

# NEWS



**Our November *Walking With You* parent support group session, was based on issues surrounding low mood and depression.** Jodie Grosvenor and Ellen Skidmore from CAMHS came along and presented on Cognitive Behavioural Therapy (CBT) which is used by mental health professionals for low mood and depression. They explained that the CBT approach helps to talk through why a child/young person feels the way they do. CBT is based on Thoughts, Feelings and behaviours. Please find their presentation attached.

During the session Jodie and Ellen discussed looking out for the signs and symptoms of a young person who might be experiencing low mood or depression:

- Reluctance to get out of bed
- Doesn't want to shower
- Feeling unwell, sick, headache, other aches and pains
- Isolates in their room
- Over or under eating
- Refusing to go to school
- Doesn't want to talk to family or friends
- Looking as if they're overwhelmed

*Suggestion from parent supporters:*

- If they can talk to you, show them that you are really listening
- Validate what they are saying
- Try and ask what you can do to help
- Ask to hear more about what they are saying
- Don't try to fix it for them by listing what they have
- Exercise – try and encourage physical activity
- Contact with animals can have a positive effect
- Creative activities such as art, pottery, crochet, whatever they find de-stressing
- Try and make achievable goals such as getting up at a certain time
- Routine can really help to get going

## **Groups/local services**

Local PDA group

[pdagroup@harveys-home.me.uk](mailto:pdagroup@harveys-home.me.uk)

SENDIAS

[sendias@buckinghamshire.gov.uk](mailto:sendias@buckinghamshire.gov.uk)

can help with EHCP process

## **Websites**

Sleepio

[www.sleepio.com](http://www.sleepio.com)

Sleep without pills or potions

ADD-vance

[www.add-vance.org](http://www.add-vance.org)

The ADHD and ASD Trust

National Autistic Society

[www.autism.org.uk](http://www.autism.org.uk)

KOOTH

[www.kooth.com](http://www.kooth.com)

online counselling service

Aspire

[www.aspireap.org.uk](http://www.aspireap.org.uk)

home education service

## **Books**

*The Noticer*

by Andy Andrews

*Overcoming your child's fears and worries*

by Cathy Cresswell  
& Lucy Willetts

*Be present for yourself:*

- Trust your friends, they may not fully understand what you are going through but they are there for you!

You can Self-Refer to CAMHS Single Point Access (SPA) by filling in the online referral form at: [oxfordhealth.bucks.CAMHSSPA@nhs.net](mailto:oxfordhealth.bucks.CAMHSSPA@nhs.net) or you can call the Single Point Access (SPA) on: 01865 901951 Monday-Friday 8am-6pm to complete the form or to receive advice over the phone.

## **Online parenting courses**

[www.theyarethefuture.co.uk](http://www.theyarethefuture.co.uk)

Lucy Russell clinical child psychologist

They are the future – Online parenting courses to help cut through your overwhelm and provide clear, step-by-step, expert guidance from a clinical psychologist. The focus is on science backed psychological strategies and tool to empower you.

Courses include:

- Outbursts & Meltdowns Mini-Course
- Difficult Emotions & Behaviour – Full course
- Anxiety Course for Parents of Under 12s and Teens

**The Walking With You parent support group was born from the Parents Discussion Group (PDG) formed to work with CAMHS.**

This group welcomes All Parent and Carers that want to feedback directly to CAMHS and help shape the future of the service. So, if you would like to have a voice in CAMHS please contact:

**[Roxana.uritescu@barnardos.org.uk](mailto:Roxana.uritescu@barnardos.org.uk)**

## **Next meeting**

Friday 28th January 2022 – Parental Communication

### ***Police and Ambulance Services***

*It may be necessary to call the police or ambulance service should you feel in danger. The police and ambulance services are trained with dealing with situations that may require their support. They can be useful with de-escalating heated situations. CAMHS operate a crisis team for high level mental health concerns.*

***ASD post diagnostic workshop,  
Buckinghamshire  
CAMHS (needs referral)  
Oxfordhealth.***

*[bucksCAMHSSPA@nhs.net](mailto:bucksCAMHSSPA@nhs.net)*

*Buckinghamshire  
Supported living services*

*[referrals@choicecaregroup.com](mailto:referrals@choicecaregroup.com)*

*Tel: 0203 195 0151*