

August 2020

# Newsletter

**NHS**  
Tees, Esk and Wear Valleys  
NHS Foundation Trust

## Darlington Child and Adolescent Mental Health Service (CAMHS)

making a

difference

together



### **We're still open**

The Mulberry Centre is still open for face to face appointments (Mon-Fri 9am to 5pm). In line with government guidelines, we will be following the 2 metre social distancing guidelines and may be wearing Personal Protective Equipment (PPE) including masks, gloves and aprons. We're just a phone call away if you need to get in touch.

### **Video appointments via Attend Anywhere**



Attend Anywhere appointments continue to be very successful and we would like to thank our young people that have adapted to this so well. The feedback given by our young people has been excellent!

### **NHS volunteers & feedback**

I am sure you will be aware that the NHS asked for volunteers to help out in Covid-19 times and we have had an overwhelming response. Thank you, again to all of those involved!

We have been working with our NHS 'chat & check' volunteer colleagues around obtaining feedback from the families involved in CAMHS to help shape our service. We have always given families the opportunity to share their views via our Friends & Family Test which is an anonymous questionnaire usually completed in the reception area at the end of a session either in paper form or on the touch screen available.

This is very important and valuable information to our service. With the outbreak of Covid-19 and the restrictions on face to face appointments we were not able to capture this feedback. Therefore we took the opportunity to work with our colleagues who are volunteering their time to help the NHS. They have been contacting families to obtain this helpful information and our Patient Feedback Response Rate has increased to a huge 268%!! A huge thank you for this feedback!

## Working together to have a service with your input

We are working together on the waiting area here at the Mulberry Centre and your input is valuable to us. Children are painting animals for the mural in the reception area, and writing some interesting facts to share. We are also developing a teenager area, with self-help books, advice about control leaflets, information and some funky wall art. Our theme is 'Animal in the Jungle'. We are going to follow the ideas from the young people who kindly painted elephants and giraffes and people from Youth Watch have really helped us with building a more relaxing vibe for the seating area for older young people too.

Ideas for the waiting area came from these pictures; they were complete by young people who use the service and are currently being displayed in our relaxation room.



## Useful resources to help with returning to school

Over the last month we've continued to run our zoom meetings with different topics and guest speakers and a recent PBS (positive behaviour support) workshop had great feedback. We'd love to hear from you for any themes you'd like us to follow! So please do get in touch by emailing [carla.scaife@darlingtonpcf.co.uk](mailto:carla.scaife@darlingtonpcf.co.uk)

The Darlington Parent Carer Forum is also part of a regional network and through this there was recently an offer of webinars for parent carers. There was overwhelmingly positive feedback on these so the recordings have been made available. It may be useful in helping your child/young person back into school or for support within the home. The links to the webinars are detailed on the following page -



## Webinar recordings



### **The Realities of Home Schooling:**

[https://youtu.be/AAm04Wqqr\\_c](https://youtu.be/AAm04Wqqr_c)

### **Returning to School; support and strategies for managing behaviour and worry:**

<https://youtu.be/vM8RAj96XLc>

### **Sensory Ideas for in the Home:**

<https://m.youtube.com/watch?v=IC0LumVDkt4&feature=yout>

## It's all happening here



Hannah Munroe would like to thank CAMHS young people and gave this message: A big thanks to all the young people who have joined 'Our Place Darlo' and made valuable artistic contributions to our exciting community arts project! Residents of Darlington, from all backgrounds and ages have taken part. Members have been busy getting out and about, attending online workshops and being curious and creative. The artwork, writing and recordings produced (in response to the weekly creative tasks) will be curated to form part of a digital piece. It will be exhibited in Darlington town centre later in the year. Look out for 'It's All Happening Here'!

## The psychological wellbeing practitioner (pwp) team

The school based PWP team have put together a support pack aimed at helping year 6 children who are feeling anxious about the transition from primary school to secondary school. This is a four session intervention and is available for any children who are starting in year 7 this September and have moved on from the following primary schools:

- Skerne Park Academy Primary School
- Reid Street Primary School
- Northwood Primary School
- Firthmoor Primary School
- St Johns C or E Academy
- Abbey Junior School

This intervention can be accessed over the summer holidays and some young people have already started getting this support. To access support, get in touch with your primary school or call us on 0300 123 9296.

## Dialectical behavioural therapy (DBT)

Healthwatch have worked with us to help raise awareness about DBT for young people and their families. DBT is a psychological intervention which aims to help people understand and accept difficult feelings, learn skills to manage these and be able to make positive changes in their lives. It aims to help people both accept themselves and change certain behaviours so that they feel better. This is something we can offer at CAMHS.

Please don't hesitate to contact us if you have any further questions.

**healthwatch**  
Darlington

# 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 **0300 0200 317**


## **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](http://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](http://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](http://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](mailto: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](http://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](http://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](mailto: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](mailto: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](mailto: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 be 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](mailto:info@darlingtonpcf.co.uk)

