Warwickshire Rise Partnership Community Offer
January 2019—July 2019

YOU MUST BOOK AN APPOINTMENT TO ATTEND

What we offer?

Coffee Mornings - (Group Sessions with Parents to discuss a particular topic stated on the leaflet)

Are you a parent or carer of a Warwickshire child?

Would you like to join us for a coffee, and learn about common emotional wellbeing concerns in childhood, and find out what you can do to help?

Our team of specialist mental health professionals are facilitating FREE coffee and information sessions.

Sessions will include a presentation of a topic, with refreshments available before and after, with a chance to meet other parents.

1-1 Consultations with a mental health clinician
(Face to face appointment to speak to a Professional)

Consultation slots (up to 45 mins) are also available if you would like to have the opportunity to speak in confidence to a member of our Specialist Mental Health Professionals Team, via e-consultation, phone or in person. This is open to families of children and young people.

All coffee mornings and consultations are aimed at early intervention and prevention and may not be useful for those already involved with RISE Mental Health Services. These sessions are not suitable for parents of children with moderate to severe learning difficulties.

In Partnership with;
Consultation Dates & Location

1:1 Consultations: Face to face consultation with a Professional
(Bookable by appointment only)

Moriarty’s Café & Gallery, 28 Regent Street, Rugby CV21 2PS

16/05/19
04/07/19

Coffee Mornings: Parent group sessions start at 9.30am until 11.00am
(Please book an appointment, you may be turned away without an appointment due to group capacity)

Moriartys Café & Gallery, 28 Regent Street, Rugby CV 21 2PS

10/01/19—Understanding and supporting children aged 3-11 years with **Anxiety**
14/02/19—Understanding and Managing challenging **Behaviour**s in Children aged 4-12 years old
14/03/19—Understanding and supporting healthy **Emotional Development** for children aged 3-11 years
06/06/19—Understanding and supporting children and young people with **School Refusal**

To book your place on any of the sessions below, email risecommunityoffer@covwarkpt.nhs.uk or call mobile 07917 504682

Please do not call the Navigaton Hub

**RUGBY DISTRICT**

www.cwrise.com
Below are a list of topics discussed in our coffee mornings,

Your child must be within the age range suggested for you to be eligible to attend

**Understanding and supporting children aged 3-11 years with Anxiety**

What is anxiety, and how can we help our children? Learn to spot the signs of anxiety and how it might look in children of different ages. Learn to tell the difference between the usual stresses of childhood, and when anxiety might be becoming a problem for a child. You will take away practical tips and activities you can do at home to support a child who is feeling anxious. You will also find out where to go for help locally if you are worried about your child’s emotional wellbeing.

**Understanding and supporting young people aged 12-18 years with Self Harm**

What is self-harm, and how can we help our young people? Learn about some of the reasons young people self-harm, and what can keep the problem going. You will take away practical tips and activities you can do at home to support a child who is self-harming. You will also find out where to go for help locally if you are worried about your child’s emotional wellbeing.

**Understanding and Managing challenging Behaviours in Children aged 4-12 years old**

What is out there to help you help your child with their emotional wellbeing? We will explain how you can use the new Dimensions Tool, a web-based app that will help you to find support in the Warwickshire area that is specific to your child’s needs. The Dimensions Tool is free to use and has been developed in conjunction with parents and carers, referrers and our clinical staff. We will also give you an overview of other useful local and national resources, including self-help books, websites, apps, etc.

**Understanding and supporting healthy EMOTIONAL DEVELOPMENT for children aged 3-11 years**

What does healthy emotional development look like at different ages? What are the challenges children and parents face at different ages, and what can you do to help? We will give an overview of key stages in children’s development, and tips for what you can do to support your children to grow up with positive emotional wellbeing.

**Understanding and supporting children and young people for School Refusal**

Gain an understanding of what school refusal is, who it affects and why.

You will take away practical tips and activities you can do at home to support a child who is refusing to attend school and find out how to put together an action plan to support your child with school attendance. You will also find out where to go for help locally if you are worried about your child’s attendance and emotional wellbeing.
Parent to Parent Drop-In

We believe parents deserve good Mental Wellbeing. A drop-in has been formed to help parents achieve this through Peer Support.

- Connect with other parents who need to talk to someone understanding and have been through a similar journey.
- Improve mental wellbeing and resilience.
- Support parents to access information and understand information received.
- Support to discuss child mental health issues.
- Reduce isolation.

Come and join in or just drop by for a cuppa and get to know us better!

Wednesdays 10am-1pm at Springfield Mind, 48 Cygnet Court, Timothy’s Bridge Road, Stratford Upon Avon CV37 9NW

For more information contact: Enquiries@springfieldmind.org.uk
Springfield Mind
48 Cygnet Court
Stratford-upon-Avon
CV37 9NW
01789 298615
Registered Charity 1073391

We look forward to welcoming you!

v. 14/01/19 r. 14/01/20