



Riverview Wellbeing Newsletter

14/10/2020

As news about coronavirus continues to dominate the headlines and remains a public concern, it is important to look after our mental health, as well as our physical health.

I've put together some resources and idea to support you and your family during these unusual times.



I hope you have find this information helpful and feel free to contact me at school if you need to talk or would like some extra support with your wellbeing.

Hayley Brown—Family Support Worker



I have recently been in contact with an amazing organisation that I wanted to share with you all. They are called the **Mary Francis Trust**. They offer one-to-one tailored support as well as running wellbeing groups, activities and courses. The idea is to give people the chance to become experts at their own mental health so they have strategies in place to support themselves when their mental health is challenged. I have attached a copy of their leaflet and I encourage you to look into the amazing courses they run.



Activity Ideas!

Make a worry jar to help contain your child's worries. It's important in these current times to talk about worries. I found this lovely idea where you can create your own worry jar. Spend some time making the jar together and encourage the whole family to use it.

Make time once or twice a week to go through the worries and talk them through.

Remember, we can't always fix the worries but sometimes having someone to say "Oh that must be hard" is enough!





Family Learning courses are for parents and carers to help you give your children a positive start in life and to help support your child's learning and development at home and school.

A wide range of free courses are offered online, from parenting and wellbeing to maths and English for EAL parents. They are delivered in a relaxed and informal way by supportive and knowledgeable tutors.



Where to go for help:



This website from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website: <https://www.nspcc.org.uk>



This website is mainly for young people however has some extremely useful information for parents regarding how to support their children. <https://youngminds.org.uk/find-help/for-parents/>

The BBC Newsround site has a comprehensive section on coronavirus with text and video guidance focusing on tips if a child is worried, how to wash your hands, and what self-isolation means: <https://www.bbc.co.uk/newsround/51204456>



The National Autistic Society offers support for families of children with Autism—whilst they have postponed face to face meetings, they are holding a number of webinars and meetings over zoom.

Support Us

There are many ways to support us. You can donate directly, take part in a challenge event or fundraise for us.

To find out how you can help, visit our website or contact us.

[maryfrancestrust.org.uk/
support-us](http://maryfrancestrust.org.uk/support-us)

E: info@maryfrancestrust.org.uk
Tel: 01372 375 400



Volunteering

Volunteers are vital for us as they help us deliver our services and contribute to running the organisation. To get involved, check our website or contact our Volunteers Co-Ordinator.

[maryfrancestrust.org.uk/
support-us/volunteer](http://maryfrancestrust.org.uk/support-us/volunteer)

E: anna@maryfrancestrust.org.uk
Tel: 01372 375 400 - ext.105

Contact Us

Tel: 01372 375 400
Text: 07929 024 722
E: info@maryfrancestrust.org.uk

www.maryfrancestrust.org.uk

23 The Crescent
Leatherhead
KT22 8DY

MFT is the lead for Community Connections Mental Health Service for Surrey Downs Integrated Care Partnership.

www.communityconnectionsurrey.com



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Mary Frances Trust

Funded by:



Inspiring Mental Wellbeing

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Registered Charity: 1055113
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About Us

We're Mary Frances Trust (MFT), a mental health and emotional wellbeing charity, supporting people in Surrey since 1994.

We offer a variety of services, available to adults (16+) who would like to restore and/or maintain their mental and emotional wellbeing (no diagnosis needed).

We currently run services in Mole Valley, Epsom & Ewell, Banstead and Elmbridge.

Our services are mostly free of charge.

"MFT has enabled me to gain strength from others coping with similar difficulties in life. It is a real blessing to me to have found out about it."



Our Services

Include:

- Individual support and goal setting
- Wellbeing Advice and Information
- Wellbeing courses
- Activities and interest groups
- Peer Support and Self-Help groups
- Co-production
- Crisis Support (Safe Haven)
- Volunteering

Safe Haven

A supportive environment for people in mental and/or emotional crisis.

Our Safe Haven is open 6pm-11pm every evening of the year at:

The Larches
44 Waterloo Road
Epsom
KT19 8EX



To find out more visit:

maryfrancestrust.org.uk/how-we-help/safe-haven

"I've been attending the Art Group and am beginning to re-gain some lost confidence and courage. The staff and volunteers have been very helpful and encouraging."



Accessing our Services

- You can register with us directly on our website: mft.support-me.org.uk
- Or you can be referred by your GP, mental health team or any another organisation.
- Once we have received your registration form, we will contact you within two working days to arrange an informal meeting at a venue convenient to you. Telephone appointments are available, if needed.
- During our initial meeting, we will discuss your individual needs and how we can support you.
- You can use our services as long as you need and register again at any point.