

December
2020

Newsletter


Tees, Esk and Wear Valleys
NHS Foundation Trust

Darlington Child and Adolescent Mental Health Service (CAMHS)

making a

difference

together

Christmas Opening hours

Monday, Tuesday, Wednesday,
Thursday, Friday 8.30am till 5pm.
CLOSED BANK HOLIDAYS.
Crisis team will be available 24/7
for any emergencies.
08000 51 61 71



We are still just a phone
call away and Attend
Anywhere video
appointments are always
available!

Guidance for face to face appointments to keep you safe

Please arrive at reception no more than 5 minutes before your scheduled appointment time. This is to ensure there are as few people as possible in the reception area at any one time.

You will be directed to a designated zone within the waiting area and your clinician will meet you there.

No more than 3 family members will be permitted into the appointment, siblings will not be allowed into the appointment.

Please bring minimum items with you to the appointment, no large bags permitted.

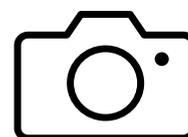
If you are not required to attend the appointment with your child, please note that there are no waiting facilities within the reception area at the Mulberry Centre.

You will be required to sign a track and trace log at arrival at the reception area.

Staff conducting the appointment will wear PPE and you will be required to wear a face mask unless exempt.

CAMHS staff are taking part in self testing twice weekly before coming into work and before any appointments with you in order to keep you extra safe.

Please let CAMHS know if your child would like a picture of their clinician before an appointment to help with expectation and relieve anxiety.
We are always open to suggestions other suggestions that might help, too.



Prescriptions

Our delivery service of prescriptions direct to the pharmacies seems to be working really well to reduce the amount families have to come into the building and ensure young people get their medication in a timely fashion. Can we please remind everyone that we require 5 working days in order to write a prescription to ensure you get your medication on time. We are still working from home a lot of the time and so there will not always be someone around to write a prescription if you have run out - thank you for your cooperation.

If you have a shared care agreement in place with your GP, then this is the first place to go for your medications and is often the easiest!

NHS volunteers and feedback

Thank you NHS volunteers who are still supporting us so we can support you! NHS They are helping by taking prescriptions to nominated chemists and making calls to families for their anonymous feedback (your views really do count).



A huge thank you to those who have provided Friends and Family feedback! It is very valuable to CAMHS and helps us to improve services.

Young Mulberry's

New and exciting chance to be a Young Mulberry! If you want to get involved then get in touch and let us know.

This month, Ellie wanted to share her ideas around coping with Christmas and New Year:

Young Mulberry's

Positive affirmations

- I am going to get through the day
- I am going to be okay
- I am enough
- I am loved
- I am doing my best
- I choose to be happy
- I am proud of myself

Positive affirmations

- Today is going to be a great day
- I believe in me
- I am strong
- I am capable of amazing things
- No matter how hard it is, I can do it
- I am worthy
- I have got this!

Coping with Christmas

Christmas can be a very exciting time but also a very stressful one too. Christmas can be very overwhelming at times. This year I am spending at my brother's which I have been feeling anxious about, I have been looking for ways to cope with Christmas and how I can feel less anxious about going to my brother's. These are some of the ideas for coping with Christmas that I am going to use and hopefully they will help you too!

• Communicating your feelings clearly

This is an idea I'm definitely going to use, it is really hard to reveal feelings sometimes, so just trying your hardest to explain how your feeling to anyone you feel comfortable talking to that you are spending Christmas with, will allow them to understand how your feeling and know why you might need a little time to yourself etc.

• Going for a walk

Going for some fresh air is something I now do every day, even going for a quick walk can make you feel so much better and calmer. Christmas can be very hectic at times, a small break can help you feel so much better for the rest of the day.

I found a few other ideas to try too:

- Avoid excessive drinking
- Find time for yourself
- Remember the little things
- Try and focus on the good things (as hard as it can be.)

Things to do when you feel poo

- Stop what you're doing and take a deep breath
- Go outside (even just standing at your front door)
- Talk to somebody
- Write in a journal
- Read and say positive affirmations
- Do some drawing or colouring

- Take a shower (think of it as a fresh start)
- Create a gratitude list
- Watch your comfort tv shows or movies
- Drink some water
- Try out yoga
- Go on Pinterest

Daisy Chain comes to Darlington



ASD embrace my happy.

Free wellbeing service for young people who are affected by Autism

Daisy Chain, Darlington CAMHS and the Darlington parent-carers have begun working in collaboration with families to offer support around Emotional Wellbeing for anyone over the age of 11 experiencing issues related to traits of Autism / ASD.

Daisy Chain, who provides this wellbeing service, can support with self-awareness and wellbeing, connecting with others and helping with practical tools and strategies. The initial introductions to this course will be made by CAMHS staff at the Mulberry Centre with sessions continuing via the Darlington parent-carer base at the Northern Echo arena.

This is an exciting development as Daisy Chain is based in Stockton which can make it difficult for Darlington families to access this excellent resource.

Staff Profiles



We are in the process of developing staff profiles which will be displayed in the reception, to help you get to know us a little better, and see we are humans behind the masks. And, we have made it fun ... Feedback on this would be appreciated. We hope this makes you smile.

Thank You!

We have received a wonderful donation from Hartlepool giving tree
And we would like to say a big thank you. We will certainly make good use the toys.



Children's lockdown artwork heads for town centre exhibition



Artwork created by children and young people receiving care from an NHS community mental health service in Darlington will be displayed in a town centre exhibition.

The artwork, initially created over the summer by children and young people taking part in online child and adolescent mental health service (CAMHS) sessions in Darlington to help relieve anxiety and worry during lockdown, will be displayed in the main windows of Darlington's Cornerstone Arts Centre in December.

NHS CAMHS services in Darlington are provided by Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) which provides mental health and learning disability services across County Durham and Darlington, Teesside, parts of North Yorkshire, York and Selby.

Due to lockdown, the CAMHS 'relaxed school kids' group in Darlington, normally held face-to-face, had to go virtual and art sessions became a favourite activity amongst families taking part.

During sessions held online, children and young people told us art work was helping with some anxieties.

In response, members of the NHS Volunteers team delivered blank canvasses to families so they could take part in online art sessions with our CAMHS team. The work created was amazing.

Some of the art created by the children and young people has been used in a new jungle-themed mural in the CAMHS waiting room. Created by local artist Phil Perkins of Darlington-based Hand Painted Murals, the mural was funded by TEWV's charitable funds scheme. The waiting area also now has desks and areas to charge phones following feedback about the area could be improved from children and young people taking part in local volunteer group Youthwatch Darlington.

Artwork created by children and young people from Darlington CAMHS will be displayed in Darlington's Cornerstone Arts Centre.

Healthwatch and Youthwatch

Healthwatch Darlington, a statutory health & social care organisation who provide information and signposting, have worked with their volunteers to develop a series Christmas & Winter Wellness Information and Advice Page's which can be found on their website. This will be launched just in time for the festive period helping local families in Darlington.

The information will include national, regional and local services, self-care tips and activities that might be helpful during the holiday period. Visit www.healthwatchdarlington.co.uk

Youthwatch Darlington, a young group of volunteers, hosted their own Facebook LIVE video on Healthwatch Darlington's page on Tuesday 3rd December 2020.

Darlington CAMHS were invited to take part. Youthwatch volunteers spoke about the changes to the waiting area within 'The Mulberry Centre' and the work with young people in the town to make improvements. They were also joined by Darlington Mind who spoke about their virtual mental wellbeing café for young people in Darlington. You can watch the video on Facebook via:

<https://www.facebook.com/242216009255071/videos/724419085165961>



Helpful links and other services

CAMHS single point of access

Contact **0300 123 9296** to make a referral to CAMHS for children/young people community mental health support.

CAMHS/TEWV Crisis

24/7 support for children/young people in mental health crisis.
Call **08000 51 61 71**

Rollercoaster Parent Support

Support for parents/carers with children struggling with mental health difficulties. Call **07415 380 040** or find them on Facebook  **rollercoasterparentsupport**

Kooth

Free, online forum and counselling/mental health support for young people aged 11+. Visit www.kooth.com to find out more.

WeHeartCBT

Free CBT resources to help schools, parents and professionals support children with mental health difficulties. Visit www.heartcbt.com or Facebook @  **WeHeartCBT**

Recovery College Online

Free resources to help support people struggling with mental health difficulties. Visit www.recoverycollegeonline.co.uk to find out more.

Darlington Mind

Offering a dedicated service from 1.30-4.30pm (Mon-Fri) to help anyone aged 11-18 who is struggling to cope with the current situation.

Call: **07432 843161** Email: crew@darlingtonmind.com.

St. Teresa's Hospice

Family support and bereavement team offering specialist support and counselling for anyone diagnosed with a palliative or life limiting illness, as well as their families/carers.

Call: **01325 254321** www.darlingtonhospice.org.uk

Daisy Chain

Supports young people, families and adults affected by ASD, ADHD and sensory differences across Tees Valley.
0800 031 5445 www.daisychainproject.co.uk

Little Treasures Autism Charity

Support for those with autism across the North East. Call **07749 681 130** or email: littletreasures18@gmail.com

The Children's Front Door Team

Advice and practical support for Darlington families.
Call **01325 406222** or
email: childrensfrontdoor@darlington.gov.uk

Health Watch Darlington

Helping you and your family to find the right services in Darlington. Call **01325 380145** or email info@healthwatchdarlington.co.uk

Darlington Parent Carer Forum - get involved and join us

A Parent Carer Forum is a group of parents and carers of children with additional needs and/ or disabilities who work with local authorities, education settings, health providers and other providers to make sure the services they plan and deliver meet the needs of children and families in the area.

Parent carers can make a real difference by sharing their ideas and thoughts. It is always up to you how you want to participate in your forum- it may be just by being a member, or you may want to get more actively involved and make sure those who are making decisions know what parent carers think.

We have been working closely with Tracy from CAMHS for a while now and have started a CAMHS focus group for parents this is something we want to continue to develop when normality resumes!

In response to COVID19 we started doing weekly zoom sessions for parents to try to ease the feeling of isolation of being at home with limited support. We've also worked with services to arrange speakers to join us and deliver workshops. The sleep workshop we co-hosted with Maxine from CAMHS was a huge success and feedback from parents was extremely positive, we do hope to do more in the near future.

Zoom sessions take place weekly on a Tuesday at 10am and we also have Helen from SENDIASS available to answer any questions, please follow us on facebook for the link or email info@darlingtonpcf.co.uk

