.

There will be several agencies attending, and all will have a safe space for you to approach them to ask for any guidance you need.



## Online Parent Groups

### Helping your Child Manage their Emotions

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help equip parents with tools and strategies to help their child regulate their emotions.

Monday 5th June 2023  
Monday 12th June 2023  
Monday 19th June 2023  
Monday 26th June 2023

1-2:30pm via Zoom

### Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks. This will look at ways to help your teenager manage their emotional wellbeing.

Monday 5th June 2023  
Monday 12th June 2023  
Monday 19th June 2023  
Monday 26th June 2023

5-6:30pm via Zoom

### Child Anxiety

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

Wednesday 7th June 2023  
Wednesday 14th June 2023  
Wednesday 21st June 2023  
Wednesday 28th June 2023

12-1:30pm via Zoom

### Challenging Behaviour (at home)

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.


Wednesday 7th June 2023  
Wednesday 14th June 2023  
Wednesday 21st June 2023  
Wednesday 28th June 2023  
Wednesday 5th July 2023  
Wednesday 12th July 2023

1-2:30pm via Zoom



### To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code 



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:  
Harlow - mhstharlow@mindinwestessex.org.uk  
Epping Forest - mhsteppingforest@mindinwestessex.org.uk  
Uttlesford - mhstuttlesford@mindinwestessex.org.uk

**There are limited places available so please book your place as soon as possible.**

# Signposting

## Supporting children and young people managing stress

Occasionally feeling stressed is completely normal, however feeling stressed all the time isn't and can be harmful to our mental and physical health.

Children and young people encounter lots of situations in their lives that may cause them to feel stressed. Upcoming SAT's may be one of them. Supporting your child to develop positive coping mechanisms when they feel like this can help them to manage stress before it escalates.

If you notice your child seems stressed, talk to them and try to come up with ways of managing together.

[Find advice, ideas and tips from young people about managing stressful situations.](#)

## The Moshi App

Library users get free access to [the Moshi app](#). It gives access to audio stories, guided meditations, music and more. Parents have said using the app has helped improve their children's sleep, routine and wellbeing.

Have a super Bank Holiday Weekend!

Mrs O.