

NORTH CUMBRIA & NORTH EAST CHILDREN AND YOUNG PEOPLE PEER NETWORK NEWSLETTER

Support offer and Resources; North Cumbria and North East (NCNE).

Building on Schools and Parents Accelerator Site Schools project and the Children and Young People Peer Network

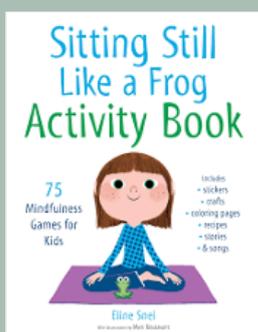
Following on from the article Skills for People shared with us last edition, Kathy Steele has written a contribution about mindfulness in schools .

Many of us as parents, teachers or carers easily recognise the picture painted within the Government report, State of the Nation, of many younger children struggling during this current pandemic. Some challenges identified included young children in particular feeling isolated from friends, struggling with learning from home, or having worries that family or friends might get sick. However, the report highlighted that many parents also indicated improved relationships with their children and that most children spent time in outside green spaces at least a couple of times a week. This paints a picture of children being out and about with their families enjoying nature, possibly noticing wildlife, or being in the moment, perhaps being mindful of the World around them.



Building on the progress made with mindfulness-based interventions for adults, there has been a rapid increase in mindful approaches, such as meditation, being made more accessible for children and young people. With Spring arriving and restrictions being eased, this is a wonderful time to not only support young children's connection with nature through their curiosity, but also to introduce them to a mindful approach to the World.

But if you are new to these ideas where do you start? Here are some resources you may like to check out:

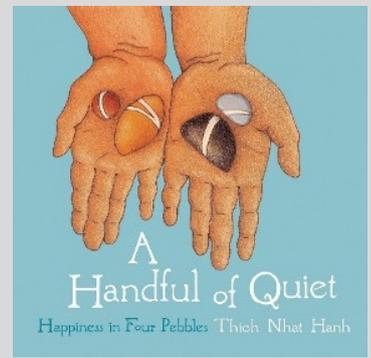


Sitting Still Like a Frog by Eline Snel offers simple mindfulness practices to help children (ages 5-12) deal with anxiety, improve concentration and handle difficult emotions.

Publisher : Shambhala Publications Inc; Pap/Com edition (7 Jan. 2014)

A Handful of Quiet: Happiness in Four Pebbles by Thich Naht Hanh offers a playful and fun activity that parents and educators can do with their children to introduce them to meditation. It is designed to involve children in a hands-on and creative way that touches on their interconnection with nature.

Publisher : Parallax Press; Crds edition (12 Oct. 2012)



A Little Bit of Peace and Quiet:

A mindfulness guide for parents and little ones

Produced by the NSPCC, this Mindfulness activity resource is packed with tips for parents and young children to focus on mindful moments, stress-busting breathing exercises and fun interactive activities to spark conversations about how they are feeling.

<https://www.nspcc.org.uk>

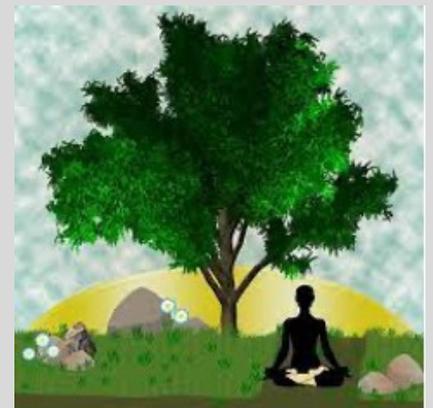


Mind with Heart is an international organisation that supports young people, parents and educators to use mindfulness-based tools and resources for emotional health, social connection and a positive future. They offer a Connected Parents: 8-week Zoom Course for emotional health at home



The Deeply Listening Song produced by Mind with Heart encourages children to use their senses, and look and listen deeply to the nature outside, and the nature inside; their thoughts, feelings and body.

<https://soundcloud.com/mindwithheart/the-listening-deeply-song>



The State of the Nation was published by the Department for Education in October 2020

For more information about the Skills for People Mindfulness for Young Lives Programme contact kathy.steele@skillsforpeople.org.uk or telephone: 0191 2818737

Skills for People is a charity which supports disabled people and their families. We offer courses and workshops helping people to improve their mental wellbeing through mindfulness. We have been teaching mindfulness to children with learning disabilities and autistic children alongside their parents or family carers. www.skillsforpeople.org.uk Find us on fb and twitter



New website launched!

To find out about the work we are doing and useful information and resources visit www.neclidnetwork.co.uk



The North East and Cumbria Learning Disability Network is now 10 years old and to celebrate we have launched our brand-new website.

Over the last 10 years the network has progressed and developed by working with a range of stakeholders across health and social care, education, community and voluntary sector and with experts by experience and families. To celebrate the network reaching this milestone and its achievements we are launching a website which looks at past and current work programmes, information, news, resources and impact.

The vision of the North East and Cumbria will be the best place in England for people with a learning disability to live.

Our mission is to tackle health and social care inequalities faced by people with a learning disability in the North East and Cumbria so they have equal and equitable access to health, healthcare and social care support to enable good quality of life for them and their families.

Our values are to:

- Ensure people with a learning disability and their families are at the centre of all our work
- To work in partnership with our stakeholders across health care, social care and the community and voluntary sector
- To care about what we do and ensuring we do a good job
- Build and maintain positive relationships
- Be transparent and honest
- Be inclusive in all aspects of our work
- Share and cascade our work
- Share our good practice and learn from others
- Be pragmatic and solution focused

You can find out website at www.neclidnetwork.co.uk

You can follow us on twitter: @neclidnetwork

You can email us at: england.learningdisabilitynetwork@nhs.net

Additional Links:

Sensory Ideas for Home Webinar
<https://youtu.be/IC0LumVDkt4>

The Realities of Home Schooling Webinar
https://youtu.be/AAM04Wqqr_c

Returning to School; support and strategies for managing behaviour and worry Webinar
<https://youtu.be/vM8RAj96XLc>

Sleep Webinar
<https://youtu.be/30GoJDxNKcU>

Wellbeing Webinar
<https://youtu.be/H8iYF3f65t8>

Money Matters
<https://youtu.be/SZ6QXCzFBnk>

Beyond Words
book:
<https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus>

Contact
Helpline
Contact helpline advisers are ready to help with any concerns or worries you might have about your family during the current pandemic and beyond. Talk directly to one of our parent advisers through their listening ear service by booking [here](#) or dial the Freephone helpline on 0808 808 3555 , alternatively you can [email](#) us if you prefer.

Vaccines are coming— Keep Safe UK

Keeping safe — Keep Safe UK

Understanding Sensory Processing workshop

Free online sessions for parent carers in the North East

Wednesday 5th May 2021 19:30 – 21:30

[Book here](#)

Tuesday 18th May 2021 13:00 – 15:30

[Book here](#)



These online Zoom workshops will be presented by Claire Stirland of Sensory Worx. Claire is an Occupational Therapist and Sensory Integration Therapist with over 14 years experience in the NHS.

This session will give you an opportunity to:

- learn more about sensory processing and sensory integration
- reflect on your child's sensory needs (and your own) and how these might change over time
- consider the impact of sensory needs on other family members/care givers and in different environments
- identify new approaches to supporting the challenges and opportunities of sensory issues
- explore how you can obtain further help and guidance if you need it
- hear from other parents, sharing as much or as little as you wish about your own situation



This is an accessible session – you are welcome to stay muted or off camera, and we are understanding of you have any distractions. For further details contact jaime.dowling@contact.org.uk

Hosted by Contact in partnership with Sensory Worx

on behalf of North Cumbria and North East ICS (NHS England and NHS Improvement)

NHS England and NHS Improvement

